

CareConnection

August 2011

A special publication for patients by Cancer Care Centers of South Texas

- **ARE YOU AT GENETIC RISK FOR CANCER?**
- **NEW TREATMENT PROFILER TOOL**
- **WHY PARTICIPATE IN A CLINICAL TRIAL?**
- **ATTEND A NUTRITION SEMINAR**
- **WHAT IS MDS?**
- **GET YOUR FREE SUBSCRIPTION TO CURE MAGAZINE**



The Best Today For Your LIFE Tomorrow

Do you have a genetic risk for cancer?

Some people are at higher risk of developing certain types of cancer because they have an inherited gene condition. Understanding your risk of developing cancer can be an important step in making decisions around cancer prevention or about getting regular screenings that can detect cancer early, when it is most treatable.



At Cancer Care Centers of South Texas, we provide advanced medical and support services,

including genetic counseling, for people diagnosed with cancer or who are at a higher risk of developing cancer. Through genetic counseling, we can help you learn about your inherited risk.

Gene testing can determine if you have or do not have a disease-related gene condition that may put you at higher risk of getting cancer before any symptoms appear. It cannot predict whether you will actually develop cancer.

If you are considering genetic testing, it is important to talk with a genetic counselor to help you understand

your options. If you are tested, our specially trained counselor can help you and your family adjust to the results and help you make decisions about prevention or treatment options of developing cancers such as breast, gastrointestinal, uterine/ovarian, melanoma and pancreatic.

For more information about CCCST's genetic counseling and testing program please ask any of the CCCST physicians or visit www.CancerCareSouthTexas.com. Go to "Treatments & Services", click on "Services" and then click on "Genetic Testing" to take the genetic risk survey.

Explore your cancer treatment options

Being diagnosed with cancer requires life-changing decisions at a time when you are flooded with an overflow of information. Empower yourself against this complex disease with information that will help you take control of this important time in your life.

Cancer Care Centers of South Texas is pleased to offer you access to the "Cancer Profiler Tool". By completing the online questions specific to your medical condition you will:

- Learn about scientifically-based information about your condition and receive a personalized treatment options report to help you make informed decisions.
- Save time by not having to wade through irrelevant and inaccurate information on the Internet.
- Receive full-disclosure of treatment options, side effects and outcomes drawn from objective peer-reviewed

- published studies.
- Have access to continuously improved and updated research information available online 24 hours a day.
- Be better able to discuss your treatment options with your physician and your care providers.



To get started, please visit www.CancerCareSouthTexas.com and click on the "You and Your Cancer are Unique" link on the homepage.

Monthly Nutrition Seminars

You are invited to join CCCST's dietician, Barbra Swanson, ND, RD, LD, for our monthly Nutrition Seminars. The seminars are FREE of charge to CCCST patients, their caregivers, and the public. These informative seminars are held at three convenient



locations in San Antonio, three times a month. At each seminar Barbra discusses healthy eating habits, nutrition information, healthy food choices for those undergoing treatment, for cancer prevention, and for overall good health. Also, at each seminar Barbra does a cooking demonstration with a "tasting" of the dishes prepared, has recipes available to participants and discusses quick and easy food preparation tips.

Monthly Nutrition Seminar Schedule

CCCST -Northeast
1st Friday of each month
10:00 a.m. - 11:00 a.m.
2130 NE Loop 410, Suite 100
San Antonio, TX 78217
210-656-7177

CCCST -Medical Center
2nd Thursday of each month
2:00 p.m. - 3:00 p.m.
4411 Medical Dr., Ste 100
San Antonio, TX 78229
210-595-5300

CCCST - Downtown
3rd Tuesday of each month
2:00 p.m. - 3:00 p.m.
1200 Brooklyn Ave., Ste. 115
San Antonio, TX 78212
210-224-6531

What is Myelodysplastic Syndrome?

Myelodysplastic syndromes (MDS) are a group of diseases in which bone marrow does not make enough healthy blood cells. MDS affects people of all ages. It is one of the most common blood disorders of those over 60 years of age. Some patients have a history of exposure to chemotherapy or radiation, and MDS is increasing among older adults as more older adults survive chemotherapy treatment.

Cancer Care Centers of South Texas has been recognized nationally for expertise in the diagnosis, treatment and research of myelodysplasia and is designated as a "Center of Excellence" by the Myelodysplastic Syndromes Foundation.

The Myelodysplastic Syndromes Foundation and the Cancer Care Centers of South Texas MDS Center of Excellence are working together to further worldwide research efforts, provide excellence in diagnosis, treatment and supportive care for patients, and to extend education about MDS not only to the hematology-oncology physician community, but to patients, caregivers, and the general public.



Roger M. Lyons, MD, FACP
Medical Director of the
CCCST MDS Center of Excellence

CCCST is highly recognized for leading multiple clinical trials for patients with MDS. Clinical research trials for MDS performed at CCCST involving the drug, Vidaza® have impacted and improved treatment regimens for MDS, worldwide.

Why participate in a Clinical Trial?

Clinical trials are research studies that involve patient volunteers, to help find different ways to treat diseases such as cancer or disorders of the blood. Each study is designed to answer specific scientific questions and to help find potentially better ways to prevent, diagnose and treat cancer or blood disorders.

Clinical trials are a vital part of the process in finding new treatments for cancer or blood disorders. These research studies are conducted to determine if an investigational drug is safe and effective. Some clinical trials, help determine the best and most effective and safe dosage level for the investigational drug.

When someone chooses to take part in a clinical trial, the care they receive is much like the care they would otherwise receive. However, there is often additional monitoring for the purpose of learning about potential side effects, and also about any potential benefits of the investigational drug. Some trials simply test a study regimen, and all participants

receive the same regimen. Other trials may compare a study regimen to standard treatment. In this type of study, participants are randomly assigned to receive the study regimen and standard treatment, or standard treatment alone. Neither the doctor or the patient can choose which one they will receive for important scientific reasons. Some people worry that they will not know which drug they are receiving or that they will receive a placebo, sometimes called a "sugar pill". Placebos are never used in place of standard treatment that is known to work.

CCCST's objective in offering clinical trials to patients is to provide direct access to the most advanced investigational treatment options available. Our patients are able to access state-of-the-art investigational therapies, while their own physician directs and closely monitors their treatment and care.

To view a list of CCCST's open clinical trials, go to www.CancerCareSouthTexas.com and then click on the "Clinical Research & Trials" button.

CCCST opening larger office in Westover Hills

CCCST's clinic in Westover Hills will be moving this Fall to Suite 120 of the new Christus Santa Rosa Medical Professional Building Two. With this move, the larger clinic will have more exam rooms, a chemotherapy infusion suite and an in-house laboratory.

Ed L. Hesita, MD and David J. Friedman, MD, PhD, both specializing in medical oncology and hematology, are accepting new patients in Westover Hills. For information or to schedule an appointment, please call 210-242-6506.

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CCCST is on Facebook. By keeping up with CCCST on Facebook, you'll be able to get the latest practice news, clinical trial research news, information about our Nutrition Seminars and much more.

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www.facebook.com/cancercareouthtexas

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CareConnection is a patient newsletter published by Cancer Care Centers of South Texas. This information is for educational purposes only and is not intended to be a substitute for professional medical advice from CCCST, the physicians or health care providers. Inquiries about this publication may be directed to www.cccst-info@usoncology.com

www.CancerCareSouthTexas.com
www.ACNA.net
www.CCFST.org



CANCER CARE CENTERS of South Texas

 United in Healing with US Oncology

MEDICAL SERVICES

- Medical Oncology, Hematology
- Radiation Oncology
- Gynecologic Oncology
- Out-patient Chemotherapy
- Out-patient Radiation Therapy
- Intensity-Modulated Radiation Therapy (IMRT)
- Minimally Invasive Robot-Assisted Surgery
- PET Imaging, CT Imaging
- Ultrasound
- Clinical Trials
- Dietary Counseling
- Genetic Testing/Counseling
- Retail Pharmacy
- In-house Laboratory
- Treatment and Management of Hematological Disorders
- Thrombosis and Anticoagulation Center
- LDL Lipidpheresis
- Plasmapheresis

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Northwest--Medical Center

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