

Aurora Cancer Care Connection

Your caring connection for support during cancer care

Aurora Cancer Care • Edition 12 • 2016

Aurora Integrative Medicine: Enhancing Cancer Care

By John Burns, DPT, MSOM, Dipl.-Ac, Tai Chi Qigong Instructor

Aurora's multidisciplinary Integrative Medicine department will soon be offering more integrative medicine services at several Aurora Cancer Care centers to enhance cancer care. As a leader in research-based cancer treatment interventions, Aurora recognizes the growing evidence that the integrative medicine practices of massage, Reiki and acupuncture can enhance patient care by reducing stress, pain, fatigue and neuropathy.

In regards to massage, the strongest evidence for the benefits of massage is for reducing stress, anxiety and pain. The manual, or hands-on technique of massage therapy, stimulates the release of endorphins to relieve pain and serotonin to facilitate a relaxation response. At one of our cancer clinic locations, patients rated their pain less after massage, anywhere from 1 to 5 points less on a 0-10 scale. Patients generally agreed the massage contributed to their wellness as well as helped them relax during their chemotherapy.

Reiki ('RAY-key') is a Japanese word for universal energy and specifically refers to the art of facilitating the flow of universal energy through the receiver from a Reiki practitioner. The National Center for Complementary and Alternative Medicine classifies Reiki as a "biofield" therapy. Often referred to as touch or energy therapy, it is based on the biopsychosocial model of healing that takes into consideration the mind-body connection or the patient's emotions and personal life situations. It is a noninvasive relaxing modality that works well as an adjunct

to other therapies. The Reiki program has been very well received at several of our cancer clinic locations. Patients have expressed such benefit in helping them decrease their anxiety prior to treatment. As one patient said, "My sessions help me relax, sleep better, definitely feel more centered, and truly less stressed. It is kind of hard to explain, but it is so relaxing and somehow gives me hope and peace at the same time."

Aurora's Integrative Medicine department is providing more patients the evidence-based, self-empowering, naturally healing modalities of massage, Reiki and acupuncture.



In addition to massage therapy and Reiki, acupuncture will soon be offered to more Aurora cancer care patients. According to the National Comprehensive Cancer Network (NCCN), a well-respected alliance of over 23,000 oncologists and other healthcare providers, acupuncture should be utilized as an adjunctive treatment intervention alongside conventional treatments for several cancer-related symptoms. In June 2015, Aurora began its first oncology acupuncture program at Aurora Cancer Care Grafton. Many patients have since provided positive feedback on this nonpharmacologic intervention with reports of reduction in pain, numbness

and tingling from neuropathy. Patients have also reported that their acupuncture sessions have improved their energy levels and enhanced their overall feelings of wellbeing.

With 2016 soon approaching, Aurora's Integrative Medicine department is working hand-in-hand with Aurora Cancer Care leaders to enhance cancer care by providing more patients the evidence-based, self-empowering, naturally healing modalities of massage, Reiki and acupuncture. ■

Aurora Cancer Care Spanish Clinic

By Federico Sanchez, MD-Medical Oncology/Hematology, Aurora Cancer Care

When you need the best cancer care, we're speaking your language.

Introducing the Aurora Cancer Care Spanish Clinic

The Aurora Cancer Care Spanish Clinic is the first—and only—fully bilingual, Spanish-speaking cancer clinic in Wisconsin.



Under the direction of **Federico Sanchez, MD**, a board-certified specialist in oncology/hematology, the clinic's bilingual staff will help you navigate and coordinate every aspect of your care, while also meeting the language and cultural needs of you and your family.

Exceptional care for cancer and other serious blood disorders

Treatment options, include:

- Surgery
- Targeted drug therapy
- Radiation treatments
- Clinical trials
- Chemotherapy

Culturally sensitive bilingual caregivers and resources

- Familiar with medical terms
- Sensitive to all aspects of your care—medical, emotional and physical
- Available to address all your questions and concerns
- Paperwork, forms and resource materials in Spanish and English
- Expert physicians specializing in oncology and hematology
- Individual treatment plans based on personal needs and family history

Aurora Cancer Care Spanish Clinic is open Mondays from 8:30 a.m. to 5 p.m.

Aurora St. Luke's Medical Center

2900 W. Oklahoma Avenue, Suite 930

Milwaukee, WI 53215 | 414-384-5111

Spanish voice mailbox 414-389-4619

aurora.org/cancer ■

Cuando usted necesita la mejor atención para el cáncer, nosotros hablamos en su idioma.

Presentamos la Clínica Hispana para la Atención al Cáncer de Aurora (Aurora Cancer Care Spanish Clinic)

La Clínica Hispana para la Atención al Cáncer de Aurora es la primera —y única— clínica de habla hispana, totalmente bilingüe, para la atención al cáncer en Wisconsin.

Bajo la dirección del Dr. Federico Sánchez, certificado en las especialidades de oncología y hematología, el personal bilingüe de la clínica le ayudará a recorrer y coordinar todos los aspectos de su atención médica, a la vez que satisface las necesidades lingüísticas y culturales de usted y su familia.

Atención excepcional para el cáncer y otros trastornos sanguíneos graves

Opciones de tratamiento, que incluyen:

- Cirugía
- Terapia dirigida de medicamentos
- Tratamientos de radiación
- Ensayos clínicos
- Quimioterapia

Personal de atención médica y recursos bilingües y culturalmente sensibles

- Familiarizados con los términos médicos
- Sensibles a todos los aspectos de su atención médica, emocional y física
- Disponibles para contestar todas sus preguntas o inquietudes
- Documentos, formularios y recursos en español e inglés
- Expertos médicos especializados en oncología y hematología
- Planes de tratamiento individual con base en las necesidades personales y antecedentes familiares

La Clínica Hispana para la Atención al Cáncer de Aurora está abierta los lunes de 8:30 a.m. a 5:00 p.m.

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Warrior quilt empowers cancer patients

By Lori Caterini, Volunteer Art Therapist, Aurora Cancer Care

In 2014, a group of cancer patients in Grafton formed a quilting group to support each other and express solidarity with those still in treatment. Michele Butz and other patients created the first Warrior Quilt, a lap quilt to keep patients warm while receiving chemotherapy. The Warrior Quilt wraps the recipient in love and care and affirms the strength of the patient. The project has grown and Aurora Art Therapy has received grant funding to continue the project at Aurora Cancer Care Grafton and at other cancer centers.

The Warrior Quilt Project enables patients, the patients' families and loved ones and clinic staff to create entire quilts or quilt squares that become part of a community-made quilt that is then gifted to another patient. Patients make quilt squares while receiving infusions; patients and family members also work on quilt squares in the waiting room or take materials to work on at home. The project has been extremely popular and accessible. An oncology nurse designed a quilt square to memorialize a patient who passed away. Even small children and people of both genders who are not artists dive in. Three patients have made entire quilts. So far eight quilts have been created and donated at the Aurora Grafton and Aurora Kenosha Cancer Care centers. The quilts help both the makers and recipients. One family member who made a quilt square in the waiting room while her sister was seeing the doctor said, "This gets my mind on something positive and helps me with my stress." ■

Come join Art Therapists Michelle Murphy or Lori Caterini and create a quilt square.

**Aurora Cancer Care
Grafton
Tuesdays
10 a.m. to 2 p.m.**

**Aurora Cancer Care
Kenosha
Thursdays
10 a.m. to 3 p.m.**



Kathleen Harris (far right) and fellow honorees at the NBCC 20th Annual New York Gala.

**DID YOU KNOW?
The National Breast Cancer Coalition (NBCC) recently honored Kathleen Harris of Fox Point, Wisconsin for her commitment to ending breast cancer.**

An Aurora Cancer Care patient and System Breast Quality Committee member, Ms. Harris was diagnosed with breast cancer in 1993. She has and continues to serve as a tireless advocate, sitting at the peer review table for the Department of Defense Breast Cancer Research Program (DOD BCRP) and walking the halls of Congress, working to end this disease.



Harnessing the power of scent to combat adverse effects of cancer and its treatment

By Kim Ecclestone RN, BSN, OCN, CCAP, Cancer Coordinator Aurora Cancer Care

Have you ever walked into a room to have a familiar scent take you back in time? The smell of fresh baking bread may remind you of your grandmother's house and all the sights and sounds that accompany that memory. The sense of smell is underestimated, on both an emotional and biochemical level. Aurora Sheboygan Vince Lombardi Cancer Clinic is harnessing the power of scent to help combat the symptoms of cancer and cancer treatment. Initially, this integrated approach to cancer care led to raised eyebrows on both the clinical caregiver and the patient side of the stethoscope, but with minimal to no side effects, patients and caregivers have nothing to lose in giving essential oils a try. Stories of patient successes have led to more and more physician suggestions to give essential oils a try.

We are using essential oils to assist in symptom management of cancer and cancer treatment to improve the quality of life for our patients. Surgery, radiation therapy and chemotherapy kill cancer, but can do little to combat the anxiety, sleeplessness and worry that come with a cancer journey. Lavender and bergamot essential oils, on the other hand, can help quite a bit if used properly. Other cancer clinic essential oil applications include treating nausea, hot flashes, fatigue, restless legs, neuropathy, and pain. Essential oils don't work for every patient, but the patients who get relief by using it consider it invaluable.

Nursing staff are trained in clinical use of essential oils through classes offered at Aurora Health Care. Classes focus on how essential oils work in the human body, their chemical composition, how to avoid complications, possible drug interactions, and safe handling. Once nurses are competent in essential oil use, they can work with physicians and patients to determine how to best meet patients' needs through integrating the oils with standard medical care. ■

Ask your nurse for more information on the benefits of lavender, peppermint, ginger, lemon and bergamot.



Expanded cancer services offered at the new Aurora Health Center in Southern Lakes opening in fall 2016

The new Aurora Health Center in Southern Lakes is scheduled to open in October 2016 with new and expanded services to serve Western Racine and Walworth counties. The new facility, located at 709 Spring Valley Road in Burlington, will have a cancer center, full diagnostic and rehabilitation services, women's comprehensive imaging (including breast health services), plus an outpatient surgery center—all under one roof. An open house for patients and the community is being planned for October 2016. ■

The expanded Aurora Cancer Care services at this new location will include:

- 23 medical oncology infusion bays
- Two private infusion rooms, 10 exam rooms, one procedure room and various support spaces
- Multidisciplinary cancer services with the integration of specialists for consults
- Chairside pharmacy delivery
- Psychological and counseling support
- Complementary therapy services including chair massage and acupuncture
- A beautiful healing garden where patients, families and caregivers can relax, heal and recharge
- The opportunity to expand the program to include radiation oncology

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The information presented in this newsletter is intended for general information and educational purposes. It is not intended to replace the advice of your own physician. Contact your physician if you believe you have a health problem.

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Aurora Cancer Care®

aurora.org/cancercare



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