

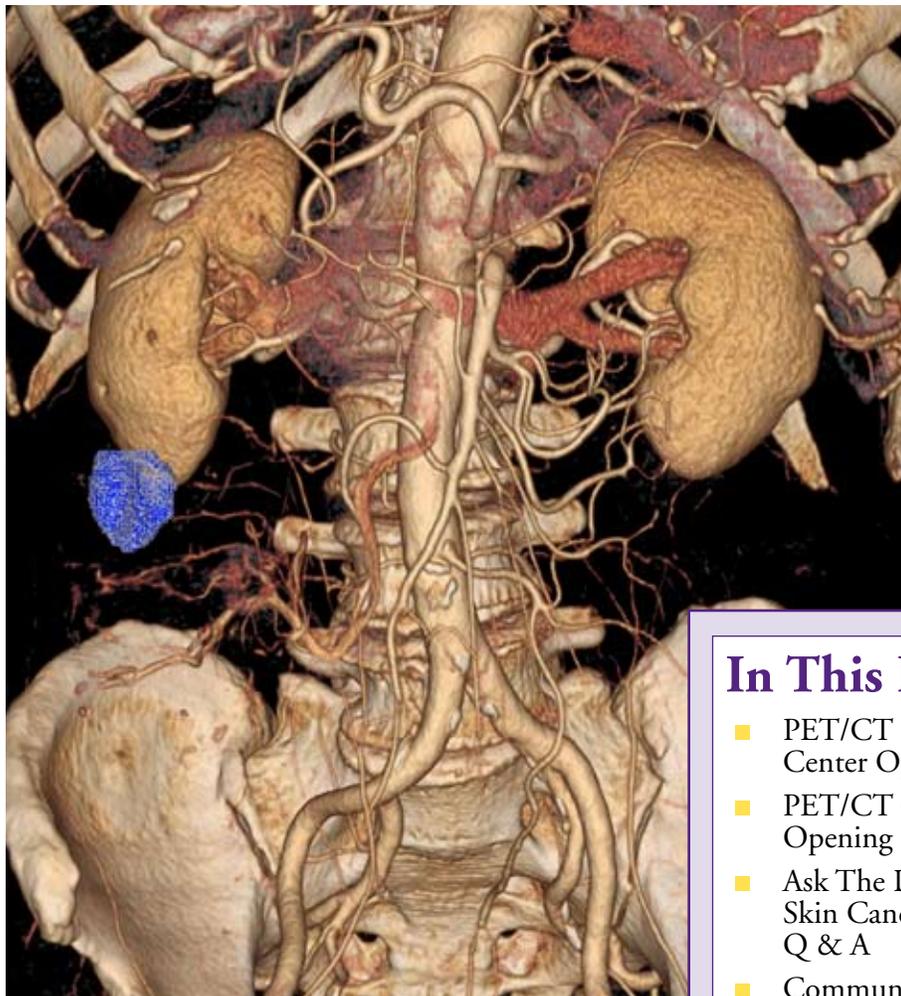
TEAM *Leever*

Summer/Fall 2006

The source for cancer care, services and

information for the people of Greater Waterbury and surrounding communities.

PET/CT. The most powerful cancer imaging technology in modern medicine opens at The Leever Cancer Center.



A PET/CT Image combines the metabolic activity of a PET scan with the anatomical information of a CT scan to create a stunningly detailed 2-D or 3-D image. For physicians and their patients, a feature-rich image like this can lead to accurate diagnosis, treatment planning and treatment monitoring.

The Harold Leever Regional Cancer Center opened its new 4,000 square foot PET/CT Imaging Center on May 1st, 2006. One of few such centers in the state — and the only dedicated PET/CT in a radiation oncology department in Connecticut — it allows for the diagnosis of cancer with even greater sensitivity, speed, resolution and accuracy.

“For Greater Waterbury physicians and their patients, the PET/CT Imaging Center provides precise, computerized images of abnormalities, leading to accurate diagnosis and precise treatment,” said Jeffrey Bitterman, M.D., Medical Director of Radiation Oncology at The Harold Leever Regional Cancer Center. “The opening of this state-of-the-art facility is an exciting step toward our mission of offering Greater Waterbury the most effective cancer treatments for our patients.”

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The Right Team. Right Here.



**THE HAROLD LEEVER
REGIONAL CANCER CENTER**

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At the heart of the new center is a General Electric PET/CT scanner optimized for cancer imaging. This powerful technology combines the most sophisticated computed tomography (CT) technology with the most advanced Positron Emission Tomography (PET)

technology. The result is a comprehensive, digital 2-D or 3-D image. A super-detailed PET/CT scan allows Team Leever physicians to view metabolic activity and pinpoint where abnormal lesions are located.

“A PET/CT image offers unprecedented information about the exact location and metabolic status of a tumor,” exclaimed Joseph Ravalese III, M.D., a radiation oncologist at the Leever Cancer Center. “The combined clinical images provide more complete information for radiologists, nuclear medicine professionals, radiation oncologists and surgical oncologists. The images also offer information about the effectiveness of ongoing chemo/radiation therapy treatments, which allows doctors to accurately adjust to optimize effectiveness.”

The heart of the Leever Cancer Center's new 4,000 square foot PET/CT Imaging Center is a fixed GE Discovery STE PET/CT scanner. It is the first dedicated PET/CT in a radiation oncology department in Connecticut and one more way Team Leever brings state-of-the-art cancer care to Greater Waterbury.



PET/CT Grand Opening on June 6, 2006.



TEAM *Leever*

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We encourage your feedback. If there is a cancer topic you would like covered, or if you would like to respond to an article you've read, or if you would like to be put on our mailing list, please call 203-575-5555 or email: teamleever@leevercancercenter.org



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Community Events

See our website [EVENTS CALENDAR](http://www.leeveccancercenter.org) for ongoing community events. www.leeveccancercenter.org

Complementary Medicine Series: Working Together for Your Health July-November:

- July 18th: Mindfulness-Based Stress Reduction & Guided Imagery
- August 29th: Energy Healing: Overview of Reiki, Polarity, Therapeutic Touch
- September 14th: Complementary Medicine Health Fair
- October: Benefits of Therapeutic and Medical Massage
- November: Yoga for Health

September:

- Prostate Community Educational Event
- 9/13: How to Talk to Your Doctor About Pain and Other Symptoms

- 9/27: The Pathway Ahead- for the Caregiver

October:

- Caring Kids Support Group Series
- 10/6 - 10/8: Focus on Healing- Three Day Certification Training
- Breast Cancer Educational Event

November:

- Lung Cancer Community Educational Event
- Annual Survivors Day Celebration
- 11/15: Family Night Out

HLRCC's ongoing monthly support groups:
(see our website for details)

- Woman to Woman Breast Cancer Support Group
- Brave at Heart Breast Cancer Support Group
- CT Multiple Myeloma Fighters Support Group
- Bereavement Support Group
- HLRCC Patient Support Group
- HLRCC Caregivers Support Group
- Circle of Hope Lymphedema Support Group
- The Friends in Recovery Group of Alcoholics Anonymous
- Interfaith Spirituality Monthly Service
- American Cancer Society: Look Good, Feel Better!
- American Cancer Society: Road to Recovery
- Ostomy Support Group

Ask The Doctor



With summer sun comes skin damage and the possibility of skin cancer. Dr. Bitterman, Radiation Oncologist at HLRCC answers your questions about this potentially deadly cancer and how to prevent it.

Q: Why do people get skin cancer?

A: There are many factors. The extent of sun exposure in childhood can lead to basal cell cancer. In particular, a severe sunburn in children have been implicated in inducing skin cancers in later life. Recent and overexposure to sun can lead to squamous cell carcinoma. But other things can put your skin at risk. For example, prolonged contact with coal, tar, pitch or arsenic compounds can produce chronic ulcers that can lead to skin cancer.

Q: Are some people more susceptible than others?

A: Yes. Men are affected two to three times more than women. And outdoor workers such as farmers and fishermen are more at risk. Fair-skinned people, like redheads and blondes, are more at risk because they lack melanin, the pigment that gives skin its tan color and filters out ultraviolet rays. But the bottom line for anyone is that exposure over time is dangerous.

Q: What are warning signs, how do I know if I have it?

A: There can be many signs including a change in a mole, a sore that doesn't heal, a skin growth that increases in size, and a spot that continues to itch, hurt or scab. Because skin cancer takes many forms, anything that changes, grows or fits any of the ABCD's below should be taken seriously and examined by a physician.

A: Asymmetry — common moles are round and symmetrical.

B: Border — skin cancers may have uneven borders.

C: Color — look for varied shades of brown, tan or black and even red, white and blue.

D: Diameter — if a spot is larger than a pencil eraser, it should be examined.

Q: If I get skin cancer, what are my treatment options?

A: Almost all skin cancers that are diagnosed early and treated promptly can be cured. So regular check-ups and self-examinations are important! Skin cancers can be removed by one of several methods: excisional surgery, curettage-electrodesiccation, cryosurgery, radiation therapy, topical chemotherapy, or by Mohs micrographic surgery.

Q: I like to be outdoors, so how do I protect myself against the sun while still enjoying it?

A: Here are some sensible tips for fun in the sun:

- Reduce sun exposure between 11 and 4
- Wear clothing over your arms, legs and trunk
- Wear a wide brimmed hat to keep the sun off your face and head
- Use a broad spectrum sunscreen with SPF #30 or higher
- Stay away from tanning beds and sunlamps
- Keep babies under one year out of the sun

HL *The Right Team. Right Here.*

The mission of The Harold Leever Regional Cancer Center is to create and foster a healing environment for the care of people with cancer and their loved ones. Team Leever provides the following outpatient cancer services for patients and families:

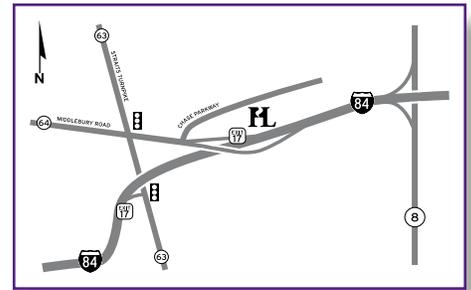
- Specialty physician services in radiation and medical oncology.
- Cutting-edge cancer therapies, including the most advanced technologies available to cancer centers including IMRT.
- Access to clinical research and coordinated referral to specialty care when necessary.
- Specialty nursing services for patient and family education, support, care and coordination of services.
- Psychosocial and spiritual support through experienced cancer counselors and social workers.
- Comprehensive cancer information resources for the public and medical professionals.
- Supportive care through nutritional counseling and pain management.
- A unique partnership with the American Cancer Society.

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1075 Chase Parkway
Waterbury, CT 06708



From I-84 East

- Take Exit 17. At end of exit ramp go left onto Route 63.
- Go 0.4 miles to second traffic light, go right onto Route 64.
- Go 0.3 miles and go left onto Chase Parkway (just before ramp back onto I-84.)
- The Harold Leever Regional Cancer Center is 0.1 miles on right.

From I-84 West

- Take Exit 17. At end of ramp, take first right onto Chase Parkway.
- The Harold Leever Regional Cancer Center is 0.1 miles on right.

From Route 8 North or South

- Take Exit 33 on to I-84 West. Follow directions from I-84 West above.

The PET/CT Imaging Center is now open!