

Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Winter 2021

Calendar / Whats Coming Up

Register online and look for updates for each of these virtual classes and offerings. Phone number has been included for each offering below as well.
mercy.net/practice/david-c-pratt-cancer-center/patient-family-resources/cancer-support-groups-programs/

Special Programs

Cooking Demo with Chef Eric and Dietitian Emma Clinkingbeard



Thursday, March 4
11 a.m. - Noon

Come join our virtual cooking demo featuring high calorie-high protein, soft recipes for managing poor appetite, difficulty swallowing and fatigue through treatment. Recipes and grocery lists will be sent out prior so you can follow along in your own kitchen. Our registered dietitian will discuss the key ingredients in these recipes while Chef Eric prepares them.

Please sign up by February 24th.

Managing Pain / Neuropathy Virtual Clinic

Thursday, February 25
2 - 3 p.m.



Meet via WebEx with Dr. Connie Hayes, chiropractic physician

and acupuncturist, about treatment methods for neuropathy and pain.

Call 636.256.5200 to register for this free discussion and consultation.

Breast Cancer Patients: Managing Side Effects From Endocrine Therapy

Monday, March 18
6:30 - 7:30 p.m.



Virtual discussion of ways to manage side effects from breast cancer treatment with nurse navigators Laura Hooper and Nicole Gurley.

Virtual Yoga Class

Monday, February 8
10 - 11 a.m.

Wednesday, February 10
4:30 - 5:30 p.m.

Call 636.256.5200 or go online to register for this free trial of a wVirtual Yoga class!

Virtual Exercise Class

Thursday, February 18
10 - 11 a.m.

Call 636.256.5200 or go online to register for this free trial of a Virtual Exercise class!

Support Groups

Nutrition Support Group

Tuesday, February 2
5:30 - 7 p.m.

Emma Clinkingbeard will discuss the importance of nutrition and managing nutrition-related side effects through cancer treatment.

Please call 314.251.6400 to register for this virtual support group meeting.

Lymphedema Support Group

Wednesday March 3
6 - 7 p.m.

Call 636.256.5200 or go online to register and get updates for this support group.

Cancer Challenge

By Angela Maley Brennan
Senior Development Officer
Mercy Health Foundation



Bring more hope, healing and technology to those with cancer! With your help, and thanks to a matching gift up to \$10 million from David C. Pratt, we are closer than ever to realizing our goal of improving and enhancing cancer care for all those who come to us. Your gift to the Mercy Cancer Challenge will help provide professional

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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**

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nurse navigators for every patient during their cancer journey, support for the Adolescent and Young Adult (AYA) cancer program, which is unique to St. Louis and many of our other cancer services. For more information on the match and how you



can help, please reach out to Angela Brennan at angela.brennan@mercy.net or 314.251.3447 or go to mercyhealthfoundation.net/10MillionMatch. Or simply click on the **QR code**.



Cyberknife

Mercy Hospital St. Louis is proud and excited as the only provider in the state of Missouri with the new Cyberknife S7 and one of less than 10 in the United States. Mercy continues to demonstrate its commitment to improving patient outcomes with the next-generation CyberKnife System.

Improving Quality of Life

- The CyberKnife S7 System with Synchrony technology is the only system in the world to provide real-time motion-synchronized treatment delivery adaptation for all indications and treatments, unleashing the speed and precision of the CyberKnife S7 System for the treatment of any type of moving target.

- The CyberKnife S7 System provides best-in-class precision and accuracy enabling confident dose escalation and hypofractionation without sacrificing delivery speed, workflow efficiency, patient comfort, or clinical outcomes.

Increasing Patient Satisfaction

- Deliver faster, less restrictive and less invasive treatments that improve patient experience and boost patient satisfaction.
- The CyberKnife System destroys tumors while minimizing dose to healthy tissue to potentially help minimize side effects and provide patients with better quality outcomes.

Oncology Prehabilitation Program | Living our best through cancer to beyond

Mercy wants to give patients the best chances for the best outcomes in cancer treatment.

In recent years research has shown us that cancer treatment can have better outcomes or their ability to survive and thrive. A multifactorial approach based on nutrition, exercise, and treating side effects quickly has shown benefits. We want to optimize the chance for a successful outcome and a quick recovery. It's well known that the inactivity associated with surgery stresses the body and leads to a decline in physical function. Generally, the more fit and active you are going into surgery and treatment, the more likely you are to retain a higher level of function after surgery and rehab more quickly. Often, there is a period of waiting involved before treatment and it's this time that a

person can use to get in the best shape possible.

What is Prehab?

Mercy prehabilitation is helping recently-diagnosed cancer patients prepare physically and emotionally for rigorous treatments, thereby reducing the incidence and/or severity of post-therapy side effects. Mercy Oncology Prehabilitation, or pre-hab for short, has one goal: optimize health prior to treatment.

What can I do to help my body get through treatment?

Mercy offers an initial consultation with a dietician, physical therapist in a free short online class. In the initial class, the instructor will help you set goals to improve your diet, show value of an exercise program and help increase exercise appropriate for you, and give you tips to monitor your own wellness throughout treatment.



Proton Therapy

What's New

Construction is ongoing to bring Proton Therapy, a highly specialized, advanced form of radiation therapy to Mercy's David C. Pratt Cancer Center.

Proton therapy, uses high-energy beams of protons to deliver radiation directly to the tumor, reducing or eliminating radiation exposure to surrounding, healthy tissue. There are only 37 proton centers in the United States and Mercy expects to make this option available for patients pursuing both research options and traditional clinical care.

"We've been planning for this new technology for years," said Stephen Mackin, Mercy Senior Vice President and Mercy Hospital St. Louis President. "We decided now is the right time to move ahead because Mercy is committed to advancing patient care, we have top notch clinical talent, and we have a growing volume of patients who we know will benefit."

Proton therapy could potentially be used for all types of cancer among the thousands of cancer patients Mercy treats each year.

"Proton therapy was originally used for pediatric cancer patients and patients with brain tumors," said Dr. Robert

Frazier, division chief of radiation oncology at Mercy Hospital St. Louis. "As the technology has improved, proton therapy can be used for many different types of cancers - head and neck, lung, breast and prostate cancers along with soft tissue sarcomas or tumors in their bones."

Because of the size and scope of the machine, a new 17,000-square-foot addition will be built onto the David C. Pratt Cancer Center. Construction, led by McCarthy Construction, is expected to last 18 months with an opening planned for summer 2022.

What's Behind the Fence?

Construction update from Shawn Bailey

For many years, Mercy has been committed to adhere to safe handling practices both in the areas of mixing as well as chairside during administration of the medication to the patient. Nurses put on PPE (personal protective equipment) to protect both patients/visitors and themselves from possible hazardous drug exposure/contamination. Many aspects have been added over the years as we learn more to help reduce exposure to chemotherapy

via direct exposure of the actual drug and also to prevent vapors or splashing of hazardous drugs.

Mercy has added new pharmacy practices in our infusion centers as well. With these new safety measure brings additional time commitment from our pharmacy staff and nurse to provide new cleaning procedures for the biological safety cabinets in the pharmacy, additional time for drug preparation. Mercy has

tried to find creative ways to reduce the additional time for the new guidelines by doing things like batch or group preparation of specific drugs which means multiple doses of a specific drug are prepared at the same time under the same hood. This reduces the amount of time spent decontaminating the surface after drug preparation, and results in decreased wait times for the patient. While these

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Survivorship

What's next after cancer treatment? Transitioning to life after cancer treatment is an important part of your care. Mercy's Cancer Survivorship Care program is guided by a team of oncology nurse navigators, social workers, therapists, dietitians and support staff who are dedicated to addressing your needs, so you can begin living life to the fullest. Cancer care doesn't always end when treatment finishes. Our Cancer Survivorship Care program provides a plan for monitoring your health, managing side effects and living a healthy lifestyle. Services include:

- End-of-Treatment Summaries/ Survivorship Care Plans
- Nutritional counseling and exercise programs
- Physical and occupational therapy to address side effects
- Integrative medicine services (acupuncture, chiropractic, healing touch and massage to name a few) to support you in mind, body and spirit
- Resources for addressing psychological and social needs
- Referrals to other specialists
- Next steps for follow-up and screening needs

Find out more at mercy.net/CancerSurvivor Or Phone:

- **Mercy Clarkson**
636.256.5000
- **Mercy Pratt**
314.251.6400



Mercy's Breast Outreach Program

By Erica Bernat, RN, BSN

The Mercy Breast Outreach Program has been helping women who are uninsured and have low incomes receive free breast health services for nearly 20 years. The program provides free screening mammograms, clinical breast exams, diagnostic services and breast health education to those who may not otherwise receive it due to lack of access to healthcare. Mercy provides these services through generous funding from the state of Missouri's Show Me Healthy Women program along with grants from Komen Missouri, Mercy Health Foundation and other organizations in the community.

As breast outreach nurse and coordinator for the Breast Outreach Program, it is my goal to provide women with support and assistance to navigate the breast cancer continuum of care. Our outreach program helps to remove barriers that may prevent women from getting their yearly recommended screening and to ultimately direct them towards resources that help them obtain other healthcare services they may need.

Mercy has partnered with many churches and area clinics to provide this service to members of our community. The program serves women from many urban, suburban and rural Missouri counties. We currently have five Mercy imaging centers

that provide free breast imaging through our outreach program; Mercy St. Louis Breast Center, Mercy Washington Breast Center, Mercy Imaging Center O'Fallon, Mercy Imaging Center Old Tesson and Mercy Imaging Center Hazelwood. For more information about outreach screening dates and to see if you qualify, please call 314-251-6300, option "0".

Winter 2021 Outreach Dates

January

- 1/7 Mercy St. Louis Breast Center
- 1/12 Mercy Washington Breast Center
- 1/14 Mercy St. Louis Breast Center
- 1/21 Mercy St. Louis Breast Center
- 1/28 Mercy Hazelwood Imaging Center

February

- 2/4 Mercy St. Louis Breast Center
- 2/11 Mercy St. Louis Breast Center
- 2/18 Mercy St. Louis Breast Center
- 2/25 Mercy O'Fallon Imaging Center

March

- 3/11 Mercy Washington Breast Center
- 3/18 Mercy St. Louis Breast Center
- 3/23 Mercy Old Tesson Imaging Center
- 3/25 Mercy St. Louis Breast Center

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are just a few ways Mercy is committed to provide both safe and efficient ways to care for our



Something Yummy in the Kitchen

By Emma Clinkingbeard, MS, RD, LD | Mercy Dietitian

Here's a tasty recipe from Dietitian Emma, but check out our monthly recipes on the website:

Easy Egg Bake

Recipe/Photo inspired by Cookie and Kate

[\(https://cookieandkate.com/healthy-breakfast-casserole-recipe/\)](https://cookieandkate.com/healthy-breakfast-casserole-recipe/)

Ingredients:

- 1 Tbsp olive oil
- 2 medium red bell peppers, chopped*
- ¾ cup thinly sliced green onion*
- 5 oz roughly chopped spinach*
- 12 eggs
- 3 Tbsp half and half (you can sub regular milk)
- Couple dashes of your favorite hot sauce
- ½ tsp salt
- ½ tsp black pepper
- 4 oz crumbled feta or goat cheese

* You can substitute with frozen chopped vegetables or add in any other vegetables available/leftover in your fridge!*

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit. Grease a 9x13 inch with butter or cooking spray.
2. In a large skillet, warm the olive oil over medium heat until shimmering. Add the bell pepper and green onion until tender, about 8-10 minutes.
3. Add the spinach to the skillet and cook, while stirring, until wilted, about 2 minutes. Set the pan aside to cool for a bit while you prepare the egg mixture.
4. Crack the eggs into a medium mixing bowl. Add your dairy of choice, hot sauce, salt and pepper. Whisk just until the egg yolks and whites are blended.
5. Stir in half of the cheese. Transfer the lightly cooled veggies into the bowl, stir to combine.
6. Pour the mixture into the prepared pan. Evenly disperse the remaining cheese on top.
7. Bake for 25-35 minutes, until the eggs are puffed and appear cooked, and the center of the casserole just barely jiggles.
8. Place the bake on a cooling rack until you're ready to serve. Slice with a sharp knife and serve. Leftovers will keep well for 4 days in the refrigerator.



infusion patients, we will continue to find ways to improve our process as new standards are rolled out by our governing agencies.

We are proud to say that our current improved processes have patients giving positive feedback about reduced wait times in our infusion areas.