

Aurora Cancer Care Connection

Your caring connection for
support during cancer care

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Get to know your team

By Brenda Ramczyk, RN, OCN, BSN - Oncology Nursing

Oncology nursing can be intriguing, exciting, challenging, frustrating, character-building, and much more. I prefer to describe oncology nursing as rewarding. Most nurses who are interested in caring for patients with cancer have the feeling “I want to make this person’s life the best that it can be, despite what brought them to me, despite what the outcome might be – I care enough to help them have the best journey possible.”

The training involved for oncology nurses includes not only hands-on patient care, but also studying what cancer is, how it is diagnosed, which tests determine the extent of the disease and the variety of treatment options available. Nurses also have to gain experience in relating to patients and families, coordinating health care and learning how to manage symptoms.

Cancer care occurs in many different settings: hospitals, clinics, community centers, surgical centers, government agencies, homecare, nursing homes and hospices. The Oncology Nursing Society recommends that registered nurses who administer treatment or manage side effects of cancer treatments become certified in chemotherapy/biotherapy. This is an educational program where RNs study the multiple medications to treat cancer and the safe handling, safe administration and monitoring of side effects from those medications. Initially, RNs must attend training classes to become certified. After this, they must take a test every two years to maintain the certification in chemotherapy/biotherapy, and keep up with new information as additional treatments become available. Nurses who provide other aspects of cancer care receive

additional training regarding the specific oncology care they provide, such as end-of-life care for nurses working in palliative care or hospice settings.

Oncology nurses can be involved in many areas of cancer care, including prevention, detection, treatment and assisting with life after cancer. Nurses committed to cancer care can obtain additional education and training to become certified in oncology. This certification includes working in and studying many different aspects of cancer: prevalence, organizations involved in the cancer experience, governmental agencies that have a role in cancer reporting and funding, screening guidelines, diagnostics, treatments, research, genetic counseling, pain control, survivorship, palliative care and psychosocial issues. After learning and working with cancer patients and their families for 1,000 hours and successfully completing a special exam, a registered nurse can become an oncology-certified nurse. There are additional exams for those oncology nurses who are nurse practitioners or clinical nurse specialists, or for those nurses who have received additional training in pediatric oncology or certified breast care.

The common thread for all oncology nurses is caring for patients and families affected by cancer. Their goal is to make the cancer journey for each patient the best experience possible. We consider it an honor to be a part of each patient’s experience on this journey, and that is why oncology nursing is rewarding.



Ways to fight the common cold virus

By Alison Hanson, RD, CSO, CD

For many generations, and cultures, people have looked to food as medicine. During this cold and flu season, how do you determine which of these traditional ways of curing the common cold are nutritionally valid and which are merely folklore?

Vitamin C

Do mega doses of vitamin C really work to stave off cold symptoms? Ever since this theory was proposed, there have been numerous studies to assess vitamin C's effectiveness. Research has shown that vitamin C fails to reduce the incidence of colds; however, it is shown to help with severity and duration. Vitamin C, taken in doses of 100 to 2,000mg per day at the first sign of having a cold, is shown to reduce the duration of that cold by 8 percent, and reduce the amount of days missed from work or school.



Chicken soup

Have the chicken soup ready because it turns out that it is actually effective for ridding the body of viruses and bacteria. Researchers have measured the nasal mucus velocity (runny nose) and nasal airflow resistance (stuffy nose) of people with colds before and after drinking cold water, hot water and hot chicken soup. The hot chicken soup was shown to have the biggest impact for loosening nasal secretions. It is thought that the fluid, increase in airway temperature and herbs/spices used are to thank.

Zinc

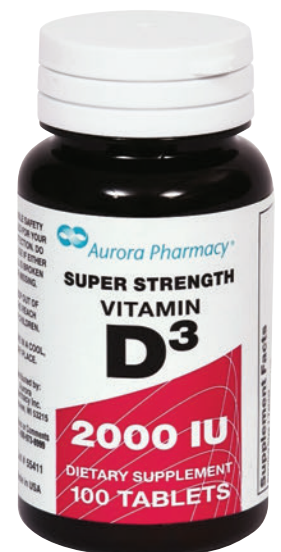
Zinc's effectiveness against cold symptoms remains controversial. Some studies show that zinc lozenges can help shorten the duration of colds by half, while others show no advantage. If you would like to try zinc to help with your cold, follow the protocol used in the studies, which is to take a zinc lozenge every two hours and to stop when the cold symptoms fade. Don't assume more zinc is better, because taking too much zinc (more than 40mg/day) can interfere with the absorption of iron, magnesium and copper, and can even be toxic if taken in excess of 150mg daily.

Fluids

Staying hydrated is the key to helping colds disappear faster. Fluids in general (not just water) help keep nose and throat linings moist and easy to clear. Some people have been told to avoid dairy products because they are thought to increase mucus secretions, but scientific research has not been shown to support this theory. If you are suffering from a fever, diarrhea or sweats, it is even more important to increase your fluid intake to compensate for losses. Avoid drinking excessive amounts of caffeinated or alcoholic beverages, which increase dehydration. Milk, juice, water, soup, sport drinks, popsicles and decaf teas are all examples of fluids that are beneficial.

Vitamin D

Taking a vitamin D supplement at the first sign of a cold does not appear to help decrease the duration or severity of a cold or flu. Although, having a low blood level of vitamin D to begin with does increase your risk for catching a cold or flu by three times that of a person with a normal level of vitamin D. This means that if you live in the northern hemisphere (Wisconsin) or wear sunscreen when you are out in the sun, chances are you could benefit from a daily vitamin D supplement. The Institute of Medicine recommends that people ages 1 to 70 years old get 600 IU of vitamin D daily, and that people over age 70 years old get 800 IU daily. Vitamin D amounts are hard to get with food alone (found in canned tuna, fortified dairy products and egg yolks), so taking a daily vitamin D supplement is needed by most. If you need more information on your specific vitamin D needs, please contact your physician or medical team.



Cancer support groups

Emotional support for patients and families coping with cancer

Resource	Description, time, location	For more information
All About Living	A cancer support group for women (family and friends are also welcome) <ul style="list-style-type: none"> • Aurora Women's Pavilion of <i>Aurora West Allis Medical Center</i> • Second Tuesday each month, 5 to 6:30 p.m. 	To learn more about participating, please visit allaboutliving@aurora.org
Breast Cancer Support Group	<ul style="list-style-type: none"> • Aurora Lakeland Medical Center • First Wednesday each month, 4 p.m. 	Please call Leann at 262-741-2677.
	<ul style="list-style-type: none"> • Aurora Wellness Center in Burlington • First Tuesday each month, 6:30 to 8 p.m. (no group meeting in Jan. or July) 	Please call Susan at 262-767-6374.
Cancer Support Group	<ul style="list-style-type: none"> • Aurora Medical Center in Kenosha • Second Monday each month, 1:30 to 2:30 p.m. (no meeting in Jan., July or Dec.) 	Please call 800-499-5736.
Circle of Friends	Breast cancer support group <ul style="list-style-type: none"> • Aurora Advanced Healthcare in West Bend • First Tuesday each month, 6 to 7:30 p.m. 	Please call 262-644-2960.
Expressive Arts Studio (<i>healing with art-making</i>)	<ul style="list-style-type: none"> • Aurora St. Luke's Medical Center • Second and fourth Fridays each month, 2 to 7:30 p.m. 	Please call 414-649-6018.
	<ul style="list-style-type: none"> • Aurora Sinai Medical Center Aurora Rehabilitation Center/Easy Street (4th floor) • First and third Mondays each month, 3 to 5 p.m. 	
Hope and Healing	Support for patients affected by cancer, their family and friends <ul style="list-style-type: none"> • Aurora Medical Center in Summit • First Wednesday each month, 5:30 to 6:30 p.m. 	Please call 262-434-8800.
I Can Cope	<ul style="list-style-type: none"> • Aurora Cancer Care, 1055 N. Mayfair Road, Wauwatosa, WI (second floor conference room) • Second Wednesday each month, 6 to 7:30 p.m. 	Please call Kaylinn or Brooke at 414-476-8450.
I Love Someone with Cancer	<ul style="list-style-type: none"> • Sports Core, 100 Willow Creek Drive, Kohler, WI • Second and fourth Mondays each month, 6:30 to 8 p.m. 	Please call Kim Kennedy, RN, at 920-457-6800, ext. 2673.
Kids Care	Grief group for children <ul style="list-style-type: none"> • Aurora St. Luke's Medical Center 	Please call 414-649-6634 for more information or to register.
Kids Connection	Support for children whose loved one has been diagnosed with cancer <ul style="list-style-type: none"> • Aurora St. Luke's Medical Center 	Please call 414-649-6634 for more information or to register.
Look Good ... Feel Better	Aurora Health Center in Lake Geneva, Aurora Medical Center in Summit, Aurora Memorial Hospital of Burlington, Aurora Sinai Medical Center, Aurora St. Luke's Medical Center, Aurora St. Luke's South Shore, Vince Lombardi Cancer Clinic in Sheboygan, Vince Lombardi Cancer Clinic in Slinger, Aurora Women's Pavilion of <i>Aurora West Allis Medical Center</i> , Aurora Baycare Medical Center	Please call the American Cancer Society at 866-460-6550 for more information about upcoming classes.
Movin' and Groovin' After Cancer Treatment	<ul style="list-style-type: none"> • Aurora Women's Pavilion of <i>Aurora West Allis Medical Center</i> • An eight-week educational and exercise class; meets in spring and fall 	Please call Joan at 414-328-6640.
Support for the Healing Journey	<ul style="list-style-type: none"> • Aurora Cancer Care in Grafton • Third Wednesday each month, 6 to 7:30 p.m. 	Please call 262-329-5041.
Touched by Cancer Support Group	<ul style="list-style-type: none"> • Vince Lombardi Cancer Clinic in Sheboygan • Second Thursday of each month, 6 p.m. (no group meeting June, July, August) 	Please call Carol at 920-457-6800, ext. 2655.
Us TOO! – Prostate Cancer Support Group	<ul style="list-style-type: none"> • Aurora St. Luke's Health Center in New Berlin • First Wednesday each month, 7 to 8:30 p.m. (no group meeting in July) 	Please call Greg at 414-328-6491.
	<ul style="list-style-type: none"> • Vince Lombardi Cancer Clinic in Sheboygan (lower level conference room) • Third Wednesday of odd-number months (Jan., Mar., May, July, Sept., Nov.), 6:30 to 8 p.m. 	Please call Jeff at 920-457-6800, ext. 2686, for more information.
Women and Men Supporting Each Other	African-American Breast Cancer Support Group <ul style="list-style-type: none"> • Aurora Sinai Medical Center • Third Saturday each month, 11 a.m. to 12:30 p.m. 	Please call Shirley at 414-219-6357.
Your Caring Connection	Support for those diagnosed with cancer, their families and friends <ul style="list-style-type: none"> • Aurora St. Luke's Medical Center, 12th floor patient tower • Second and fourth Tuesdays each month, 1 to 2:30 p.m. 	Please call the Vince Lombardi Cancer Hotline at 414-649-7200.
Patient support volunteers	If you are a cancer survivor interested in supporting others through their cancer journey, please call the Vince Lombardi Cancer Hotline at 414-649-7200. There are many support options available to match your interests.	

Aurora Cancer Care updates

New location/provider

Aurora Cancer Care

1136 Westowne Drive, Neenah, WI 54956

Phone (for patients or referrals): 920-456-7870

A new Aurora Cancer Care location opened on Feb. 19 in Neenah. The clinic is led by Muhammad Imran Moid, MD. Dr. Moid sees patients on Tuesdays from 8:30 a.m. to 12:30 p.m. Services offered at the clinic include:

- Patient consultations, including new consults and follow-up visits for oncology, hematology and bone marrow aspirations
- Imaging services, including MRI, CT scans, X-ray and lab work

Patients will have easy, well-coordinated access to Aurora Medical Center in Oshkosh for infusion, radiation and more advanced treatments.

Dr. Moid began seeing patients at Aurora Cancer Care clinic in Fond du Lac in September 2012. This clinic offers medical oncology, as well as a chemotherapy suite designed with sensitivity to patients' needs.



Aurora Cancer Care clinic ribbon cutting. Dr. Moid pictured far right.

Autologous Bone Marrow Transplant Program re-accreditation

The Foundation for the Accreditation of Cellular Therapy (FACT) has awarded re-accreditation to the Aurora Health Care Autologous Stem Cell Transplant Program. FACT only accredits bone marrow transplant programs that have demonstrated an exceptional level of patient care, safety and medical and laboratory practices. With this re-accreditation, Aurora St. Luke's Medical Center is one of a select group of bone marrow transplant programs in the country officially recognized for its quality standards and clinical care. One of the longest running programs of its kind (since 1990), the Aurora St. Luke's Autologous Stem Cell Transplant Program provides bone marrow transplantation to patients primarily with lymphoma, multiple myeloma and germ cell cancer.



Aurora Cancer Care site anniversary

Aurora Cancer Care is celebrating the one-year anniversary of opening its new site in Grafton. The facility, located at 975 Port Washington Road, offers infusion therapy, radiation, medical and surgical oncology services.

Did you know?

Aurora St. Luke's Medical Center launched Wisconsin's first Gamma Knife and CyberKnife radiosurgery programs for cancer.

The Gamma Knife facility opened in 1999 and the CyberKnife radiosurgery system began treating patients in March 2006, both at Aurora St. Luke's Medical Center.

The information presented in this newsletter is intended for general information and educational purposes. It is not intended to replace the advice of your own physician. Contact your physician if you believe you have a health problem.

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