



CENTRA
Alan B. Pearson
Regional Cancer Center

CENTRA ALAN B. PEARSON
REGIONAL CANCER CENTER
• LYNCHBURG, VIRGINIA •

Cancer Care

THE REGION'S CANCER CARE FOCUSED NEWSLETTER FROM CENTRA

>> CENTRA CANCER CARE SPECIALISTS

VOL. 8 ISSUE 1

Genetic counseling can help guide medical care

As part of its comprehensive services, the Centra Alan B. Pearson Regional Cancer Center offers hereditary cancer risk assessment, genetic counseling and genetic testing. Hereditary cancers result from an inherited genetic change that is passed down in the family from parent to child. Approximately 5 to 10 percent of all cancer diagnoses are inherited.

Patients and their families who may have an increased risk of an inherited cancer can now be referred to a genetic counselor at the center to better evaluate that risk. Edward Williams, MS, MBA, CGC, is a board certified genetic counselor who joined Centra in February. Genetic counselors are master's trained health professional in medical genetics and counseling. Determining which of these families have cancer related to an inherited gene mutation is important, as the cancer risks in hereditary cancer families are much higher than the general

[CONTINUED ON PG.2]



Cancer is an ugly and scary word. Cancer is also a unifier. There isn't a person on the planet that hasn't been touched by it. Either as a patient or watching a loved one, a colleague or a dear friend suffer, everyone has seen this disease with their own eyes.

At Centra Alan B. Pearson Regional Cancer Center, helping people not only survive, but thrive is our life's work. Every day, friends and neighbors walk out our doors cured and full of hope. Hearing someone ring the survivor's bell in our healing garden never gets routine. It's the sound of passion and overwhelming gratitude for a new lease on life.

It felt only fitting to highlight the real heroes in our midst – cancer survivors. The following is the first in a series of three portraits and vignettes in *Cancer Care News* that highlight their fervor in the face of fear.

They trusted their medical team, relied on their support system and are proudly able to say, "I fight. I survive. I inspire."

We salute our survivors, caregivers and medical teams. Above all else, we hope this series encourages those coming into our doors for the first time. Healing happens here every day.

JEFF ATTIX: SKIN CANCER

Jeff Attix doesn't just see scrap metal. He sees a lamp in the making. The retired engineer welds and works with wood to fashion unique creations.

He has a large collection of tables, shelves and decorations made from wood scraps. "I like anything that I can make with my hands," Attix said.

At 13, a neighbor in his apartment complex gave him a refrigerator to

[CONTINUED ON PG.3]

Genetic counseling from page 1

population. This can guide a patient's medical care, including ways to screen for and prevent cancer.

"My role is to educate patients and families and facilitate good decisions in a supportive environment.," said Williams.

Counseling sessions

In the initial genetic counseling session, which lasts approximately one hour, Williams answers questions and addresses concerns about the chance for an inherited cancer. He provides a detailed review of a patient's medical and family history, including all family members diagnosed with cancer or other medical issues and the ages at which they were diagnosed to establish a pattern or implications for hereditary cancer. If Williams determines there is an increased risk, he discusses the benefits and limitations of genetic testing for the patient and family. He also reviews the current screening and management information related to inherited cancers.

"There are defined guidelines as to who may benefit from genetic testing," said Williams. "I assist patients in arriving at an informed decision as to whether genetic testing is beneficial for themselves and/or their families. If they choose genetic testing, I help to coordinate and facilitate the entire genetic testing process. When the test results are available, I meet with the patient and help them understand the medical, psychological and social consequences of knowing the test results. I want patients to feel empowered if they decide to go ahead with genetic testing."

Summary letter

After each counseling session, Williams writes a summary letter reviewing the discussion and outcomes. Copies of the letter go to the patient and the referring physician.

"I encourage patients to share the information from our meeting with other family members," Williams said. "That is another reason for my summary letter — to facilitate communication. If other members of the patient's family want to discuss any questions, the patient's provider can refer them to me for a more personalized assessment."

Edward Williams, MS, MBA, CGC, is board certified with more than 13 years experience as a genetic counselor. Prior to joining Centra, he was a genetic counselor and manager with LabCorp-Center for Molecular Biology and Pathology in Research Triangle Park, North Carolina.



Edward Williams

He is a member of the National Society of Genetic Counselors and the Virginia Association of Genetic Counselors and serves on the external advisory committee of the University of North Carolina-Greensboro.

He holds a bachelor of science in biology from the College of William and Mary, a master of science in genetic counseling from the University of North Carolina at Greensboro and a master of business administration from East Carolina University.

Who benefits?

The majority of patients seen by Williams have been diagnosed with cancer. Centra medical and radiation oncologists refer patients to Williams, who meets with them and their families at Lynchburg Hematology/Oncology in the cancer center. However, unaffected patients with a strong family history of cancer can benefit from genetic counseling and a hereditary cancer risk assessment.

In addition to providing hereditary cancer risk assessments and genetic counseling to patients, Williams attends the Cancer Care Services' weekly multidisciplinary cancer conferences and participates on the Cancer Committee.

To learn more about hereditary cancer risk assessment, genetic counseling and genetic testing at Centra Alan B. Pearson Regional Cancer Center, talk to your healthcare provider.

Jeff Attix *from page 1*

tinker with. "Ammonia leaked out of it and they had to evacuate half the complex," Attix said.

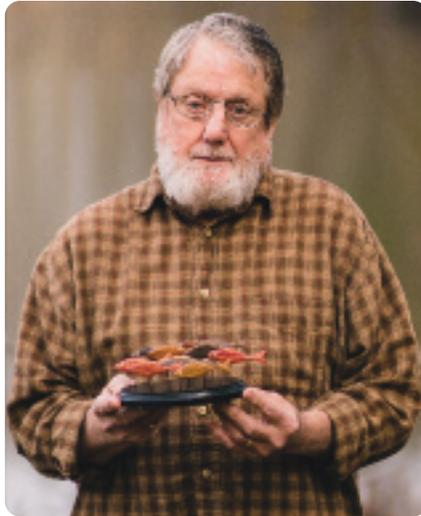
His father tied a rope around the refrigerator and dragged it out. Attix has been taking things apart and putting them back together ever since.

Five years ago, surgeons put him back together too. After a tumor was detected near his eye, Attix had radiation to shrink the tumor five days a week at Centra Alan B. Pearson Regional Cancer Center.

Surgeons removed the tumor and grafted skin from his forehead under his eye. Last year, physicians found another spot on the tip of his nose. Surgeons removed the cancer, deep in his nose, and Simon Hatin, MD, a plastic surgeon, grafted skin from his forehead and used cartilage from behind his ear to rebuild it.

"I told Dr. Hatin, 'I didn't care how my nose looked. Scars give you a little character,'" Attix said with a grin.

Through it all, Attix continued to create, making a lamp from a protective face mask worn in radiation treatments. The lamp sits in a cancer center consultation room.



Jeff Attix with one of his creations.

"I just keep busy thinking of different stuff," Attix said.

He's made lamps out of car parts. Attix thinks of ideas in the middle of the night and has 11 patents, mostly hardware for fuel assemblies.

A few years ago, he began making bezels out of poplar wood recovered from Thomas Jefferson's time at Poplar Forest. The bezels, which hold Jefferson nickels or quarters, are sold in the museum gift shop.

Creating gave him an outlet and a distraction during cancer treatments. "I wasn't really worried. Maybe I should have been, but I figured I was in good hands," Attix said, praising Joy Hilliard, MD, radiation oncologist at Centra.

"I don't feel like I suffered. I consider myself to be fortunate," Attix said.

To see all the portraits and stories in the series, visit the Centra Alan B. Pearson Regional Cancer Center Monday through Friday from 8 a.m. to 6 p.m.

Free skin cancer screenings to be offered May 9, 25

Free skin cancer screenings are being offered by local dermatologists and Centra Alan B. Pearson Regional Cancer Center during May, Skin Cancer Detection and Prevention Month.

Skin cancer is the most common of all cancers. When detected early and treated properly, even melanoma, the most serious type of skin cancer, is curable.

The free screenings will be offered from 5:30 to 7 p.m. Tuesday, May 9, and Thursday, May 25, at the cancer center, 1701 Thomson Drive, Lynchburg. Screenings will be conducted in private rooms by a dermatologist or other healthcare



professional specially trained in detecting skin cancer. Participating providers include Central Virginia Dermatology, Dermatology Consultants, Grace A. Newton, MD, Dermatology and RidgeView Dermatology.

This screening is available to anyone who does not have a dermatologist or who has not had a skin cancer screening in the last year. Space is limited. To register, visit CentraHealth.com/cancerscreenings or call 434.200.6093.

It is important to catch skin cancer early, and an important part of catching it early is skin cancer screenings. Your dermatologist also can do these screenings.

The screenings are being sponsored by the Centra Foundation and local dermatologists.

Image Recovery Center renamed Seasons Boutique

The Image Recovery Center has been renamed Seasons Boutique. The boutique is an integral part of the Centra Alan B. Pearson Regional Cancer Center's multidisciplinary approach to planning, implementing and evaluating the needs of cancer patients. The staff works closely with patients and their healthcare providers to develop a personalized appearance plan that focuses on promoting wellness and restoring dignity.

Seasons Boutique offers education, consultation and

an array of body image services, tools, techniques and products to address appearance and self-image concerns.

Services and programs at Seasons Boutique are available to patients, caregivers, Centra employees and the general public.

Seasons Boutique is open Monday through Friday from 9 a.m. to 4:30 p.m. Referrals are not required.

Free mammography screenings

The Centra Foundation and M.A.A.M. (Mammograms Annually A Must) and Centra Bedford Memorial Hospital and the Bedford Community Health Foundation are partnering to provide free days of mammography screenings. Mammograms are the best option for identifying cancer at its earliest, most treatable stages.

Free screening mammograms will be offered to women 40 years of age or older who do not have health insurance or are underinsured and have not had a mammogram in the last year.

Dates

- **Tuesday, May 9**
Bedford
- **Friday, June 23**
Timberlake, Danville, Gretna, Bedford
- **Wednesday, August 16**
Timberlake, Tate Springs, Danville, Gretna
- **Wednesday, September 13**
Farmville
- **Friday, October 20**
Timberlake, Danville, Gretna, Farmville
- **Tuesday, November 14**
Timberlake, Tate Springs, Danville, Gretna

Locations

- The Mammography Center, 20293 Timberlake Road, Lynchburg, Virginia
- The Mammography Center, Suite 15, 1900 Tate Springs Road, Lynchburg, Virginia
- Centra Bedford Memorial Hospital, 1613 Oakwood Street, Bedford, Virginia
- Imaging Center, Centra Southside Community Hospital, 800 Oak Street, Farmville, Virginia
- Centra Gretna Medical Center, 291 McBride Lane, Gretna, Virginia
- Centra Danville Medical Center, 414 Park Avenue, Danville, Virginia

Space is limited for these one day events. To make an appointment, call 434.200.4048.



Our highly trained staff of physicians and certified nurse practitioners each have offices in the center. By bringing these experts together under one roof, the center helps to foster an atmosphere of collaboration and teamwork.

RADIATION ONCOLOGY

Angela Brady, MD
Residency: Virginia Commonwealth University/
MCV School of Medicine
Internship: Baylor College of Medicine
Degree: Baylor College of Medicine

Anita Joy Hilliard, MD
Residency: North Carolina Baptist Hospital, Wake Forest University
Internship: Alton Ochsner Medical Foundation
Degree: Louisiana State University

Michael J. O'Neill, MD
Residency: University of Rochester Strong Memorial Hospital
Internship: Western Pennsylvania Hospital
Degree: University of Pittsburgh School of Medicine

INTERNAL MEDICINE, MEDICAL ONCOLOGY

Emanuel Crenza, MD
Fellowship: Georgetown University Medical Center, Lombardi Cancer Center
Internship/Residency: Georgetown University Medical Center
Degree: SUNY Upstate Medical College

Stefan Gorsch, MD
Fellowship, Residency & Internship: Dartmouth College
Degree: Robert Wood Johnson School of Medicine

Robert Headley, MD
Fellowship, Residency & Internship: Medical University of South Carolina
Degree: University of North Carolina at Chapel Hill

Emily Jenkins, MD
Fellowship: University of North Carolina at Chapel Hill
Residency: University of North Carolina at Chapel Hill
Internship: University of North Carolina at Chapel Hill
Degree: University of Virginia

Cecilia MacCallum, MD
Fellowship: University of Virginia Hospital
Residency: Maine Medical Center
Degree: George Washington University

John (Jack) MacNeill, MD
Fellowship & Residency: North Carolina Baptist Hospital, Wake Forest University
Degree: University of North Carolina at Chapel Hill

Dwight Oldham, MD
Fellowship & Residency: Medical College of Virginia Hospitals
Degree: Medical College of Virginia

Kevin Patel, MD
Fellowship: Baylor College of Medicine
Residency: Michigan State University
Degree: Seth GS Medical College

Kathleen Paul, MD
Fellowship: Virginia Commonwealth University/
MCV School of Medicine
Residency: University of Chicago Hospitals
Degree: Medical College of Virginia

Emaculate Tebit, MD, PhD
Fellowship: University of Virginia Hospital
Residency: Case Western Reserve University
Internship: Case Western Reserve University
Degree: University of Illinois

THORACIC SURGERY

Kenneth Saum, MD
Fellowship: University of Maryland
Residency & Internship: The University of Maryland Medical System
Degree: Medical College of Virginia

NURSE PRACTITIONERS

Magen Calland, NP-C
MSN/ANP/AANP: James Madison University
BSN: Kaplan University

Tiffany G. Clark ACNS-BC, FNP-C
MSN, FNP: Old Dominion University
MSN, ACNS: Liberty University
BSN: Liberty University

Kirsten L. Hinson, FNP-C
FNP, MSN: James Madison University
BSN: Liberty University

Aimee Strong, AG ACNP, BC
AG ACNP, MSN: University of Virginia
BSN: Virginia Commonwealth University

Kathy Kennedy, FNP-BC
FNP, MSN: University of Virginia
BSN: Lynchburg College



The 10th annual Sara Buckley Pink Tennis Invitational celebrated the life of Sarah Buckley, who was a member of Boonsboro Country Club and lost her battle against breast cancer. Over the past decade, the tournament has raised \$160,000 for the Centra Foundation's Patient Support Program, which serves as a flexible resource for patients in need, offering financial assistance for support services and therapies.

Free cancer survivorship classes, support available

You are a cancer survivor from time of diagnosis throughout the rest of your life. Please join us for free educational sessions and support from 5:30 to 7 p.m. at the Centra Alan B. Pearson Regional Cancer Center, 1701 Thomson Drive, Lynchburg.

- April 20: Medical Management After Cancer**
Anita Joy Hilliard, MD
- April 27: The Spiritual Journey**
Miriam M. Dakin, M.Div, BCC
- May 4: The Importance of Exercise, Lymphedema**
Renea Cooper, LPTA IV, CLT-LANA, and Amy DeRamus, BS, LPTA, STAR/C
- May 11: Nutrition**
Liz Wade, RD
- May 18: Coping with Cancer, Sexuality and Cancer**
Tammy Anderson, LCSW, and Kara Lamb, RN, MSN, OCN, CBCN

Free door prizes and refreshments. You are not required to attend all classes. Space is limited. For more information or to register, call 434.200.6067.

Cancer center marks survivors day with picnic

National Cancer Survivors Day® is an annual worldwide celebration of life held annually on the first Sunday in June. It is the one day each year when people around the world join together to honor cancer survivors.



A "survivor" is anyone living with a history of cancer – from the moment of diagnosis through the remainder of life, according to the National Cancer Survivors Day Foundation.

Centra Alan B. Pearson Regional Cancer Center will mark National Cancer Survivors Day with a picnic for cancer survivors and their families. The survivorship picnic will held Monday, June 5, from 11 a.m. to 2 p.m. in the center's Healing Garden. Come join the celebration and visit the People of Hope exhibit, which highlights the survival stories of area cancer patients.

To register for the survivorship picnic, please go to centrahealth.com/cancer/events or call 434.200.6093.



Clubs For Cancer Golf Tournament

Golfers can help cancer patients in central Virginia by teeing off in the Clubs For Cancer Golf Tournament June 14 at London Downs Golf Club. All proceeds from the tournament will benefit the Centra Alan B. Pearson Regional Cancer Center Cancer Patient Support Fund that helps cancer patients in need, alleviating some of the burden and stress during a difficult time.

The Captain's Choice, four-man team tournament features cash prizes, a silent auction and complementary beverages. Lunch will be provided at noon, with a shotgun start at 1 p.m. at the golf course at 1614 New London Road, Forest. The tournament is limited to 32 teams. Entry donations are \$400 per team, and sponsorships are available.

The deadline for entries is June 1. For more information, call Jeff Dodgion, 434.660.7531; Sean Councill, 434.660.1253; or Anita Lowe, 434.200.6093.

Tournament sponsors include American Legion Post 16, HT Hackney, JED's and Village Market, Pepsi and VA Eagle Distributing Company LLC.

Cancer Care newsletter

Centra
1920 Atherholt Road
Lynchburg, VA 24501

VOL. 8 ISSUE 1

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LYNCHBURG, VA
PERMIT #13

RETURN SERVICE REQUESTED



CENTRA

Alan B. Pearson
Regional Cancer Center



STAR rehab program has a new name: RENEW

Centra Cancer Care Services' rehabilitation program, formerly known as the STAR Program, has a new name and a new look — RENEW, A Program for Survivors.

RENEW provides physical therapy to a range of patients with cancer. Cancer survivors may participate in rehabilitation to help manage the effects of cancer and treatment-related conditions. Newly diagnosed patients may want to increase their strength and endurance to prevent future medical problems. Years after cancer treatment has concluded, rehab interventions can help improve functioning and stamina. RENEW is open to everyone at any stage of cancer or phase of recovery.

Some common complaints of survivors include pain, fatigue, lack of energy, restricted motion and deconditioning. RENEW addresses these issues to help cancer survivors maximize their ability to function and improve overall quality of life.

Centra recognizes survivorship as a distinct phase of cancer care. A key element of an excellent survivorship program is oncology rehab, which helps facilitate optimal



physical and emotional recovery from cancer and its treatments. Lingering pain, profound fatigue and deconditioning, decreased range of joint motion due to surgery and radiation treatments, as well as other lingering side effects can all be mitigated with interdisciplinary rehabilitation.

The RENEW care team consists of physicians, physical therapists, occupational therapists, speech and swallowing therapists, licensed clinical social worker, wellness professionals, lymphedema therapists and a registered dietitian. The team will work closely with the patient's oncologist to ensure a safe, optimal return to recovery.

RENEW provides the opportunity for cancer survivors to integrate psychological and physical well-being with the acute oncological plan of care in hopes that patients will receive the maximum benefit from all interventions.

For more information, talk to your healthcare provider and let us help you come full circle with RENEW.