

Aspire

THE HOSPITAL OF CENTRAL CONNECTICUT'S BREAST HEALTH NEWSLETTER

FALL 2011

Buoyed amid a sea of pink

Already enveloped by a sea of pink — it was Breast Cancer Awareness Month, recalls Jude Satalino — she got the call from her surgeon that she had breast cancer.

"I went, aw man, it's October. There's pink everywhere," says Satalino, whose awareness of breast cancer was already too real and personal, with a strong family history of the disease.

But, thankfully, Satalino notes, her cancer voyage was buoyed by Hospital of Central Connecticut (HOCC) medical staff and a range of hospital services that included medical testing, surgery, and one of its newer offerings, genetic counseling.

Always faithful with her annual mammograms, Satalino, 58, had her 2010 test in September at the hospital's Diagnostic Breast Center at 40 Hart St., only to be called in the next day for further testing via ultrasound. She wasn't surprised, having done that after some prior mammograms. While in her mid-40s, she had two precancerous lumps removed.

A needle biopsy followed shortly after this latest ultrasound and then the news of cancer from her surgeon, Terrence K. Donahue, M.D. Within 24 hours of his call she saw hematologist/oncologist Barbara Fallon, M.D. Satalino learned that her cancer was Stage 1, raising a finger to demonstrate that the cancer was only the size of a fingernail. She had the choice of either a lumpectomy or mastectomy to

remove the cancer. Satalino would opt for a lumpectomy after discussions with her husband and friends who had been diagnosed with breast cancer. She was also put in touch with HOCC Breast Navigator Bethany Carr, R.N., B.S.N., who Satalino says, "was my captain," providing helpful direction and advice regarding care steps, treatment options and post-surgical garments.

"I knew they caught it early and I knew I was in good hands."

During this time, Satalino also learned about genetic counseling available at The Katherine Ann King Rudolph Hereditary Cancer Genetics Program at The Hospital of Central Connecticut, something both Fallon and Donahue recommended because of her family history of breast cancer. The center offers genetic counseling and testing if one has had cancer at a young age; has had two or more cancers, like breast, ovarian or colon; or has a family history of certain cancers. Genetic testing looks for a gene change, also known as a mutation, which can be passed from a parent to a child.

Satalino, who has two daughters and a son, met with HOCC genetic counselor Linda Steinmark, B.A., M.S., C.G.C., a week before her late October surgery. Before they met, Steinmark spoke with Satalino and asked her to bring a family history, noting which family members had varied cancers and ages at diagnosis.



Jude Satalino

If one has a BRCA 1 or 2 gene mutation, breast cancer risk increases from 12 percent for the general population to 50 to 85 percent in females, according to Steinmark. Also, ovarian cancer risk rises from 1.4 percent to 15 to 44 percent.

Steinmark entered Satalino's family medical history into a computer program and within a minute her estimated risk of a BRCA 1 or 2 gene mutation was known. Satalino had only a 1 percent risk of having a BRCA 1 or 2 gene mutation. With such a low risk, Satalino didn't consider genetic testing, via a blood test, noting "there's nothing I can do to change the genetics that my

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Genetic counseling and testing offered

While most breast cancers are not inherited, some are triggered by a gene change, also known as a mutation, which can be passed from parent to child.

Genetic counseling and testing are offered at The Katherine Ann King Rudolph Hereditary Cancer Genetics Program at The Hospital of Central Connecticut's New Britain General campus.

The program's genetic counselors Linda Steinmark, B.A., M.S., C.G.C., and Sara Rhode, B.S., M.S., help to identify individuals at risk of certain cancers. You are eligible for genetic counseling if you

- had cancer at a young age;
- have had two or more cancers, like breast, ovarian or colon; or
- have a family history of certain cancers.

Counseling involves discussion of family history to help determine if testing is deemed appropriate. Most testing requires a simple blood test. If a mutation is found, a genetic counselor offers support in making choices about possible treatment. Physician referral is required for genetic testing, but not a consultation. Insurance typically covers testing for patients at risk of hereditary cancer.

For more information, please contact Steinmark or Rhode at 860-224-5900 X6630 or visit www.thocc.org/services/cancer/genetics.aspx.



Linda Steinmark



Sara Rhode

\$25,000 grant funds cancer survivor program

The Hospital of Central Connecticut has been awarded a \$25,000 grant from the Connecticut Breast Health Initiative, Inc. (CT BHI, Inc.) toward a free and unique interactive educational program that stresses nutrition and fitness for breast cancer survivors.

Survive & Thrive: A Nutrition and Fitness Educational Series for Breast Cancer Survivors is a multi-faceted initiative that will include a yoga series, a nutrition and exercise series, and workshops focusing on nutrition and exercise/physical activity. Survive & Thrive begins in September.

"There's been a lot of research published in the past three to five years about the benefits of nutrition and exercise in decreasing the risk of breast cancer recurrence," says HOCC Nurse Navigator Donna Boehm, R.N., M.S.N., M.P.H. "We're grateful to the Connecticut Breast Health Initiative for this funding that will help us meet the needs of our breast cancer survivors in the community."

Survive & Thrive will include four, eight-week yoga sessions at the hospital's Bradley Memorial campus starting in September; and three, 12-week interactive nutrition and exercise sessions at the New Britain General campus beginning in October (please see Calendar of events, P4). Survive & Thrive will also include a winter and spring nutrition workshop and two exercise/physical activity workshops.

The grant will also help fund patient education materials related to nutrition and physical activity and the breast program staff's community outreach activities. This \$25,000 grant follows three others from CT BHI, Inc. The CT BHI, Inc. has assumed a leading role in the fight against breast cancer in Connecticut since 2004, having awarded \$1,637,854 million in grants.

Test helps predict cancer recurrence risk

By Barbara G. Fallon, M.D., medical oncologist/hematologist

Hormone receptor-positive breast cancer depends on the body's own estrogen to grow. This cancer can be estrogen receptor-positive and/or progesterone receptor-positive. Generally, women with this cancer have a favorable prognosis, but some of these patients will have a cancer recurrence, despite anti-estrogen treatment. The OncoTYPE[®] DX test determines a breast cancer patient's likelihood of cancer recurrence despite hormone treatment. It is available for patients diagnosed with early stage invasive breast cancer that is hormone receptor-positive and whose lymph nodes are negative.

The OncoTYPE[®] DX test analyzes 21 genes found in the breast cancer tumor and assigns a recurrence score between 0 and 100, determined by the genes' activity level. The score indicates both likelihood of recurrence within 10 years of initial breast cancer diagnosis and whether chemotherapy may be beneficial. The test is done on a piece of tissue removed during original surgery.

What are potential results and what do they mean?

The test result, received by the medical oncologist within two to three weeks of testing, will help guide whether treatment should include hormone therapy alone or also include chemotherapy to maximally reduce the chance of recurrence. Other factors considered are the patient's age, tumor size and grade and the number of positive hormone receptors. The recurrence score is divided into three groups.

Low risk, a score lower than 18. This suggests a low recurrence risk. The benefit of chemotherapy is likely to be small and will not outweigh risks of side effects.

Moderate risk, a score between 18 and 31. This score suggests an "intermediate" recurrence risk. It's unclear whether benefits of chemotherapy outweigh risks of side effects.

High risk, a score greater than 31. This indicates a high recurrence risk, and that chemotherapy benefits are likely to be greater than risks of side effects.

Dr. Barbara Fallon is a member of The Hospital of Central Connecticut medical staff.

MyPlate replaces food pyramid

By May Harter, M.S., R.D., CD/N & Kaylan McDowell-Smith, dietitian

The U.S. Dietary Guidelines' food pyramid icon has been replaced with the more simplified MyPlate. MyPlate is split into four different sections with half the plate consisting of fruits and vegetables and two smaller subsections for protein and grains. Dairy, not to be forgotten, is included on the side of the plate. This new icon encourages Americans to eat a more plant-based diet, which offers many benefits, including a cancer-protective effect. Compared to the pyramid, MyPlate simplifies nutritional information, with a greater focus on creating a more balanced and nutritious meal.



The new plate incorporates these dietary messages from the Guidelines:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or 1 percent milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Here are some tips to building a healthier plate:

- Add red, orange, and dark-green vegetables to your plate, like tomatoes, sweet potatoes, and broccoli.
- To boost your vegetable intake, make a salad. Add a variety of colorful vegetables to the mix such as peppers, carrots, radishes, beets, or onions. Apples, grapes, mandarin oranges or strawberries can also make a nice addition to any salad!
- Increase intake of whole grains with brown rice, whole grain pasta, or whole wheat breads.
- Stick with lean cuts of meat, like fish, turkey, pork loin or grilled chicken.
- Try fat-free or low-fat yogurts, being mindful of some yogurts' high sugar content.

Visit www.ChooseMyPlate.gov for more tips and information regarding MyPlate.

May Harter is a registered dietitian in Weight Management/Bariatrics at The Hospital of Central Connecticut (HOCC); Kaylan McDowell-Smith is a former dietetic intern at HOCC. For information about nutrition counseling with an HOCC registered dietitian, please call 1-866-668-5070.

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kids have already inherited.”

Donahue performed her lumpectomy at HOCC. Tissue removed during surgery revealed other cancer cells close to the edge of what was removed, prompting a second minor surgery to ensure a clear border.

Her treatment continued this past January with several weeks of radiation therapy to the right side of her chest. Satalino says she made it a point to get enough rest and eat well during treatment, to help mitigate potential side effects like tiredness. “They weigh you every week so that’s a motivation not to eat junk,” she quips.

These days, she says, “I feel wonderful.”

“I was very, very lucky. That’s because I have my mammograms. If I didn’t, it could have been more severe, I think,” says Satalino, now on tamoxifen to help prevent breast cancer recurrence.

“I knew they caught it early and I knew I was in good hands,” she says. “I have told people how wonderful the whole experience was here.”

Early detection program receives \$15,000 grant

The Hospital of Central Connecticut’s early detection program for breast and cervical cancer has been awarded a \$15,000 grant from the Charlotte Johnson Hollfelder Foundation. This grant, the foundation’s 11th for this program, targets a population of uninsured or underinsured women in Greater New Britain who are in need of a routine mammogram and

- are at least 35 years old but are uninsured or have a \$1,000 or more deductible and would otherwise waive breast cancer screenings; or
- whose insurance will only cover a mammogram every other year.

Charlotte Johnson Hollfelder Foundation grant funding has paid for nearly 300 mammograms at the hospital since January 2010. This current grant marks \$100,000 directed to the early detection program at The Hospital of Central Connecticut since the foundation began providing grants to the program in 1997. The foundation was established by Fred Hollfelder in honor of his late wife. For more program information, please call Laura Karas at 860-224-5900 X6321.

The Hospital of Central Connecticut Comprehensive Breast Services locations

Breast Program Administration
100 Grand St., New Britain, CT 06052
860-224-5900 X6321

Nurse Navigator Donna Boehm
100 Grand St., New Britain, CT 06052
860-224-5900 X6307

Nurse Navigator Bethany Carr
The Diagnostic Breast Center
40 Hart St. (Bldg C), New Britain, CT 06052
860-827-0525 option 4

George Bray Cancer Center
100 Grand St., New Britain, CT 06052
860-224-5410

Radiation Therapy
5 Highland St., New Britain, CT 06052
860-224-5520

Imaging Centers

Newington Diagnostic Center
66 Cedar St., Newington, CT 06111
860-665-7733

The Diagnostic Breast Center
40 Hart St. (Bldg C), New Britain, CT 06052
860-827-0525

New Britain General Campus Radiology
100 Grand St., New Britain, CT 06052
860-224-5556
860-224-5674 (MRI)

The Women's Center
55 Meriden Ave., Southington, CT 06489
860-276-5299

Bradley Memorial Campus Radiology
55 Meriden Ave., Southington, CT 06489
860-276-5299

Hospital of Central Connecticut Breast surgeons

Helen Corbett, M.D., 860-246-2071
Terrence Donahue, M.D., 860-826-5288
James Flaherty, M.D., 860-827-1981
Jennifer McCallister, M.D., 860-621-3183
Robert Napoletano, M.D., 860-826-4457
Michael Posner, M.D., 860-826-4457
Patrick Rocco, M.D., 860-829-5225
Akella Sarma, M.D., 860-225-9431
Rekhinder Singh, M.D., 860-224-5513

Medical oncologists

Peter Byeff, M.D., 860-224-4408,
860-621-9316
Brian Byrne, M.D., 860-621-9316,
860-224-4408
Barbara Fallon, M.D., 860-224-6254
Wylie Hosmer, M.D., 860-621-9316,
860-224-4408
Jeffrey Langsam, D.O., 860-224-6254
William Pogue, M.D., 860-224-7193

Radiation oncologists

Neal Goldberg, M.D., 860-224-5520
Anwar Khan, M.D., 860-224-5520

Calendar of events

Tuesday, October 25 free dinner and lecture: If it's not about the hair then what is it about? Cancer patients and survivors are invited to hear Debra Jarvis, an oncology chaplain and breast cancer survivor who tells it like it is with grace and humor as she reflects on her cancer journey beyond the medical treatment. Event is at The Hospital of Central Connecticut's New Britain General campus, Cafeteria. Registration is at 5:30 p.m. with dinner at 6 p.m. To register, please call 860-224-5900 X6321. Validated parking for Quigley Garage next to hospital.

Upcoming free support group meetings. The Hospital of Central Connecticut (HOCC) offers support groups for people with breast cancer and those living with cancer. For more information, please call 860-224-5900 X6307.

Breast Cancer Support Group meetings: Sept. 7, 21; Oct. 5, 19; Nov. 2, 16; Dec. 7, 21. Meetings are 5:30 to 7 p.m. at the American Savings Foundation Radiation Oncology Treatment Center, 5 Highland St., New Britain General campus. Free parking available in front of building.

Living with Cancer Support Group meetings: Sept. 21, Oct. 19, Nov. 16, Dec. 21. The monthly (third Wednesday) meetings are 5:30 to 7:30 p.m. at the New Britain General campus, Lecture Room 1. Validated parking in Quigley garage, next to hospital.

Survive & Thrive: A Nutrition and Fitness Educational Series for Breast Cancer Survivors. This multi-faceted initiative at HOCC will include a yoga series and a nutrition and exercise series. Survive & Thrive is funded by a grant from the Connecticut Breast Health Initiative, Inc. (See grant article, P2.) To register for either program, please call Laura at 860-224-5900 X6321; space is limited for yoga classes.

Move with yoga. Free yoga classes for breast cancer patients and survivors will be held Mondays, Sept. 26 through Nov. 14 at HOCC's Bradley Memorial campus, Conference Room A from 4 to 5 p.m. These classes will be led by a certified yoga instructor. Exercise regimens should be discussed with a doctor before beginning.

Nutrition and exercise sessions. This 12-week program at HOCC's New Britain General campus will begin Sept. 27 and offer one hour of weekly supervised physical activity in the Elliot and Marsha Cohen Good Life Center followed by one hour of nutrition education. Participants can extend Good Life Center membership through a full year. This program is free to breast cancer survivors; registration is required.

Free workshop series for breast cancer survivors. HOCC offers a free, six-week workshop series for breast cancer survivors, Cancer Transitions – Life after Treatment. Workshops are for women who have completed active cancer treatment within the past two years and are transitioning into survivorship. Series begins Sept. 8 and continues through Nov. 17. Sessions will be held from 5:30 to 7:30 p.m., Paladino Room at HOCC's New Britain General campus. Each session includes a healthy meal and free parking in Quigley Garage next to the hospital. To register, contact Donna Boehm at 860-224-5900 X6307 or via dboehm@thocc.org.

The Hospital
of Central Connecticut



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