

# NEWS FROM S•P•O•H•N•C



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

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**S•P•O•H•N•C**  
A PROGRAM OF SUPPORT  
FOR  
PEOPLE WITH  
ORAL AND  
HEAD AND NECK CANCER

## PERSONALIZING THE APPROACH TO CANCER TREATMENT

DAVID SIDRANSKY, MD

### How You Are Your Own Best Champion

All cancer diagnoses are daunting, but every patient is unique. While cancer drugs and treatment regimens are generally prescribed based upon large swaths of the patient population,



the key issue in oncology today is determining how to personalize or individualize treatment. After hearing the words “you’ve got cancer,” most patients are given a drug or combination of agents according to guidelines or standards of care. These treatments, in the oncologist’s best judgment, are considered most likely

to work based on the results of clinical studies in patients with similar tumor types.

However, cancer patients often require several courses of drugs and regimens before doctors can identify the optimal therapy. In the meantime, precious time is lost; patients may suffer unpleasant side effects while tumors may continue to grow and mutate. Eventually tumors can become resistant to therapies, further reducing the future effectiveness of other anti-cancer agents. Current cancer drugs are also increasingly expensive; when patients undergo several essentially ineffective courses of therapy, costs mount unnecessarily.

Given the toxicity and side effects of certain treatments, and that only a fraction of patients may benefit from these drugs, an informed patient is his or her own best champion. In the performing arts, the saying goes that the best actors are the best

listeners. In medicine, too, listening is one of the most important skills a physician can develop. Working with patients over the years—hearing them air their questions, concerns, and fears—has enabled me to identify five important steps any recently diagnosed cancer patient should take:

#### Step 1: Establish an Advocate

A patient advocate, who acts as a witness and recorder of events, helps the patient to recall information whenever necessary, and to identify areas where more information or clarification is needed.

#### Step 2: Keep Good Records

Many patients feel overwhelmed upon first hearing their diagnosis. Maintain thorough notes and records from your first diagnosis forward. It is difficult to remember everything one hears in a doctor’s office, much less to process and understand it all.

#### Step 3: Ask Questions

Patients should ask questions in terms of their specific diagnosis or situation and ask about alternate options. Questions should be written down ahead of time, as they might be forgotten upon meeting with the physician. In fact, patients should keep a running list of any questions they might have. Patients should prioritize this list starting with the most important questions to ask in case time with the physician is limited. Patients should also ask to consult with other physicians and gather as many opinions as they feel necessary. Some basic questions you will want your doctors to answer include:

- \* What are the cell type, grade, and stage of my cancer? What does that mean in my case?

- \* What treatment options are there? What do you recommend for me? Why?

- \* What is the goal of this treatment?

- \* Based on my cancer as you see it, what are my chances of survival? How long would you expect me to survive?

- \* What are the risks or side effects that I should expect? What can be done to mitigate these?

- \* What are the chances my cancer will return with the treatment we have discussed and what would be the next step?

- \* What should I do to ready myself for treatment? Should I follow a special diet? A special exercise regimen?

- \* How much will this treatment cost me out of pocket?

- \* Are there clinical trials available for my cancer?

- \* What cutting edge therapies are available?

- \* What complementary and alternative treatments would be potentially beneficial for me?

#### Step 4: Stay Informed and Empowered

Newly diagnosed cancer patients must remember that they are the decision maker, not the physician. There are things a doctor may not know. For example, the information required

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may not be readily available to him or may not fall within the treating physician's specialty or field of expertise. There are many treatment options to evaluate, and advances in multiple disciplines that patients and physicians will want to consider.

Step 5: Avoid "Analysis Paralysis"

In other words, try not to grow overwhelmed with the myriad details of options or recommendations. Establish and agree upon set goals with your doctors. Discuss risks and benefits with your treating physicians and those close to you. Becoming an informed patient and an empowered self-advocate is an important step for newly diagnosed patients. Patients should understand that there might be differences of opinions and conflicting information. Look to trusted physicians and advisors to guide you toward making the best decisions for treating your specific disease. However, as soon as possible, pick the physician who will supervise and manage all of your care --"the quarterback."

The Future of Personalized Oncology

Fortunately, the future of personalized oncology medicine looks brighter every day. The rapidly developing field of genomics -- the study of genes and their function -- has expanded the playing field in cancer as well as in a number of other medical conditions. Significant development of the practice of personalized oncology is a direct outgrowth of the Human Genome Project, a thirteen-year project completed in 2003 that resulted in the precision mapping of human genetic information and deepened our understanding of how cancer grows.

The project and other medical advancements have provided doctors with knowledge about genetics and mutations, helping them specifically target therapies in a direct way. Doctors can use genetic information -- obtained from the tumor itself -- to help determine what chemotherapeutic agents will and won't work in a specific individual. As these cancer treatments become more targeted, cancer patients will benefit from them in terms of outcome, costs, and quality of life.

Capitalizing upon this research, the promise exists that oncologists will be able to develop processes that enable us to better evaluate the effectiveness of anti-cancer agents before they are administered to patients. One such process involves the implantation of primary human tumors in immune deficient mice followed by growth and propagation of the resulting engraftments ("Tumorgrafts"), closely preserving the biological characteristics of the original human tumor. Treatment drugs are then administered to evaluate the Tumorgraft's sensitivity or resistance to each drug.

Putting this model into practice, recently I worked with a lung cancer patient who arranged to have his tumor implanted into a mouse that was then propagated for specialized drug testing using this platform. A large number of different anticancer agents were tested against the patient's specific tumor in the Tumorgrafts. Testing with a triple regimen of Irinotecan, sorafenib, and bevacizumab resulted in substantial tumor growth inhibition. The tumors growing in the mice responded well to this combination of anticancer drugs. Considering the Tumorgraft results, the patient's physician chose to administer this triple therapy to the patient. The patient's response was similarly positive, with a long tumor

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remission that demonstrated the predictive nature of this treatment approach.

This predictive model, which enables us to discover genetic markers in tumors and correlate these markers with treatment response, will help in new drug development and may also enable the development of personalized vaccines directly from the patient's tumor. Ongoing studies in these models could bring the oncology community one giant step closer to its ultimate goal: enabling us to isolate the right treatment, for the right patient, at the right time.

*Editor's Notes: Dr. David Sidransky co-founded and serves as Chairman of the Board*

*of Directors of Champions Biotechnology, a company engaged in the development of advanced preclinical platforms and tumor specific data to provide personalized oncology services and to enhance the value of oncology drugs.*

*Dr. Sidransky is a renowned oncologist and research scientist named and profiled by TIME magazine in 2001 as one of the top physicians and scientists in America, recognized for his work with early detection of cancer.*

*Since 1994, Dr. Sidransky has been the Director of the Head and Neck Cancer Research Division at Johns Hopkins University School of Medicine and Professor*

*of Oncology, Otolaryngology, Cellular & Molecular Medicine, Urology, Genetics, and Pathology at John Hopkins University and Hospital.*

*He is one of the most highly cited researchers in clinical and medical journals in the world, in the field of oncology during the past decade, with over three hundred peer-reviewed publications. He has contributed more than forty cancer reviews and chapters.*

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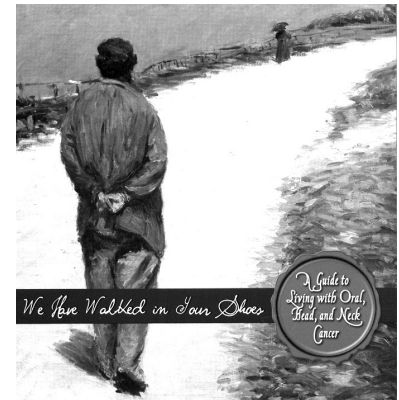
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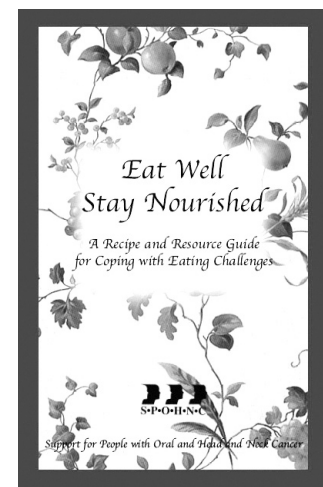
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## A TIME FOR SHARING

My husband, Jeff, and I live in southern New Hampshire and discovered another reason in 2002 why we are fortunate to live so close to Boston. On Halloween 2002 after a year of misdiagnoses (gastric reflux and sinus infection) we requested an ENT consult. Jeff (never a smoker or much of a drinker) was diagnosed by an ENT with stage 2 base of tongue cancer. Since surgery would have taken enough of his tongue to affect his ability to speak and eat, he was referred to a radiation oncologist and medical oncologist and opted for 36 radiation treatments (7200 rads) and 7 chemo treatments (cysplatin) at a local community hospital where I worked. They told him “the good news is that we can cure you. The bad news is that the treatment is very difficult to go through.” He began radiation without a feeding tube but by December he couldn’t swallow. Due to his weakened condition without food, he had one inserted. He lost 20 pounds during his treatment regimen.

The radiation treatments caused fatigue and weakness. One day he didn’t think he could make it to the treatment but with help dressing and getting ready he did. On his last day of radiation staff from my department at the hospital greeted him as he rang the bell and left for good. Traveling and eating out were very difficult and remained so for several years. We researched easy to eat easy to swallow food options and sought the services of a dietitian (but found that we taught her more than she taught us). Among other complications from the radiation treatments were: xerostomia (diminished saliva), trismus (lockjaw), epiglottis malfunction, poor blood supply to bones and gums causing tooth loss.

In the years that followed Jeff had several bouts of osteoradionecrosis (dead jaw bone) which were treated by a local oral surgeon and 56 hyperbaric treatments. After the final hyperbaric “dive” my department’s staff again appeared to congratulate him dressed in deep-sea garb. During this time he contracted severe trismus where he could only open his mouth the width of ½ a finger. He had physical therapy (PT) in June 2007 to try to resolve this situation. Four days after the second PT appointment he developed severe pain and an infection that brought

him to the Emergency Department in NH. He was transferred to a Boston hospital for emergency surgery. He was followed by a Boston oral surgeon but he maintained a temperature for months that didn’t resolve itself. We sought a second opinion at Boston Medical Center (BMC), liked their plan and began treatment there. They, unlike the first Boston hospital, agreed to our request for an Infection Disease consult. In October 2007 he underwent surgery to treat three infections in the tissue and bone that had probably been there for months. Five days later he had a titanium chain inserted since the jaw had fractured. He was sent home to undergo 12 weeks of intravenous antibiotics 4x/day and to get fit for the big surgery that was yet to come.

We decided to take a quick trip to South Miami Beach Florida in January and on the evening before we left Jeff came down with shingles on the same side of his head as the ORN. We made it to the doctor in the morning before our flight and got drugs for the shingles. Though it wasn’t the best trip we’ve ever taken, it was nice to get away from the New England winter for a few days.

Then in December 2008, Jeff underwent a 16-hour surgery to rebuild his jaw using six inches of fibula, tissue, artery and skin from the left lower leg. The surgeons closed the donor site with skin from his upper right thigh. Another fly in the ointment was a diagnosis of Fry’s Syndrome. The surgeons had severed the parotid nerve and it reattached to a sweat gland so when he chews he sweats on the left side of his face! When Jeff last saw his Boston oral surgeon, the doctor asked “do you want to see me anymore?” and Jeff responded, “Can we write?”

Since he wasn’t a candidate for tooth implants due to the radiation that diminished blood flow to his jawbone and tissue, he was fit for partial plates a year after the free flap surgery. This has made a big difference in his ability to chew and swallow and, concomitantly, in his comfort level eating with company.

Now 18 months after the transplant surgery he is eating (the trismus was reversed) carefully, has regained strength and is active once again. We are traveling

again; first with a cruise to eastern Caribbean and another planned to the Panama Canal. He is hiking: made it 2/3 of the way up Mount Major last year and to the top this year, swimming and doing gardening and wood splitting. This coming winter’s goal is to ski again.

Some reflections on this time in our life: Best thing was our team of OMS and ENT docs and residents at BMC. We weren’t just a number in this busy medical center: we communicated by email with our doctors and their staff. At our second visit at Infectious Disease the receptionist asked how the trip down from NH was as we approached the desk!

Help from family and friends were lifesavers. They helped with trips to doctors, hospital visits, fall cleanup in our large yard and help with the generator during a winter power outage.

Many times we reflected on the meaning of our marriage vows...in sickness and in health. Like many others we found that humor helped us to get through this. One of our favorite things was to tell people that his doctor surgically inserted Jeff’s foot in his mouth. We also sang, “the leg bone connected to the neck bone...” as we thought about the marvels of the surgeries.

While going through the treatments and following the surgeries Jeff liked watching and listening to visitors rather than being the center of attention. Friends came for a sledding party so Jeff could enjoy seeing people having fun.

As the primary care giver, my spirituality became stronger during this time and has remained so. Our family has learned what is important in life and what is not.

Jeff hasn’t been sick a day since all of this began. He may have the free flap medically tattooed since the skin from his leg that is now on his neck doesn’t match the color of his skin. The scars took some getting used to but there was no need to hide though some were curious about where they came from. He is still a very handsome man and the love of my life.

*Joan & Jeff Stevens*

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## ORAL, HEAD, AND NECK CANCER NEWS

### Coffee May Protect Against Head and Neck Cancer

- Caffeinated coffee protected against oral cavity, pharyngeal cancers.
- Regular coffee drinkers had a 39 percent decreased risk of cancer.

PHILADELPHIA — Data on the effects of coffee on cancer risk have been mixed. However, results of a recent study add to the brewing evidence that drinking coffee protects against cancer, this time against head and neck cancer. Full study results are published online first in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research. Using information from a pooled-analysis of nine studies collected by the International Head and Neck Cancer Epidemiology (INHANCE) consortium, participants who were regular coffee drinkers, that is, those who drank an estimated four or more cups a day, compared with those who were non-drinkers, had a 39 percent decreased risk of oral cavity and pharynx cancers combined. Data on decaffeinated coffee was too sparse for detailed analysis, but indicated no increased risk. Tea intake was not associated with head and neck cancer risk. The association is more reliable among those who are frequent, regular coffee drinkers, consuming more than four cups of coffee a day. “Since coffee is so widely used and there

is a relatively high incidence and low survival rate of these forms of cancers, our results have important public health implications that need to be further addressed,” said lead researcher, Mia Hashibe, PhD, assistant professor in the department of family and preventive medicine at the University of Utah, Salt Lake City, and a Huntsman Cancer Institute investigator. “What makes our results so unique is that we had a very large sample size, and since we combined data across many studies, we had more statistical power to detect associations between cancer and coffee,” she said. At the AACR Frontiers in Cancer Prevention Research Conference last December, researchers from Harvard presented data that showed a strong inverse association between coffee consumption and the risk of lethal and advanced prostate cancers — men who drank the most coffee had a 60 percent lower risk of aggressive prostate cancer than men who did not drink any coffee. More recently, results of another study published in the January issue of *Cancer Epidemiology, Biomarkers & Prevention* showed a decreased risk of gliomas, or brain

tumors, associated with coffee. This association was found among those who drank five or more cups of coffee or tea a day, according to the researchers from the Imperial College, London. Cancer Epidemiology, Biomarkers & Prevention editorial board member Johanna W. Lampe, Ph.D, R.D. believes this current analysis by Hashibe and colleagues provides strong, additional evidence for an association between caffeinated coffee drinking and cancer risk. “The fact that this was seen for oral and pharyngeal cancers, but not laryngeal cancers, provides some evidence as to a possible specificity of effect,” said Lampe, who is a full member and associate division director in the division of public health sciences at Fred Hutchinson Cancer Research Center, Seattle, Wash. “These findings provide further impetus to pursue research to understand the role of coffee in head and neck cancer prevention,” she added. Lampe is not associated with this study. Additional research is warranted to characterize the importance of timing and duration of exposure and possible mechanisms of action, according to Hashibe.

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## Radiation Treatment for Head and Neck Cancer May Produce Hearing Loss

Treatment for head and neck cancer that includes radiation therapy often induces hearing loss, and the damage can be substantial and permanent, Brazilian researchers have reported. Their findings were published in the November 2010 *Archives of Otolaryngology—Head and Neck Surgery*.

In the case-control study, which included 282 participants, case patients had head and neck cancer and had been treated with radiation therapy, either alone or in combination with chemotherapy, and the auditory system was included in the field of radiation. The control group included healthy individuals and

patients with cancer who had not received therapy that affects hearing. The median age for both groups was approximately 61.

Over a median follow-up of 7 years, approximately 72 percent of case patients suffered hearing loss (as measured by standard audiologic assessment methods) compared with approximately 49 percent of the control group, reported Christiane Schultz from the Audiology Department at the A.C. Camargo Hospital in São Paulo, Brazil, and her colleagues.

The most common type of hearing loss in both groups was related to inner ear damage (sensorineural), but case patients

were statistically significantly more likely than control subjects to experience severe hearing loss. Case patients were also far more likely to report (via a standardized questionnaire) that hearing loss represented a severe handicap (19.1 percent versus 2.8 percent).

Attention to this side effect is critical, the researchers wrote, because loss of hearing can promote social isolation and depression. “Concern for the quality of life of patients undergoing cancer treatment is necessarily growing,” they continued, “and determination of hearing loss should form part of such investigations to enable better rehabilitation.”



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Web site: <http://www.cel-sci.com>*

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Web site: [www.imclone.com](http://www.imclone.com)*

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Web site: [www.atosmedical.com](http://www.atosmedical.com)*

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Web site: [www.vaxcopharma.com](http://www.vaxcopharma.com)*

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Cancer Center at Chandler Reg. Med. Ctr.  
1<sup>st</sup>. Wednesday, 5:30 – 7:30 PM  
Monica Krise, MSW 480-728-3613  
monica.krise@chw.edu  
Dick Snider (ret.) 480-895-6019  
rsnider326@aol.com

**ARIZONA-PHOENIX**  
Banner Desert Medical Center  
3<sup>rd</sup>. Wednesday: 4:30 -6:30 PM  
Keri Winchester, MS, CCC-SLP 480-512-3627  
Keri.Winchester@bannerhealth.com  
Dick Snider (ret.) 480-895-6019  
rsnider326@aol.com  
Bette Denlinger, RN  
beneden@cox.net

**ARIZONA-PHOENIX**  
Comprehensive Cancer Ctr.  
St. Joseph's Hospital and Medical Ctr.  
1st.. Tuesday: 5:30-7:30 PM Suite 650  
Mary Schneider, Director 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  
3<sup>rd</sup>. Thursday: 6:30-8:30 PM  
Chris Henderson, MS, CCC-SLP 602-312-9226  
chenderson2@shc.org  
Sandy Bates, RN 480-838-5194  
zoomomof6@cox.netd  
Les Norde 602-439-1192  
elnorday@cox.net

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

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

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

**CALIFORNIA-PASO ROBLES**  
The Wellness Community  
1<sup>st</sup>. Tuesday: 6:00 PM  
Pam Collins, Program Director 805-238-4411  
pamela.collins@twcccc.org

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

**CALIFORNIA-SAN FRANCISCO**  
UCSF Comprehensive Cancer Ctr.  
3<sup>rd</sup>. Wed., 1:00-2:30 PM, Rm. H3805  
Daphne Stuart, LCSW 415-885-7394  
Daphne.stuart@ucsfmedctr.org

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

**CALIFORNIA-STANFORD**  
Stanford Cancer Center  
1<sup>st</sup> Tuesday: 4:00 - 5:30 PM  
Joan Fusco, LCSW 650-725-0562  
jfusco@stanfordmed.org  
Jaime Laskowski, RN  
jlaskowski@stanfordmed.org

**CALIFORNIA-VENTURA**  
The Cancer Resource Center of  
Community Memorial Hospital  
Kathleen Horton 805-652-5459  
khorton@cmhhospital.org

**COLORADO-DENVER**  
Porter's Adventist Hospital  
Cottonwood Springs Conf. Rm., 1<sup>st</sup>. Fl.  
Last Tuesday: 6:30-8:00 PM  
Jeanne Currey 303-778-5832  
jeannecurrey@centura.org

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

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

**CONNECTICUT-NORWICH**  
William W. Backus Hospital  
Medical Office Building, MOB Conf. Rm.  
3<sup>rd</sup>. 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  
3<sup>rd</sup>. Monday: 1:45-3:00 PM  
Joanne Assarsson, MSW, LICSW 202-444-3755  
assarssj@gunet.georgetown.edu

**DC-WASHINGTON**  
Washington Hospital Center  
Washington Cancer Institute  
Room C1200  
Last Thursday: 2:00-3:30 PM  
Cynthia Clark, RD 202-877-3498  
cynthia.d.clark@medstar.net  
Christopher Bianca, LCSW  
christopher.a.bianca@medstar.net

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

**FLORIDA-ENGLEWOOD**  
Englewood Community Hospital  
3<sup>rd</sup>. Thursday: 10:30AM-12:00 noon  
Joseph Bauer 941-474-0099

**FLORIDA-FT MYERS**  
Gulf Coast Medical Center  
Outpatient Rehabilitation Ctr.  
4<sup>th</sup> 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  
4<sup>th</sup>. Thursday: 5:00 PM  
Ryann Ennis, MA CCC-SLP  
850-863-8275  
rennis@whitewilson.com  
Shannon Leach, MA, CCC-SLP 850-362-9200  
sleachslp@yahoo.com

**FLORIDA-GAINESVILLE**  
Winn Dixie Hope Lodge  
2<sup>nd</sup> Monday: 6:00-7:00 PM  
Monica Grey LCSW, LMT 352-222-8126  
No calls after 9pm  
monica.grey@cox.net

**FLORIDA-LECANTO**  
Robert Boissoneault Oncology Institute  
3<sup>rd</sup> Wednesday: 11:30 AM-1:00 PM  
Patrick Meadors, PhD, LMFT 352-342-1822  
pmeadors@rboi.com

**FLORIDA-MIAMI**  
The Wellness Community  
3<sup>rd</sup>. Wednesday: 6:00-8:00 PM  
Gary Mallinchrodt 305-668-5900  
gcme4@yahoo.com  
Russell Nansen 305-661-3915

**FLORIDA-MIAMI**  
UM/Sylvester at Deerfield Beach, Ste.100  
2<sup>nd</sup>. 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  
1<sup>st</sup>. Wednesday: 3:00-4:30 PM  
Karen Moss, MS, CCC-SLP  
239-393-4079/Karen.moss@nchmd.org

**FLORIDA-OCALA**  
Robert Boissoneault Oncology Institute  
1<sup>st</sup>. Monday: 11:00 AM-12:00 Noon  
Patrick Meadors, PhD, LMFT  
352-342-1822  
pmeadors@rboi.com

**FLORIDA-SARASOTA**  
The Wellness Community  
2<sup>nd</sup>. Thursday: 5:30 PM  
Julie O'Brien, LMHC  
941-921-5539  
julieobee@verizon.net  
John Kleinbaum, PhD 941-921-5539  
hope@wellness-swfl.org

**FLORIDA-WELLINGTON**  
Wellington Cancer Center  
4<sup>th</sup>. Tuesday: 6:30-8:00 PM  
Catherine DeStefano, RNC,OCN  
561-793-6500  
angelicaneil@bellsouth.net

**GEORGIA-ATLANTA-EMORY**  
Winship CA Institute (Bldg. C)  
Last Monday: 6:30-7:30 PM  
Arlene S. Kehir, RN 404-778-2369  
Arlene.Kehir@emoryhealthcare.org

**GEORGIA-AUGUSTA**  
MCG Health Children's Medical Center  
Family Resource Center  
1<sup>st</sup>. Tuesday: 6:00-7:30 PM  
Lori M. Burkhead, PhD, CCC-SLP 706-721-6100  
lburkhead@mcg.edu  
Leann Dragano draganole@bellsouth.net

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**GEORGIA-COLUMBUS**  
Columbus Public Library  
3000 Macon Rd.  
2<sup>nd</sup> Monday: 6:00-7:30 PM  
Wanda Hodge 706-442-1768  
admin@wcgcc.org

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

**IL-EVANSTON/HIGHLAND PARK**  
NorthShore University Health System  
Call for location  
2<sup>nd</sup>, Monday: 6:00-8:00 PM  
Sabina Omercajic, MS, CCRP 847-570-1066  
somercajic@northshore.org

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

**INDIANA-FORT WAYNE**  
Lutheran Cancer Resource Ctr Ste 109  
3<sup>rd</sup> Wednesday: 4:00-5:00  
Susan Berghoff, RN, OCN  
Mischa Story, RD 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-SOUTH**  
St. Francis Education Center  
1<sup>st</sup>, Thursday: 7:00 PM  
Janice Leak, MSN, APRN-BC, AOCN  
317-782-6704  
janice.leak@ssfhs.org

**INDIANA-TERRE HAUTE**  
Hux Cancer Center  
3<sup>rd</sup> Tuesday: 4:30 PM  
Mary Ryan, SP 812-234-9584  
Maryryan2@juno.com

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

**KANSAS-KANSAS CITY**  
Univ. of Kansas Hospital  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: 4:00 - 5:00 PM  
Mary Moody, 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  
3<sup>rd</sup> Wednesday: 4:00 PM  
Krystal K. Sauceman, RN 225-572-7943  
survivorbr@yahoo.com

**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.  
3<sup>rd</sup>, Tuesday, 7:00 PM  
Dorothy Gold, LCSW-C, OCW-C 443-849-2980  
dgold@gbmc.org

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

**MASSACHUSETTS-BOSTON**  
Massachusetts General Hospital,  
One Tuesday each mo.: 6:00-7:30 PM  
Valerie Hope Goldstein 617-731-1703  
Femval@aol.com

**MASSACHUSETTS-DANVERS**  
MGH Northshore Cancer Ctr.  
2<sup>nd</sup> Tuesday: 5:30-6:30 PM  
Mary Anne Macaulay, LICSW 978-882-6002  
mmacaulay@partners.org

**MICHIGAN-DETROIT**  
Henry Ford Hospital  
Josephine Ford Cancer Ctr. Rm. 2038D  
1<sup>st</sup> Wednesday: 11:30 AM  
Amy Orwig, MSW 313-916-7578  
aorwig1@hfhs.org

**MICHIGAN-ST. JOSEPH**  
Lakeland Healthcare  
1<sup>st</sup>, Monday, 5:00-6:00 PM  
Jennifer Christopher, MA, CCC-SLP 269-428-2799  
jchristopher@lakelandregional.org

**MICHIGAN-TROY**  
Beaumont Hospital  
Wilson Cancer Resource Center  
4<sup>th</sup> Thursday: 6:30 PM  
Carrie Eriksen, LCS, 248-964-3430  
CEriksen@beaumont-hospitals.com

**MINNESOTA-MINNEAPOLIS**  
Hennepin/Southdale Library  
1<sup>st</sup>, Monday: 7:00-9:00 PM  
Colleen M. Endrizzio 952-545-0200  
rivers3jvk@aol.com  
Charles Bartlett 612-220-5449

**MISSOURI-COLUMBIA/MID-MO**  
Ellis Fishel Cancer Center  
2<sup>nd</sup>, Wednesday, 5:30-7:00 PM  
Laura M. Neal, MSW, MPH, LCSW 573-884-1509  
neallm@health.missouri.edu

**MISSOURI-ST. LOUIS**  
St. Louis University Cancer Center  
4<sup>th</sup> Friday: 10:00 AM - 12:00 noon  
Deborah S. Manne, MSN, RDH, RN, OCN  
314-577-8880;  
mannedt@slu.edu  
Cathy Turcotte, RN, MSN 314-268-7051  
turcotte@slu.edu

**MONTANA-BOZEMAN**  
Bozeman Deaconess Hospital  
3<sup>rd</sup>, Thursday: 12:00 Noon-1:00 PM  
Doug Stiner 406-586-0828  
nancydoug@theglobal.net  
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  
2<sup>nd</sup>, 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  
3<sup>rd</sup>, Wednesday: 1:30 PM  
Edie Boschen, RN, APN-c, OCN 973-971-4144  
Edie.Boschen@atlantichealth.org  
Catherine Owens, LCSW, OSW-C 973-971-5169  
CatherineOwens@atlantichealth.org

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

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

**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  
3<sup>rd</sup> Thursday: 7:00-9:00 PM  
Joseph Ciccarella 518-882-9742  
jccicarella001@nycap.rr.com

**NEW YORK-BUFFALO**  
Roswell Park Cancer Institute  
3<sup>rd</sup>, Tuesday: 4:30-6:00 PM  
Amy Sumbum, SLP 716-845-4947  
amy.sumbum@roswellpark.org  
Jim Smaldino 716-845-4472  
james.smaldino@roswellpark.org

**NEW YORK-MANHATTAN**  
Beth Israel Head and Neck Institute  
4<sup>th</sup> Thursday 2:00-4:00 PM  
Jackie Mojica 212-844-8775  
jmojica@chpnet.org

**NEW YORK-MANHATTAN**  
Mount Sinai Medical Center  
3<sup>rd</sup> Tuesday, 3:00 PM  
Stephanie Eisenman, LMSW 212-241-7962  
stephanie.eisenman@mountsinai.org

**NEW YORK-MANHATTAN**  
NYU Clinical Cancer Center, 11th flr  
1<sup>st</sup> and 3<sup>rd</sup>, Thursday: 2:00 PM  
Christie Nolin, LCSW  
212-731-5141  
christine.nolin@nyumc.org

**NEW YORK-NEW HYDE PARK**  
NORTH SHORE-LIJ Health System  
Hearing and Speech Conf Rm. LL  
Sharon Lerman, LCSW 718-470-8964  
Lynn Gormley  
516-628-1219 / 516-314-8897  
lgormley1@optonline.net

# CHAPTERS OF SPOHNC

**NEW YORK-ROCHESTER**  
Strong Memorial Hospital  
Luellen Resource Center, Pat. Res. Ctr.  
1<sup>st</sup>. Thursday: 4:30-6:00 PM  
Sandra E. Sabatka, LMSW 585-276-4529  
Sandra\_Sabatka@URMC.Rochester.edu

**NEW YORK-STONY BROOK**  
Ambulatory Care Pavilion  
1<sup>st</sup>. Wednesday: 7:30-9:00 PM  
Dennis Staropoli 631-682-7103  
den.star@hotmail.com

**NEW YORK-SYOSSET**  
NSLIJ-Syosset Hospital  
2<sup>nd</sup>. Thursday: 7:30-9:00 PM  
Christine Lantier 631-757-7905  
clantier@optonline.net  
Mary Ann Caputo 516-759-5333  
mary.ann.caputo@sponhc.org

**NEW YORK-WESTCHESTER**  
White Plains Hospital Cancer Center  
2<sup>nd</sup>. Thursday: 7:00 PM  
Mark Tenzer 914-328-2072  
tenzer1@optonline.net

**NORTH CAROLINA-ASHVILLE**  
Call for additional information  
Kathleen Godwin 828-692-6174  
kgodwin@morrisbb.net

**NORTH CAROLINA-  
CHAPEL HILL/DURHAM**  
Cornucopia House  
3<sup>rd</sup>. Wednesday: 6:00 PM  
Dave Gould 919-493-8168  
dave.gould@da.org

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

**N CAROLINA-HENDERSONVILLE/WNC**  
Pardee Health Ed. Ctr. Blue Ridge Mall  
2<sup>nd</sup> Tuesday: 5:00-6:30 PM  
Kathleen Godwin 828-692-6174  
kgodwin@mchsi.com

**OHIO-CLEVELAND**  
Cleveland Clinic at Fairview Hospital  
2<sup>nd</sup>. Thursday: 4:00 PM  
Tom Wurz 440-243-6220  
roe8@hotmail.com  
Gwen Paull, LISW 216-476-7241  
gwen.paull@fairviewhospital.org

**OHIO-DAYTON**  
The Chapel Room One Elizabeth Place  
Hank Deneski 937-832-2677  
2<sup>nd</sup>. Monday: 6:00-8:00 PM  
hdeneski@mindspring.com

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

**OKLAHOMA-TULSA**  
Hardesty Public Library  
1<sup>st</sup>. Tuesday: 6:30 PM  
Christine B. Griffin, RN 918-261-8858  
Beritgriffin@cox.net

**OREGON-MEDFORD**  
Providence Medical Center  
2<sup>nd</sup>. Friday: 12:00-1:30 PM  
Richard Boucher 550-269-8323  
richard.boucher@hp.com

**OREGON-THE WILLAMETTE VALLEY**  
Samaritan Reg CA Cntr Library  
2<sup>nd</sup>. Wednesday: 5:00-6:30 pm  
Lisa Nielsen  
541-757-9882  
HNCSurvivor@comcast.net

**PENNSYLVANIA-HARRISBURG**  
Health South Lab 3<sup>rd</sup>. Tues: 6:30 PM  
Joseph F. Brelsford 717-774-8370  
jfbrelsford1@mmm.com

**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  
3<sup>rd</sup> Wednesday, 6:00-7:30 PM  
Jeannie Williams, Patient Navigator  
Becky Rainville, RN  
724-656-5870

**PENNSYLVANIA-PHILADELPHIA**  
Penn Med Perelman Ctr Advanced Med  
1 W. Pavilion Pt % Fam Conf Rm  
1<sup>st</sup> Wednesday: 9:30-11:00 AM  
Micki Naimoli  
856-722-5574  
Tracy Lautenbach  
215-662-6193  
lautenbach@uphs.upenn.edu  
Mia Benson Smith, MS 215-662-4641  
mia.bensonsmith@uphs.upenn.edu

**PENNSYLVANIA-YORK**  
Apple Hill Medical Center  
2<sup>nd</sup>. Wednesday: 5:00 PM  
Dianne S. Hollinger, MA, CCC-SLP  
717-851-2601  
Dhollinger@wellspan.org  
Diane McElwain, RN, OCN, M.Ed  
717-741-8100  
dmcelwain@wellspan.org

**TENNESSEE-CHATTANOOGA**  
Memorial Hospital  
1<sup>st</sup>. Monday: 4:00-5:30 PM  
Jeanna Richelson 423-894-9215  
Jeanna1255@aol.com

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

**TEXAS-DALLAS**  
Cvetko Ctr. at Sammons Cancer Ctr.  
2<sup>nd</sup> Tuesday: 11:00 AM-12:30 PM  
Jack Mitchell 972-346-4297  
jackmitchell5225@aol.com

**TEXAS-FORT WORTH**  
Moncrief Cancer Resources  
2<sup>nd</sup>. Wednesday: 3:30-5:00 PM  
Marla Hathcoat, LMSW  
817-838-4866  
marla.hathcoat@moncrief.com

**TEXAS-HOUSTON/TOMBALL**  
Tomball Regional Hospital  
2<sup>nd</sup>. Tuesday: 12:00 Noon-1:30 PM  
Lynda Tustin, RN  
281-401-5900  
ltustin@tomballhospital.org

**TEXAS-McALLEN**  
Rio Grande Regional Hospital  
3<sup>rd</sup>. Tuesday: 6:00 PM  
Stephanie Leal, MA, CCC, SLP  
SAL1275@aol.com  
Cheryl Lopez, MS, CCC, SLP  
956-632-6426

**TEXAS-PLANO**  
Regional Medical Center at Plano  
1<sup>st</sup>. Tuesday: 6:00-8:00 PM  
Polly Candela, RN, MS  
214-820-2608  
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

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

**VIRGINIA-NORFOLK**  
Sentara Norfolk General Hospital  
3<sup>rd</sup>. Monday: 7:00 PM  
Helen Grathwohl 757-487-2624  
agrath3004@aol.com

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

**WASHINGTON-SEATTLE**  
Swedish Med Ctr. 1 E. Conf Rm  
3<sup>rd</sup>. 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 Hospital  
ENT Clinic Rm. G3/206  
1<sup>st</sup>. 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  
Conference Rm. J, Rm. 1010  
2<sup>nd</sup>. Wednesday: 4:30-5:30 PM  
Tammy Wigginton, MS, CCC/SLP  
414-805-5662  
twiggint@mcw.edu



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