

Comprehensive Breast Care Model:

A Broad Spectrum of Breast Services at the Leever Cancer Center

WHEN IT COMES TO COMPREHENSIVE BREAST CARE, THE RIGHT TEAM IS RIGHT HERE AT THE HAROLD LEEVER REGIONAL CANCER CENTER. Our collaborative model for cancer care is built around oncology experts, and includes dedicated, fellowship-trained breast surgeons, medical oncologists, radiation oncologists, oncology nurses with specialized training and interest in breast health issues, social workers, nutritional and pastoral support, our own Reflections Boutique, and the nationally linked resources available in-house through the American Cancer Society.

Breast cancer survival rates have steadily increased over the past two decades, due in large part to increased awareness about the disease. Increased awareness has led to more and better research, as well as new and more effective treatments. For nearly ten years, the Leever Cancer Center has been at the forefront, both in terms of breast cancer research and the introduction of advanced treatment protocols. Not only does the Leever Cancer Center use the most advanced technology available today for treating breast cancer, but our participation in clinical research studies is helping to define better treatment options for tomorrow.

“At the Leever Cancer Center we recognize breast cancer treatment is dynamic, with changes coming at an increasingly rapid pace,” explains Dr. Jeffrey A. Bitterman, Medical Director of Radiation Oncology at The Harold Leever Regional Cancer Center. “It is our goal not only to keep pace with these changes, but to be at the forefront, leading the way through research, technology, and education initiatives.”

Our bi-monthly, multidisciplinary breast cancer conferences are one such initiative. During each session, our expert panel of radiation oncologists, medical oncologists, dedicated breast surgeons, pathologists, radiologists, ob/gyns, nurses, social workers, nutritionists, and

Continued on page 2 ▶



Celebrating Life: Jan Nardi, RN, celebrates the joy of survivorship each day. A nurse in the affiliated private practice of Joseph J. Bowen, MD, located on the second floor of the Leever Cancer Center, Jan is a breast cancer survivor and an inspiration to all.

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Comprehensive Breast Care...

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APRNs reviews breast cancers cases. In fact, the majority of breast cancer cases treated in Greater Waterbury – 200 in the 2009 calendar year – were considered by our team during a multidisciplinary breast cancer conference. Each member of the professional medical team brings his or her own frame of reference and unique set of knowledge, training and skills into consultation to develop comprehensive, integrated care and treatment plans for each individual patient. On October 27, beginning at 5:30 p.m., the public is invited to attend a “mock” breast conference to see how this interesting and important process works. For more information or to reserve your spot for this program, please call 203-575-5548, or email us at dparkinson@leevercancercenter.org.

The professional team at The Harold Leever Regional Cancer Center also includes a Breast Program Leadership Team. The Breast Program Leadership Team includes physician experts from each specialty, and will play a key role as we work through the process of earning accreditation as a National Breast Center. The National Accreditation Program for Breast Centers (NAPBC) is a national coalition of professional healthcare organizations, and is administered by the American College of Surgeons. NAPBC accreditation follows an extensive application, review, and ongoing monitoring process that demands and recognizes the highest quality of care for men and women diagnosed with diseases of the breast, while establishing a framework and national standards for breast health care.

One of the standards for NAPBC accreditation is the availability of a Breast Health Navigator to guide patients and families through the extensive network of breast cancer care, education and services available at the Leever Cancer Center. We offer nutritional counseling and the services of a social worker, which includes assistance with financial matters. Through our on-site American Cancer Society Patient Resource Center, patients have

access to a comprehensive library, free wigs and head coverings, transportation services, and nationally affiliated support groups, including the Look Good, Feel Better, Brave at Heart, and Woman to Woman programs, and Reach to Recovery, a one-to-one peer support program touching women at every stage of their journey, from potential diagnosis to diagnosis, treatment, and ongoing care. Breast cancer patients and their families also benefit from our own Reflections Boutique, which offers free wigs and head coverings for cancer patients, an on-site medical library, and our art therapy, energy therapy and journaling programs.

“The Harold Leever Regional Cancer Center is a truly unique and valuable community resource that offers comprehensive care for all cancer patients,” notes HLRCC Executive Director Kevin Knieri. “Not only do we offer advanced treatment protocols and state-of-the-art technology, but we offer programs and services that personalize care and bring a sense of community and support to patients, families, and caregivers.”

For more information on the programs and services available to breast cancer patients at the Leever Cancer Center, call Deborah Parkinson, Operations Manager, at 203-575-5564.

ask the Doctor



Radiologist Dr. Eric A. Hyson, FACR answers your questions about mammography.

COMMON QUESTIONS ABOUT MAMMOGRAPHY

Q Last year the federal government made headlines and sparked controversy when it announced new guidelines for breast cancer screening. What do the experts at the Leever Cancer Center say about breast cancer screenings?

A The physician team at The Harold Leever Regional Cancer Center supports the breast cancer screening guidelines established by the American Cancer Society, which recommend annual mammography screenings for all women beginning at age 40. Keep in mind, however, that each individual should discuss family history and risk factors with his or her personal physician to chart the most practical and effective course for routine screening, which for some women may include mammography screenings **before** age 40.

Q What are the benefits of screening mammograms?

A Studies show that mammography screenings reduce the number of deaths from breast cancer for women ages 40 to 69, particularly in women age 50 and over. The same benefit has not been shown for average-risk women under age 40.

Q Do breast implants interfere with mammograms?

A Women with breast implants should still have mammograms. It is important, however, to let both the technician conducting the mammogram and the radiologist reading the mammogram know that you have them. Implants can hide some breast tissue, making it more difficult for the radiologist to detect an abnormality on the mammogram. If they are made aware of the implants, technicians can take steps to ensure that as much breast tissue as possible can be seen on the mammogram.

Questions? Contact your personal physician, or visit us at www.leevercancercenter.org.

Welcome Dr. Triano & Dr. Reuben



The newest face around The Harold Leever Regional Cancer Center is a familiar face around town: area native **DR. LAURA TRIANO** has joined the Medical Oncology and Hematology team of Joseph Bowen, MD, LLC, located on the second floor of the Leever Cancer Center.

“Medicine, and in particular cancer care, is multidisciplinary and multifaceted,” notes Dr. Triano. “And one of the key facets is the community. For me it is both rewarding and important to practice in a community where I have close ties; it is helpful to both doctor and patient to have that deeper familiarity.”

A graduate of Trinity College in Hartford, Dr. Triano received her MD from the University of Connecticut School of Medicine. She completed her residency training in Primary Care Internal Medicine at the Yale University School of Medicine and is certified by

the American Board of Internal Medicine. Dr. Triano completed her fellowship training in Medical Oncology and Hematology at the Yale University School of Medicine.

“The Harold Leever Regional Cancer Center is a tremendous asset to this community; we offer phenomenal resources for our patients,” Dr. Triano notes. “It is unique to have so many programs and services under one roof and, importantly, so close to our patients’ homes. It allows us to truly provide high-quality, multidisciplinary care. I am excited to be a part of the team here.”

Dr. Triano is currently accepting new patient referrals, with particular interest in the treatment of breast and gastrointestinal cancers. She also provides consultative services at Waterbury Hospital and Saint Mary’s Hospital. **For more information, call (203) 591-3077.**

“The Harold Leever Regional Cancer Center is a tremendous asset to this community; we offer phenomenal resources for our patients.”

Laura R. Triano, MD



DR. DANIEL Y. REUBEN also brings a Connecticut connection to the Leever Cancer Center. A medical oncologist and hematologist with Medical Oncology & Hematology, PC (MOH), Dr. Reuben is a Connecticut native, raised in West Hartford.

“I wanted to practice in the broad and diverse community that has been my home for most of my life,” explains Dr. Reuben. “Not only does MOH serve that community, but they are well-known for their strong commitment to close doctor-patient relationships. I can get to know my patients personally, which removes some of the anxiety that patients can experience.”

Dr. Reuben earned his MD from Case Western Reserve University. He continued his medical training with both an internship and residency at Boston University Medical Center. Dr. Reuben completed fellowship studies at Yale Cancer Center, Yale-New Haven Hospital. He currently holds the titles of Assistant Clinical Professor of medicine at UCONN and of nursing at Yale.

Skilled in the treatment of all forms of cancer and blood disorders, Dr. Reuben has a particular interest in clotting disorders and in the treatment of most solid tumors, including lung, prostate, and breast cancer.

To schedule an appointment with Dr. Reuben, call (203) 755-6311.

“I wanted to practice in the broad and diverse community that has been my home for most of my life.”

Daniel Y. Reuben, MD

The Sugar Dilemma

“I’VE BEEN TOLD TO AVOID ALL SUGAR AND WHITE FLOUR SINCE IT CAN MAKE MY CANCER GROW. IS THIS TRUE? DO I HAVE TO GIVE UP EVERYTHING THAT I LOVE?”

The question about sugar and cancer is undoubtedly the most frequently asked nutrition question at the Leever Cancer Center, and it often creates fear in patients who are already anxious. The answer is complex and brings up many issues about the role that our food plays in preventing and/or promoting health and disease.

Will sugar make my cancer grow faster?

It is important to understand that sugar feeds every cell in our body, including cancer cells. In fact, our bodies need glucose (the simple sugar found in our blood) for energy or fuel. Even if you cut out every bit of sugar in your diet, your body would make sugar from other sources, such as protein and fat.

So cancer cells need sugar to grow, just like healthy cells need sugar to grow. Eating sugar will not make the cancer cells grow any faster; unfortunately, they do that all on their own. However, consuming large quantities of sugar can create other imbalances that may possibly affect the growth of cancer cells.

Should I be concerned about sugar?

Even though sugar doesn’t exactly “feed” cancer cells by making them grow faster,

it is a good idea to limit the amount of sugar that you eat. Most very sweet foods are loaded with “empty calories.” But even more importantly, too much sugar may make our bodies produce excess insulin, a naturally occurring substance that helps transport glucose to our cells. It is beneficial for our bodies in small amounts, but in large quantities, it can speed up cell growth. This can be a good thing if the cells are normal and healthy, but a bad thing if they are cancerous. In other words, sugar does not “feed” cancer cells, but too much sugar may result in excessive insulin production, which may, in turn, encourage cancer cells to grow.

Should I avoid all sugar?

You don’t have to avoid every bit of sugar in your diet. But there are choices that you can make that are better than others regarding good sugars and bad sugars.

Good sugars, also called complex carbohydrates, are usually unprocessed and found in fruits, vegetables, beans, legumes and whole grains, providing a generous helping of vitamins, minerals, protein and fiber. Because they are unprocessed, they are absorbed more slowly. The slower the absorption, the less insulin one produces. To get the slowest rise in insulin, add fiber, protein and fat to your carbohydrate-containing meal or snack. For example, if you drink a glass of fruit juice, your glucose — and therefore insulin — will rise rapidly. If you have fresh fruit instead of the juice, there are more fiber and complex carbohydrates, so the glucose and insulin rise more slowly. If you have fresh fruit with a handful of nuts, you are taking in complex carbohydrates and fiber (from the fruit) AND protein and fat (from the nuts) so the glucose and insulin will rise even MORE slowly.

Bad sugars, also called simple sugars, are found in foods that offer little, if any, nutritional benefit, and are often high in calories. Some examples include soda, sweets (cakes, candy, and cookies), sugary cereals, juice drinks and refined grains like white rice and white pasta. Simple sugars enter the bloodstream quickly and cause a rapid rise in insulin.

The key to reducing insulin is to reduce your intake of simple sugars, and increase your intake of complex and more nutritious carbohydrates. Many studies have shown that a diet high in fruits, vegetables, whole grains and legumes, appears to fight cancer, as well as other diseases like heart disease, diabetes and high blood pressure.

Added sugar can be disguised in many forms. Some experts estimate that the average American consumes 350-475 calories worth of sugar a day (18-24 teaspoons) which can add up to a lot of extra weight, and contribute significantly to the obesity epidemic in our



country. “How can that be?” you might ask. “I don’t put extra sugar on my food!” Sugar comes disguised with an assortment of names on food labels (see box on left). Next time you pick up packaged or processed food, read the labels carefully. The American Heart Association recommends no more than 6 teaspoons per day for women and 9 teaspoons for men.

Bottom line: Cutting back on the sugar in your diet

- ▶ Choose complex carbohydrates when possible (fresh fruits, vegetables, beans, legumes, whole grains)
- ▶ Avoid or limit processed foods and simple carbohydrates (crackers, cookies, sweetened breakfast cereals, and condiments like sweet and sour sauce)
- ▶ Cut back on soft drinks and sweetened beverages
- ▶ Read ingredient labels and look for added sugars
- ▶ Switch from regular jelly to all-fruit spreads
- ▶ “Sweeten” foods with fresh fruits
- ▶ Save sweets and treats for special occasions; homemade is better than store-bought

If you are a cancer patient and are actively getting treated:

Sometimes when it is difficult to swallow or your sense of taste has changed, you have to consume foods that are often sweeter than usual (smoothies, commercially prepared high-calorie or high-protein beverages). This is usually a temporary situation, and getting in calories and protein to prevent weight loss is a high priority. You are NOT worsening your disease by consuming these foods during treatment. If you make a smoothie, add some complex carbohydrates, a good protein source and some fat and/or fiber, so your body will benefit!

One of the recipes enjoyed at the most recent Healthy Cooking Class:

CAESAR SALAD WITH A TWIST

Ingredients:
Romaine hearts, 6 large, cut into bite-sized pieces

Dressing:
1 15 oz. can white beans (cannellini)
2 Tbsp. anchovy paste
4 Tbsp. lemon juice
2 garlic cloves, minced (about 2 tsp.)
1/4 cup Parmesan cheese, grated
1/4 – 1/2 cup olive oil, extra virgin (EVOO)
1/4 cup cold water
1/4 – 1/2 tsp. ground black pepper

Croutons:
1 baguette multigrain or whole grain bread

Directions:
Place greens in a large salad bowl.

Dressing:

1. Drain 1 can white beans and rinse well.
2. Place in food processor or blender and add 1/2 cup water. Puree until smooth.
3. Reserve 1 cup puree for the recipe (save remainder for a future use).
4. Combine white bean puree, anchovy paste, lemon juice, minced garlic, Parmesan, EVOO, cold water as needed and ground black pepper. You can add a bit of Dijon mustard if you like.

Croutons:

1. Slice bread into 1-inch squares or smaller cubes.
2. Lightly brush with olive oil.
3. Bake at 350° for 20 minutes.
4. Cool before adding to salad.

To Assemble and Serve: Add croutons and dressing to greens in bowl and enjoy!

Serves 8



To determine how many teaspoons of added sugar are in the product you are about to buy, find the “Grams of sugar” on the label, and divide by 4.

The following table shows the sugar content in a few common foods:

Product	Grams of Sugar	Teaspoons of Sugar
Frosted Flakes (1 oz., 110 calories)	12	3
Kellogg’s Low Fat Granola without Raisins (1/2 cup, 190 calories)	14	3.5
Kashi Heart to Heart (1 oz., 100 calories)	4	1
Ocean Spray Cranberry Juice Cocktail (8 oz., 135 calories)	32	8
Chobani Blueberry Yogurt (6 oz., 140 calories)	20	5
Heinz Tomato Catsup (1 Tbsp., 15 calories)	4	1
Welch’s Grape Jelly (1 Tbsp., 50 calories)	13	3.25

If you have nutrition questions that you would like answered, contact our nutritionist: **Karen Sabbath, MS, RD** 203-575-5510 ksabbath@leeevercancercenter.org

*Congratulations Team Leever!
27 People, Over 1,200 miles, More than \$35,000 Raised!*

CT Challenge

The spirit and energy that carried more than 700 Connecticut Challenge cyclists through the oppressive July heat were palpable at The Harold Leever Regional Cancer Center long after the event ended.

“We all came back to work excited to share our stories,” explains cyclist and Leever Cancer Center Operations Manager Deborah Parkinson. “We are talking about how to tweak our training for next year, and how we want to increase personal and team goals for both distance and fund raising. We are energized and motivated, and grateful for all the support our team received.”

Led by co-captains Kert Sabbath, MD, and Karen Sabbath, MS, RD, Team Leever raised more than \$35,000 at the Connecticut Challenge, a cycling event that raises funds for cancer survivorship programs throughout the state. Now in its 6th year, this year’s Connecticut Challenge raised over \$1 million. Half of the funds raised by the 27 members of Team Leever will directly support the development of the new Survivorship Program at the Leever Cancer Center.



“Cancer and cancer treatments can have a significant impact on survivors’ lives,” notes Team Leever co-captain Dr. Kert Sabbath. “Sometimes the effects continue – or even develop – long after diagnosis and treatment. The enthusiasm and energy our team devoted to raising funds to support a survivorship program at the Leever Cancer Center are inspiring, and will bring new and tremendous resources to our community.”

Far left: Team Leever’s Betsy Daniels embodies the spirit of the day.

Left: Mark Amero.



Above: Dr. Bernard Percarpio took the long way home, riding 50 miles for Team Leever.



Left: Leever Medical Physicist April Nunn rides for survivorship.

Special Thanks to Our Team Sponsors:

Gold - \$1,000

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Craig Carragan & Clare Ventre, MD

“We are
**energized
and motivated**
and grateful for all the
support our team received.”

Deborah Parkinson

Team Leever

Mark Amero
Michael Beck
Sherrie Bitterman
Jeffrey Bitterman, MD
Michael Buntin
Richard Caisse
Emmalee Caisse
Robin Chesky
Gayle Crowley

Elizabeth Daniels
Michael Feinberg, MD
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Patricia Lindenman
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Janice Nardi

April Nunn
Deborah Parkinson
Bernard Percarpio, MD
Tim Rancourt
David Roer, MD
Karen Sabbath
Kert Sabbath, MD
Kathryn Sweeney
Glen Witwer

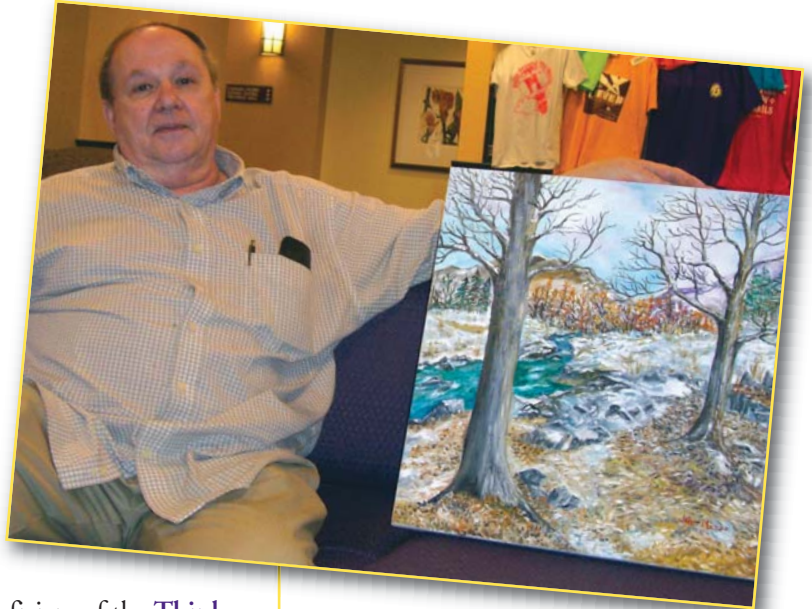
A Community of Caring

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.

Sincere thanks to our friends at **Keypros Realtors, Middlebury, CT**, who recently hosted a silent auction to benefit The Harold Leever Regional Cancer Center. The event was held at Sunset Meadow Vineyards, Goshen, CT, and featured hors d'oeuvres, wine and locally grown treats.

Middlebury, CT Brownie Troop 64076 recently assembled and delivered care packages to patients at the Leever Cancer Center. The girls met with patients and shared their joy as they opened their gifts. Troop 64076 members are: **Annabella Hare, Jillian Murray, Isabela Kay, Danielle DuVerger, Morgan Murray, Jade Zainc, Julia Lind, Cassie Reilly, Sabrina Proulx, Miranda Buenos, and Julia Dzinski**. Special thanks to troop leaders **Kristin Murray** and **Donna Capalbo** and parent volunteer **Rebecca Hare** for coordinating this project.

The Harold Leever Regional Cancer Center is a grateful beneficiary of the **Third Annual Peter Montesano Charity Golf Outing**. Diagnosed with Stage 4 Large B-Cell Non-Hodgkin's Lymphoma in November of 2005, Mr. Montesano received intense chemotherapy treatments, a stem-cell transplant and a bone marrow transplant. Today, he has been in remission for two years; he and his family continue to enjoy improved health and peace of mind. The annual golf event benefits programs and facilities that made Mr. Montesano's recovery possible, including the Leever Cancer Center. The event, sponsored by Peter's former employer and friends at Frito-Lay/PepsiCo, was held at the Fairview Farm Golf Club, Harwinton, CT.



Above: Naugatuck resident and artist **John Mezzo** recently presented this original painting to the Leever Cancer Center. The landscape is currently on display in our lobby.



Brownies from Middlebury Troop 64076 brought cheer to patients at the Leever Cancer Center with the homemade treat bags.

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:
dparkinson@leevercancercenter.org

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PET/CT (Positron Emission Tomography/Computed Tomography) is a unique, state-of-the-art diagnostic tool that helps physicians effectively pinpoint the source of cancer.

A non-invasive test, this powerful tool combines metabolic and anatomic imaging, providing a more complete picture and making it easier for your doctor to diagnose problems, determine the extent of disease, prescribe treatment, and track progress. The Harold Leever Regional Cancer Center is widely recognized as a leader in the use of PET/CT scan technology.

We conduct PET/CT scans every weekday, Monday through Friday, usually the same week they are requested; most results are available within 24 hours.

To find out more about PET/CT scans at HLRCC, call us at 203-575-5501, or visit www.leeverpet.com.

Breathe deeply and enjoy the fresh air!

Effective November 1, 2010 The Harold Leever Regional Cancer Center will join other Connecticut Hospitals in becoming a smoke-free facility.



Community Events & Monthly Support Groups

MULTIDISCIPLINARY BREAST CONFERENCE IN ACTION: Wednesday, October 27, 5:30 PM – 7:00 PM. Come and observe how our multidisciplinary team of breast cancer physician specialists reviews and discusses breast cancer cases. A light dinner will be provided. To reserve a spot, call 203-575-5548, fax 203-575-5562, or email dparkinson@leevercancercenter.org.

LIVE, LOVE, LAUGH AND LEARN: OUR SURVIVORS' DAY 2010 CELEBRATION Wednesday, November 3, 5:30 PM – 7:00 PM. Back by popular demand, humorist, author, corporate sales executive, CEO, motivator and cancer survivor Thomas J. Hayes shares his unique insights on life. A light dinner will be served. Survivors and caregivers may reserve a spot by calling 203-575-5544, faxing 203-575-5562, or emailing dparkinson@leevercancercenter.org.

JOURNALING: A WAY TO HEAL FROM YOUR CANCER EXPERIENCE:

Fridays, 10 AM – 11:30 AM, contact Melissa Seres, MSW: 203-575-5511

THYROID CANCER SUPPORT GROUP: monthly, last Tuesday, 6 PM – 7 PM, contact Dot Torretta at 203-756-3481

WOMAN TO WOMAN BREAST CANCER SUPPORT GROUP: monthly, 3rd Tuesday, 7 PM – 8:30 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, 3 PM, contact Rachel Kirchner at 203-757-4991

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

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

WATERBURY AREA OSTOMY SUPPORT GROUP: monthly, 1st Monday, 6:30 PM – 8:30 PM, contact Sue Wise, 203-597-8942

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.leevercancercenter.org for ongoing community events.

Autumn