

# CareConnection

November 2011

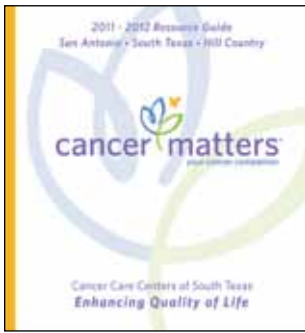
A special publication for patients by Cancer Care Centers of South Texas

- **CANCER RISK FACTORS**
- **CANCER MATTERS RESOURCE GUIDES NOW AVAILABLE**
- **ROBOTIC SURGERY FOR GYNECOLOGIC CANCERS**
- **WHAT IS MULTIPLE MYELOMA?**
- **LUNG CANCER AWARENESS**



CANCER CARE CENTERS  
of South Texas

**The Best Today For Your LIFE Tomorrow**



## Cancer Matters Resource Guides Now Available

The new 2011-2012 **Cancer Matters Resource Guide** is NOW available in both English and Spanish in one booklet. Cancer Matters is designed to help you find resources you need in the San Antonio, South Texas and Texas Hill Country areas. The Resource Guide is a unique compilation of businesses and medical services that specifically meet the needs of someone who has received a diagnosis.

The Cancer Matters Resource Guides were made possible by Cancer Care Centers of South Texas, Cancer Care Foundation of South Texas and Young Texans Against Cancer.

You may pick up the Resource Guide at any of the CCCST locations. To request a copy, or copies for distribution, please e-mail [cccst-info@usoncology.com](mailto:cccst-info@usoncology.com) or call 210-242-6531.

## Lung Cancer Awareness

Studies show that nearly 87 percent of all lung cancer cases in the United States are smoking related. In fact, the American Cancer Society calls tobacco use the single largest preventable cause of disease and premature death in the United States. These statistics are alarming, yet it's estimated that over 43 million Americans are current smokers.

November is Lung Cancer Awareness Month. This is a time when we dedicate ourselves to increasing awareness and knowledge of lung cancer.

Clearly, with such a high percentage of lung cancer cases attributed to smoking, it must be a priority to educate people about the negative effects of tobacco use in an effort to reduce the number of people who smoke in our country.

In addition to educating people about the negative effects of tobacco use, we continue to make advances in the treatment of the lung cancer. Our oncologists and healthcare providers are dedicated to finding new ways to treat lung cancer. In fact, we have several important clinical trials going on right now involving new drugs and targeted therapies. All of these offer new hope to patients battling the disease, and their families.

We believe our participation in this research not only leads to a better understanding of what works, how it works, and how to make it work better, but it also brings the latest therapies directly to patients in our community. We are affiliated with US Oncology, one of the nation's largest cancer treatment and research organizations.



For more information about Cancer Care Centers of South Texas' clinical trials research program, visit [www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com) and go to the "Clinical Trials and Research" tab on the homepage.

## Robotic Surgery for Gynecologic Cancers

Gynecologic Oncology is the field of oncology and surgery specialization that provides care and treatment for female patients with malignancies arising in the reproductive tract or pelvis area. These cancers include malignancies of the pelvis, such as of the ovaries, endometrium, cervix, vulva and vagina. The gynecologic oncologist is both a skilled surgeon and a skilled oncologist who combines these specialties to treat the patient.

Antonio Santillan-Gomez, MD, gynecologic oncologist at Cancer Care Centers of South Texas, has integrated the advanced da Vinci® robotic system into our minimally invasive surgery options.



**Antonio Santillan-Gomez, MD, MBA, FACOG**  
*Gynecologic Oncologist*

Developed by NASA for the use of robotic arms in space, the da Vinci's robotic micro-instruments translate the precise movements of the surgeon's hands while filtering out even the slightest tremors. High-

definition, scaled 3-D imaging allows for optimum viewing and manipulation of sensitive nerves and tissues. All of this provides the surgeon with unmatched precision and control while using only a few small incisions.

Potential advantages for patients include:

- Shorter hospital stays
- Less pain and scarring
- Faster recovery
- Less risk of infection

Dr. Santillan-Gomez sees patients at 4411 Medical Drive, Suite 100 in San Antonio. For more information visit [www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com). Appointments with Dr. Santillan can be made by calling 210-595-5300.

### ✔ "Like" CCCST on Facebook

"Like" CCCST on Facebook at:

[www.facebook.com/cancercaresouthtexas](http://www.facebook.com/cancercaresouthtexas)



### ✔ Receive free subscription to CURE magazine!

Visit [www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com), click on the "Patient News From CURE Magazine", then on the "Get a FREE SUBSCRIPTION to CURE Magazine" link.

### ✔ Clinical Trials

To view a list of CCCST's open clinical trials, go to [www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com)

and then click on the "Clinical Research & Trials" button.

### ✔ Visit [www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com)

- Take a survey to tell us about our website
- Sign up for our e-mail newsletter



## Do you know the risk factors for cancer?

We often hear about certain activities, or foods, or personal characteristics of a person that increases the risk of developing cancer. Risk factors fall into four categories:

- **Genetic risk factors**—specific gene mutations inherited from a parent and several family members with the same type of cancer
- **Environmental risk factors**—risk factors found in our surroundings, such as pollution, smoke, contaminated water and pesticides
- **Biological risk factors**—risk factors based on race, age, or sex
- **Behavioral risk factors**—risk factors related to behavior and habits, such as unhealthy eating, smoking, alcohol, obesity and lack of exercise

The physicians at Cancer Care Centers of South Texas encourage you to see your family physician to discuss your personal, behavioral and environmental risk factors and how you can proactively decrease your risks.

Cancer Care Centers of South Texas offers a Genetic Risk Assessment program, which includes genetic testing and counseling.

For more information visit [www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com) and click on the "Treatments and Services" tab, then "Services" and then "Genetic Testing".



## Monthly Nutrition Seminar Schedule

### CCST—Northeast

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

### CCST—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

### CCST—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 Multiple Myeloma?

Multiple myeloma is a type of cancer that starts in plasma cells, a type of white blood cell. It's the most common type of plasma cell cancer.

Most blood cells develop from cells in the bone marrow called stem cells. Bone marrow is the soft material in the center of most bones. Stem cells mature into different types of blood cells. Each type has a special job:

- White blood cells help fight infection. There are several types of white blood cells.
- Red blood cells carry oxygen to tissues throughout the body.
- Platelets help form blood clots that control bleeding.

Plasma cells are white blood cells that make antibodies, which are part of the immune system. They work with other parts of the immune system to help protect the body from germs and other harmful substances. Each type of plasma cell makes a different antibody.

Myeloma begins when a plasma cell becomes abnormal. The abnormal cell divides to make copies of itself. The new cells divide again and again, making more and more abnormal cells. These abnormal plasma cells are called myeloma cells.

In time, myeloma cells collect in the bone marrow and they may damage the solid part of the bone. When myeloma cells collect in several bones, the disease is called "multiple myeloma." Myeloma cells make antibodies called M proteins and other proteins which can collect in the blood, urine, and organs. This disease may also

harm other tissues and organs, such as the kidneys.

No one knows the exact causes of multiple myeloma. Doctors seldom know why one person develops this disease and another does not. However, we do know that multiple myeloma isn't contagious. You cannot catch it from another person.

Research has shown that certain risk factors increase the chance that a person will develop this disease. Studies have found the following risk factors for multiple myeloma:

- **Age over 65**—Growing older increases the chance of developing multiple myeloma.
- **Race**—The risk of multiple myeloma is highest among African Americans and lowest among Asian Americans.
- **Being a man**—In 2011, about 11,400 men and 9,100 women will be diagnosed with multiple myeloma in the United States.
- **Family history** of multiple myeloma—Studies have found that a person's risk of multiple myeloma may be higher if a close relative had the disease.



Many other suspected risk factors are under study. Researchers have studied whether being exposed to certain chemicals or germs (especially viruses), having alterations in certain genes, eating certain foods, or being obese increases the risk of developing multiple myeloma. Researchers continue to study these and other possible risk factors. Having one or more risk factors does not mean that a person will develop myeloma. Most people who have risk factors never develop cancer.

### Cancer Care Foundation of South Texas

The Cancer Care Foundation of South Texas was founded in 2006 to provide support and enhance services for cancer patients in need. Every gift to the foundation is used to help improve the quality of life for cancer patients. The foundation is a community-based, non-profit service that offers support through education and research.

Visit [www.CCFST.org](http://www.CCFST.org) for more information.

**Cancer Care Centers of South Texas is United in Healing** with The US Oncology Network, one of the nation's largest community-based cancer treatment and research networks dedicated to advancing cancer care and expanding patient access to high-quality care. As members of The US Oncology Network, we can:

- Collaborate with more than 1,000 oncologists and leading researchers across the country
- Enable patients to take part in leading-edge Phase I, II, III and IV clinical trials
- Provide patients access to evidence-based treatment guidelines
- Ensure the safety and integrity of the drugs administered to patients
- Measure patient clinical outcomes and the effectiveness of a broad range of treatments

Cancer Care Centers of South Texas and The US Oncology Network provide the advanced care you'd expect from a leading cancer treatment organization.

## November 2011

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](mailto:www.cccst-info@usoncology.com)

[www.CancerCareSouthTexas.com](http://www.CancerCareSouthTexas.com)  
[www.ACNA.net](http://www.ACNA.net)  
[www.CCFST.org](http://www.CCFST.org)



# CANCER CARE CENTERS of South Texas

▲ **United in Healing with  
The US Oncology Network**

## 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

## LOCATIONS

### Northwest--Medical Center

4411 Medical Dr., Ste. 100  
210-595-5300

#### Medical Oncology/Hematology

Sridhar Beeram, MD  
Suneetha Challagundla, MD  
Gia Dice, MD

J. Brant Ellis, MD

David J. Friedman, MD, PhD

Gregory J. Guzley, MD, FACP

Roger M. Lyons, MD, FACP

Manuel A. Santiago, MD

#### Gynecologic Oncology

Antonio Santillan-Gomez, MD, MBA,  
FACOG

#### Radiation Oncology

Ather Siddiqi, MD

### Downtown

1200 Brooklyn Ave., Ste. 115  
210-224-6531

#### Medical Oncology/Hematology

Anu Dham, MD

J. Dean McCracken, MD, FACP

Jesse E. Medellin, MD

Arun R. Rao, MD

Ed L. Hesita, MD

#### Radiation Oncology

Michael J. Gagnon, MD

### Northeast

2130 NE Loop 410, Ste. 100  
210-656-7177

#### Medical Oncology/Hematology

David H. Gordon, MD, FACP

Vijay K. Gunuganti, MD

Allyson L. Harroff, MD

Sharon T. Wilks, MD, FACP

#### Radiation Oncology

Michael J. Gagnon, MD

### North Central

540 Madison Oak, Ste. 200  
210-545-6972

#### Medical Oncology/Hematology

David H. Gordon, MD, FACP

Vijay K. Gunuganti, MD

Allyson L. Harroff, MD

### Southeast

4025 E. Southcross, Bldg. 5, Ste. 30  
210-337-4494

#### Medical Oncology/Hematology

Thomas D. Fisher, MD

Ed L. Hesita, MD

Arun R. Rao, MD

### Westover Hills

11212 State Hwy 151, Prof. Bldg. II,  
Ste. 120

210-245-2000

#### Medical Oncology/Hematology

Ed L. Hesita, MD

David J. Friedman, MD, PhD

### New Braunfels

1448 E. Common St.  
830-643-1762

#### Medical Oncology/Hematology

Sreedevi Daggubati, MD

Alexander Zweibach, MD, PhD

#### Radiation Oncology

Ather Siddiqi, MD

### Fredericksburg

204 W. Schubert  
830-990-0255

#### Medical Oncology/Hematology

Mark C. DeLeon, MD

### Kerrville

694 Hill Country Drive  
830-792-3434

#### Medical Oncology/Hematology

Rebecca E. Barrington, MD, FACP

### Marble Falls

1100 Mission Hills, Ste. 200  
830-693-4075

#### Medical Oncology/Hematology

Glenn G. Preston, MD, PhD

Thomas D. Fisher, MD

### Seguin

1348 E. Walnut St., Ste. 1348  
830-643-1762

#### Medical Oncology/Hematology

Sreedevi Daggubati, MD

### Boerne

124 E. Bandera Rd., Ste. 301  
830-249-1429

#### Medical Oncology/Hematology

Gia Dice, MD

### Uvalde

1195 Garner Field Rd., Suite 200  
830-278-2469

#### Medical Oncology/Hematology

Sridhar Beeram, MD

Suneetha Challagundla, MD

Manuel A. Santiago, MD

### Jourdanton

1901 97E, Ste. 200  
830-769-5259

#### Medical Oncology/Hematology

J. Dean McCracken, MD, FACP

Anu Dham, MD

### Hondo

606 31st St.  
210-595-5300

#### Medical Oncology/Hematology

David J. Friedman, MD, PhD

### Floresville

497 10th St., Suite 102  
210-242-6506

#### Medical Oncology/Hematology

Suneetha Challagundla, MD

Arun R. Rao, MD