



# PARTNERS

NEWSLETTER OF THE PATIENT AND FAMILY ADVISORY PROGRAM AT MOFFITT CANCER CENTER

FALL 2018



## FURRY COMFORT: PET THERAPY PROGRAM

**Debbie Emory, Volunteer Services Coordinator**

Moffitt Cancer Center's Pet Therapy program has been in existence for over 26 years and is administered by the Volunteer Services Department.

The program originally started for children being treated at Moffitt. The dogs were not allowed in the cancer center and the children were brought outside to visit with the dogs. The therapy dogs proved to be full of compassion and had an uncanny ability to sense the needs of each child; putting smiles on their faces when they were having a difficult day. When the children's program was phased out at Moffitt, it was decided, due to the tremendous success and benefit to patients, to grant permission for the dogs to visit a limited number of patient rooms.

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# UPCOMING EVENTS

## NOVEMBER - JANUARY

### ARTS IN MEDICINE STUDIO 813-745-8407

Open Arts Studio: relax, create, express, discover and share inspiration

**MCC - Every Mon.- Fri.,** 9:30 a.m. - 4 p.m., Arts Studio, 3rd floor, elevator B

**MKC - Every Mon.- Fri.,** 8:30 a.m. - 5 p.m., Patient and Family Center, 1st floor, by Publix Pharmacy

### AYA LOUNGE NIGHT 813-745-4736

**MCC - Every 2nd and 4th Thursday of the month,** 5 - 7 p.m., 4th floor, elevator C

### COFFEE CONNECTION 813-745-4710

**MCB - Every 2nd, 3rd, 4th and 5th Thursday of the month,** 9:30 - 11:30 a.m., Owl's Den Meeting Room, 1st floor

### GENTLE RESTORATIVE YOGA 813-745-6052

**Hope Lodge - Every Wed. and Thur.,** 3 - 4 p.m., 1st floor

**MRC - Every Tue.,** 12 - 1 p.m., Yoga Room

### MEDITATION / RELAXATION CLASSES 813-745-6052

**MCC - Every Wed.,** 12:15 - 1 p.m., Day Room, 5th floor, use elevator C

### MEET THE EXPERT SERIES 813-745-4710

Cancer experts share information on various topics

**MCC - Every Mon. - Fri.,** 10 - 10:30 a.m., Patient Library & Welcome Center, 2nd floor, elevator B

**MKC - Thursdays,** 10:30 - 11 a.m., Patient and Family Center, 1st floor, by Publix Pharmacy

## ABBREVIATIONS

AYA - Adolescent & Young Adult Program

MCB - Moffitt Clinic Building

MCC - Moffitt Cancer Center, USF Magnolia Drive

MKC - McKinley Outpatient Center

MRC - Moffitt Research Center

## NOVEMBER

**WED., NOVEMBER 21 -**

### MUSIC@ART A LA CARTE,

event featuring a Musician-In-Residence paired with one of our Artists-In-Residence, 1:30 p.m., Magnolia Campus, Blue Valet 1st floor, Radiation Therapy, 813-745-1836 or [Amanda.Bonanno@moffitt.org](mailto:Amanda.Bonanno@moffitt.org).

**THUR., NOVEMBER 22 -**

### COFFEE CONNECTION,

9:30-11:30 a.m., MCC, Owl's Den Meeting Room, 1st floor, (around the corner from Blood Draw)

**TUE., NOVEMBER 29 - LOUNGE AYA NIGHT,**

5 - 7 p.m., MCC 4th floor, free, patients between the ages of 18-39, 813-745-4736

## DECEMBER

**TUE., DEC. 4, 11 AND 18 -**

**SHIBASHI,** gentle form of meditative movements for patients and families, 12:45 p.m. - 1:00 p.m., Radiation Therapy, Blue Valet, 1st floor, 813-745-1836

**WED., DEC. 5 -**

**ANNUAL HOLIDAY MUSICAL CELEBRATION,** musical event for patients and families, 11:30 a.m. - 1:30 p.m., Lobby, Red Valet, 1st floor, 813-745-1836

**THUR., DEC. 6 AND 20 -**

**ACUPUNCTURE FOR STRESS REDUCTION IN GROUP SETTING,** 9 -10:20 a.m., MRC Yoga Room, Free (accepts donations up to \$5.00), 760-710-7836

**SAT., DEC. 8 -**

**MILES FOR MOFFITT,** fundraiser event, 7 a.m. - 10:30 a.m., Amalie Arena's Ford Thunder Alley, 813-745-1403

**WED., DEC. 12 -**

**TOOLS TO QUIT,** free quit smoking class and free nicotine patches, 2 - 4 p.m., MCC, Owl's Den Meeting Room, 1st floor, 813-745-8811 or [TobaccoTreatment@Moffitt.org](mailto:TobaccoTreatment@Moffitt.org)

**THUR., DEC. 13 AND 20, -**

**COFFEE CONNECTION,** 9:30-11:30 a.m., MCC, Owl's Den Meeting Room, 1st floor, (around the corner from Blood Draw)

**WED., DECEMBER 19 -**

**MUSIC @ ART A LA CARTE,** event featuring a Musician-In-Residence paired with one of our Artists-In-Residence, 1:00 p.m., Moffitt Clinic Building, Gold Valet, Surgery Waiting Area, 2nd floor, 813-745-1836 or [Amanda.Bonanno@moffitt.org](mailto:Amanda.Bonanno@moffitt.org).

## JANUARY

**TUE., JAN. 1, 8, 22 AND 29 -**

**SHIBASHI,** gentle form of meditative movements for patients and families, 12:45 p.m. - 1:00 p.m., Radiation Therapy, Blue Valet, 1st floor, 813-745-1836

**THUR., JAN. 3 AND 17 -**

**ACUPUNCTURE FOR STRESS REDUCTION IN GROUP SETTING,** 9 -10:20 a.m., MRC Yoga Room, Free (accepts donations up to \$5.00), 760-710-7836



# PATIENT AND FAMILY SUPPORT GROUPS



The following support groups are offered at Moffitt Cancer Center.

To learn more about any of the support groups offered, including times and locations, please call the Social Work Office at 813-745-8407.

## FAMILY AND FRIENDS SUPPORT GROUP

Support group for family members, friends and caregivers of cancer patients. Meets every Tuesday, 1 – 2 p.m., Magnolia campus, 5<sup>th</sup> floor of the hospital, room 5140 A. Use elevator C.

## CANCER SUPPORT GROUP

Support group for patients with any cancer diagnosis. Meets every Tuesday, 1 – 2 p.m., Magnolia campus, 5<sup>th</sup> floor lounge of the hospital. Use elevator C.

## METASTATIC BREAST CANCER SUPPORT GROUP

Support group for patients with stage IV metastatic breast cancer. Meets weekly for six week sessions throughout the year, from 10:30 – 11:30 a.m., McKinley campus. For information call 813-745-8407.

## BREAST CANCER CONNECTION

Support group for all patients with breast cancer meets the first Tuesday of every month, 6:00 – 7:00 p.m. at the McKinley campus, Gruden Huddle Room, 1<sup>st</sup> floor.

## FAMILIES FIRST

A bi-monthly therapeutic program offered on Saturdays for patients who are parents and their children (ages 5 – 18).

## FINDING BALANCE WITH CANCER

*Finding Balance with Cancer* is a four-week stress reduction program jointly offered by the Integrative Medicine Program and Social Work. Patients and caregivers learn meditation through group discussion, guided practice and CDs for home use.



Since that time, the number of patient floors and patient rooms being visited has greatly increased. Pet Therapy dogs also visit lobby areas and most of the clinic waiting rooms. Most recently evening and weekend extended hours for the program have been added to allow more patients, guests and staff

a chance to visit with our furry volunteers!

Therapy dogs give something special to enhance the health and well-being of others. It has been clinically proven that through petting, touching and talking with animals, patients' blood pressure is lowered, stress is relieved and

depression is eased. For hospital patients, the presence of a therapy dog can brighten their day and give them a break from challenges they are currently facing.

As a Pet Therapy volunteer at Moffitt Cancer Center, you have the opportunity to make a tremendous difference in the lives of so many, by sharing your canine companion with not only our patients and guests, but also the Moffitt team members who care for them.

Moffitt offers Pet Therapy certification for dogs onsite, in partnership with Project PUP. If you are interested in Pet Therapy certification or have a certified Pet Therapy dog and are interested in joining the Pet Therapy team at Moffitt, please call Volunteer Services at 813-745-2254 or e-mail [VolunteerServices@Moffitt.org](mailto:VolunteerServices@Moffitt.org) for more information. 

## ■ SPOTLIGHT ON...

# FOR WHOM THE BELL TOLLS...

**Christine Healy, Licensed Oncology Social Worker**

The tradition of ringing a bell, when treatment ends, is said to have begun at MD Anderson Cancer Center in Houston, TX. A patient, who had been an admiral in the Navy, was nearing the end of his radiation treatments. He wanted to ring a bell when “the job was done.” It was Navy tradition! The practice caught on and spread to many other cancer centers throughout the country including here at Moffitt. Over the years, the tradition has expanded. Patients are ringing bells in clinics and on inpatient units. Patients are often invited to ring the bell signaling the end of treatment or any celebration or milestone they may have reached throughout their cancer experience.

For some, to hear the sound of the bell ringing and patients clapping is exciting. They are happy for others and look forward to when it might be their time to sound the chimes. Others, though, may feel saddened. Their cancer treatment may not have an end date. They will be on some type of treatment regimen for the rest of their lives.



The cancer journey can be a long and stressful experience. It is uniquely personal and we all celebrate and grieve differently. And while we do not want to cause any patient unnecessary sadness, we want to provide opportunities for patients and families to honor the small victories along the way. The next time you hear the bell, rather than focusing on the goal of finishing treatment, you may want to consider celebrating a small triumph of your own. 🎉

*“I am not going to ring the bell,” I wrote my friend. I was determined to remain unnoticed on the outskirts of the radiation waiting room. Every day I entered that waiting room by myself, I would silently say, “I am just passing through. I am not here to make friends,” as I watched strangers exchange contact information and swap stories. After a while, my friend replied back excitedly telling the history of the bell ringing. It was her way of saying, “Think about this moment in history you are about to pass up.” And it was the catalyst to one of the largest traditional bell ringing parties I had witnessed – mine! No regrets!*

**Stephanie Hulbert, Patient Advisor,  
Patient and Family Advisory Program**



*“I’ve requested to have my chemotherapy infusion as far away from the dreaded bell as possible. I am a young woman, who never smoked, battling stage IV non-small cell lung cancer. At first, I felt excited each time I heard the bell ring and would congratulate the patient on their milestone. However, the joy lessened over time. Each time the bell rings, I think about how I will never have a chance to signal the end of treatment.”*

**Nellie Singh, Patient Advisor,  
Patient and Family Advisory Program**

# THE MYTH OF THE HAPPY CAREGIVER

Laurie Reed, Family Advisor,  
Patient and Family Advisory Program



I was one of the caregivers for my mother who died of a brain tumor 36 years ago. My mom was diagnosed with cancer and my dad was told by the physicians to take her home and she might have three months to live. Much has changed in family caregiving since my mother died because the physicians and my father did not inform my mother that she would not get well – in fact she thought she was going to go home and get better.

I was aware of her prognosis, but also did not share it with her (to respect my father’s wishes but in the end I feel it was the wrong decision on my part). Instead I gave my mother her medications and fed her and spoke about only happy things rather than the reality of the gravity of her illness. When it became apparent to my mother that she would not get better, one of the nurses was the one to tell my mother of her prognosis. Of course she was shocked and angry, but grew to accept it.

She and I still continued to talk about happy thoughts. Neither of us wanted to deal with the big “C” word and all that it entailed, or so I thought. Keeping positive and happy thoughts might help us deal with things, but

I truly regret that I did not use my short time with her to help her deal with the psychological and social challenges of living with cancer. I realize now that I wish I had created a climate that encouraged sharing feelings and supporting her with sharing her feelings rather than always being “happy.” Sharing did not necessarily have to be talking either – she may have felt more comfortable writing about her feelings or just sharing her silence as a privilege.

As I said, a lot has changed in 36 years. It is a misconception to think you should not communicate with your loved ones about their disease and caregivers do not always have to communicate “happy” thoughts. In fact, patient-and family-centered care is the guiding principle of Moffitt Cancer Center. Your family and loved ones play an important role in your treatment, recovery and well-being. Moffitt encourages patients to bring a family member or friend with them to their clinic visits. 

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**To learn more about support and resources available for caregivers, please call the Social Work Office at 813-745-8407.**

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*The Family and Friends Support Group is a safe place for family, friends and caregivers to share their unique journey, and know you are not alone. The group is held every Tuesday at 1:00 – 2:00 p.m. at MCC room 5140 A on the 5th floor off of elevator C.*

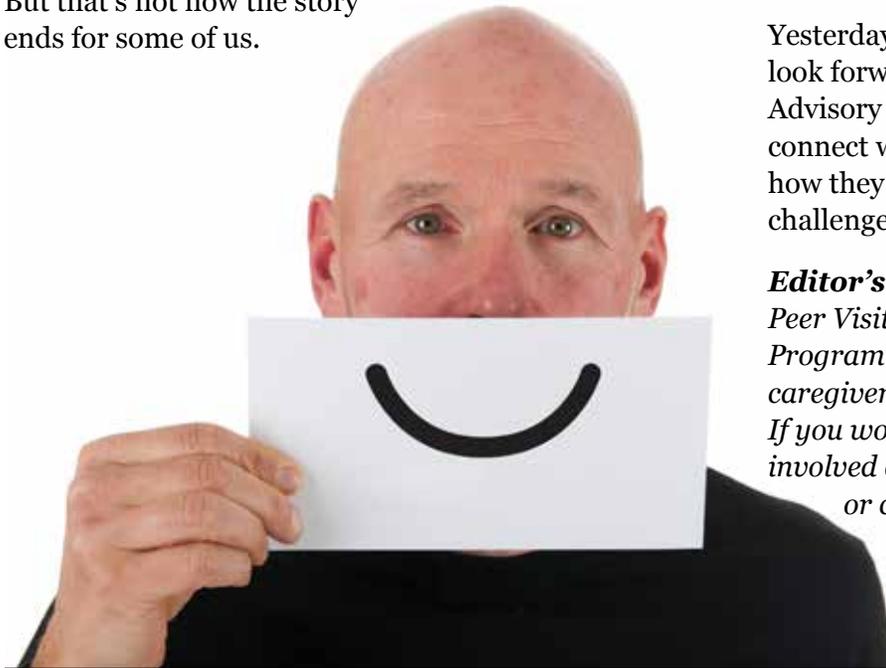


# I FINISHED TREATMENT; I SHOULD BE HAPPY BUT...

**Gus Domínguez Haya, Patient Advisor,  
Patient and Family Advisory Program**

Tomorrow is like yesterday, just different. I've been in remission for almost a year, I'm finishing up my treatment, and the outlook is pretty positive. So why am I still anxious, unhappy? Don't get me wrong, I am grateful for the second chance, but I'm not at rest.

We survivors are supposed to be happy and thankful that we've been given another, second chance at life. But that's not how the story ends for some of us.



As the months passed, I tried to adjust to my new situation: the initial shock turned to denial, then to anger. Then I somehow turned the anger at myself. How could I be as stupid and unprepared as to let myself get cancer? Slowly, gradually, the anger became a dark moodiness over my thoughts and actions. I slept more. I smiled less, I over-ate. Somehow this new activity confirmed for me that my body was still the same, needing attention, just as before I had cancer. I thought, "This is temporary. It'll pass." I was wrong. The onset of depression was the final realization that I had cancer. Yesterday, I had to learn to deal with the cancer. Today, I have to learn to deal with the anger and depression that resulted from the cancer.

Yesterday is like today, just different. I need to try to look forward. I reached out to the Patient and Family Advisory Program to see if I could give back and connect with other patients to learn more about how they cope. I am finding every day to be a new challenge but it helps to know you are not alone. 

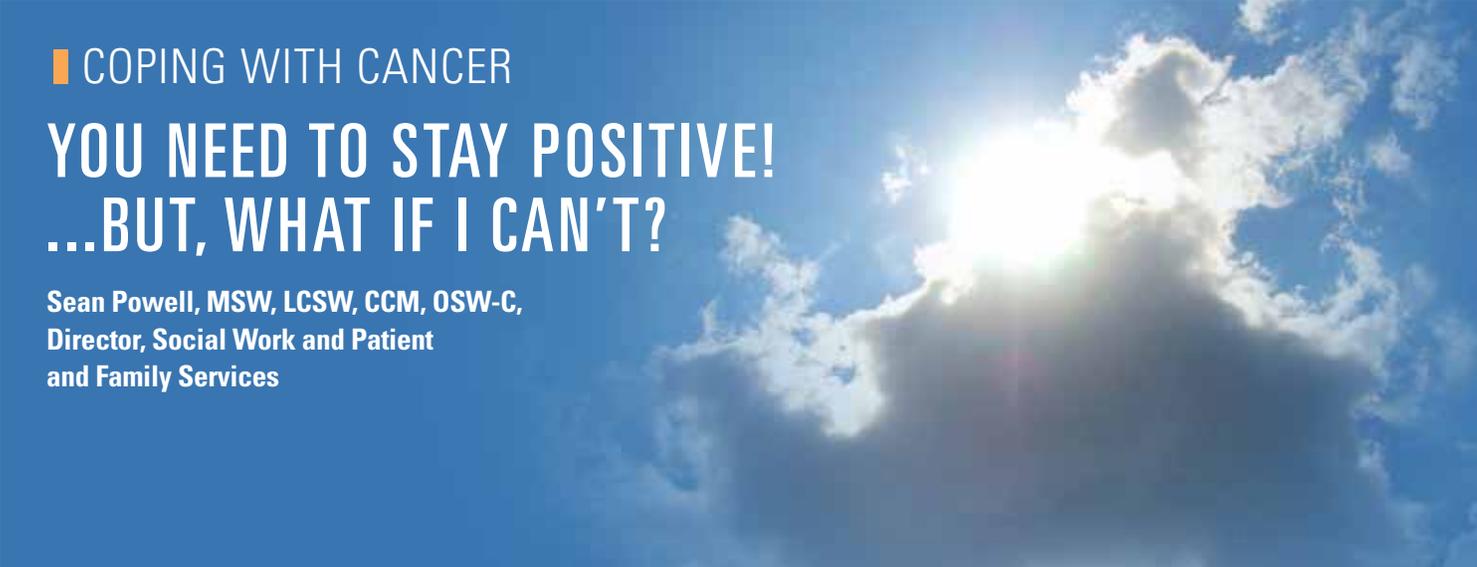
**Editor's note:** Gus now volunteers at Moffitt as a Peer Visitor through the Patient and Family Advisory Program. Gus connects with other patients and caregivers who have faced similar life experiences. If you would like to learn more about ways to get involved at Moffitt email [PatientAdvisors@Moffitt.org](mailto:PatientAdvisors@Moffitt.org) or call 813-745-2963.

## YOUR VOICE MATTERS

**LEARN HOW SHARING YOUR VOICE  
CAN IMPACT THE PATIENT EXPERIENCE**

Ask about the Patient and Family Advisory Council  
at [PatientAdvisors@Moffitt.org](mailto:PatientAdvisors@Moffitt.org).





## ■ COPING WITH CANCER

# YOU NEED TO STAY POSITIVE! ...BUT, WHAT IF I CAN'T?

Sean Powell, MSW, LCSW, CCM, OSW-C,  
Director, Social Work and Patient  
and Family Services

If you are like many other people with cancer, you have shared your thoughts and feelings about your cancer diagnosis and treatment with close friends and family only to be met with those dreaded words, “You just need to stay positive!” It can be very upsetting when you are dealing with fear, anxiety, doubt, sadness, and anger to be met with a command to immediately change what you are feeling and the thoughts that are racing through your head. This may make you think that the thoughts and feelings you have are wrong, are in some way harmful, or may induce guilt because you can’t maintain that positivity at all times.

In the last few decades there has been a great deal written about the power of positive thinking and the changes it can introduce to the quality of one’s life and relationships. There are many benefits to having a positive attitude and approaching challenges with optimism and a cheerful disposition. However, this information has been misunderstood and some people now believe that negative emotions can cause cancer or can cause it to grow after diagnosis. A research study performed by Dr. James C. Coyne in the 2000’s found no direct link between a positive attitude and extension of life in cancer patients. Since then, his claims have been verified with additional research. Not having a consistently positive attitude or thoughts does not cause your cancer to grow. It is far healthier to express your emotions, including crying and anger, than to keep them bottled up.

We know that no two people have the same reaction after hearing they have cancer. Each person’s cancer journey is unique, and so are the thoughts and feelings that accompany that journey. Those emotions can be

dark, and include feelings of despair, sadness, anger, fear, questioning why this is happening to me, and even panic. All these emotions are normal. You may feel this way more so right after hearing the news you have cancer. As times goes by and you begin your treatment, these more negative emotions may fade as you learn how to cope and adapt. It is not uncommon to have these emotions sneak up at the most unexpected time and you may find yourself crying or afraid. These are normal and as time goes on these episodes will fade, too. You should begin to feel more normal the longer the distance from you initial diagnosis.

It is important to monitor your emotions. There is no set period of time it takes to cope and adjust to a new diagnosis, but a good guideline is two to four months. If you find that your thoughts and feelings are interfering with your relationships, ability to work or go to school, go about your normal day, or you have thoughts of hurting yourself or ending your life, you need to speak with a professional mental health counselor immediately.

So what do you do when someone says to you, “You need to stay positive?” You can simply thank them for the advice and know you are doing the best you can. The emotions after a cancer diagnosis really are like being on a roller coaster. You will have good days and bad days, but now you know this is normal. Moffitt has social workers, chaplains, and support groups that can provide a safe space for you to talk about your experience and find the support your need. For more information on these programs or to talk with a social worker or chaplain please call 813-745-8407. ■

# AT YOUR BEST FOR SURGERY

**Sean Powell, MSW, LCSW, CCM, OSW-C,**  
Director, Social Work and Patient and Family Services



Learning that you have cancer and that you need surgery can be frightening. Most people have numerous questions and want to know what will happen before and after surgery. They also want to know what they can do to make sure they have the best possible outcome from surgery.

One question many patients ask is, “What should I be eating before and after surgery?” We asked Moffitt’s own Dr. Lary Robinson, MD, a thoracic surgeon, and Kristen Lange, MS, RD, CSO, Manager of Nutrition and Speech Services, about nutrition, cancer and surgery.

## 1 How important is nutrition before surgery?

**Dr. Robinson:** It is critical. Even in the short time before surgery you can make an impact. Giving the patient recommendations on what to eat before surgery empowers them with something they can do. These are measures they can take to improve their recovery.

**Ms. Lange:** It is very important to be well nourished before surgery. Patients should make sure to get plenty of protein and not lose any weight.



## 2 How have recommendations changed over the last 20 years?

**Dr. Robinson:** We know more about how your immune system works and how important the bacteria in your intestines and nutrition are to immune system function. If you have the right bacteria, your immune system works better. What you eat determines the “bugs” in your gut. Healing and recovery after surgery are critically dependent on how well your immune system works.

**Ms. Lange:** There is more of a focus on patients being well nourished prior to surgery. We also have seen reductions in the amount of time patients have to fast before their operation.

## 3 What types of foods should patients be eating before surgery?

**Dr. Robinson:** I recommend my patients drink Impact® AR (A nutritional supplement), eat plenty of fresh fruits and vegetables, fish and fowl. I suggest they stay away from processed foods and limit red meat.

**Ms. Lange:** Don’t limit your options. Patients should focus on eating enough calories and good, healthy sources of protein. There is an old myth that you shouldn’t eat sugar because it causes cancer to grow. Your body needs sugar to function. However, you should get sugar from healthy sources, such as fresh fruits and vegetables and limit processed forms of sugar, such as packaged foods and sweets.

It is always important to talk with your doctor about your specific needs. Based on your medical condition, your needs may be different. Your Moffitt physician is more than happy to talk with you about your treatment plan and what you can do to lead a healthier lifestyle. Moffitt also has a team of registered

dietitians who are specially trained in the unique needs of cancer patients, both before and after surgery. If you would like to meet with a dietitian, please ask your provider (doctor, nurse practitioner, or physician assistant) to enter an order for a dietitian consult or call 888-663-3488. 



# DOES SUGAR FEED CANCER?

**Diane Riccardi, MPH, RDN, Registered Dietitian**

There is a lot of speculation and misinformation in the media and on the internet about the connection between sugar and cancer. Most stems from the fact that cancer cells, like all cells in the body, prefer sugar as a source of energy.

The fear that sugar could directly feed cancer cells has led some people to avoid eating carbohydrates (such as dairies, grains, breads, etc.) altogether. However, the idea that sugar from carbohydrates is responsible for cancer growth is a distorted simplification of the cancer process. It is unlikely that a very low-carbohydrate diet will effectively reduce cancer risk. This diet directly contradicts well-researched dietary advice promoting whole grains, legumes, fruits, and vegetables. In addition, an overly restrictive diet can be counter-productive for people undergoing cancer treatment, since adequate nutrition is important to prevent muscle loss, improve energy levels and manage side effects of cancer.

As opposed to an “all or nothing” mind set, limit intake of refined carbohydrates and added sugars, especially high fructose corn syrup and sucrose (table sugar) found in processed foods, packaged

snacks and sweetened beverages. These simple sugars provide empty calories that can lead to unwanted weight gain.

Instead, choose complex carbohydrates found in whole grains, fruits and vegetables that provide nutrients, anti-oxidants and fiber proven to reduce cancer risk. From a nutrition standpoint, not all carbohydrates are the same. 

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**To find out more about a healthy diet during and after cancer treatment, please call to schedule an appointment with a Moffitt dietitian at 888-663-3488.**



# TALK TO SOMEONE WHO HAS BEEN THERE...

**Christine Healy, Licensed Oncology Social Worker**

We have some exciting news! Moffitt Cancer Center has partnered with Imerman Angels to further meet the needs of our patients and loved ones. Imerman Angels is a global non-profit organization providing free, one-to-one emotional support to individuals, survivors and family members experiencing the challenges of cancer. Support is provided by partnering them with a Mentor Angel, a trained volunteer who has been through a similar cancer experience based on cancer type, stage, age and lifestyle.

The application process is simple and can be completed with your social worker, online, fax or email. Contacts are mostly by phone but can be by email or even in person. You may have one contact or create a relationship to last a lifetime. It is totally up to you. This connection is different because you are connecting with someone who “gets it” and the contact is made when convenient for you. Imerman will try to pair you with another Moffitt patient/family member as often as possible. The application is in English and Spanish and Imerman Angels is in 26 countries.

We have an Imerman Ambassador, who was a Moffitt patient who reached out to Imerman when newly diagnosed and is now a Mentor Angel herself. Judi Palaia will be here monthly to answer any questions and educate patients, family members and staff about the program and will be visiting all Moffitt locations. Whether you are looking for support or would like to provide support, Imerman Angels is waiting to hear from you! 

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**For more information please contact the social work department at 813-745-8407 or Imerman Angels directly at [ImermanAngels.org](http://ImermanAngels.org) or 866-IMERMAN (463-7626). Please mention you are a Moffitt patient or family member.**



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*“I am incredibly proud to be a part of Imerman Angels. Three years ago when I moved to Tampa, I had a new breast cancer diagnosis and I was far from my support system. Imerman Angels gave me the support I needed. My mentor encouraged me every step of the way. I felt the desire to give back and became a mentor myself. Thanks to Imerman Angels and to Moffitt Cancer Center, I am here. I am healthy. Both Moffitt and Imerman Angels make the world a better place.”*

**Judi Palaia, Imerman Ambassador,  
Moffitt Patient**

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*“It is so rewarding serving as an Imerman Angel. As a cancer survivor who went through nine months of treatment, I can understand anxious feelings and lend an empathetic and experienced ear. I can tell as we hang up the phone the caller feels better.”*

**Jane Garland, Patient Advisor,  
Patient and Family Advisory Program**

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## JOIN US AT THE COFFEE CONNECTION!

**Every 2nd, 3rd, 4th and 5th  
Thursday of the Month**

**9:30 – 11:30 a.m.**

**Moffitt’s Magnolia Campus  
1st Floor, Owl’s Den Meeting Room**





# HOW OLD IS TOO OLD FOR CHEMOTHERAPY?

Dr. Martine Extermann, Program Leader,  
Senior Adult Oncology Clinic

Half of all cancers occur in people age 70 and older. We hear a lot of things about chemotherapy in older age. Which are myths and which are true?

**Q: Can older people tolerate chemotherapy?**

**A:** There are many different chemotherapies. Some have few side effects. Others can be hard on the body. With careful consideration some chemotherapy can be given to people in their nineties.

**Q: I am really concerned about the side effects. I do not feel as robust as when I was young.**

**A:** We did a study to see how chemotherapy side effects were affecting older patients. Half of all patients had some side effects, but with proper management the majority of patients could still do all or most of what they could do before.

**Q: But what about the risk that something may still go wrong?**

**A:** An oncologist can take many steps to minimize the risks. We use tools to tailor the treatment to what the patient can tolerate. We also make sure there is good support at home. That may mean organizing some help from family or community resources.

**Q: Doesn't the benefit of chemotherapy decrease with age?**

**A:** In most cases, it does not. A healthy older person often has the same chances of responding to treatment or being cured than a younger one. Even for patients with more health issues chemotherapy may help decrease cancer symptoms and growth, and help people live better and longer.

**Q: So what is the difference between an older and a younger cancer patient?**

**A:** Most younger patients are fairly healthy and that is a benefit. As people age more health concerns arise. In an older patient, you have to carefully check their strengths and weaknesses to give optimal care. You need a trained oncologist who can "custom tailor" your treatment. 



# LGBTQ+ PATIENT PERSPECTIVES NEEDED



We are seeking LGBTQ+ patients and their family members to serve as advisors and help continue to make Moffitt an inclusive place for all. For more information, email [PatientAdvisors@Moffitt.org](mailto:PatientAdvisors@Moffitt.org) or call 813-745-2963.



# HELP DRIVE CANCER RESEARCH



Cancer touches all of us, regardless of ethnicity, age, gender or socioeconomic status. When you invest in a Moffitt specialty license plate, you are helping researchers and scientists develop the medicines and protocols that will advance cancer treatments and help cure patients.

**ORDER YOUR MOFFITT PLATE TODAY AT YOUR LOCAL TAX COLLECTOR'S OFFICE.**

# PATIENT AND FAMILY ORIENTATION



## LEARN HOW TO:

- ▶ **Connect with programs and services**
- ▶ **Partner with your care team**
- ▶ **Find your way around Moffitt**

- 30 minute orientation scheduled Monday – Friday.
- Walking tours on select days
- Presented in English and Spanish

- Receive a free messenger bag with Moffitt resources and organizational tools.

To learn more, call 813-745-4710 or email [Orientation@Moffitt.org](mailto:Orientation@Moffitt.org)

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**If you would like to be involved in making Moffitt the best it can be for all patients and families, contact the Patient and Family Advisory Program at [PatientAdvisors@Moffitt.org](mailto:PatientAdvisors@Moffitt.org) or 813-745-2963.**

