

Sharing is Caring

The Cancer Center at Lowell General Hospital

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Cancer Care Associates Welcomes Dr. Nancy Andrea

Doctors Blair Ardman, Murat Anamur and Kimberley Brennan are pleased to welcome Nancy Andrea, MD to the Cancer Care Associates team. A board-certified Hematology and Oncology physician, Dr. Andrea completed her fellowship in Hematology/Oncology at Boston Medical Center in Boston, Massachusetts and her residency in Internal Medicine at Lahey Clinic in Burlington, Massachusetts. She earned her medical degree from Albany Medical College in Albany, NY. Dr. Andrea is accepting new patients.



Did you know?

- Patients can order food from the hospital menu while receiving treatment in the infusion room.
- Laptops and iPads are available to use during treatment in the infusion room.
- A volunteer from the American Cancer Society visits with patients offering information about cancer services
- Social workers meet with all patients at the start of their treatment, offering services, information and support.

Prescription Assistance Program

Have no prescription coverage? This program may help you. Massachusetts and New Hampshire residents now have the option to access a statewide Prescription Assistance Program. You can create and print your FREE discount prescription card, use it immediately at many local pharmacies and save up to 75% on some medications.

- Massachusetts Residents: visit www.madrugcard.com
- New Hampshire Residents: visit <http://www.nhrxcard.com>

Have questions? Call customer service at 877-321-6755.

I recently read this on Facebook and was so moved that I wanted to share it with all of you.

LETTER FROM A MOTHER TO A DAUGHTER

- Author unknown

"My dear girl, the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand what I'm going through. If when we talk, I repeat the same thing a thousand times, don't interrupt to say: "You said the same thing a minute ago"... Just listen, please. Try to remember the times when you were little and I would read the same story night after night until you would fall asleep. When I don't want to take a bath, don't be mad and don't embarrass me. Remember when I had to run after you making excuses and trying to get you to take a shower when you were just a girl? When you see how ignorant I am when it comes to new technology, give me the time to learn and don't look at me that way... remember, honey, I patiently taught you how to do many things like eating appropriately, getting dressed, combing your hair and dealing with life's issues every day... the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand what I'm going through. If I occasionally lose track of what we're talking about, give me the time to remember, and if I can't, don't be nervous, impatient or arrogant. Just know in your heart that the most important thing for me is to be with you. And when my old, tired legs don't let me move as quickly as before, give me your hand the same way that I offered mine to you when you first walked. When those days come, don't feel sad... just be with me, and understand me while I get to the end of my life with love. I'll cherish and thank you for the gift of time and joy we shared. With a big smile and the huge love I've always had for you, I just want to say, I love you... my darling daughter.

Save the Date... The 6th Annual Survivorship Day!

The 6th Annual Survivorship Day

Friday, September 13
Lowell Senior Center
276 Broadway Street
Lowell, Massachusetts

For more information, call Meg Lemire-Berthel, MSW at 978-937-6142.



5th Annual
Survivorship
Day Celebration!

Lowell General Hospital TeamWalk FOR CANCERCARE

TeamWalk a Record-breaking Success!

With smiles, sneakers and inspiring stories, 5,000 cancer survivors, walkers, supporters, sponsors and volunteers celebrated the record-breaking \$920,000 raised by the 14th annual event on Sunday, May 19th. These funds will enable us to provide assistance, support and services to help people in the Merrimack Valley feel better, build confidence and instill hope throughout the cancer journey.

Neuropathy in Cancer Patients

Neuropathy caused by certain chemotherapeutic agents is common, but with early intervention, can be managed and have a good prognosis. Drugs that belong to the platinum family, including cisplatin and oxaliplatin, are known for their ability to cause peripheral neuropathy. Numbness, tingling and pain start in the fingers and toes, and eventually spread throughout the legs and arms. Oxaliplatin can especially cause tingling and pain in response to cold. Patients using oxaliplatin are advised to avoid exposure to cold weather, cold flooring, the refrigerator or freezer and cold foods and drinks for at least 5 days after receiving oxaliplatin. Drugs in the taxane family, such as paclitaxel and docetaxel, can cause tingling of the hands and feet, and loss of muscle reflexes. Other commonly used chemotherapy agents that can cause neuropathy include vincristine, lenalidomide (Revlimid), bortezomib (Velcade), carfilzomib (Kyprolis), eribulin (Halaven), and ixabepilone (Ixempra).

It is important to let the nurse and/or oncologist know promptly if you are feeling any symptoms of neuropathy. Actions can be taken to help reduce the symptoms and prevent the progression of neuropathy. Vitamins such as B-complex (containing B1, B6, B12 and folic acid), magnesium, potassium and vitamin E can be suggested by your health care practitioner. Amino acids such as L-Carnitine, Alpha-Lipoic Acid, and L-Glutamine have been known to reduce symptoms of neuropathy. Medications such as gabapentin (Neurontin), amitriptyline (Elavil), sertraline (Zoloft), lidocaine (Lidoderm) patch, pregabalin (Lyrica) and duloxetine (Cymbalta) can also reduce the tingling, pain and numbness associated with neuropathy. In some situations, dose reductions in the chemotherapy and holding chemotherapy are options for the oncologist to help reduce neuropathy in a patient. Websites that patients may find helpful as a resource for chemo induced neuropathy include www.cancer.org, created by the American Cancer Society, and www.oncolink.org, created by the University of Pennsylvania. Newer chemo-therapeutic agents are also being developed with lesser neuropathic side effects. There is hope for the patient experiencing neuropathy with new drug options, vitamins and supplements, medications and dose adjustments to chemotherapy being available options to the health care practitioner to battle chemo agent induced neuropathy.

Information courtesy of the Cancer Center Pharmacy.

