



## *Patients Give Leever Cancer Center High Marks*

IN TERMS OF PATIENT SATISFACTION, THE HAROLD LEEVER REGIONAL CANCER CENTER ranks in the top 5% of cancer centers nationwide.

The good news comes from Press Ganey Associates Inc., the most respected health care benchmarking firm in the country. Press Ganey gathers data from surveys mailed directly to patients' homes; the surveys assess everything from the aesthetics of the facility to the courtesy of the staff. With a response rate nearly double that of other cancer centers, the Leever Cancer Center not only pleases patients, but inspires them to let people know just how happy they are.

"We're very proud of our ranking," said Kevin Kniery, Executive Director of The Harold Leever Regional Cancer Center. "We believe the results speak not only to the beautiful, peaceful surroundings offered in our state-of-the-art facility, but more importantly, to the high quality of care and extraordinary level of compassion our physicians and staff deliver to each and every patient."

Deborah Parkinson, Operations Manager, agrees. "Our greatest compliments come directly from our patients," Debbie notes. "It is very rewarding for us to know that our efforts are making a difference."

Here's what our patients have to say:

*"We are so blessed to have the Leever Center in this area. Everyone on the staff is so caring and professional."*

*"What a well-run organization, from top to bottom! My nutritionist was sweet and smart, my social worker kind and caring. In fact, all of my caregivers took a genuine and sincere interest in my care. They are angels on a mission."*

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## Patients Give Leever Center...

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*“This is a first class medical facility, and more. The therapists are the best – a fantastic team.”*

“Our Mission Statement emphasizes our commitment to putting patients and their families first,” Kevin Kniery concludes. “For our patients to put us in the top 5% of cancer centers nationwide is extraordinary, and says that we are fulfilling that commitment.”

### 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, recognizing that the patient and family are the center of every interaction.

# Leever Center Joins National Research Initiative

The Harold Leever Regional Cancer Center is bringing National Cancer Institute (NCI) clinical research trials to cancer patients in the Greater Waterbury area. The Leever Cancer Center is partnering with some of the most prestigious research facilities in the country, including the Dana Farber Cancer Institute and the University of Connecticut.

Clinical trials are research studies designed to find better ways to prevent, diagnose, and treat cancer. Trials are tightly controlled and adhere to strict testing protocol. They typically represent the final stages of the research process, where consenting cancer patients submit to new treatments or approaches being evaluated for safety and effectiveness. The National Cancer Institute sponsors a large number of clinical trials, delivered through a variety of programs throughout the United States.

By joining this national research initiative, the Leever Cancer Center is committing to offering its patients the most advanced cancer treatments and technologies available. The Center currently has three early-stage breast cancer trials open, and will open prostate and colorectal cancer trials this summer. For more information, please call Kevin Kniery, Executive Director, at (203) 575-5555.

## ask the Doctor



Joseph Ravalese III, M.D. (Radiation Oncologist at The Harold Leever Regional Cancer Center) answers a common question that many people have about clinical trials.

**Q** Should I take part in a clinical trial?

**A** This is a question only you, those close to you, and your health professionals can answer together. Learning you have cancer and deciding what to do about it is often overwhelming. Weigh the pros and cons: while a clinical trial is a good choice for some people, this treatment option has possible benefits and drawbacks. You may want to discuss these factors with your doctor and the people close to you.

### POSSIBLE BENEFITS

- ▶ Clinical trials offer high-quality cancer care. If you are in a study and do not receive the new treatment being tested, you will receive the best standard treatment. This may be as good as, or better than, the new approach.
- ▶ If a new treatment approach is proven to work and you are taking it, you may be among the first to benefit.
- ▶ By looking at the pros and cons of clinical trials and your other treatment choices, you are taking an active role in a decision that affects your life.
- ▶ You have the chance to help others and improve cancer treatment.

### POSSIBLE DRAWBACKS

- ▶ New treatments under study are not always better than, or even as good as, standard care. They may have side effects that doctors do not expect or that are worse than those of standard treatment.
- ▶ Even if a new treatment has benefits, it may not work for you. Even standard treatments, proven effective for many people, do not help everyone.
- ▶ If you receive standard treatment instead of the new treatment being tested, it may not be as effective as the new approach.
- ▶ Health insurance and managed care providers do not always cover all patient care costs in a study. What they cover varies by plan and by study. To find out in advance what costs are likely to be paid in your case, talk to a doctor, nurse or social worker from the study. \*

As always, please discuss any questions or concerns you may have with your personal physician.

\* Reprinted in part from the National Cancer Institute website: [www.cancer.gov](http://www.cancer.gov)

# Meet Medical Oncology

The Harold Leever Regional Cancer Center (HLRCC) is much more than bricks and mortar; it is a safe, comfortable place where dedicated professionals work together to serve the needs of the community's oncology patients. The pieces of the often confusing treatment maze are carefully arranged at HLRCC for maximum benefit of our patients and their loved ones. Team Leever includes health professionals that provide medical oncology services, radiation oncology services, social work services, nutritional counseling services, volunteer services, community education and support groups. Upon entering the building, patients visiting HLRCC are welcomed and directed to the appropriate office in the Cancer Center. In this article we focus on our medical oncology team members.

The Harold Leever Regional Cancer Center is proud to be the home of the community's two leading private medical oncology practices: **MEDICAL ONCOLOGY & HEMATOLOGY, PC** and **JOSEPH BOWEN, MD, LLC**. Although these entities are private practice, their presence on the second floor of the Cancer Center allows our patients a one-stop spot for their outpatient oncology treatments and ancillary services. Treatment options provided in both offices include chemotherapy, hormone therapy, and targeted therapy. Physicians in both practices may also coordinate treatment given by other specialists. For example, they may make referrals to radiation oncology and/or surgery. Dedicated to fulfilling HLRCC's Mission, medical oncology staff members and physicians participate on the HLRCC Clinical Research Committee and on the Concurrent Multi-Modality Treatment Committee.

## MEDICAL ONCOLOGY & HEMATOLOGY, PC

*www.mohmd.com Phone: 203-755-6311, Business Hours: 8:30 AM – 5:00 PM*

**1st row:** Frank Alfano, MD; Kert Sabbath, MD; Victor Chang, MD

**2nd row:** Tammy Keeman; Nanette Bergamo, RN; Beth Taylor; Julianne Artman, RN; Julie Winnik; Sharon Ignatavich; Christine Richie; Katie Reilly

**3rd row:** Joan Howard; Jeffrey Landis; Susan Hemstock, Linda Raimo; Cynthia Labranche; Arlene Kearney; Lori Jennett; Leslie Munoz; Donna Viner, RN; Theresa Bailey

**Missing:** Cathy Bowey; Karen Martin, APRN; Marlene Lichtatz, RN; Candace Conway, RN; Colleen Stockno, RN; Meena Ananth, RN; Anamika Katoch, MD



## JOSEPH BOWEN, MD, LLC

*Phone: 203-591-3077, Business Hours: 9:00 AM – 5:00 PM*

**1st row:** Joseph Bowen, MD; Joseph Sinning, MD

**2nd row:** Debbie Briancesco; Jan Nardi, RN; Charmaine Fitzgerald, RN; Maria Wasko, RN; Shera Coleman; Peggy Santopietro, RN; Linda Nardella; Nancy Giannini; Melissa Prianti; Jennifer Agosto; Anita Naiss

**Missing:** Michelle Purcaro, APRN; Barbara Dominguez; Carol Calo; Todd Alekshun, MD

Proud Team Leever members, including the staff members of both medical oncology practices, are here to serve the needs of all patients coming to HLRCC. All staff members are visible throughout the building at any time of the day as well as at many community and educational events. Please feel free to ask anyone for more information or help.

# From the Grill to Your Table

## A Summer Feast to Promote Prostate and Breast Health

IT'S HOT, IT'S THE WEEKEND AND YOUR FRIENDS ARE ALL AVAILABLE FOR DINER... what could be better than a backyard barbeque on a warm summer evening? The traditional American fare of hamburgers and hot dogs, coleslaw and potato salad may be tasty but offers few, if any, health benefits. If you are interested in promoting good prostate and breast health, as well as possibly preventing other cancers and helping

your heart and immune system, you may want to try a new and creative menu. These changes are guaranteed to be delicious and, while you and your guests are savoring every bite, you will feel great about putting the right foods into your body.

It is estimated that about 35% of all cancers may be related to diet. It appears that it is not just about eating one particular food, but eating a variety

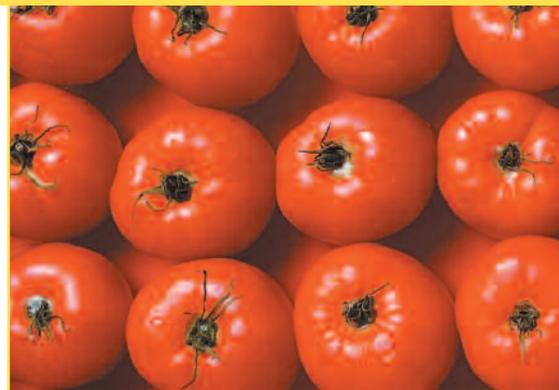
of foods that, together, provide a wealth of turbo-charged vitamins, nutrients and potent antioxidants. These promote good health and possibly prevent cancer cells from developing or growing.

Recommendations promoted by the American Cancer Society, The American Institute for Cancer Research and the United States Department of Agriculture (USDA) suggest that, in order to maintain optimal nutrition, you should consume:

- ▶ 5 or more servings a day of colorful fruits and vegetables: 1 serving = 1 cup raw, 1/2 cup cooked, 1 medium fruit, 1/2 cup juice
- ▶ Whole grain products when possible
- ▶ Fat limited to 20%-30% of calories, with the majority from fish, nuts and healthy vegetable oils, like olive and canola

Other suggestions include avoiding overly processed foods, alcohol and salt. Of course, exercise is encouraged for everyone of all ages.

Take a look at the menu at left and see if there are some recipes you may like to try. Most foods can be found in your supermarket and do not require too much preparation. Foods in **bold print** are especially healthy and offer fruits, vegetables, vitamins, antioxidants, fiber and/or healthy fats.



## Menu

### Appetizers

**Hummus** with whole wheat pita wedges and baby carrots

**Guacamole** and baked corn or **pita** chips

Assorted **nuts** and **olives**

### Main Course

**Grilled Salmon** or **Grilled Chicken Breasts** with **Mango Salsa**

**Broccoli Salad** (recipe included)

**Steamed Corn** on the Cob

**Whole Wheat Pasta Salad**

**Fresh Sliced Tomatoes** with **Fresh Basil** and **Balsamic Drizzle**

### Dessert

**Watermelon Wedges**

**Frozen Yogurt**

## BROCCOLI SALAD

### Salad:

6 cups small broccoli florets  
(about 1-1/2 lbs.)  
2 cups seedless red and/or green grapes,  
halved  
1-1/2 cups chopped celery  
1/2 cup dried cranberries,  
1/2 cup chopped walnuts  
1/2 cup chopped red onion

### Dressing:

1/2 cup light mayonnaise  
1/2 cup plain fat-free yogurt  
4 Tbsp sugar or equivalent Splenda  
or combination, more to taste  
5 Tbsp white or red wine vinegar

Combine salad ingredients in large bowl. Combine dressing ingredients in small bowl and stir well with a whisk or spoon until smooth. Pour dressing over broccoli mixture and toss well. Chill for at least 1 hour.

Makes 12 servings  
(serving size: about 1 cup)

## Menu Hints

**Hummus:** Hummus, a puree of chick peas, garlic, seasonings and olive oil, is a flavorful and healthy dip/spread. It is also great on crackers or even in a sandwich, and can be found in the refrigerated section of the deli or health foods aisle of the supermarket.

**Whole Wheat Pita Wedges:** Buy whole wheat pita bread, cut into wedges, separate and brush with olive oil and some garlic powder. Bake at 350° for about 15 minutes or until golden. They become crispy as they cool and can be made ahead.

**Guacamole:** Guacamole is a spread made from avocados, and can be found in the supermarket. You can use it as is, or add one or more of the following: fresh mashed avocado, diced tomatoes, cilantro and lime juice.

**Grilled Salmon or Chicken:** For a special burst of flavor, generously apply a spice rub on the fish or chicken prior to grilling. These can be found in the spices and seasoning aisle of the supermarket. *Avoid charring your food when you grill!*

**Mango Salsa:** If you are unable to find mango salsa, you can make your own by adding a chopped mango to a mild tomato salsa. Add chopped fresh cilantro and scallions with a squeeze of lime juice.

**Broccoli Salad:** See recipe above.

**Whole Wheat Pasta Salad:** Substitute whole wheat pasta for white pasta in your favorite recipe. Add lots of vegetables, fresh herbs, olive oil, balsamic vinegar, and even some Dijon mustard.

When you plan your menus, whether for a barbeque or sit-down dinner, keep these healthy guidelines in mind. You will be promoting your own health and the health of your guests.

## Nutrition Nugget:

*Flaxseed may help to prevent growth of prostate cancer.*

Researchers from Duke University have reported that the consumption of two tablespoons a day of ground flaxseed in men for one month before surgery for prostate cancer resulted in a slower rate of tumor growth. Those who consumed a lowfat diet in combination with the flaxseeds also saw a similar reduction in tumor growth, while those who followed a lowfat or regular diet alone did not appear to get the benefits. Flaxseeds are a good source of omega-3 fatty acids and lignans, both of which could act to prevent growth and spread of tumor cells. More research is needed, but these results are encouraging.

*Suggestion: Try sprinkling ground flaxseed in your cereal, yogurt, juice or salad every day.*



If you have nutrition questions that you would like answered, please call our nutritionist, Karen Sabbath, MS, RD, at 203-575-5510 or send her an e-mail at [ksabbath@leevercancercenter.org](mailto:ksabbath@leevercancercenter.org).

# New & Notable

## Authors at HLRCC

A manuscript authored by the HLRCC radiation oncology team has won second place in the 2007 national writing competition sponsored by the Association of Medical Dosimetry. This peer-reviewed manuscript, introducing a novel technique in improving radiation dosimetry, is titled “Artificial Droplets” could improve radiation dosimetry of IMRT. The authors of the article, pictured from left to right, are: Peter Sanchez, CMD; Kevin O. Khadivi, Ph.D.; Rejina Alam, Ph.D.; Cynthia Audet, CMD and Joseph Ravalese, III, MD (not pictured).



## Accreditation News

The Harold Leever Regional Cancer Center was awarded a three-year term of accreditation in PET/CT as a result of a recent survey by the American College of Radiology (ACR) on May 1, 2007. The Leever Cancer Center was also awarded a three-year reaccreditation for Radiation Oncology Services on March 30, 2007. The ACR awards accreditation to facilities for the achievement of

high practice standards after a peer-reviewed evaluation of the practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in their field. They assess the qualifications of the personnel and the adequacy of the facility equipment. The surveyors report their findings to the ACR's Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

The ACR is a national organization that focuses on programs practicing medical imaging and radiation oncology.



**1 Team Leever Co-captains:** Melissa Seres, pictured with her husband Bill Seres, and Deborah Parkinson, pictured with husband John Parkinson.



**2 Honorary 2007 Relay for Life Co-chair:** Emely Castro.



**3 Team Leever Members** [l-r]: Marie Monahan and Sister Pat Corcoran

# A Caring Community

*The Harold Leever Regional Cancer Center wishes to express its appreciation and a sincere thank you to its neighbors and friends by recognizing the spirit and hard work of the members of our community in fulfilling the Mission of The Leever Cancer Center.*

**Relay for Life:** One night. One day. One community. Relay for Life is about celebration, remembrance, and hope. The Harold Leever Regional Cancer Center was honored to participate as the Excalibur Sponsor in the Greater Waterbury Relay for Life held on Friday, May 18th – Sunday, May 20th. Many members of Team Leever walked the track in honor of survivors and in tribute to those lives that have been lost to the disease. Team Leever raised over \$2,500 in its efforts to support this wonderful life- and community-affirming event.

**Nonnewaug High School** held a bake sale directing all profits to HLRCC.

**Woodbury Gallery Group Good Health & Great Art Weekend:** The Woodbury Gallery Group (WGG) coordinated a weekend-long event to benefit HLRCC last spring that included a silent auction and an art appreciation lecture.



Members of the Brave at Heart Breast Cancer Support Group proudly march during the Relay for Life's Survivor Lap.

## In Honor of Heidi

**Shea:** A personal letter writing campaign requesting donations to HLRCC in honor of Mrs. Heidi Shea. Mrs. Shea requested that all funds be directed to the Indigent Care Fund at HLRCC.

## Junior League of Greater Waterbury

coordinated a "Day of Beauty" at a local day spa for several HLRCC patients as well as a separate raffle contest awarding gifts of theater tickets and catering services.

**Members of the Telephone Pioneers of America** presented 15 handmade shawls to HLRCC for use by patients.

**Saint Mary's Hospital One-Stop Testing Department** won the 2006 Trim-a-Tree contest and donated their prize to HLRCC to be used for a breast cancer educational event.



## In Memory

**of Janet Hennick:** Jamie Hennick (pictured above right), granddaughter of the late Mrs. Janet Hennick, created and sold handmade earrings, donating all proceeds to HLRCC.

## In Honor of Gregory

**Artman:** A pasta dinner was held in honor of Gregory Artman with all proceeds donated to HLRCC.

## Aware!

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



*The Right Team. Right Here.*



THE HAROLD LEEVER  
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# Community Events & Monthly Support Groups

## August

### MYELOMA MOBILE HOMECOMING AT HLRCC:

The Myeloma Mobile will end its eight-week educational tour of the USA at HLRCC. Join us for this special homecoming celebration. Featured speakers include: Dr. Mel Goldstein, WTNH TV Meteorologist and MM survivor; Paul Richardson, M.D., world class myeloma expert; Robert Chatfield, Mayor of Prospect, and the traveling Tuohy Family. Check out the mobile's route: <http://myelomamobile.myeloma.org>.

August 17th, 1 PM – 3 PM

## September

### CancerAware EVENT:

“Current Concepts in the Diagnosis and Treatment of Prostate Cancer”

Date to be announced

### FAMILY NIGHT

Contact Melissa Seres at 203-575-5511

September 19th

### WATERBURY REGIONAL CHAMBER HEALTH CARE COUNCIL:

Trends Worth Watching:

Hope! Living with Cancer

September 26th

## October

### CancerAware EVENT:

“Current Concepts in the Diagnosis and Treatment of Breast Cancer”

Date to be announced

### FIVE-YEAR ANNIVERSARY AT HLRCC:

Celebration of Survivorship at HLRCC

Date to be announced

### CARING KIDS SUPPORT GROUP

For information and upcoming dates contact Melissa Seres at 203-575-5511

**WOMAN TO WOMAN BREAST CANCER SUPPORT GROUP:** monthly 3rd Tuesday, 7 PM – 9 PM, contact Theresa Lombardo at 860-274-2200

**BRAVE AT HEART BREAST CANCER SUPPORT GROUP:** monthly 2nd Wednesday, 7 PM – 9 PM, contact Anne Pringle at 203-910-7582

**CT MULTIPLE MYELOMA FIGHTERS SUPPORT GROUP:** monthly 3rd Tuesday, 6 PM – 8 PM, contact Robin Tuohy at 203-206-3536

**HOPE MUTUAL AID GROUP FOR PATIENTS AND THEIR LOVED ONES:** monthly 1st and 3rd Tuesday, 12 PM – 1 PM, contact Melissa Seres at 203-575-5511

**BETTER BREATHING CLUB:** monthly 3rd Friday, 2 PM – 3 PM, contact Marion Loyer at 203-757-4991

**CIRCLE OF HOPE LYMPHEDEMA SUPPORT GROUP:** monthly 1st Wednesday, 5:30 PM – 7:30 PM, contact Jeanne Tassis at 203-758-6138

**THE FRIENDS IN RECOVERY GROUP OF ALCOHOLICS ANONYMOUS:** weekly, Mondays at 9:00 AM, contact Howard D. at 203-729-2672

**SPIRITUAL/PASTORAL CARE:** Mondays 9 AM – 1 PM, Thursdays 1 PM – 4 PM, or by appointment, contact Judy Pavan at 203-575-5555

**AMERICAN CANCER SOCIETY: LOOK GOOD, FEEL BETTER!:** monthly 1st Monday, either 2 PM – 4 PM or 4 PM – 6 PM, contact the ACS at 203-756-8888

**AMERICAN CANCER SOCIETY: REACH TO RECOVERY:** by appointment, contact the ACS at 203-756-8888

**OSTOMY SUPPORT GROUP:** monthly 1st Monday, 7 PM – 9 PM, contact Shirley Harkins at 203-573-6203 or Bob Baker at 860-868-2311

*Please call contact person to confirm that group is running as scheduled.*

*Meeting times may be rescheduled to accommodate holidays or special meetings.*

*See [www.leevecancercenter.org](http://www.leevecancercenter.org) for ongoing community events.*



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