Cancer Treatment Centers of America

Plenary Session

Winning the Fight Against Cancer
A New Era of Treatment Options
Annie Stephenson Hostetler

Chair – Elect, Cancer Treatment Centers of America
NFWL Board Member
Rhonda Spinks
Breast Cancer Survivor
Women and Cancer Preview
Cancer Treatment Centers of America

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Winning the Fight Against Cancer
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Investing in Yourself

"An investment in knowledge pays the best interest."
~ Benjamin Franklin

“Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.”
~ Robin S. Sharma
Cancer Prevention – Our Focus Today

- Healthy Eating
- Exercise
- Healthy Sleep
- Stress Management
- Healthy Immune function
Colon Cancer

How many colorectal cancers can be prevented?

- Stay a healthy weight throughout life.
- Move more, in any way, every day.
- Fill up on fiber-rich foods.
- Limit red meat, avoid processed meat.
- Don’t drink alcohol.

Half.

50%
Kick the Stick

• 250 known harmful chemicals
• Damages the hair cells (cilia) in your lungs and nasal passages.
  – Decreases the immune system
  – Increases risk of lung infections
  – Decreases effectiveness of treatment

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Dirty Dozen/Clean Fifteen

• “The Dirty Dozen” list, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. Apples are the number one offender for 2014

• The “Clean Fifteen” list, outlines the least-contaminated fruits and vegetables, includes avocado (in first place)

For more information go to EWG.org
Super Foods

- Cruciferous vegetables
- Green leafy vegetables
- Curcumin (Tumeric)
- Blueberries
- Wild Alaskan salmon
- Beans
- Spinach
- Walnuts
- Quinoa (complete protein)
Add Some Spice!

- Turmeric, cloves, ginger, cayenne pepper, and garlic
  - Various constituents in herbs and spices have anti-inflammatory, immune stimulation, and antioxidant properties
  - Sprinkle on food and use in cooking to create unique and diverse flavors

*Do not use supplement forms without first consulting your doctor*
Food Combining Absorption Tricks

• Adding eggs to salads makes it easier to absorb the carotenoids in the raw vegetables. Carotenoids are the yellowish-red pigments that give carrots and tomatoes their color.

– Purdue University, March 2015
Coffee

• #1 source of antioxidants in US diet
• Colon cancer patients who drank between 2-4 cups of caffeinated coffee a day showed 52% lower risk of tumor recurrence and death from the disease.  
  – Journal of Clinical Oncology, August 2015
• May help to prevent Parkinson’s disease
Stress Management

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 Winning the fight against cancer, every day.
Try Belly Breathing!

• Most of us breathe in a shallow way
• Belly breathing can be relaxing, as well as enhance energy and oxygen to our body
  – Sit up as straight as you can comfortably to create space in your chest and diaphragm
  – Place one hand on your belly and the other on your chest
  – Breathe in through your nose at an even rate
  – Allow your abdomen to expand rather than your upper chest and feel the hand on your abdomen move
  – Breathe out through your mouth evenly and slowly
  – Try 5 to 10 complete breaths and see how you feel
Exercise and Meditation

Meditation helps to manage anxiety, depression and pain.
- JAMA Internal Medicine (Harvard Health Blog, January 2014)

A meta analysis of 52 studies suggested a risk reduction of Colon Cancer of 24%.
Vitamin D

- More than 75% of people are deficient
- Test your vitamin D level (ask your doctor)
  - Name of the lab test: 25-OH Vitamin D3
- Vitamin D is associated with cancer risk and survival outcomes. It contributes to a healthy immune system, strong bones and improved mood.
- Supplement with vitamin D3 (not D2)
- Consider downloading “Dminder,” an app designed to calculate sunlight exposure and vitamin D production based on factors such as sex, age, height, weight and skin type. (Harvard Health Blog, August 2015)
Probiotics

• Probiotics may help to prevent diarrhea that is caused by infections or antibiotics.

• They may also help with symptoms of irritable bowel syndrome.
  – National Center for Complementary and Integrative Medicine
Rola Eid, DO

Medical Director of Plastic & Reconstructive Surgery
Cancer Treatment Centers of America
Southwestern Regional Medical Center
Tulsa, OK
Prophylactic Nipple Sparing Mastectomy

Post-op adjustable saline implants + ADM

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During our lifetime, 1 in 8 women will be diagnosed with breast cancer

- Know your options
- Mastectomy
  - Nipple-sparing mastectomy
  - Skin-Sparing mastectomy
- Lumpectomy (Oncoplastic Surgery)
  - Breast reduction
  - Breast lift
Indocyanine Green Angiography

SPY Elite

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Minimizing Scars

- Strategically designing aesthetic incisions
- Scar massage
- Silicone Sheeting/tape

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Nipple Sparing Mastectomy

Mastectomy Scars
Medical-Grade Silicone found in
- Breast implants
- Heart catheters
- Heart valves
- Cardiac pacemakers
- Implantable infusion pumps
- Most medical devices implanted in soft tissue are coated with silicone at the material-tissue interface
Breast Reconstruction Options

- Tissue expander/Implant reconstruction
- Autologous Flaps
  - Latissimus Dorsi Flap +/-Expander
  - Abdominal Flaps
  - Gluteal Flaps
  - Thigh flaps (TUG)
Fat Grafting Benefits = Body Contouring
Revision of a Reconstructed Breast

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Plastic Surgery

Award-winning 3D Realism Artist

Lifetime Student

3D Nipple-Areola Tattooing
Health Insurers Mandated to Cover:

- All Stages of Breast reconstruction
  - Prostheses
  - Nipple reconstruction
  - Nipple-areola tattooing
- Surgery of other breast to produce symmetrical appearance
  - Breast Reduction
  - Breast Lift
  - Breast Augmentation
Nicole Longo, DO, FACOI
Director, OncoPrez®
Cancer Treatment Centers of America
OICC/Quality of Life Physician
Eastern Regional Medical Center
Philadelphia, PA
What is Oncofertility?

• Cancer and its treatment can impact fertility
  – Exploration of reproductive issues as it relates to the cancer patient
  – Expansion of options for future fertility of cancer survivors

Oncofertility can be appropriate for both males and females
How Does Cancer Affect Fertility?

- Cancer itself
  - Change in hormones
  - Involvement or destruction of reproductive organs
  - Involvement or destruction of other nearby anatomic structures
• Cancer directed therapy
  – Surgery (removal of reproductive organs)
    • Partial vs total hysterectomy
  – Pelvic radiation
    • Premature menopause
    • Mutagenic exposure
  – Chemotherapy
    • Premature menopause
    • Mutagenic exposure
  – Don’t forget the Pituitary!
What does the Pituitary have to do with it?

- Your reproductive organs are in the pelvis right?
- Its tiny (only the size of a pea)
- Secretes hormones that affect many organ functions, including sex organs
- **Trauma, surgery or irradiation** near/to the pituitary can alter hormones governing fertility
Mutagenics

• Physical or chemical agent that can alter genetic material (DNA)

• Can result in mutations (permanent changes in DNA), which can alter the product of a gene or proper function
Protecting Future Fertility

- Many methods for future family building
  - Freezing of cells for later use (Eggs, Sperm and Embryos)
  - Donor cells
  - Surrogacy/Gestational Carrier
  - Fostering
  - Adoption
Which Method is Best?

• Potentially **dependent** on:
  – personal, cultural and religious beliefs
  – other existing medical issues

• **Can be limited** by:
  – need to begin cancer-directed therapy
  – prior treatment exposures

• **Addressing earlier in treatment process can lead to a greater variety of potential options**
PGD Testing

• “Preimplantation Genetic Diagnosis”
  – Testing of a *single cell* from an embryo for known heritable genetic disorders of the parent (*i.e.* BRCA)
  – Via IVF **before pregnancy**
To PGD… or not to PGD…

Advantages
- Identify serious genetic disorders prior to pregnancy
- Opt to use embryo negative for tested disorder
- Avoid decision to terminate pregnancy due to amniocentesis findings

Limitations
- 1 cell = 1 test
- Possibility of embryo damage with cell removal
- Not every gene disorder is amendable to PGD
- Cost
- No more embryos

Controversies
- “Designer Babies” concept
  - Gender selection
  - Trait selection
- Destruction of embryos
Where to Start?

Ask Questions

*It's ok to express concerns regarding fertility!*

Ask Early

*Remember earlier = more potential options*

Family Planning is Individual

*Consider what fits your family model*
Fertile Futures

As cancer is continually transitioning to a more chronic disease, patients are living longer.

There is an expectation of returning to a ‘normal quality of life’, which includes having a family.

Ever-evolving advances in technology for fertility preservation help bring hope to the cancer patient.
Thank you!

SUNNY STREET

Excuse me! Excuse me! You can't be here! The position has already been filled!

That right?

TWINS!!!
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