

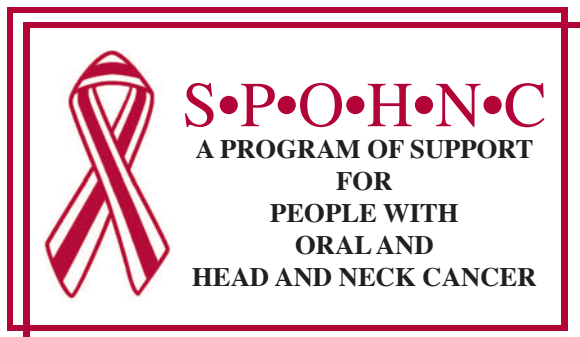
NEWS FROM S·P·O·H·N·C



VOL. 22 NO. 5

SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER, INC.

FEBRUARY 2013



Innovations In Head and Neck Surgery – Two Decades, A Perspective

Dennis H. Kraus, MD

During the past two decades, there have been a tremendous number of innovations in head and neck oncology - both surgical and non-surgical. In my opinion, all of the innovations during the past two decades exceed the sum of all prior innovations up to that time.

A major innovation was the evolution from the use of the radical neck dissection to the modified neck dissection.



Modified neck dissection allows for removal of the involved or at risk lymph nodes with preservation of uninvolved vital structures, including; the sternocleidomastoid muscle, the internal jugular vein and the spinal accessory nerve. In my opinion, the radical neck dissection, with the exception of selective patients is now only of historic importance. We can now employ nerve monitoring to further facilitate preservation of the spinal accessory nerve. Data from Memorial Sloan-Kettering Cancer Center shows value in the use of post-operative acupuncture to reduce pain and to improve the function of the shoulder.

In the management of thyroid cancer, there has been increased use of minimally invasive surgery, including the use of a surgical robot. Surgeons have reported the use of a face lift approach and even going through the armpit or the nipple. Nerve monitoring is commonly employed during this type of surgery. This approach is used for patients with thyroid cancer and has also been used for parathyroid surgery. In addition to robotic surgery, minimally invasive surgery can be performed using a type of telescope

through a small incision in the neck, generally through a 1 inch incision. This incision heals very well cosmetically and often allows for surgery to be performed as an outpatient. In addition to these surgical innovations, the ability to use thyroglobulin as a tumor marker has often decreased the need for radioactive iodine. A smaller number of patients that are treated with radioactive iodine and early detection of recurrent disease using thyroglobulin marker can then facilitate additional curative treatment.

Similar innovations have occurred for parotid tumor surgery in which the design of the incision continues to evolve where facelift type incisions are now used. Nerve monitoring has been used to reduce both temporary and permanent injury to the facial nerve. Moreover, there has been a trend to preserve the uninvolved gland to reduce the contour deformity associated with removal of the entire gland. Surgeons have increasingly used tissue fillers and local flaps to reduce the cosmetic deformity associated with the surgery.

There have been a number of innovations in the management of skin cancer. Surgical trends point to reduced surgical margins for cancer of the face and neck, compared to the trunk and extremity. In some instances, reconstruction is postponed to allow for time to analyze the final pathology report to ensure that the entire cancer has been removed. Lymphoscintigraphy with sentinel node biopsy has been applied to assess high risk skin cancers including melanoma, eccrine, and Merkel cell carcinoma, in the clinically negative neck. This has obviated the need for formal neck node dissection, reducing the morbidity of the treatment. Sentinel node biopsy has been the greatest predictor of outcome in the management of malignant melanoma. This has allowed us to determine the greatest at risk patients and include additional treatment to prevent recurrence.

During the past two decades, we have seen the emergence of HPV(Human Papilloma Virus which is the cause of cancer of the cervix in women) as a significant risk factor in the development of cancer of the tonsil and the base of the tongue. Patients with HPV associated malignancy have an improved outcome when compared with similar patients who are HPV negative. In the past, debilitating external surgery which required splitting the lip and jaw was performed. This led instead to the adoption of chemoradiation using an organ preservation approach. In some patients, difficulty swallowing due to narrowing of the throat and airway requiring tracheostomy were evident. Recently, we have seen the emergence of a transoral robotic approach to remove these tumors. At this time, it is unclear whether robotic surgery provides similar or improved outcome and reduces morbidity. A current national trial is under design through the National Cancer Institute and the National Institute of Health. In patients undergoing organ preservation, PET scan may be used to determine whether neck dissection is indicated after completion of chemoradiation. In a majority of patients, neck dissection may be avoided.

INNOVATIONS continued on page 2

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Another innovation is the use of microvascular free tissue transfer. Moving the patient's own tissue from one part of the body and connecting it to the artery and vein in another part of the body provides living, healthy tissue for reconstruction of operative defects. A multitude of instances exist when this type of surgery is performed. This includes reconstruction of the jaw, soft tissue reconstruction of the tongue, and palate. It is also employed for patients undergoing removal of the voice box and throat to reestablish the swallowing passage. In some instances, this may effectively increase the extent of surgical respectability, taking patients in whom it was felt that the cancer could not be removed and putting them in the resectable category. Microvascular reconstruction is often associated with improved function and appearance.

Patients with cancer of the voice box have many treatment options. Patients with early glottic cancer can be treated either with CO2 laser or microdissection. They may also be candidates for radiation therapy. Patients who have recurrent cancer may still be treated with laser and open partial laryngectomy. In patients with advanced cancer, chemoradiation has been used with a significant impact. In a trial done by The Veterans Association Hospitals, preservation of the voice box was proven feasible in nearly two thirds of a selected group of patients. In patients in whom total laryngectomy is necessary, a tracheoesophageal puncture helps to restore the voice.

A number of innovations have occurred in skull base surgery. Endoscopic surgery, done through the nose, has allowed for incisionless surgery in selected patients. We also used image guidance in which a device similar to a navigation device in an airplane allows for guidance of the instruments during the surgery. In some patients who previously required craniofacial resection, opening the skull is no longer needed. A major challenge is the leakage of cerebrospinal fluid, but this has increasingly been avoided through the use of a nasoseptal flap reconstruction.

The last issue is the surveillance of patients with head and neck cancer. Although the group described in this report represents a multitude of diseases, the PET scan has increasingly been employed. This is largely symptom based and is often ordered based on a change in physical examination of the patient. Imaging may vary by disease. One must balance the cost with the impact of treating recurrent cancer.

In summary, in the last two decades, we have seen a significant reduction in the magnitude of surgical resection, and improved functional outcomes. This has resulted in reduced surgical morbidity and improved functional outcomes. We have increasingly reduced the time of hospital stay and hope that we have enhanced the quality of life of this challenging patient population.

Editors Note: Dr. Kraus is the Director of the Center for Head and Neck Oncology for The New York Head and Neck Institute and New York – LIJ Cancer Institute. Dr. Kraus is one of the leading head and neck oncologic surgeons within the United States. Within the American College of Surgeons, the American Head and Neck Society and the American Academy of Otolaryngology, he serves in a number of leadership positions as it relates to Head and Neck Oncology. Dr. Kraus oversees comprehensive multi-modality cancer care of the head and neck throughout the North Shore-LIJ Health System.

SURVIVOR NEWS

You may remember the 2-part Sharing Story of Daniel & Maggie, which we published in the February and March 2012 issues of News from SPOHNC. We are very happy to share some exciting news with our readers -



Daniel and Maggie tied the knot on Sunday, July 22nd in Weston, Wisconsin, at the Highland Community Church!

Here's a wedding photo that the happy couple recently

shared with SPOHNC.

Congratulations to Mr. and Mrs. Milkovich as they begin their life together!



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MESSAGE FROM THE FOUNDER

Dear Friends,

It is my pleasure to wish you all a very Happy and Healthy 2013. The past year was an exciting year for SPOHNC, as 2012 brought us to celebrating our 20th Anniversary with a Conference & Celebration of Life in August; launching a new edition of our *Meeting The Challenges* book; increasing our chapters to include 120 throughout the U.S.; adding new members to our National Survivor Volunteer Network and becoming visible on Facebook. Now as we begin the New Year, we have decided to put together a new volume of our very successful *Eat Well, Stay Nourished, A Recipe and Resource Guide for Coping with Eating Challenges*. The first volume has proven helpful to so many patient callers over the years and we look forward with enthusiasm to creating a new volume to be enjoyed.

We are very fortunate to have Dr. Jan Lewin, PhD, a Professor in the Department of Head and Neck Surgery and Section Chief of Speech Pathology and Audiology at The University of Texas MD Anderson Cancer Center, author a special section in this new book. She is a national and international authority on the restoration of speech and swallowing function in patients with head and neck cancer and was one of our most popular speakers at SPOHNC's 20th Anniversary Conference held this past August.

Just as with our match program and Chapter Support groups, learning from "someone who has been there" gives us encouragement to fight our cancers and become experts about our cancers in many respects. You helped us with our initial cookbook, and can now help us to develop this new book.

Did you, or do you still experience eating and swallowing challenges due to treatment for oral, head and neck cancer? What kinds of food did you most enjoy? Did someone make a favorite dish – a "go to" recipe? This is an area that we need to share with others and so I am asking you to look back on your cancer journeys and send us some hints about "learning to eat again"

and some recipes that you or your spouse or caregiver have prepared that help make food more palatable and easier to swallow. We need your "eating" hints, as well. Contributing recipes and eating hints is a big way of helping others who are early on in their journeys.

Please share your recipes and hints with us, so that we can share them with others. Through this type of sharing we can help those who need to maintain their weight and build up their strength following treatment. If everyone shared just one recipe, we would be well on our way to a very successful Volume Two!

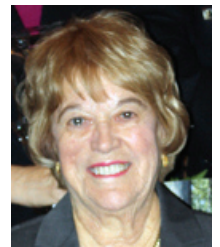
You can print out a copy of the recipe form from our web site at www.spohnc.org and mail the recipes to SPOHNC at P.O. Box 53, Locust Valley, NY 11560, or you can send your recipes and hints in an email to nleupold@spohnc.org.

I look forward to hearing from you as you help to make 2013 another helpful and caring year for SPOHNC.

With kindest regards,

Nancy E. Leupold

Nancy E. Leupold, Survivor
Founder and President of SPOHNC
Email: nleupold@spohnc.org



**What comes
from the heart,
goes to the heart**

~ Samuel Taylor Coleridge

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A TIME FOR SHARING...Marathon Man

Early in the morning of November 6, 2011, my wife, my daughter, and I hopped a subway from our home in the Tribeca neighborhood of Lower Manhattan. We exited the subway a couple of stops later at the Staten Island Ferry. At the ferry were hundreds, if not thousands, of runners heading to the start of the New York City Marathon. There was excitement in the air.

Amidst the hubbub of jittery runners in spandex and Tiger Balm, I contemplated that I was near the end of my journey. Two and a half years earlier, I had been diagnosed with tonsil cancer. I couldn't imagine that my body had betrayed me so. I was nearly 60 years old, had never smoked, hadn't drank since college, and had run a marathon every year for roughly 30 years. Sickness was what happened to other people. I felt victimized.

Preparing for a marathon in December 2008, I had become aware of a lump under my jaw, below my left ear. The race would occur the following February. I decided to delay seeing a doctor until after the race.



As strange as it may sound, I was afraid that the doctor would tell me not to run. When I did finally go,

the doctors poked, prodded, tested, and biopsied. I was given my diagnosis and had to accept it. I felt as if I had fallen into the maw of the medical industry, which now shared ownership of me.

I am blessed with a caring and strong wife. I also had fabulous doctors and nurses. They explained that I likely had a cancer of viral origin. The good news was that my cancer was very treatable. The bad news, as readers of this newsletter probably know, is the potential for collateral damage from radiation treatments to important organs nearby.

My radiation treatment occurred in July and August, 2009. Early in that period, I began to eat via an eating tube connected directly to my stomach. Also

in July and August were three sessions of chemotherapy. Then the therapy was suspended for a month. In October, a dissection for the removal of lymph nodes was done on the left side of my neck, and irradiated wires were inserted in my jaw for a day. In case my throat seized on account of the irradiated wires, a breathing tube had been inserted in my throat.

By the end of therapy, I felt wasted, fouled, and unclean. I had withered by 25 pounds. My throat hurt. I had choking amounts of flem. The chemo had made my brain foggy. I looked ashen and emaciated. Most troubling for me, I appeared pitiable.

Yet I felt fortunate and grateful. I had learned to appreciate the depth of my wife's love and support. I realized that my cancer was more treatable than many other cancers. I still had an instinctive affinity for trying to keep myself reasonably fit. In fact, strange as it may sound, I felt energized by the challenge. Over the course of treatment, my whole body ached and I had nausea. I would lay with my eyes closed and dream about some day being free to run and re-assume command of myself.

After therapy ended, my wife had an exercise coach come to our apartment for two sessions to give me some new weight-lifting routines. That helped, but it was my running that allowed me re-connect to and re-inhabit myself. I hadn't run for almost five months. Still, I felt at home on old running routes. Of course, my running returned slowly and unevenly. Just being diagnosed with cancer seemed to have been a sign that my self-control had somehow failed. Running now with unresponsive, listless muscles had me sometimes despair of ever again working my will over my body and, by extension, my whole life.

Almost a year after therapy ended, in summer 2010, I tried training for another marathon. As I began increasing my distances, I had to acknowledge that I didn't have sufficient stamina. I felt betrayed and defeated. Preparing for a marathon can be tricky in that way. A person can walk or jog and feel fit and robust. It's only after trying to reach 15 or 20 miles at a good pace that a person knows he has the capability to go the 26.2-mile distance of a marathon.

Naturally, I thought I had become too old and lost too much muscle mass. Perhaps if I had been younger, I could have recovered. Still, I enjoyed running. It made me feel comfortable in my skin, and in balance. It is who I am, and it's one of the ways in which I express myself. It cleanses me. I continued to push myself. I ran often in the deep forests of the Berkshire hills in western Massachusetts, near our vacation house. By the beginning of this past summer, I had the sense that I had finally strengthened. In late August, 2011, I started some 20-plus-mile weekend training runs.

Running in Manhattan takes some adjustments and commitment. For instance, traffic is a factor. My long runs begin from our apartment in Lower Manhattan. I run through midtown and reach my mid-point in far northern Manhattan. Then I retrace my path. To avoid the heaviest traffic on the return, I try to be on the road by 5:30am, or earlier. It's an eerie time of day, but invigorating. Though I run alone, I still have the sense of joining a brotherhood of runners. It's both a lifestyle and a sport.

As the weeks passed, I was still waiting to find my fatigue rising. The more successful weekends I had, the more I feared feeling crushed in the event of my having to surrender my dream. Fortunately, it never happened. You have heard the saying that God protects drunks and babies. I began to believe that this fortunate group includes recovering cancer patients.

Back to the Staten Island Ferry. I'd had so much trepidation about being able to compete that I had never bothered to officially register for the race. Years ago, I had been able to run the New York Marathon unofficially. I figured it wouldn't be a problem this time. The night before this year's race, however, the *Wall Street Journal* ran a story stating that race officials were increasing their vigilance for unofficial runners. Upon arrival at the runners' collection site, I began to see plenty of race officials checking runners for their official numbers. Somehow I avoided them.

Clearing the last checkpoint and arriving at the starting line with thousands of other hyper-excited runners behind me confirmed my feeling that this was my

lucky day. The cannon sounded, the crowd roared, and we charged across the Verrazano Narrows Bridge.

The race unfolded for me as I had hoped. At the start, I flew across the bridge with what sounded like the hoards of Genghis Kahn roaring behind me. I felt energy pulsating within me from head to toe. My body was reflexively gauging the pace I could demand of myself for the first twenty miles and still have sufficient energy to claw my way through the final six miles. Once those internal calculations were done, I steadily unspooled my effort and enjoyed the ride. The weather, after all, was resplendent. The crowds were intoxicating. (Lots of spectators bring signs, and one of my favorites was a sign that said, "Toenails are for Sissies" – since so many long-distance runners lose theirs.) The city was a quilt of lively neighborhoods. I could see the relentless and undulating river of runners ahead of me, banking and flowing. At each mile marker, I'd crunch the overall time to tabulate my pace and with that, project my finishing time.

At mile 20, the runner in me passed the baton to the survivor part of me. Just take me home, I told myself. My legs became a little rubbery. Still, the shrinking distance to the finish and the support from the crowds enticed me. Nothing would stop me now. Soon, I could start imagining me soaking in a hot tub and regaling my wife with my war stories of the day. Roughly 200 yards from the official finish line, a kindly race official gently asked me to leave the route. I had finished in 4 hours and 15 minutes. I hobbled, teeth chattering in the afternoon breeze, to the subway for a ride home.

I had previously run a marathon each year for about 30 years. I was never very fast. I was drawn to the exercise and the spectacle. The 2011 New York City Marathon will remain in my memory for those reasons, and obviously, for other factors. I humbly suggest that every cancer survivor owes it to him/herself to look deeply within for what can be reclaimed from the wreckage left by this disease. Further, the gratefulness and satisfaction to be had from such a salvage effort is boundless and is, in a sense, a reflection of the pleasure of life itself.

Michael Skrak
mikeskrak@yahoo.com

Editors Note: In May, Mike retired from the City of New York and got a volunteer job with JRS, the Jesuit Refugee Service, in Amman, Jordan. He has been working in several of their programs there - one of them is an experimental online college course for refugees. In his first group of 17 students



who were taking a refresher course before the credit courses start, he was working with a Iraqi woman on an autobiographical essay, which was supposed to highlight a turning point in her life. She had written something about being sick, so he urged her to be a little more descriptive and specific. (Arabic speakers tend to speak more in generalities.) Finally, she said that she had and was still being treated for thyroid cancer. Mike said to her, "You won't believe this, but I had throat cancer a couple of years ago too." She had not shared her personal story, and certainly not in English, in which she wanted to become proficient.

**Hold a hand
that needs you
and
discover
abundant joy**

~Flavia Weedn



**Happy Valentines Day
from SPOHNC!**

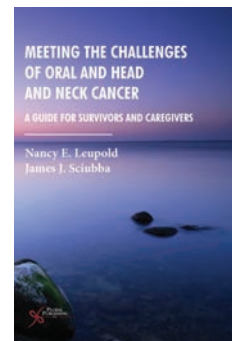
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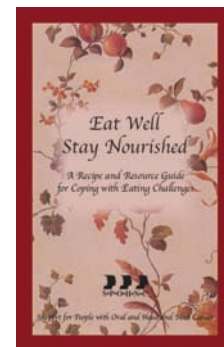
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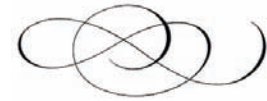
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St. Vincent's Hospital, Bruno Cancer Center
3rd Tuesday: 12 Noon
Karen Clenney 205-870-4102/kclenney2@bellsouth.net

ARIZONA-CHANDLER
Cancer Center at Chandler Reg. Med. Ctr.
1st Wednesday: 5:30-7:30 PM
Monica Krise, MSW 480-728-3613/monickrise@chwedu
Dick Snider, MD (ret.) 480-895-6019
rsnider326@aol.com

ARIZONA-PHOENIX/MESA
Banner Desert Medical Center
3rd Wednesday: 4:30 -6:30 PM
Keri Winchester, MS, CCC-SLP
480-412-3627/Keri.Winchester@bannerhealth.com
Dick Snider, MD (ret.) 480-895-6019
rsnider326@aol.com

ARIZONA-PHOENIX
Rad/Onc Waiting Room
St. Joseph's Hospital and Medical Ctr.
1st Tuesday: 5:30-7:30 PM
Mary Schneider, Dir. 602-406-3882
mary.schneider@chw.edu
Barbara Chapman, RN, OCN
602-401-8131/barbara.chapman@chw.edu
Dick Snider, MD (ret.) 480-895-6019
rsnider326@aol.com

ARIZONA-SCOTTSDALE
Virginia G. Piper CA Center
3rd Thursday: 6:30-8:30 PM
Chris Henderson, MS, CCC-SLP
480-323-3214/chhenderson@shc.org
Les Norde 602-439-1192/elnorday@cox.net

ARKANSAS-NORTHWEST
NWA Cancer Support Home
3rd Saturday: 10:00 AM-12:00 PM
Jack & Temple Igleburger 479-876-1051/586-4807
tmplnjak@cox.net

CALIFORNIA-LOS ANGELES-UCLA
UCLA Med. Pla., Rad/Onc
Conf. Rm. B-265
1st Tuesday: 6:30-8:00 PM
Pam Hoff, LCSW 310-825-6134/phoff@mednet.ucla.edu

CALIFORNIA- NEWPORT BEACH
Hoag Family Cancer Inst. Conf. Rm A
8 week Program, Mon. 4:30-6:00pm Mar 4th- Apr 22
Register @ 800-400-4624
Sandy Pollet, RN, OCN 949-764-1804/sandy.pollet@hoag.org

CALIFORNIA-ORANGE-UCI
Chao Family Comprehensive CA Ctr.
1st Monday: 6:30-8:00 PM
Jennifer Higgins, MSW 714-456-5235/jhiggins@uci.edu

CALIFORNIA-SAN DIEGO
4S Ranch Library
1st Saturday: 12:00 noon
Valerie Targia 760-751-2109/valtargia@yahoo.com

CALIFORNIA-SANTA MARIA
Marion Rehab. Center
3rd Tues./Alternate Months
Aundie Werner, MS, CCC/SLP
805-739-3185/aundiew@mail.com

CALIFORNIA-STANFORD
Stanford Cancer Center
1st Tuesday: 4:00 - 5:30 PM
Mike Bonar, LCSW 650-223-1422/mbonar@stanfordmed.org

CALIFORNIA-VENTURA
The Cancer Resource Center of
Community Memorial Hospital
4th Thursday: 6:00 - 7:30 PM
Kathleen Horton 805-652-5459
khorton@cmhhospital.org

COLORADO-DENVER
Porter's Adventist Hospital
Twin Peaks Conf. Rm.
Last Tuesday: 6:30-8:00 PM
Linda Mitchell MA, LPC, RN 303-778-2583
lindamitchell@centura.org

COLORADO-PUEBLO
St. Mary Corwin Med. Ctr., Dorcy Cancer Ctr.
1st Tuesday: 5:00-6:00pm
Janet Dennis, 719-557-5851
janetdennis@centura.org

CONNECTICUT-NEW HAVEN
Hospital of St. Raphael
2nd Tuesday: 5:00 PM-6:30 PM
Vanna Dest, APRN 203-789-3131/vdest@srhs.org
Lori Ratchelous, MSW/lratchelous@srhs.org

CONNECTICUT-NEW LONDON
Lawrence & Memorial Hospital
Community Cancer Center
Waiting Room - 1st Thursday: 6:00 PM-7:30 PM
Catherine McCarthy, LCSW 860-444-3744
mccarthy@lmhosp.org

CONNECTICUT-NORWICH
William W. Backus Hospital
Medical Office Building, MOB Conf. Rm.
3rd Tuesday: 5:00-6:00 PM
Darlene Young, RN, OCN 860-892-2777
dayoung@wwbh.org
Kathy Gernhard, RN, OCN 860-892-2777
kgernhard@wwbh.org

DC-GEORGETOWN
Lombardi Ca Ctr/Martin Marietta Conference Rm
3rd Wednesday: 1:30-3:00 PM
Joanne Assarsson, MSW, LICSW 202-444-3755
assarssj@gunet.georgetown.edu

FLORIDA-BOCA RATON
Boca Raton Community Hospital.
1st Tuesday: 4:00-5:00 PM
Laura Moon Cox, MSW 561-955-5897
lmoon@brch.com

FLORIDA-FT MYERS
Gulf Coast Medical Center
Outpatient Rehabilitation Ctr.
4th Tuesday: 3:00-4:00 PM
Stacey Brill, MS, CCC-SLP 239-343-1645
stacey.brill@leememorial.org

FLORIDA-FTWALTONBEACH/NW FL
Call for Location
4th Thursday: 5:00 PM
Shannon Leach, MA, CCC-SLP
850-362-9200
sleachslp@yahoo.com
Ryann Ennis ryann02@live.com

FLORIDA-GAINESVILLE
Winn Dixie Hope Lodge
1st Monday: 6:00-7:00 PM
Paul Donovan
pd12@my.fsu.edu
352-359-5179

FLORIDA-JACKSONVILLE
First Coast Oncology
2nd Tuesday, 6:00pm-7:30pm
Jennifer Maggiore, LCSW 904-880-5522
jennifer@firstcoastoncology.com

FLORIDA-JACKSONVILLE
UF & Shands Lrning & Res.Ctr. - Ash Room
1st Wednesday
12 noon-1:00PM
Sarah Reisling, MS, CCC-SLP
904-244-2948
sarah.reisling@jax.ufl.edu

FLORIDA-LECANTO
Robert Boissoneault Oncology Institute
3rd Wednesday: 11:30 AM-1:00 PM
Wendy Hall, LCSW, AHPC
352-527-0106/whall@rboi.com

FLORIDA-MIAMI
Cancer Support Community
3rd Wednesday: 6:00-8:00 PM
Isabel Trabanco 305-668-5900
intrabanco@gmail.com
Russell Nansen 305-661-3915

FLORIDA-MIAMI
UM/Sylvester at Deerfield Beach, Ste.100
2nd Tuesday: 1:30 PM-3:00 PM
Penny Fisher, MS, RN, CORLN
305-243-4952/pfisher@med.miami.edu

FLORIDA-NAPLES
NCH Healthcare System/Downtown
1st Wednesday: 1:30-4:30 PM
Karen Moss, MS, CCC-SLP
239-436-6712/Karen.moss@nchmd.org

FLORIDA-OCALA
Robert Boissoneault Oncology Institute
1st Monday: 11:00 AM-12:00 Noon
Amy Roberts, LCSW 352-732-0277
aroberts@rboi.com

FLORIDA- PALM COAST/NORTHEAST
Grand Haven, Creekside Facility
1st Thursday, 4:00-5:30pm
Amy & Lewis Beilman 386-864-7895
atwill001@msn.com

FLORIDA-SARASOTA
The Cancer Support Community
1st Wednesday: 2:00-3:00PM
Julie O'Brien, LMHC 941-921-5539
julieobee@verizon.net

FLORIDA-TAVARES
Florida Hosp. Cancer Inst.
Waterman Conf. Room
2nd Thursday: 4:00pm-5:30pm
Georgeann Bjornson 352-253-3630
georgeann.bjornson@ahss.org

FLORIDA- W. VOLUSIA COUNTY (ORANGE CITY)
Mid Florida Hematology & Oncology Ctr.
3rd Tuesday: 5:30-7:00pm
Shirley & Richard Glomb
386-624-6154/flacubman@cfl.rr.com

GEORGIA-ATLANTA
St. Joseph Hospital of Atlanta
Evelyn Trammell Voice & Swallowing Center
2nd Tuesday: 1:00 PM
Tanya Duke 678-843-5586/tduke@sjha.org

GEORGIA-ATLANTA-EMORY
Winship CA Institute (Bldg. C)
Last Thursday: 6:30-7:30 PM
Martha Ryan NP 404-778-1733
Martha.j.ryan@emoryhealthcare.org

GEORGIA-AUGUSTA
MCG Health Children's Medical Center
Family Resource Center
1st Tuesday: 6:00-7:30 PM
Lori M. Burkhead Morgan, PhD, CCC-SLP
706-721-6100/lori_gator@yahoo.com
Leann Dragano draganole@bellsouth.net

GEORGIA-COLUMBUS
Columbus Public Library
3000 Macon Rd.
2nd Monday: 6:00-7:30 PM
Wanda Hodge 706-442-1768/whodge50@gmail.com

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ILLINOIS-CHICAGO
Duchossois Ctr. for Advanced Medicine
4th Tuesday: 1:00 PM
Mary Herbert 773-834-7326
mherbert@medicine.bsd.uchicago.edu

IL-EVANSTON/HIGHLAND PARK
North Shore University Health System
Call for location
2nd Monday: 6:00-8:00 PM
Sabina Omercajjic, MS, CCRP 847-570-1066
somercajjic@northshore.org

ILLINOIS-MAYWOOD
The Cardinal Bernardin Cancer Ctr.
3rd Wednesday: 6:00-7:00 PM
Laura Morrell, LCSW 708-327-2042
lmorrell@lumc.edu

INDIANA-FORT WAYNE
Lutheran Cancer Resource Ctr Ste 109
3rd Wednesday: 4:00-5:00
Susan Berghoff, RN, OCN
Alison Sorg 260-435-7959
lh.crc@lutheran-hosp.com

INDIANA-INDY-NORTH
Marion County Public Library
Lawrence Branch
Last Monday: 6:00-8:00 PM
John Groves 317-872-6674/jgroves14@comcast.net

INDIANA- INDY-WEST
Hendricks Regional Health Cancer Center
2nd & 4th Mondays, 7:00-8:30pm
Lisa Maccaroni, RD, CD, CDE 317-272-3636
ljmacca@hendricks.org
Eva Burgan ebburga@hendricks.org

INDIANA- SOUTH BEND
Memorial Hosp. of S. Bend
3rd Sunday, 1:30-3:00pm, Mar-Oct.
Jill Ross, MSCC-SLP 574-647-7333
jross2@memorialsb.org

INDIANA-TERRE HAUTE
Hux Cancer Center
3rd Tuesday: 4:30 PM
Mary Ryan, SP 812-535-2587/Maryryan2@juno.com

IOWA-DES MOINES
Iowa Methodist Medical Center, Suite 450
1st Wednesday: 5:30 PM
Jennifer Witt, RN, MSN, OCN
Stoddard Care Coordinator
515-241-3399/wittjl@ihs.org

KANSAS-KANSAS CITY
Univ. of Kansas Hospital
2nd & 4th Wednesdays: 4:00-5:00 PM
Mary Moody Whetstone, LMSW
913-588-3630
mmoody@kumc.edu
Dorothy Austin, RN, OCN
913-588-6576
daustin@kumc.edu

LOUISIANA-BATON ROUGE
Cancer Services of Greater Baton Rouge
3rd Wednesday: 4:00 PM
Ester Sachse
225-927-2273
esachse@cancerservices.org

MAINE-AUGUSTA/CENTRAL
Harold Alfond Center for Cancer Care
Therese Berniger, SLP-CCC
207-872-4051
therese.berniger@mainegeneral.org

MARYLAND-BALTIMORE-GBMC
Milton J. Dance Head & Neck Center
Physicians Pavilion East Conf. Ctr.
3rd Tuesday: 7:00 PM
Dorothy Gold, LCSW-C, OCW-C
443-849-2980/dgold@gbmc.org

MARYLAND-BALTIMORE-JHMI
Johns Hopkins – Greenspring Station
2nd Wednesday: 7:00-8:30 PM
Kim Webster 410-955-1176/Kwebste@jhmi.edu
Dwayne Arehart 717-615-7464/darehart@live.com

MARYLAND- LIBERTYTOWN
St. Peter's RC Church-Parish Center
2nd Wednesday: 2:00-3:30pm
Judith Churco 301-631-8159/judyduster@aol.com

MASSACHUSETTS-BOSTON
Massachusetts General Hospital
One Tuesday every other month: 6:00-8:00 PM
Valerie Hope Goldstein
617-726-0651/vgoldstein@partners.org

MASSACHUSETTS-CAPE COD
Fallmouth Hosp-Clark Cancer Center
Rad/Onc Conference Room
3rd Thursday: 2:00 - 3:30 PM
Jeffrey A. Gaudet, LICSW, OSW-C
508-862-7571/jgaudet@capecodhealth.org

MASSACHUSETTS MID-CAPE ON CAPE COD
Cape Cod Hospital Rehabilitation Center,
Lower Level, Speech & Language Pathology Office
1st Monday 1:00-2:00 pm
Jeffrey A. Gaudet, LICSW, OSW-C
508-862-7571/jgaudet@capecodhealth.org

MASSACHUSETTS-DANVERS
MGH North Shore Cancer Ctr.
2nd Tuesday: 5:30-6:30 PM
Mary Anne Macaulay, LCSW
978-882-6002/mmacaulay@partners.org

MASSACHUSETTS-NEWTON
Vernon Cancer Ctr. Newton-Wellesley Hosp.
1st Wednesday: 5:00-6:30pm
Rachelle Colson LaMaster, MSW, LCSW
617-219-1230/rlamaster@partners.org

MICHIGAN-ST. JOSEPH
Lakeland Healthcare
1st Monday: 6:15-7:15 PM
Lisa Sutton MA, CCC-SLP
269-428-2799, x2997/lsutton@lakelandregional.org

MINNESOTA-MINNEAPOLIS
Hennepin/Southdale Library
1st Monday: 6:45-9:00 PM
Colleen M. Endrizzi
952-545-0200/colmartens@gmail.com
Charles Bartlett 612-220-5449

MISSOURI-ST. LOUIS
St. Louis University Cancer Center
4th Friday: 10:00 AM - 12:00 noon
Cathy Turcotte, RN, MSN
314-268-7015/turcotte@slu.edu

MONTANA-BOZEMAN
Bozeman Deaconess Hospital
3rd Thursday: 12:00 Noon-1:00 PM
Doug Stiner 406-586-0828
Wendy Gwinner, LCSW
406-585-5070/wgwinner@bdh-boz.com

NEBRASKA-OMAHA
Methodist Cancer Center
Meets Quarterly
Susan Stensland
402-559-4420
sstensland@nebraskamed.com

NEBRASKA-OMAHA
Nebraska Medical Center
Meets Quarterly
Susan Stensland
402-559-4420
sstensland@nebraskamed.com

NEW JERSEY-LONG BRANCH
Leon Hess Cancer Center
The Goldsmith Wellness Center
2nd Thursday: 7:00-8:00 PM
Becky Kopke, RN, BSN, OCN 732-923-6473
BKopke@SBHCS.com
Anita M. Pfisterer, MSW, LSW
732-923-6961/ampfisterer@aol.com

NEW JERSEY-MORRISTOWN
Morristown Memorial Hospital
3rd Wednesday: 1:30 PM
Edie Boschen, RN, APN-c, OCN 973-971-4144
Edie.Boschen@atlantichhealth.org
Catherine Owens, LCSW, OSW-C
973-971-5169
Catherine.Owens@atlantichhealth.org

NEW JERSEY-PRINCETON, UMC
Med. Arts Building, Adm. Conf. Rm.
3rd Wednesday: 12:00-1:00 PM
Amy Heffern 609-575-7949/ahheffern@mac.com

NEW JERSEY-SOMERVILLE
Steeplechase Cancer Center
3rd Wednesday: 6:00-7:30 PM
Kelly Harth, MSW, RYT-500 908-343-8247
kharth161@comcast.net

NEW JERSEY- SPARTA
Sparta Cancer Center-Suite 250
1st Friday: 1:30-3:00pm
Nina Sullivan, RN, BSN OCN 973-729-7001
sccexam@hotmail.com
Kathryn Cramer, LMSW 570-504-7200
sccsocwork@hotmail.com

NEW JERSEY-TOMS RIVER
Community Medical Center
Last Thursday: 3:00 PM
Sherry Laniado, MSW LCSW 732-557-8270
slaniado@sbhcs.com

NEW MEXICO-ALBUQUERQUE
Anita Bryan 505-681-1971
Anitabeach2@yahoo.com

NEW YORK-ALBANY
ACS Hope Club
3rd Thursday: 7:00-9:00 PM
Kathy Rosbrook 518-758-1333/okroz@aol.com

NEW YORK-BUFFALO
Roswell Park Cancer Institute
3rd Tuesday: 4:30-6:00 PM
Amy Sumbum, SLP 716-845-4947
amy.sumbum@roswellpark.org
Lindsay Wachowiak 716-845-8301
Lindsay.wachowiak@roswellpark.org

NEW YORK-MANHATTAN
Beth Israel Head and Neck Institute
4th Thursday: 2:00-4:00 PM
Jackie Mojica 212-844-8775
jmojica@chnpnet.org

NEW YORK-MANHATTAN
Mount Sinai Medical Center
3rd Tuesday: 3:00 PM
Margot Wankoff, LMSW 212-241-7962
margot.wankoff@mountsinai.org

NEW YORK-MANHATTAN
NYU Clinical Cancer Center, 11th flr
1st and 3rd Thursday: 2:00 PM
Mark Pastrik, LCSW-R 212-731-5411
mark.plastrik@nyumc.org

CHAPTERS OF SPOHNC

NEW YORK- MIDDLETOWN
Orange Regional Medical Center
Community Health Education Center
1st Wednesday: 6:00-7:30pm
Jayne O'Malley, RN/OCN 845-695-5891
jomalley@ormc.org

NEW YORK-NEW HYDE PARK
NORTH SHORE-LIJ Health System
Hearing and Speech Conf Rm, LL
3rd Thursday: 6:30 PM - 8:00 PM
Sharon Lerman, LCSW 718-470-8964
Lynn Gormley 516-628-1219 /516-314-8897
lgormley1@optonline.net

NEW YORK-ROCHESTER
Strong Memorial Hospital
Luellen Resource Center, Pat. Res. Ctr.
1st Thursday: 4:30-6:00 PM
Sandra E. Sabatka, LMSW 585-275-6426
Sandra_Sabatka@URMC.Rochester.edu

NEW YORK-STONY BROOK
Ambulatory Care Pavilion
1st Wednesday: 6:45-8:15 PM
Dennis Staropoli 631-682-7103/den.star@hotmail.com

NEW YORK-SYOSSET
NSLLJ-Syosset Hospital
2nd Thursday: 7:30-9:00 PM
Alice Steiner 516-764-1571
alicesteiner28@gmail.com
Madelyn Harper-Walsh 516-753-0923
lyn.SPOHNC@yahoo.com

NEW YORK-WESTCHESTER
White Plains Hospital Cancer Center
2nd Thursday: 7:00 PM
Mark Tenzer 914-584-6151/tenzer1@optonline.net

NORTH CAROLINA-ASHVILLE
Call for additional information
Kathleen Godwin 828-692-6174/kateyes928@aol.com

NORTH CAROLINA-
DURHAM/CHAPEL HILL
Cornucopia House
3rd Wednesday: 6:00 PM
Dave Gould 919-493-8168
jmorton44@gmail.com

NORTH CAROLINA-CHARLOTTE
Blumenthal Cancer Center
2nd & 4th Thursday: 1:30-3:00 PM
Meg Turner 704-355-7283
meg.turner@carolinashalthcare.org
Terri Painchaud 704-364-7119/Trappi6@yahoo.com

OHIO-CINCINNATI
Call for date and location
Deborah Heim, MSN, ANPBC, AOCNP
513-584-4794/deborah.heim@uchealth.com
Angie Keith 513-475-7366/Angie.keith@ucphysicians.com

OHIO-CLEVELAND
Cleveland Clinic at Fairview Hospital
2nd Thursday: 4:00 PM
Gwen Paull, LISW 216-476-7241/gwpaul@ccf.org

OHIO-DAYTON
The Medical Center at Elizabeth Place
One Elizabeth Pl. - West Lobby - The Chapel Room
2nd Monday: 6:00-8:00 PM
Hank Deneski 937-832-2677/wohnc@earthlink.net

OHIO-LIMA
St. Rita's Regional Cancer Ctr.
Allison Rad/Onc. Ctr. Garden Conf Rm
3rd Tuesday of even month: 5:00 PM
Holly Metzger, LMSW 419-996-5606/
hjmetzger@health-partners.org
Linda Glorioso 419-996-5616
ldglorioso@health-partners.org

OKLAHOMA-TULSA
Hardesty Public Library
1st Tuesday: 6:30 PM
Christine B. Griffin, RN 918-261-8858/beritgriffin@att.net

OREGON-MEDFORD
Providence Medical Center
2nd Friday: 12:00-1:30 PM
Richard Boucher 650-269-8323
richard.boucher@hp.com

PENNSYLVANIA- DUNMORE
Northeast Radiation Oncology Center
Last Thursday of the month: 5:30-7:00PM
Kathryn Cramer LMSW, CCHT
570-881-6247 scsescowork@hotmail.com

PENNSYLVANIA-HARRISBURG
PinnacleHealth Fox Chase Regional Cancer Center
2nd Wednesday: 6:00 PM
Debra Witwer, Nurse Navigator 717-724-6772
dwitwer@pinnaclehealth.org

PENNSYLVANIA-MONROEVILLE
Inter Community Cancer Center
Last Friday of month: 3:00 - 4:00 PM
Beth Madrishin 412-856-7740/bmadrish@wpahs.org

PENNSYLVANIA-NEW CASTLE
UPMC Jameson Cancer Center
Medical Arts Bldg Suite 104
3rd Thursday: 6:00-7:00 PM
Jeannie Williams, Patient Navigator
Becky Rainville, RN 724-656-3870

PENNSYLVANIA-PHILADELPHIA
Penn Med Perelman Ctr Advanced Med
1 W. Pavilion Pt Fam Conf Rm
1st Wednesday: 9:30-11:00 AM
Micki Naimoli, 856-722-5574
Tracy Lautenbach MSW, LCSW, OSW-C
215-662-6193/lautenbach@uphs.upenn.edu

PENNSYLVANIA- PHILADELPHIA
Hahnemann Univ. Hosp. Feinstein Build, 1st Fl.
1st Thursday: 10:00-11:30am
Donatella Richard, MSW LSW 215-762-8436 dona-
tella.richard@drexelmed.edu
Bridget Fonash, RN, BSN, OCN
bridget.fonash@drexelmed.edu

PENNSYLVANIA-YORK
Apple Hill Medical Center
2nd Wednesday: 5:00 PM
Dianne S. Hollinger, MA, CCC-SLP 717-812-5850
Dhollinger@wellspan.org
Diane McElwain, RN, OCN, M.Ed 717-741-8100
dmcelwain@wellspan.org

SOUTH CAROLINA - OF THE UPSTATE
44 W. Avondale Dr.
1st Sunday: 2:00pm-3:30pm
Martha Miller 864-232-6334/marthamiller@hotmail.com
Mindy Hurley 864-387-7897
melindahurley123@yahoo.com

SOUTH DAKOTA-RAPID CITY
Rapid City Regional Hospital, Rushmore Room
3rd Monday: 6:30 - 7:30PM
Angie Langstaff 605-719-2300
alangstaff@regionalhealth.com

TENNESSEE-CHATTANOOGA
Memorial Hospital
1st Monday: 4:15-5:30 PM
Jeanna Richelson/423-894-9215
Jeanna1255@aol.com

TENNESSEE- NASHVILLE
Gilda's Club Nashville
4th Monday: 6:00 - 7:30 PM
Felice Apolinsky, LCSW
615-329 1124/felice@gildasclubnashville.org

TEXAS-DALLAS
Baylor Irving-Coppell Medical Center
2nd Saturday: 10:00 AM
Dan Stack 972-373-9599/danrstack@aol.com

TEXAS-DALLAS
Baylor Simmons Cancer Ctr.
Cvetko Patient & Education Ctr
2nd Tuesday: 11:00 AM-1:00 PM
Jack Mitchell 972-849-2203/jackmitchell5225@aol.com

TEXAS-FORT WORTH
Moncrief Cancer Institute
2nd Wednesday: 3:30-5:00 PM
Marla Hathcoat, LMSW 817-288-9820
marla.hathcoat@moncrief.com

TEXAS-HOUSTON/TOMBALL
Tomball Regional Hospital
TBA

TEXAS-McALLEN
Rio Grande Regional Hospital
3rd Tuesday: 6:00 PM
Stephanie Leal, MA,CCS,SLP /SAL1275@aol.com

TEXAS-PLANO
Regional Medical Center at Plano
4th Tuesday: 6:00-8:00 PM
Polly Candela, RN, MS 214-820-3595
Polly.Candela@baylorhealth.edu
Emily J. Gentry, RN 214-820-2608

VIRGINIA-CHARLOTTESVILLE
Dept. of Forestry Building, Suite 800
Last Thursday of month: 11:30-1:00 PM
Vikki Bravo 434-982-4091, vsb4n@virginia.edu
Gordon Putnam, M. Div. MA, Gp4d@virginia.edu

VIRGINIA-FAIRFAX
Inova Fairfax Hospital Radiation/Oncology
2nd Wednesday: 5:30-7:00 PM
Corinne Cook, LCSW 703-776-2813
Corinne.cook@inova.com

VIRGINIA-NORFOLK
Sentara Norfolk General Hospital
3rd Monday: 7:00 PM
Cynthia Gilliam/757-770-4190/beachdolphins@aol.com

VIRGINIA-RICHMOND
Massey Cancer Ctr. Thalheimer Room
2nd and 4th Wednesday 2:00-3:30 PM
Karen Mullin, MSW 804-828-1066
kmullin@mcvh-vcu.edu
Kathryn Hamilton/hamiltonkw@vcu.edu

WASHINGTON-SEATTLE
Evergreen Hospital Medical Center
Rad/Onc Conf Rm Green 1-245
2nd Wednesday: 6:30-8:00 PM
Kile Jackson 425-788-6562/kilejackson@hotmail.com

WASHINGTON-SEATTLE
Swedish Med Ctr. 1 E. Conf Rm
3rd Thursday: 6:00-7:30 PM
Susan (Sam) Vetto, BSN, RN, BC
206-341-1720 susan.vetto@vmmc.org
Joanne Fenn, MS, CCC-SLP 206-215-1770
joanne.fenn@swedish.org

WISCONSIN-MADISON
Univ. of Wisconsin Hosp. - ENT Clinic Rm. G3/206
1st Wednesday: 11:30-1:00 PM
Rachael Kammer, MS, CCC, SLP 608-263-4896
Kammer@surgery.wisc.edu
Peggy Wiederholt, RN 608-265-3044
wiederholt@humonc.wisc.edu

WISCONSIN-MILWAUKEE
Medical College of Wisconsin - Conf.Rm. N, 3rd Fl.
2nd Tuesday: 12:00 - 1:00PM
Mary Brawley, MACCC-SLP 414-805-5635
mary.brawley@froedterhealth.org

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