

# Cancer Creates...

STRENGTH • COURAGE • HOPE



Vol. 4, Issue 3

## New and Improved Methods of Diagnosing and Treating Prostate Cancer



Valley-Mount Sinai physicians and staff wore “Plaid For Dad” last June to raise awareness for prostate cancer.

“With approximately 1 in 7 men developing prostate cancer in his lifetime, treatment options that also maximize a patient’s quality of life are more important than ever,” says **Thomas Kole, M.D., Ph.D.**, a radiation oncologist at Valley-Mount Sinai Comprehensive Cancer Care. In honor of National Prostate Cancer Awareness Month, we would like to let you know how Valley-Mount Sinai is improving the process of diagnosing and treating prostate cancer, as well as helping to reduce radiation therapy side effects.

### Fusion Guided Prostate Biopsy: A Smarter Way to Look for Prostate Cancer

Fusion guided prostate biopsy is a new technology that allows for more accurate identification of prostate cancer. The UroNav

system fuses pre-biopsy MRI images of prostate lesions with ultrasound images in real time. Suspicious areas of aggressive prostate cancer can be targeted at the time of biopsy. “This targeted MRI/ultrasound biopsy is poised to become a new standard in prostate cancer screening. Using this advanced technology helps us to more accurately diagnose aggressive prostate cancer,” says **Howard Frey, M.D.**, Medical Director of Valley-Mount Sinai’s Urologic Oncology Center.

### Prostate Cancer Treatment in Five Short Sessions

Prostate stereotactic body radiotherapy (SBRT) involves the delivery of a complete course of radiation therapy in just five short treatments, allowing patients to continue their normal activities without the interruption of a traditional nine-week course of treatment. The delivery of SBRT is accomplished with image guidance via the implantation of gold markers, called fiducials, into the prostate, allowing for precise localization of the prostate during radiation treatment. Clinical trials have demonstrated excellent results in terms of disease control with very low risks of long-term treatment related side effects.

Valley-Mount Sinai is also using an innovative new technology called SpaceOAR® hydrogel, a gel-like material that temporarily moves the rectal wall away from the prostate during radiation therapy. The gel’s placement reduces the amount of radiation that the patient’s rectum receives during prostate treatments, which can reduce complications associated with radiation therapy.

## Valley Earns LGBTQ Healthcare Equality Leader Designation

Valley has earned designation as an LGBTQ Healthcare Equality Leader from the Human Rights Campaign Foundation. Valley is one of only 418 hospitals nationwide to earn this prestigious recognition, which was reported in the 11th edition of the Healthcare Equality Index (HEI). The HEI is a national LGBTQ benchmarking tool that evaluates healthcare facilities’ policies and procedures related to the equity and inclusion of their LGBTQ patients, guests and employees.

“Valley is proud to be designated as a 2018 LGBTQ Healthcare Equality Leader,” said **Audrey Meyers**, President and CEO of The Valley Hospital and Valley Health System. “It is our priority to deliver high-quality, inclusive healthcare and employment opportunities to all members of our community.”



COMPREHENSIVE CANCER CARE

# Engage in Your Care with GetWellNetwork

Did you know that you can view information on your medications and receive more information on your treatment plan during your treatment? This is one of many interactive options available on GetWellNetwork on your TV in the Infusion and Gamma Knife centers. GetWellNetwork provides resources on care-related topics that pertain to your personal health, as well as additional opportunities for you to ask questions and provide feedback. When you check in, your GetWellNetwork account can be pulled up at any chairside TV within both centers.

## With GetWellNetwork, you can:

- View information about your medications and treatment
- Educate yourself on topics regarding your health or about Valley with our patient videos
- Ask questions about your care
- Watch TV and movies, listen to music, browse the internet or check email during treatment
- Provide feedback about services and recognize staff

Your healthcare team can answer any questions you may have about GetWellNetwork. You can also view this information from your patient portal in the comfort of your own home.

## We Want to Hear from You!

Have an inspiring story or helpful tip to share? Let us know, and it may appear in our next edition of *Cancer Creates!* Email submissions to [jforlen@valleyhealth.com](mailto:jforlen@valleyhealth.com).

# Cancer Survivorship Series

## Thriving Through and Beyond Cancer

The Cancer Survivorship Series is an ongoing series that educates, informs and empowers patients to better manage their health and enhance their quality of life during and after cancer treatment.

## Worry Workshop: Celebrate your Courage!

*When: Thursday, October 4, 5:30 to 7:30 p.m.*

*Where: Luckow, 2nd Floor Conference Room*

Patients with cancer are invited, along with their children and family, to learn how to work through worries and find inner courage through activities and discussion. Parents will have a separate support group to discuss ways of coping and addressing fear and worry. Pizza and refreshments will be served. This program is a collaboration with CancerCare.®

To register please contact **Brooke Laster, LCSW**, at 201-634-5787 or [blaster@valleyhealth.com](mailto:blaster@valleyhealth.com).

## Autumn Kale Apple and Quinoa Salad

### Ingredients

- |                                                                                                              |                               |
|--------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>Salad</b>                                                                                                 | • ½ cup dried cranberries     |
| • ½ cup tricolor dry quinoa                                                                                  | • 4 oz. goat cheese, crumbled |
| • 6 cups of packed chopped kale ( <i>It will take about 1½ bunches. Remove thick ribs before chopping.</i> ) | <b>Dressing</b>               |
| • 2 crisp sweet apples, cored and chopped* ( <i>Gala apples if possible</i> )                                | • ½ cup olive oil             |
| • 1 cup walnuts, lightly toasted and roughly chopped                                                         | • ¼ cup fresh lemon juice     |
|                                                                                                              | • 2 tbsp. honey               |
|                                                                                                              | • 1½ tsp. Dijon mustard       |
|                                                                                                              | • Salt to taste               |

### Directions

1. Cook quinoa according to directions on package and cool completely. While quinoa is cooling, whisk together all of the dressing ingredients in a jar or bowl. Add kale to a salad bowl, whisk dressing once more then pour ¾ of the dressing over kale and toss until kale is evenly coated. Cover bowl and chill for 15 minutes.
2. Remove salad from refrigerator; add apples, quinoa, walnuts and cranberries. Pour remaining dressing over salad then toss. Add goat cheese and toss lightly. Serve or store covered in refrigerator for up to 4 hours.



*\*If eating later, it is recommended to put the apples in a lemon water solution (1 Tbsp. fresh lemon juice with 1 cup water in a bowl) for 1 minute and then remove and drain on paper towels to reduce browning.*

Serves 7

## There's More Online

Visit [ValleyHealthCancerCenter.com](http://ValleyHealthCancerCenter.com) to:

- Learn more about Valley's cancer services
- View upcoming events, classes and support groups
- Find more issues of *Cancer Creates*

