



5th Annual Breathing Room Fundraiser 2 DAY EVENT

COCKTAILS, DINNER, ENTERTAINMENT
THURSDAY, MAY 16, 2019
ASPINWALL RIVERFRONT PARK
6:00 PM VIP | 7:00 PM GENERAL ADMISSION

MOVE WITH YOUR COMMUNITY
SATURDAY, MAY 18, 2019
DONATION FITNESS CLASSES
CHECK [WEBSITE](#) FOR SCHEDULE

The UPMC Hillman Cancer Center [Wellness and Integrative Oncology Program](#) is committed to treating the whole person. We're redefining the cancer journey in a powerful way that goes beyond traditional medicine. Under the direction and supervision of Dr. Lanie Francis, a medical oncologist and hematologist, Integrative Oncology focuses on managing the mind, body, and spirit in the context of conventional cancer care using movement, touch, nutrition, and mindfulness to address symptoms and quality of life.

[Breathing Room](#) is an evening focused on wellness, gratitude, and celebration- which we believe can exist when in perfect health or during cancer. This event is a fundraiser, where all proceeds go directly to providing services like yoga, meditation, oncology massage for patients with cancer. Over the past four years, [Breathing Room](#) has raised over \$140,000 to provide patients with three complimentary integrative services. The financial burdens of cancer are unparalleled. The supportive care needs of patients and caregivers are often the first to be sacrificed.

In conjunction with our evening fundraiser, we're partnering with Pittsburgh fitness organizations to sponsor donation classes across the city. [Move with Your Community](#) will premiere on Saturday, May 18, 2019. Our goal is to spread our message of whole person care, expose our patients to different fitness styles, and to raise additional money for the Wellness and Integrative Oncology program.

Please watch this [video](#) to hear directly from patients involved in our program.

My relationship with the Wellness & Integrative Oncology Department has been very rewarding. After completing radiation and a year of chemotherapy for treatment of an inoperable brain tumor, I got the good news that my tumor had been successfully treated and is gone.

I then chose to have some relaxing yoga lessons and a wonderful massage with the Oncology Staff. As I continue to feel healthier and stronger I cannot thank enough those who helped me to regain my strength.

~Judith W, patient



Aspinwall Riverfront Park

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For More Information:

Visit our [website](#) or [email](#) us



Angela Zaccagnini, Registered Dietitian

Food for the Soul

"Health is not just about what you're eating; it's also about what you're thinking and saying." A wonderful quote I came across recently that I will constantly remind myself of. Mind, body and soul – we preach it every day here at the Wellness and Integrative Oncology suite. It's important to be mindful about what you're putting into your body but it's even more important not to produce unnecessary stress or anxiety over it. I'm sure you have been told or heard to restrict this, avoid that or try this diet. We are all different, what works for someone may not work for someone else.

Eat well, feel well, live well! Eating well could have many different meanings, but in the terms of a dietitian, it means eating predominately plant-based. This does not necessarily mean becoming a vegetarian or vegan, but rather focusing on increasing fresh and colorful fruits, vegetables, whole grains, beans, nuts/seeds and choosing lean proteins, wild-caught seafood, and high-quality dairy products. Once again, this may not work for everyone given diagnosis, treatment, symptoms, etc.

Most recent research suggests the Mediterranean diet/lifestyle, as it can be associated with a reduced incidence of cancer and other chronic diseases (1). The Mediterranean diet is rich in unsaturated fats, mainly monounsaturated fats which we consider "healthy fats." The diet is also rich in fiber and protein but low in sodium which helps to lower LDL cholesterol and reduce risk of heart disease (1). When it comes to feeling well, eating is just a small part of the puzzle. Do whatever you can to feel well and reduce stress. Drink more water, take that yoga class, have an extra piece of fruit, spend 10 more minutes on the treadmill. Whatever your body is telling you, listen to it. It'll thank you later.

Below is a shopping list from Today's Dietitian promoting a Mediterranean diet.

A Mediterranean Shopping List (2)

- **Fish and shellfish:** Clams, crab, halibut, lobster, mussels, salmon, scallops, shrimp, sole, tilapia, trout, tuna
- **Fruits (fresh, dried, frozen, or canned without sugar):** apples, bananas, berries, cherries, citrus, dates, figs, grapes, melons, nectarines, peaches, pears, pomegranates
- **Vegetables (fresh, frozen, or canned without salt):** artichokes, asparagus, avocados, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, celery, corn (sweet yellow), cucumbers, eggplant, fennel, green beans, green leafy vegetables, lettuce, mushrooms, olives, onions, peas, potatoes, radishes, squash, tomatoes, turnips
- **Grains:** barley, brown rice, buckwheat, bulgur, couscous, faro, kamut, oatmeal, polenta, quinoa, wheat berries, whole grain, stone-ground breads, rolls, tortillas, and pasta
- **Legumes, nuts, and seeds:** almonds, black-eyed peas, cashews, chickpeas (garbanzo beans), hazelnuts, kidney beans, lentils, lima beans, pecans, pine nuts, pistachios, sesame seeds, sunflower seeds, split peas, walnuts
- **Herbs and spices (fresh or dried):** basil, chili powder, chilies, cinnamon, cloves, cumin, dill, garlic, ginger, fennel seed, marjoram, mint, nutmeg, oregano, parsley, pepper (black or red), rosemary, saffron, sage, tarragon, thyme
- **Dairy products:** low-fat milk, low-fat yogurt, reduced-fat cheese
- **Oils:** canola, extra-virgin olive, grapeseed, and sesame

References:

Harrison, C. & Redmond, R. (2017). Mediterranean diet 101. Retrieved from <https://eatrightpa.org/members/blog/mediterranean-diet-101/>
 Palmer, S. (2012). The Mediterranean diet – a practical guide to shopping, menu ideas, and recipes. *Today's Dietitian*, 14(5), p. 30. <https://www.todaysdietitian.com/newarchives/050112p30.shtml>

Garbanzo Stir-Fry

Prep 15 m
 Cook 30 m
 Ready In 45

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh basil
- 1 clove garlic, crushed
- ground black pepper to taste
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 large zucchini, halved and sliced
- 1/2 cup sliced mushrooms
- 1 tablespoon chopped fresh cilantro
- 1 tomato, chopped

Directions

1. Heat oil in a large skillet over medium heat.
2. Stir in oregano, basil, garlic, and pepper.
3. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs.
4. Cook, covered, for 10 minutes, stirring occasionally.
5. Stir in mushrooms and cilantro, and cook until tender, stirring occasionally.
6. Place the chopped tomato on top of the mixture.
7. Cover, and let the tomatoes steam for a few minutes, but don't let them get mushy.
8. Serve immediately.





Kayla Miller, RN, BSN
Nurse Ambassador Clinical Liaison

Kayla's Corner

Scalp Cooling for Reducing Chemotherapy-Induced Hair Loss

Chemotherapy-induced hair loss is associated with significant fear, distress, and decreased quality of life. Some patients may even consider forgoing chemotherapy due to concern for hair loss. Evidence and experience allow clinicians to set patient expectations for hair loss based on treatment regimen, but unlike other chemotherapy side effects, there are no widely used methods for preventing or reducing hair loss. Scalp cooling may help preserve hair when alternative options are scarce or nonexistent.

What is it? Scalp cooling involves the use of cold caps before, during, and after chemotherapy to reduce hair loss.

There are two methods for scalp cooling. The first is use of frozen gel caps, which are cooled with dry ice and replaced every 30 minutes. The second is use of a machine-based system in which the cooling cap is attached to a freestanding refrigeration unit that provides continuous circulation of cold fluid into the cap.

Two machine-based systems are approved by the FDA for use in patients undergoing treatment for breast cancer and other solid tumors - The [DigniCap](#) system (approved in 2015) and the [Paxman](#) system (approved in 2017).

How does it work? Scalp cooling is thought to cause constriction of blood vessels in the scalp so blood flow to hair follicles is reduced. This promotes decreased uptake of chemotherapy by the hair follicles and makes hair follicles less susceptible to damage.

Possible side effects include cold discomfort, headache, dizziness, and nausea. Safety concerns historically include potential risk for scalp metastasis, but a systematic review of more than 50,000 patients found no significant association between scalp cooling and increased risk for scalp metastasis (1). Contraindications include hematologic malignancies and conditions that would be worsened by exposure to cold (3).

How effective is scalp cooling? Patients receiving chemotherapy who use scalp cooling preserve more hair compared to patients who do not use scalp cooling (2, 3, 4). Success is classified by hair loss of less than 50% and not requiring a wig. The most recent data finds that 50-66% of patients using scalp cooling have successful hair preservation, depending on chemotherapy regimen (2, 4). In comparison, 100% of patients who did not engage in scalp cooling experienced hair loss (2, 4).

In addition to chemotherapy regimen, outcomes depend on type and fit of the cap, cooling duration, and patient characteristics (2, 4).

How to access scalp cooling? Manual gel cooling caps are available through [Arctic Cold Caps](#), [Chemo Cold Caps](#), and [Penguin Cold Cap Therapy](#). These devices are available for purchase or rental. Some insurance companies do not cover manual cold cap therapy but organizations such as [The Rapunzel Project](#) and [Hair to Stay](#) help reduce financial burden of cold cap therapy for patients.

Use of FDA-approved machine-based cooling systems involve institutional purchase and maintenance of the machines. Although more institutions are implementing DigniCap and Paxman systems, significant barriers include space and scheduling constraints, financial reimbursement, staff and patient education, and increased staffing requirements and responsibilities (3).

UPMC Hillman Cancer Center has developed a "Chemo Cold Cap" [policy](#), which is available on the Infonet.

References:

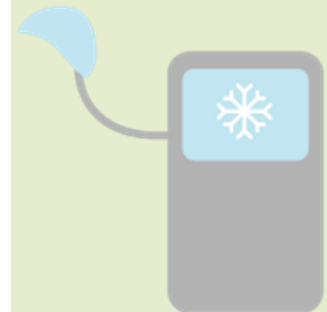
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Cooling Systems

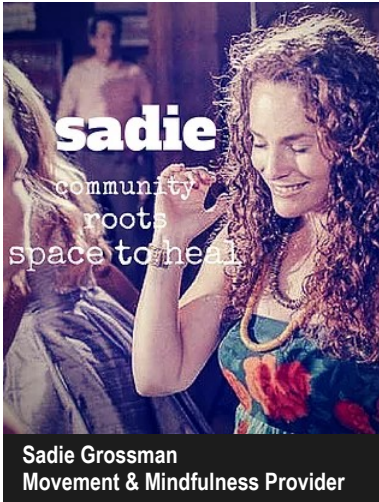
• Manual Cooling



• Machine-Based Cooling



www.hairtostay.org



Moving with Sadie

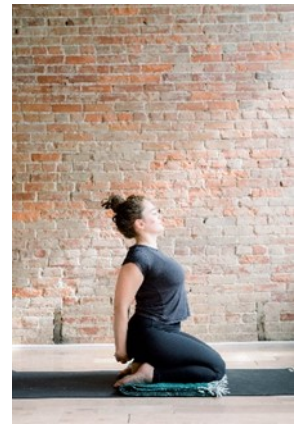
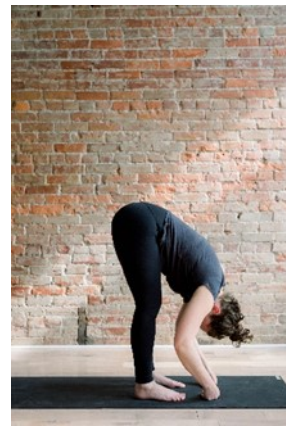
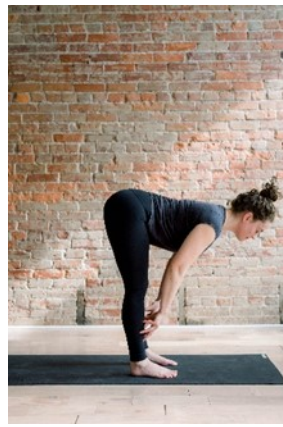
Yoga Snacks

With the integration of technology in our lives, our work days are growing longer, often extending into our life at home. This blending of our home/work has begun to erode our sense of having free time, with self-care or a full yoga practice less and less likely to be fit into our schedules.

Creating a pause in our day for a yoga snack will allow us to reconnect, re focus, and reenergize, all without the larger commitment of going to a class, when our time is limited. Yoga can be done anywhere, at any time for any length of time. Releasing the necessity of a 60-minute practice will open the doors for yoga to be sprinkled in throughout our day, eliminating barriers and open a whole new world of possible movement, all without leaving our desks.

Closing eyes, taking deep diaphragmatic breaths, and engaging in a few postures allows for freshly oxygenated blood to travel through our system, which may lead to higher rates of productivity when we return. The yoga snack need not be long to be effective, just 2 minutes has shown to provide practitioners with many benefits.

To help you jump start your journey of folding yoga into your day, we have provided some desk stretch suggestions. Couple each pose with a huge belly breath and you are on your way to becoming a yogi, all without having to carve out more time from your already too-full day.



[A note from Dr. Francis]

Coming out of a long, dark Pittsburgh winter, I look forward to longer days, more sunshine, and more connection with nature. The simple act of getting outside, feeling the air move against you, and taking in the trees and the sky can create perspective and improve mood quicker than most anything we offer in a bottle or pill.

Exercise and outdoor appreciation should be a prescription that we as health care providers offer all of our patients. And we should take our own advice for self-care. As we move toward spring, think about what you can do to get outside and move your body more. It is a gift and a privilege.

Happy Spring!

Lanie