

Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Fall 2019

Welcome Our New Providers

By Angie Ruppel, MSW, LCSW | Manager, Cancer Support Services



Welcome aboard to four new co-workers in our Mercy Cancer Support Services department at the David C Pratt Cancer Center. Three nurse navigators and one social worker have joined us to provide support and guidance to our cancer patients on their treatment journey. Mercy believes that no one should battle cancer alone. Navigators help patients coordinate appointments, identify

care needs, facilitate communication with clinical staff, streamline referrals, increase patient satisfaction and offer survivorship education. Our goal is for every patient to have a navigator to help them throughout their cancer treatments. Because this service is provided at no cost to our patients, we are seeking support from the community to help us reach this target.

If you would like to contribute, please contact Katie Nunn, Mercy Health Foundation at 314.251.1800 or katie.nunn@mercy.net.

CyberKnife Construction

As we announced in July, Mercy will have CyberKnife radiation oncology treatment available to our patients soon. Because the new CyberKnife equipment needs to be cooled to work properly, the David C. Pratt Cancer Center is updating its HVAC (air conditioning) capabilities. To accomplish this, we are connecting the Pratt Cancer Center to the main hospital HVAC system.

Excavation work in the parking lot next to the

Convent building began in September. During one weekend in early October, we were able to dig up part of Muckerman Drive in front of the cancer center to accommodate the conduit that holds the wiring for the HVAC. The next phase will be to close off the parking lot to the left of the Pratt Cancer Center so the construction crews can connect the conduit to the building.

We know this will make parking near the Pratt Cancer Center more



Lindsay Boudinot, RN, joined us on Sept. 9. Previously, she was a nurse in our Emergency Department at Mercy St. Louis. Lindsay is a breast cancer nurse navigator.



Rebecca Ott, RN, MSN, has 19 years nursing experience, with 17 years in oncology and has taught at Goldfarb School of Nursing. She joined us on Sept. 9 and will be a breast cancer nurse navigator.



Meghan Carter, RN, OCN, joined us on Sept. 23. She has seven years nursing experience, with five years in oncology at medical facilities in northern Illinois. She is a nurse navigator for other types of cancer.



Our new social worker is **Stephanie Jones, LMSW,** who has six years of social work experience in at Life Crisis Services, local hospitals and the Parkway School District. Stephanie joined us on Aug. 26.



difficult due to losing half a parking lot. When that side of the parking lot closes, we will provide

additional valet services for patients and visitors. Construction will continue into early December.

Cancer Programs at Mercy October, November and December 2019

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

Medicare 101

Tuesday, November 12
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

What is Medicare? Discover answers for your questions about Medicare health coverage for seniors and people under the age of 65 with disabilities, Medicare health plan options, supplemental insurance, Medicare savings programs, extra help for prescription drug coverage and any other questions you may have related to Medicare. Light refreshments included.

Facilitated by Catherine Saint, CLAIM Representative.

Registration online is required by November 8.

Yoga Basics

October 22, November 19, December 17 (3rd Tuesday each month, except special date in October) | 6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Open to individuals 18 years of age and older. Join us for an evening of rhythmic breathing, gentle stretching and mental focus. You and a guest can learn to ease physical and emotional tension. Light refreshments will be served. Wear comfortable clothing, bring a yoga mat, blocks and straps if you have them. Will provide if you do not. Make sure you have doctor's clearance if needed.

Facilitated by Certified Yoga Instructor, Melissa Scaccia.

Registration online is required.

Next Steps Monthly Group

In partnership with Cancer Support Community



October 21, November 18, December 16 (Third Monday each month) | 6:30 - 8 p.m.

David C. Pratt Cancer Center
Cancer Information Center Suite 1440

Many cancer survivors say that they felt they had lots of support during their treatment, but once treatment ended, it was hard to make a transition to a new way of life. This monthly group helps work through new feelings, new problems and a different perspective.

Registration online is required. For more information, call 314.238.2000.

Support Groups

Breast Cancer Support/Networking Group

In partnership with Cancer Support Community



November 13, December 11 (2nd Wednesday each month) | 5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center Suite 1440

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed and survivors, female family and friends.

Registration online is required.

Head and Neck Support Group

What's Gratitude Got To Do With It?

Thursday, October 24
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center Suite 1440

Join Dr. Kurt Soell in a discussion on the power of gratitude.

HOLIDAY BREAK: No meeting in November or December. See you in 2020!!!

Thyroid Cancer Support Group

October 19, November 16, December 14 (3rd Saturday of each month, except special date in December) | 10- 11:30 a.m.

David C. Pratt Cancer Center
First Floor Conference Room

For more information, go to StLouis-MO@thyca.org Registration online is required at mercy.net/CancerClassesSTL

Prostate Cancer Support/Networking Group

In partnership with Cancer Support Community



November 7, December 5 (1st Thursday of each month) | 6:30 - 8 p.m.

David C. Pratt Cancer Center
Cancer Information Center Suite 1440

This group features speakers and follow-up discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns and fear of recurrence. *This group is part of the UsTOO Prostate Cancer Education & Support Network.*

Register online. For more information, call 314.238.2000.

Lymphedema Support Group

This group will be back early next year.

Mercy Integrative Therapies

Therapeutic Massage:

\$50 - \$85 - based on length of massage

Acupuncture:

- For cancer-related side effects **\$30 per session**
- For non cancer-related issues **\$45 - \$60 per session**

Healing Touch: \$50/hr

Call for additional services and appointments:

David C. Pratt Cancer Center
314.251.6571 | Option 1
Clayton and Clarkson Road
636.256.5200

Mason and Olive: 314.251.8911

Tesson Ferry and I-270
314.467.3860 | Option 2

Not all services are offered at all locations. Please call location for services offered.

Pastoral Services

Chaplain Susan Stucco is now available in **Suite 3170** at the David C. Pratt Cancer Center
* Monday, Wednesday & Friday: **8:30 a.m. - 12:30 p.m.**
* Tuesday and Thursday: **12:30 - 4:30 p.m.**

You may also reach the chaplain by phone Monday - Friday from **8:30 a.m - 4:30 p.m.** at **314.251.6947** or **314.251.6470.**

Appointments may be scheduled for times not listed above by calling the chaplain.

Feel free to stop by her office before or after your appointments if you need spiritual care or support.

Also, try our mercy.net/echaplain.

Second Opinion Breast Cancer Program

Mercy will soon offer a Second Opinion Breast Cancer Program. This program is for patients who have been diagnosed with breast cancer and wish to obtain a second opinion on their treatment for their specific diagnosis.

Patients will be connected with a breast nurse navigator who is specially trained in breast cancer. You will have a phone call with the breast nurse navigator to discuss your case and determine which appointments are needed. This program includes a team of providers who will meet and discuss your case on the same day. The team includes a medical oncologist, radiation oncologist and breast surgeon along with your breast nurse navigator who will help walk you through the entire process. They will provide a summary of the treatment plan on the day you meet with them.

Mercy Second Opinion Breast Program will start seeing patients soon. If you wish to enroll in this program, please call 314.251.6400 to be connected with a breast nurse navigator to start your journey. Coming soon will be an online intake for the program as well. Please visit our website at mercy.net/service/breast-cancer/ to watch for this online intake.

Pink Power: Making Strides Against Breast Cancer Walk Oct. 26

Join Team Mercy for the American Cancer Society's Making Strides Against Breast Cancer Walk. This year's event is scheduled for Saturday, Oct. 26, on the Upper Munny parking lot at Forest Park. Check-in is at 8:30 a.m. with the walk at 9:30 a.m. To sign up, visit **MakingStridesWalk.org/StLouis**.

Mercy will be sponsoring the Photo Booth this year, so be sure to look for the booth at the event.

Team Mercy tees are crafted in a soft, vintage-washed fabric. Organizers have been working on their unique design since July. The shirts are \$20, which includes a donation to the American Cancer Society. Patients who would like a Team Mercy shirt can ask a Mercy co-worker to buy one for them at the Co-worker Store at Mercy St. Louis or contact **katie.burckhalter@mercy.net (314.251.4481)** to get a shirt for you.





Palliative Care at Mercy Hospital St. Louis

By Michelle Schultz, MD | Palliative Care Physician with Mercy Clinic Palliative Care

Palliative care is specialized medical care that focuses on managing pain and other distressing symptoms associated with serious illnesses such as cancer, heart disease or dementia. The goal is to ease suffering and to enable the best possible quality of life for patients and their families. Palliative care is appropriate at any age and at any stage of a serious illness, and can be provided together with curative treatment. Mercy Clinic Palliative Care is a team of experts including physicians, nurse practitioners, social workers and chaplains offering both inpatient and outpatient consultation services.

Palliative care is not synonymous with hospice care. Hospice is a specialized form of palliative care that provides comfort and support when an individual's goals no longer include active disease treatment. Palliative care can be provided for anyone

with a serious illness regardless of life expectancy, whereas hospice care requires a life expectancy of six months or less. While receiving palliative care, patients may undergo active treatment for their disease, such as chemotherapy, radiation or rehabilitation services. In hospice care, however, treatments are entirely focused on promoting comfort. Both palliative and hospice care provide support for the patient and family together.

Palliative care aims to control symptoms both from cancer itself as well as from side effects of therapies. Early focus on care that is aimed at improving a patient's quality of life has been shown to improve both patient and family satisfaction and to reduce a patient's depression and anxiety. Research has confirmed that starting palliative care earlier in the course of illness can lead to improved control of a patient's symptoms with reduced distress throughout their

treatment. Several recent studies have demonstrated that early palliative care along with standard oncology care such as chemotherapy and radiation therapy for patients with advanced lung cancer resulted in significant improvements in quality of life and unexpectedly found that these patients lived longer than patients not receiving palliative care.

In 2012, the American Society of Clinical Oncology (ASCO) recommended the integration of palliative care into standard oncology care. The consensus of the expert panel was that "combined standard oncology care and palliative care should be considered early in the course of illness for any patient with metastatic cancer and/or high symptom burden."

For more information about Mercy Palliative Care please visit: <https://www.mercy.net/service/palliative-care/> or www.mercy.net/practice/mercy-clinic-palliative-care-david-c-pratt-cancer-center. Your oncology provider can schedule a consultation for you.



David C. Pratt Cancer Center

607 S. New Ballas Rd. | St. Louis, MO 63141 | **314.251.6400**

Mercy Clinic Oncology and Hematology

- **Clayton-Clarkson:**
15945 Clayton Rd. | Ballwin, MO 63011 | **636.256.5000**
- **Chippewa:**
6435 Chippewa St. | St. Louis, MO 63139 | **314.353.1979**