

NEBRASKA CANCER SPECIALISTS

# FOCUS

## FINDING YOUR BALANCE

Making the most of your  
new “normal” AND getting  
the support you need.

## SURVIVORSHIP

Inspiration from three of  
our amazing friends.

THE SCIENCE  
BEHIND THE  
COMPASSION

NebraskaCancer.com 



NEBRASKA  
CANCER  
SPECIALISTS

# Nebraska Cancer Specialists HOPE Foundation invites you to participate in our annual Skin Cancer Screening Event.

Held at the Midwest Cancer Center – Legacy  
17201 Wright Street Omaha NE 68130

Take advantage of this complimentary skin cancer check performed by dermatologists across the metro. This is your opportunity for a FREE full body skin check! Last year 258 individuals took advantage of the screening. 35% of them were referred for additional evaluation and 24% had a biopsy recommended.

[NebraskaCancer.com/skinscreen](http://NebraskaCancer.com/skinscreen)

Nebraska Cancer Specialists  
**H O P E**  
FOUNDATION

## Letter *from* THE EDITORS

Dear Reader,

Welcome to the first issue of FOCUS Magazine! We are excited and proud of this publication and we're looking forward to sharing it with you. Our goal was to create an educational, factual, lifestyle magazine for those affected by cancer. We enjoyed working with a team of exceptional writers, editors, designers, photographers, and professionals who truly put their heart and soul into this project. We are thankful for their vision and dedication.

At Nebraska Cancer Specialists, we embody our core values daily. We strive to create a culture of respect, integrity, compassion, hope, and excellence for all who walk through our doors. Our culture represents who we are and how we care. We are a family and you in your own individual way are a very important member of it.

This publication was created with you in mind. For those of you indoctrinated into this family – whether as a patient, caregiver, spouse, child, sibling, friend, co-worker or acquaintance, the amount of information can be extremely overwhelming. We focused on sharing resources, ideas, services, and inspiration so that you can remain optimistic, nourished, engaged, and supported.

In this issue, we spotlight some helpful advice from our physicians, featuring Dr.

Tim Huyck, who identifies community oncology and how it benefits you. We also share some great recipes and tips from our nutritionist, helpful questions to ask your doctor, and ways to keep moving. Also, we think you will be inspired by the stories of some of our survivors and intrigued by learning more about Nebraska's first dedicated Theranostics Center.

At Nebraska Cancer Specialists, we believe in our culture. YOU inspire US to continue to provide compassionate care you can trust and deserve. Our hope for you is to continue believing and strive for your own core values. Thank you for taking the time to embark on this journey with us.

Here's to you,

*Kelly and Danielle*

Kelly Horn  
*Physician Liaison*

Danielle Geiger  
MSN, APRN-NP, AOCNP  
*Practice Administrator*





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Nutrition is an integral part of cancer treatment.



M. Salman Haroon, MD, FACP



Stefano Tarantolo, MD, FACP  
Kari Cunningham, MSN, APRN-NP

Nebraska Cancer Specialists has 6 cancer centers in Eastern Nebraska and outreach clinics throughout the region. Providing convenient, community-based cancer care and research is a key component of our mission.

# FOCUS *magazine*




## DISTRIBUTION:

*Focus Magazine* is an internal publication distributed among the community and to outreach clinics across the state of Nebraska.

## CONTENT:

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## COVER:

Ralph Hauke, MD, FAC consults with a patient in our Midwest Cancer Center at Legacy in Omaha.

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# Questions *you should* ASK YOUR DOCTOR

Coming prepared to appointments is key to staying in control of your care. Hearing new information and treatment options can be an overwhelming and intimidating environment to ask questions. Utilize these suggested questions to ask your healthcare team, and bring your notebook to grab detailed information to put your mind at ease and make sure you understand your treatment.

## QUESTIONS FOR YOUR HEALTHCARE TEAM

1. What are the goals of my treatment?
2. What are the risks and benefits of my treatments?
3. Are my treatments covered by insurance?
4. If my treatments aren't covered by insurance, what options are available to help with finances?
5. Where can I find information on clinical trials?
6. Does NCS have any available clinical trials for my type of cancer?
7. When can I get started with my treatment, and how long will it last?
8. What side effects could I have and what can I do about managing them?

## QUESTIONS FOR YOUR DOCTOR AND THE CLINIC

1. Are you board certified as a medical oncologist?
2. How much experience do you have treating my kind of cancer?
3. How do you stay up to date on the latest cancer treatment trends?
4. Will I be able to receive all of my treatments here at this location?
5. Is there an oncology nurse or financial advocate who will be available to help me with education and support?
6. What other services (transportation, nutrition, counseling, support groups, etc.) are available for me and my family?



**Timothy Huyck**  
MD, FACP

I believe that patient care is based upon an honest relationship, focused on communication, respect, and empathy.

**At Nebraska Cancer Specialists we're more than a medical team, we are real people whose lives have been touched by cancer.** I am honored to do everything in my power to help patients during one of the greatest challenges of their lives.”

## ASK THE DOCTOR

**Medical Degree:** Creighton University, Omaha, NE  
**Residency:** Creighton University, Omaha, NE  
**Fellowship:** Northwestern University, Chicago, IL

### Locations:

Midwest Cancer Center – Papillion  
Methodist Estabrook Cancer Center  
Henry Lynch Cancer Center – Bergan

## What is community oncology and why is it a benefit for patients?

Community oncology is typically an oncology practice that is not affiliated with an academic institution. It is best suited to provide convenient patient-centered care that, for many, is closer to home than a large tertiary academic center. Nebraska Cancer Specialists is a community oncology practice that strives to provide the best care possible to you and your loved ones.

## Why is research one of the three pillars of NCS?

The practice of oncology can be a neverending task. The only way we are going to make ground in the battle against cancer is to provide our patients access to clinical trials and that is why we put such emphasis on research at Nebraska Cancer Specialists.

## What do you want patients to know about NCS?

You are the reason we've dedicated our lives to cancer care, prevention and cure. Our fight is a team effort, one that quite often directly involves dozens of people, all with a common goal...help improve your quality of life.

# HELPING SURVIVORS THRIVE



At Project Pink'd, the survivors we impact become part of our family.

**OUR MISSION:** From the moment of diagnosis through end of life, **Project Pink'd, Inc.** provides tools, resources and a strong network to strengthen and renew the mind, body and spirit of breast cancer survivors in Nebraska and Western Iowa.

Helping Hand Financial Grants  
Complimentary Survivorship Programs  
Survivor Connections



PROJECTPINKD.ORG

4089 SOUTH 84TH STREET #108  
OMAHA, NE 68127 • 402.905.0691  
INFO@PROJECTPINKD.ORG

## Brian's Survival Story:

### "YOU'VE GOT TO DO THE WORK"

#### I CAME HOME TO FIGHT!

Brian Houlihan was living and working in Costa Rica when he developed melanoma. He thought he had caught it early enough, but when it spread to his lymph nodes, he traveled more than 3,100 miles home to the States to have the cancerous tissue surgically removed.

"I was just saying to myself, 'Okay, fight this, get going,' but a year and half in and the scans just weren't improving."

#### UNEXPECTED NEWS

Here in Omaha, Brian underwent additional surgery, as well as radiation treatment. Although his physicians could find no evidence of disease at that point, Brian continued to explore options to prevent its recurrence.

During a standard physical for those considering clinical trials, he underwent a variety of tests, including a brain MRI. "I was driving home and I got a call asking me if I was experiencing any dizziness or blurry vision. When I said 'no' they told me there was a tumor in a particular part of my brain."

"That was my panic moment," Brian recalls. "I pulled over on the side of I-80 for about five minutes. I had some deep breaths."

#### ALWAYS MOVING FORWARD

Determined to stay positive, Brian began learning everything he could. "There's a couple of websites that list clinical trials," he explained, "and you've got to go in there and do your homework because you have to see where you fit."

Brian then worked with Dr. Ralph Hauke at NCS and enrolled in a clinical trial at Nebraska Cancer Specialists for immunotherapy – a treatment best

described as training your body to fight the disease with its own cells.

Then, every three weeks for two years, Brian left his Old Mill office at The Lerner Company, and spent the afternoon at Nebraska Cancer Specialists receiving the trial medication via IV. He was fortunate to experience only minimal side effects, so he was able to return to work the next day.

#### IT TAKES A VILLAGE

From the moment he returned to Omaha, Brian leaned on his parents, his five siblings and other relatives to get him through cancer's challenges. "I immediately moved in and stayed with my sister," he recalls, "and my Grand Pop pulled me back up as I came out of my surgery."

Brian also reached out to others. He says networking, meeting with physicians, asking people for referrals was invaluable to him.

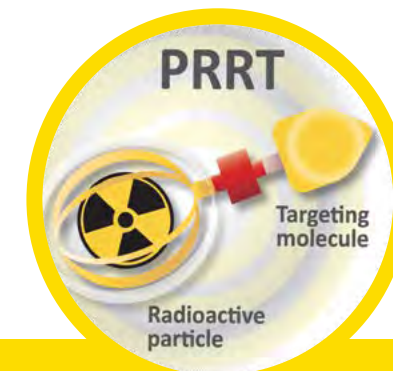
*"When I was trying to find my doctor, it was really about 'who am I comfortable with when I meet them?'"*

Today, a year after completing the trial treatment, Brian is cancer free. He continues to receive personalized care and check-ups through Nebraska Cancer Specialists. More than anything, he's thankful, grateful for the "phenomenal care" he received and happy to enjoy days with his family and his Belgian Malinois pup, Nola.





# Nebraska's **FIRST DEDICATED** THERANOSTICS CENTER



Theranostics is a new field of medicine combining targeted therapy based on a targeted diagnostic test. With a focus on patient-centered care, theranostics provides a transition from conventional medicine to contemporary personalized medicine.

The **therapy component** focuses on individualizing treatment by targeting therapy to an individual's specific disease and administering the therapeutic agent to targeted sites of the disease which allows for higher doses administered safely to the site without significant exposure to normal tissue.

The **diagnostic component** determines and defines the type and extent of the disease which allows decisions to be made on the timing, quantity, type of drugs, and choice of treatment options. This information allows decisions to be made on timing, quantity, type of drugs, and choice of treatment options, as well as helping to evaluate a patient's response to treatment.

## WHAT IS PEPTIDE RECEPTOR RADIONUCLIDE THERAPY (PRRT)?

- Theranostics uses PRRT, a treatment that uses targeted radiation to kill cancer cells from within. It is a form of nuclear medicine.
- PRRT is comprised of a targeting molecule that binds to specific receptors (somatostatin) on the tumor cell surface and a radioactive particle that can kill the tumor cell.

- LUTATHERA® (lutetium Lu 177 dotatate) is the first FDA-approved PRRT.

## WHO MAY BENEFIT FROM PRRT?

- Adults with gastroenteropancreatic neuroendocrine tumors (GEP-NETs) that test positive for somatostatin receptors.

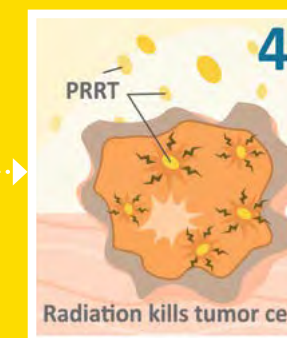
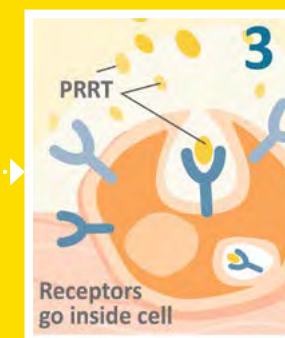
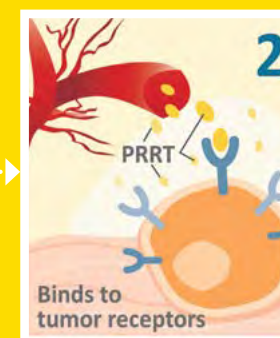
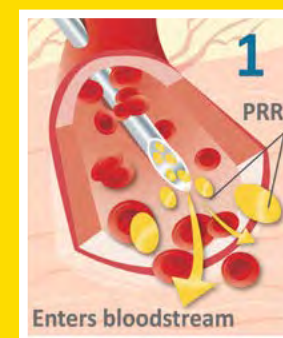
## WHY WOULD MY DOCTOR PRESCRIBE PRRT?

- PRRT enables doctors to treat multiple GEP-NETs at the same time.
- Studies have shown that PRRT may help slow down tumor growth.

**Samuel Mehr, MD**  
Nuclear Medicine Physician



## how PRRT works



## HOW IS PRRT ADMINISTERED?

- PRRT is administered through an IV infusion. A course of treatment typically includes four administrations, given eight weeks apart.
- Before and during each PRRT treatment, you will also be given amino acids to protect your kidneys from absorbing radiation, and medication to help with potential nausea and vomiting during treatment.
- Each treatment will take several hours and you should be prepared to spend most of the day at the treatment center. You may want to invite a family member or friend to keep you company, unless the treatment center has any specific restrictions.

## WHEN IS PRRT ADMINISTERED?

- PRRT may be administered when surgery is not an option or when other treatments are not effectively slowing down tumor growth.
- Your doctor will determine if PRRT (LUTATHERA) is appropriate for you by using a gallium 68 dotatate PET/CT scan to confirm that your tumors have the necessary receptors.
- Before PRRT can be administered, it is necessary to test that you are eligible for treatment based on blood, kidney, and liver function.



# Nebraska Prostate Cancer Alliance

## Our Mission

- Provide FREE PSA Tests to men over 40
- Raise the awareness of prostate cancer
- Hold events educating men why early detection is important

**OVER NINE YEARS, CRUISIN' FOR A CURE / NEBRASKA PROSTATE CANCER ALLIANCE HAS PROVIDED OVER 1,700 PSA TESTS.**

**FIND OUT MORE AT [nebraskapca.org](http://nebraskapca.org)**



# Clinical TRIALS

**WHEN A PATIENT IS DEEMED ELIGIBLE FOR A PHASE 1 TRIAL, THEY EXPERIENCE AN ADDED LEVEL OF CARE.**

On average, our patients have access to over 100 active clinical trials, more than any other facility in Nebraska. These trials offer patients innovative treatments that may not be available outside the trial, thus providing access to cutting edge treatment options.

For those trials launching at NCS, being a community oncology practice adds a further advantage in that our review board can open a trial in a very short period of time. This can be extremely crucial to those patients who may be running out of options and looking to participate in earlier phase studies.

**NEBRASKA CANCER SPECIALISTS IS ONE OF THE ONLY COMMUNITY ONCOLOGY PRACTICES IN THE COUNTRY TO OFFER AN ARRAY OF PHASE 1 TRIALS.**

Phase I trials generally evaluate the safety of a new drug or new combinations of drugs. Typically

they involve a small number of patients for whom standard therapies have proven ineffective and seek to determine a safe dose level and obtain a preliminary assessment of effectiveness. Patients benefit from a range of trials that would typically only be found at large academic research centers, but offered in the convenience and personal care of a private practice.

Our robust Research Department is helping advance cancer research, while offering hope to patients fighting the toughest battles. Through phase I trials, we are able offer first ever access to clinical trial treatments and therapies. Our research department has experience in delivering first-in-human drug trials, including studies in which we have treated the first patient ever with new drugs.

When a patient is deemed eligible for a phase 1 trial, they experience an added level of care. In addition to our standard oncology team of physicians, APPs and nurse case managers, patients in phase I trials will be working closely with our Research Team.





## CLINICAL TRIAL FAQs

### Why participate in a clinical trial?

Participants in clinical trials can play a more active role in their own healthcare, gain access to new treatments before they are widely available, and help others by contributing to medical research.

### What happens during a clinical trial?

The clinical trial process depends on the kind of trial being conducted. The clinical trial team includes doctors and nurses, as well as other healthcare professionals. They check the health of the participant at the beginning of the trial, give specific instructions for participating in the trial, monitor the participant carefully during the trial, and stay in touch after the trial is completed. Some clinical trials involve more tests and doctor visits than the participant would normally have for an illness or condition. For all types of trials, the participant works with a research team. Clinical trial participation is most successful when the protocol is carefully followed and there is frequent contact with the research staff.

### What should people consider before participating in a trial?

People should know as much as possible about the clinical trial and feel comfortable asking the members of the research healthcare team questions about it, the care expected while in a trial, and the cost of the trial. The following questions might be helpful for the participant to discuss with the healthcare team. Some of the answers to these questions are found in the informed consent document:

- *What is the purpose of the study?*
- *Who is going to be in the study?*
- *Why do researchers believe the experimental treatment being tested may be effective?*
- *What kinds of tests and experimental treatments are involved?*
- *How do the possible risks, side effects, and benefits in the study compare with my current treatment?*
- *How might this trial affect my daily life?*
- *How long will the trial last?*



Read more at [NebraskaCancer.com](https://www.NebraskaCancer.com)

## Lesley's Survival Story:

### "CANCER PICKED THE WRONG GRANDMA"

#### A COUGH THAT WOULDN'T GO AWAY

In the fall of 2016, Lesley Dean developed a persistent cough and couldn't seem to kick it. At first, she wondered if it something to do with her asthma, which she had managed successfully for decades.

A visit to her pulmonologist to look into it further set in motion a year-long healthcare journey that eventually led to a grimmer diagnosis – Stage I cancer in the left upper lobe of her lungs.

"When they went to do the biopsy, I told them to take it out right then," remembers Lesley. "I didn't want to wait and have another surgery."

#### "HE EXPLAINED THINGS IN SIMPLE TERMS"

After the surgery, Lesley began working with Dr. Nagendra Natarajan, an experienced medical oncologist on the NCS team. He immediately put her at ease. "He explained my disease and treatment in simple terms, so I understood everything."

CHI navigators took notes during Lesley's appointments with Dr. Natarajan so she could take important information home with her to discuss with her family.

Lesley then began chemotherapy at Nebraska Cancer Specialists but struggled significantly with the treatment's side effects. "I was so sick and weak. I had to take a barf bag with me when I left the clinic."

She finally found relief when Dr. Natarajan, the medical oncologist on the NCS team, and another local physician determined that the nausea was being caused by the chemotherapy's interaction with a fungal infection in Lesley's lungs.

#### LETTING GO, BUT NEVER GIVING UP

During her months-long treatment, Lesley had a port installed so her IV chemotherapy could be safely and easily administered. "It was one of those things – being willing to let go," she explained.



She also let go of her hair as it began to be affected by the chemotherapy. She still remembers the kindness and compassion her stylist displayed as she shaved Lesley's head. "She was so compassionate as she helped me. She told me it would grow back."

Although she was vulnerable, Lesley found that working – at Omaha Public Schools and at a part-time summer job – helped. "The routine and structure helped me," Lesley explained. "It made me feel like I wasn't giving up." She also found valuable support from a co-worker, who also was diagnosed with cancer, and who became her "cancer buddy."

#### "I TRY NOT TO FOCUS ON WHY."

Even though she is cancer-free today, a day never goes by when Lesley forgets her journey. As part of her forward focus, she tries to not dwell on why she developed cancer, but instead, she works to stay present and positive.

Her advice to those who are recently diagnosed or undergoing treatment is simple: "Have faith and go into it with a positive attitude." She credits her family, especially her two grown daughters, and her grandchildren, for the incredible emotional and practical support they provided to her during her treatment.

You can hear the smile in her voice as she describes a favorite family memory: "The kids and grandkids all wore t-shirts that said 'Cancer picked the wrong Grandma!'"



# Finding *your* Balance

## WHAT DOES BALANCE MEAN TO YOU?

Is it as simple as finding time for work, family and fun? Spending time in alignment with your values? Or is balance really just doing our best – and being our best – when we encounter life’s highs and lows? If you’re not sure what balance looks like when you’re living with cancer read on and see what ideas resonate with you.

### FIND A ROUTINE

When you’re living with cancer, many things fall outside of your control. That’s why it can be helpful to establish a routine characterized by both structure and flexibility. Daily routines that resemble your pre-diagnosis schedule and include activities like work or volunteering, family meals, and having your cup of joe in the morning, can help your confidence and determination for your cancer journey and often keep you connected to the world at large.

*“One of the biggest impacts cancer has on someone is change of lifestyle. That impact comes in various forms, but inevitably, it will change (at least temporarily) some of the activities you can do, and how much energy and time you can spend doing them. Finding the right balance is very important.”*

**Kirsten Leu, MD, FACP**

Make sure whatever routine you establish has room for flexibility. While it may not seem intuitive, expecting the unexpected puts you in the driver’s seat when “life happens.”

Flexibility in your routine is important – extra time and space can be devoted to the things that make you happiest. Whether that’s sharing knock-knock jokes with the grandkids, cooking with your partner or simply taking the time you need to take stock of what’s going on in your life and how you want to respond to it all.





## REACH OUT

Even though the statistics tell us that millions of people have cancer, it can be easy to feel alone when you're diagnosed or being treated for the disease. The changing dynamic in your friendships or within your family, as individuals take on new responsibilities and give up others, can cause both patients and caregivers to pull away from each other, or trigger frustrations.

The best way to get back to a more centered place in any relationship is to talk about the issues that are happening. Talk to each other. Talk to a trusted friend. Talk to your Nebraska Cancer Specialists Nurse Case Manager. Talk to a clergy person or a licensed therapist. These conversations allow feelings to be expressed and you can discover, together, a new way to navigate the difficult emotions you are experiencing.

## WORK OUT

Today, leading cancer research physicians know that not only is exercise during cancer treatment safe, it's also good for you in a number of different ways to keep your life in balance. Exercise has the potential to speed up your return to your usual activities, improve your overall quality of life, and may even help you manage common side effects of treatment. For example, low-intensity exercises done in short, frequent sessions, will help maintain strength and fitness – which, in turn, can counteract feelings of fatigue.

The Nebraska Cancer Specialists team offers a variety of Movement for Longevity classes (see [NebraskaCancer.com/movementforlongevity](https://NebraskaCancer.com/movementforlongevity) for more information) that work for everyone, no matter what your age or fitness level. Some like Tai Chi and Sunrise Yoga involve stretching and

mind-body practices, while others like Aquatics or Strength Training and Balance combine movement and resistance to help you build and tone muscles.

Even if you haven't exercised before, these classes all let you start small and build your physical condition from the ground up.

## IT'S AS UNIQUE AS YOU

The team at Nebraska Cancer Specialists knows that your balancing act is uniquely



yours. We also know that how you find, and what's more, experience that state, after diagnosis, during treatment and while living with cancer is what can bring you joy you never thought possible.

“Movement, optimism, routine, and support are all integral components of taking care of yourself. At Nebraska Cancer Specialists, we provide services outside of treatment, using best practices, adaptations and communication to meet a patient's unique needs.”





## Movement for LONGEVITY

**Movement for Longevity classes focus on low-impact, slow, gentle movements. They are intended for individuals at all stages of life, regardless of fitness level. Below is a list of class offerings.**

**Tai Chi:** Performed in a slow, rhythmic, continuous motion which relaxes the body and helps promote blood circulation, and improve balance and posture. You will notice strengthened muscles and joints while developing concentration and awareness, relieving pain, fatigue, tension and stress.

**Strength Training and Balance:** This low-impact strength training class combines movement and resistance for maximum results. This class will target muscle-building, balance and core strength by utilizing resistance bands, Pilates balls, and your own body weight! Chairs are available as needed for ease and comfort.

**SilverSneakers Classic:** SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use their own body weight, hand-held weights, elastic bands, and Pilates balls.

Oftentimes, a chair is used for seated exercises or standing support.

**Sunrise Yoga:** In the Yogic discipline, the morning is considered a “divine time” and when an individual’s spiritual energy is at its peak. Clarity and creativity are benefits of a sunrise yoga session to prepare you for the day ahead.

Awaken your body, bring peace of mind, and energize yourself through a series of stretches, basic yoga poses, and open heart postures. We have yoga mats, however if you are more comfortable with yours, please feel free to bring it!

**Aquatics at Lakeside Wellness Center:** Strengthen and build muscle with a shallow water exercise class designed to give you a complete workout. Each class includes cardio, strength and flexibility.

Take advantage of the natural resistance of water, which is 12 times the resistance of walking on land with this total body workout. All fitness levels welcome. **Try it out, you’ll love it!**

Locker room amenities are available including showers, towels, and toiletries.

## Integrative Services Occupational Therapy

Therapy services help you participate in the daily activities you find meaningful and purposeful. Specially-trained practitioners have the knowledge and skill to help mitigate the potential effects of treatment using individualized treatment plans.

Our goal is to improve quality of life by providing high-quality therapy services throughout the continuum of care. While you are undergoing treatment, therapy can help maintain physical well-being and reduce discomfort. After treatment, therapy can help you regain function and strength.

Occupational Therapy can address the needs at each stage of your treatment and survivorship. •



### AN OCCUPATIONAL THERAPIST CAN:

- **Assess** the impact of pain, neuropathy, fatigue, shortness of breath, chemo-fog, and other symptoms you might be experiencing and work to improve self-care, work, and leisure activities to the best of your ability
- **Assist** with energy conservation techniques and provide home exercise programs
- **Teach** relaxation and stress management techniques
- **Explore** lymphedema services such as compression garments and manual therapy
- **Address** any challenges you might be experiencing with meal and drink preparation and explore alternatives.
- **Identify** whether equipment and environmental changes are needed to meet your needs (bathroom equipment, walker, wheelchair etc.).



# The Science Behind Our *Compassion*

Delivering personalized cancer care takes a strong foundation

## DOES CARING COME FIRST? OR DOES SCIENCE?

At Nebraska Cancer Specialists, we tend to think the consideration and warmth that our patients and family members experience is actually made possible by the state-of-the-art science upon which our practice is built.

Patients can actually see that science in action every time they step through our doors, as they interact with several key parts of our practice, including:

### MEDICALLY INTEGRATED OUTPATIENT PHARMACY

Cancer care today is undoubtedly complex, with a growing number of oral and IV medications being prescribed for patient care. Fortunately, NCS took steps to combat this complexity years ago, establishing one of the country's first and only in-house medically integrated pharmacies. Medically integrated pharmacies coordinate deliveries of prescriptions within the practice through one central location and also supervise any prescriptions that must be filled by outside services.

At NCS, nurses, as well as patients appreciate that the connected, streamlined pharmacy services result in patients receiving clear communication at the outset of treatment and more follow-up communication about the regimens designed to

help them become cancer-free or to extend their lives.

Samantha Young, RN, BSN, who serves as a Nurse Case Manager, said nurses and physicians reference notes from the practice's unique pharmacy in their interactions with patients and those notes are included as an important entry in each patient's Electronic Medical Record (EMR).

Young added that "the pharmacy team also follows up with patients regarding certain side effects after a specific amount of days on therapy and they let us know by documenting and calling us for significant issues. So, it really helps us as nurse case managers."

### THERANOSTICS CENTER

When you combine therapy with diagnostics, you get theranostics, an entirely new field of medicine. Theranostics uses a targeted diagnostic test to determine and define the type and extent of cancer that a patient has and to enable an equally targeted therapy to combat it. Nebraska Cancer Specialists is at the forefront of this new scientific approach with Nebraska's first dedicated Theranostics Center.

According to Dr. Sam Mehr, a nuclear medicine specialist, theranostics stands out as much for what it doesn't do – as what it does accomplish. **"Now we have a highly targeted therapy that will attack the tumor directly," he explained, "without adversely affecting the surrounding tissues of the body."**

In simplest terms, theranostics is a way to deliver targeted radiation directly to cancer cells and kill them from the inside. The specific amount of radiation delivered and the specific delivery sites are personalized to a patient's specific disease. This helps protect nearby body tissue so it doesn't suffer from exposure to the radiation.

Working in collaboration with patients' referring physicians, the NCS team of cancer specialists uses theranostics to make critically important decisions about what a patient's treatment plan should specifically entail – what are the treatment options, what type of drugs will be used, how much medication will be involved, and how a patient is expected to respond to the treatment.



# MOLECULAR TUMOR PROFILING

It's been said that information is power and one of the newest ways that our expert physicians help empower patients is to better assess their options through the process of tumor profiling, NCS uses a molecular tumor profiling service to pinpoint specific genetic aspects and the molecular makeup of a patient's tumor so they can be targeted with the appropriate therapies. The targeting process involves attacking the distinct attributes of a tumor that allow it to grow and spread in such a way that the patient responds better to his or her treatment plan.

Tumor profiling like the kind done at NCS is an alternative to the one-size-fits-all approach to cancer treatment. With this type of profiling service, our physicians have another tool they can use to provide even more personalized care to patients who may have a rare, aggressive or advanced cancer, or who have disease that has not responded well to previous treatments.

# CLINICAL TRIALS

One of the places you'll see science taking place daily at Nebraska Cancer Specialists is in our Research Department, which is the region's largest for community oncology centers. We're proud that, on average, NCS patients have access to more than 100 clinical trials, which is significantly more than any other facility in the state.

One NCS patient, Brian Houlihan, participated in a clinical trial using immunotherapy to treat his diagnosis of melanoma that began at Stage II but which metastasized later to his lymph nodes and to his brain. Houlihan remembers being shaken when he received the news about the tumor

in his brain but then taking a deep breath. "I thought, 'alright, I've got to move forward,' and that's what led me into my treatment," he said.

At NCS, clinical trials range from Phase I exploratory studies through Phase IV trials for cancers of the prostate, kidney, lung, skin, breast, GI tract and more. Each trial provides patients with access to cutting-edge treatments close to their homes. Plus, as a community oncology center, if trials are launching at NCS, the review board can open a trial quickly. This is crucial for patients and family members who seeking timely treatment options to extend their lives and overcome their disease.

# INTEGRATIVE MEDICINE

Cancer and the treatment of cancer can significantly impact patients on a number of different physical and emotional levels. During treatment, some patients may experience few side effects, but others may encounter symptoms such as nausea, neuropathy, balance issues, or loss of appetite. NCS takes a holistic view of the patient's needs and offers integrative cancer care that treats the disease and helps patients manage their well-being during and after treatment.

Specifically, Nebraska Cancer Specialists makes the following integrative care available in-house to complement its oncology services:

- **Occupational Therapy Services** that help patients continue participating in the activities that give meaning to their lives.
- **Mental Health Services** that provide the place and space necessary for patients to focus on your emotional well-being, which is essential to the success of their physical well-being.
- **Genetic Counseling Services** designed to provide patients and families with information about their inherited risk of specific cancers; education about what the results of genetic tests mean; and support as they come to terms with test results and communicate with family members.
- **Dietitian Services** staff serve as liaisons with the patient's oncologist and design personalized nutritional plans that help patients meet goals for calories, protein and fluid and help them navigate possible side effects through their diets.

Even though they may not be the first thing you notice when you walk in our doors, all of these processes and practices represent the science behind our compassion. It's when we put them into practice, through our community oncology care, that they set into motion the compassion for which we're known.







## OUTPATIENT *Pharmacy*

### how it works

**An Oncology Certified Pharmacist will contact you to discuss oral treatment and will address:**

- The purpose of the medication
- Proper storage and handling of the medication
- How to take the medication and the importance of taking your medication as prescribed
- Common and rare side effects and how to manage them
- Potential interactions with other medications you are taking

**The outpatient pharmacy provides excellent service and convenience for patients by offering oral oncology medications.**

The pharmacy team works with your medical oncologist, advanced practice provider and nurses to ensure safe medication use. It is our goal for you to receive oral cancer treatment as quickly and cost-effectively as possible.

**After the initial contact, you will receive a follow up phone call to:**

- Check if you are taking the medication and if you have missed any doses
- See if you are experiencing any new or worsening side effects

### INSURANCE BILLING

Oral cancer treatment can be costly. We work diligently to secure insurance approval, however out-of-pocket costs may remain high. In order to provide the most cost-effective option, we explore alternative co-pay and patient assistance resources.

### HOW TO RECEIVE YOUR MEDICATION

Medications can be mailed to your door free of charge (signature is required), or we can coordinate pick-up at one of our locations. You may choose to pick-up your medication directly from Nebraska Cancer Specialists Outpatient Pharmacy located in our Legacy clinic at Midwest Cancer Center. For your convenience, a couriered delivery method can be set up, as well.

### REFILLING YOUR MEDICATION

We will call you to begin the refill process one week in advance of you needing it. Keep in mind that it can take a couple of days to process your prescription. We will notify you when your prescription is ready to coordinate delivery and/or pick-up.

## FAQS

### How to place a prescription order

Prescriptions can be ordered by calling NCS Outpatient Pharmacy at 402-691-5102 or toll-free at 844-254-8552. A member of our pharmacy staff will be happy to assist you in processing your order. Patients may also choose to leave a voicemail when calling after pharmacy business hours. When leaving a message, it is requested that you leave your name, date of birth and prescription number.

### How to access medications in case of an emergency or disaster

The pharmacy will advertise closing of the pharmacy due to accident, natural disaster or interruption in utility services. In the event of an emergency or a disaster, pharmacy staff will coordinate care with providers and patients to ensure that a pharmacy of the patient's choice will be contacted to fill his/her medication. For specialty and limited access prescriptions, NCS Outpatient Pharmacy will partner with a secondary (local) and tertiary (non-local) specialty pharmacy. The tertiary specialty pharmacy will be located outside of the state of Nebraska if an accident, natural disaster or interruption of services affects other pharmacies within the same region as NCS Outpatient Pharmacy.

### How to check on a prescription status

Patients wishing to check status may call the pharmacy during regular business hours for an update. NCS Outpatient Pharmacy will provide regular updates to its patients with regard to prescription status.



**Read more at [NebraskaCancer.com](https://www.NebraskaCancer.com)**



A caregiver is the person who most often helps the person with cancer and is not paid to do so. Professional care providers are paid to give care. They tend to have more limited roles, and are not discussed in detail here.

Caregivers may be partners, family members, or close friends. Most often, they're not trained for the caregiver job. Many times, they're the lifeline of the person with cancer.

Caregivers have many roles. These roles change as the patient's needs change during and after cancer treatment. Today a lot of cancer care is done in outpatient treatment centers and doctors' offices. This means that sicker people are being cared for at home.

As a caregiver, you have a huge influence – both positive and negative – on how the cancer patient deals with their illness. Your encouragement can help the patient stick with a demanding treatment plan and take other steps to get well, like eating healthy meals or getting enough rest.

## CAREGIVERS ARE PROBLEM SOLVERS

The person with cancer faces many new challenges. As the caregiver you can help the patient deal with these challenges and get through any problems that come up.

For example, suppose the patient's white blood counts drop, they develop a fever, and as a result, need to be in the hospital. This can be very upsetting and may be seen as a setback by the family and the patient. The caregiver can:

- Help address their concerns by pointing out that the patient will need to be in the hospital for only a short time until antibiotic treatment has the infection under control.
- Make sure that the patient has everything they need while in the hospital, including doctor's prescriptions for non-cancer related medicines taken at home, such as thyroid or blood pressure medicine.
- Call all the doctors involved in the patient's care and tell them about the infection and that the patient is in the hospital.
- Check that arrangements have been made for the patient to stay on the antibiotics at home or as an outpatient after leaving the hospital. If daily visits to the outpatient clinic for IV (intravenous) antibiotics are needed, the caregiver can coordinate people to help the patient get there and back each day.

These kinds of tasks may be too much for the patient to tackle while fighting infection. This kind of help is valuable. It's a reassuring sign for the patient that this short-term problem can be managed and solved.

## The Role of the CAREGIVER

### CAREGIVERS TAKE CARE OF DAY-TO-DAY TASKS

There are other day-to-day tasks a caregiver might do. Here are a few things caregivers might help the person with cancer do, or in some cases even do for them:

- Shop for and prepare food
- Eat
- Take medicines
- Bathe, groom, and dress
- Restroom assistance
- Clean house and do laundry
- Pay bills
- Find emotional support
- Get to and from doctor's appointments, tests, and treatments
- Manage medical problems at home
- Coordinate cancer care
- Decide when to seek healthcare or see a doctor for new problems

All of this work costs caregivers time and money. There may also be a cost to the caregiver's health and well-being, but often the caregiver just keeps doing what needs to be done and may suffer in silence.

You may be glad to put the well-being of the person with cancer above your own well-being. And your love for this person may give you the energy and drive you need to help them through

this difficult time. Still, no matter how you feel about it, caregiving is a hard job! And many caregivers are there for their loved one 24 hours a day for months or even years.

### CAREGIVERS INVOLVE THE PATIENT

Good communication with the person you are caring for is the most important part of your role. It may be hard for the patient to take part in daily planning and decision-making because they're dealing with the physical, emotional, and social effects of cancer and treatment. Your job is to involve the patient as much as possible, so they know they're doing their part to get better. Here are some things you can try to do to keep the patient involved:

- Help them live as normal a life as possible. To do this you might start by helping them decide what activities are most important.
- Encourage them to share feelings and support their efforts to share. Listen and let them talk. You might want to share how you're feeling, too.
- Let the patient know you're available, but don't press issues. You may want to do it for them, but don't. Let them decide when they need help.
- Remember that people communicate in different ways. Try sharing by writing or by using gestures, expressions, or touch.
- Take your cues from the person with cancer. Some people are very private while others will talk more about what they're going through. Respect the person's need to share or his need to remain quiet.
- Be realistic and flexible about what you hope to talk about and agree on.
- Respect the need to be alone. Sometimes, we all need time alone – even you.

*Article content originally published by The American Cancer Society medical and editorial content team on June 6, 2016. For more information, visit [www.cancer.org](http://www.cancer.org).*



“Our palliative care clinic encourages patients to set goals and continue living their life doing what they enjoy. I’m continually amazed at the bravery and optimism of our patients and I feel blessed to care for them during this time in their lives.”

– Billie Theel, MSN, APRN-NP

# Palliative Care Clinic

*Nebraska Cancer Specialists Palliative Care Clinic provides specialized care for patients experiencing serious illness. After assessing a patient’s physical and emotional needs, our medical oncology care team designs a plan with a goal to prevent and relieve symptoms of disease and treatment.*



## Where do I receive palliative care?

Palliative care is provided in the Nebraska Cancer Specialists Palliative Care Clinic, area hospitals, and through home healthcare services.

## Does insurance pay for palliative care?

Most insurance plans pay for the care, including Medicare and Medicaid sponsored healthcare plans. If you have concerns regarding the cost of care, please notify your medical oncology care team.

## Who provides palliative care?

Palliative care is provided by a medical oncology care team and is customized to meet the needs of each individual patient. The medical oncology care team includes a medical oncologist, palliative care nurse practitioner, nurse case manager, and medical assistant. Depending upon a patient’s care goals, the team may also include a social worker, occupational therapist, mental health provider, dietitian, chaplain, treatment nurses and other specialists.

## Will I continue to see my oncologist and primary care provider while receiving palliative care?

The palliative care team works to optimize patient outcomes in partnership with each patient’s oncologist, primary care provider, and any other specialized physicians or advance practice professionals who are currently treating the patient. The palliative care team serves as an extra layer of support for each patient and his or her family.

## How do I know if I would benefit from palliative care?

The palliative clinic benefits patients who experience symptoms of serious illness, their caregivers, and families. The clinic is designed to assist with pain, nausea, vomiting, fatigue, diarrhea, constipation, confusion, neuropathy, hair loss, shortness of breath, anxiety, depression, financial concerns, caregiver stress, emotional stress, dietary needs, decision-making, advanced directives, and living wills.

## How do I get palliative care through Nebraska Cancer Specialists?

Speak with your physician, Advanced Practice Provider, Nurse Case Manager, or treatment nurse for a referral to the palliative clinic.

# MENTAL HEALTH

Meeting with our therapists will offer you a “safe place” to nurture your spirit and begin to heal the challenging emotional effect of the cancer journey by focusing on healing and emotional wellness.



Wellness of our minds and emotions are an important part of the cancer journey. Your Nebraska Cancer Specialists team offers Individualized Integrative Strategies to help you be the strongest YOU in your journey with cancer.

You may also address life challenges including chronic illness, physical injury, and the countless obstacles that often come with cancer.

## STRATEGIES AND TECHNIQUES USED

- Emotional Support
- Information processing and decision-making
- Hypnosis
- Progressive Relaxation, Guided Imagery, Meditation
- Mindfulness Techniques

## BENEFITS OF THERAPY

- Identify the effects of anxiety and depression
- Reduce feelings of worry and fear
- Cope with stress and feeling overwhelmed
- Assist with adverse effects of cancer treatment, including pain, fatigue, brain-fog, and nausea
- Improve quality of life and hopefulness
- Work through decision-making and mental clarity
- Learn healthy coping strategies
- Help YOU be the best YOU



**Listen to our podcast on  
Mental Health at  
[NebraskaCancer.com/podcasts](https://NebraskaCancer.com/podcasts)**



A genetic counselor can help you and your family understand your inherited cancer risk. Inherited cancer risk may be passed from parent to child. A genetic counselor explains available genetic tests and what they mean. He or she can also offer information about cancer screening, prevention, and treatment options, and provide support.



# GENETIC *Counseling*

**Genetic counselors are trained to advise you about:**

- Your risk of developing specific types of cancer based on your family history
- Genetic tests that can give you more information about your risk
- The testing process and the limitations and accuracy of genetic tests
- Emotional and psychological consequences of knowing the test results
- Cancer screening, prevention, and monitoring options
- Diagnostic and treatment options
- How to talk with your family members about cancer risk

## PREPARING FOR YOUR APPOINTMENT

You can get more out of your appointment if you have more information about your family's cancer history. Helpful information includes:

- A list of family members with each person's current age or age at the time of death and cause of death. (parents, siblings, children, aunts, uncles, nieces, nephews, grandparents, and cousins on both sides of your family).
- Information on specific types of cancer that have been diagnosed in the family.

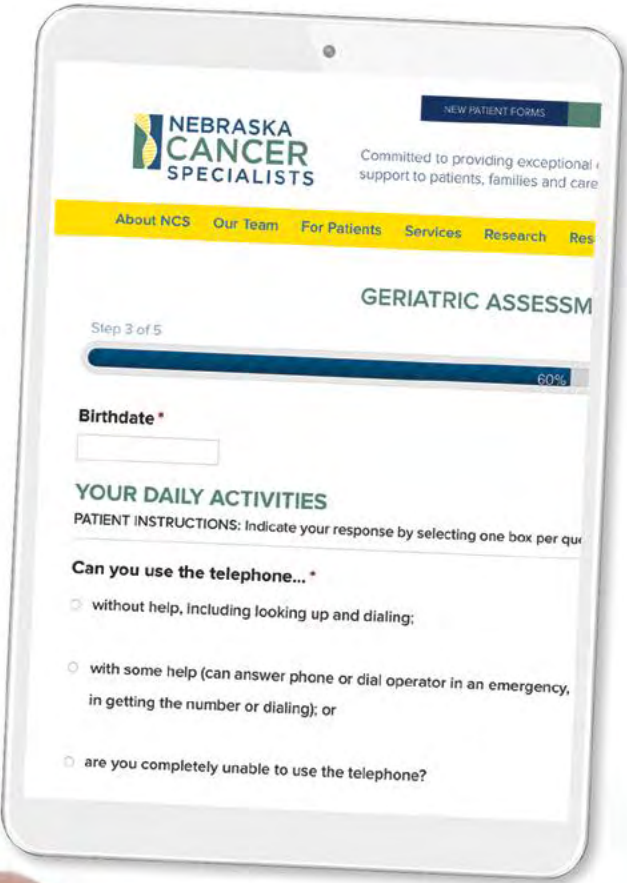
Although having this information is very helpful, it is not necessary. You should not avoid coming to your appointment just because you do not know a lot about your family history.

When coming to the appointment, consider taking someone with you. This could be a family member or friend, depending on your preference. A lot of information will be discussed and another person can help you listen and think of questions. If you choose to bring a family member, that person may also be able to provide information about your family history.

# GERIATRIC *Assessment*

The geriatric assessment given to patients 70 years and above allows the NCS care team to assess the well-being of a patient prior to any treatment. The goal of the assessment is provide a thorough analysis of all services the patient could benefit from including occupational therapy, mental health and a medication review. The free assessment covers:

- Daily Activities
- Health Rating
- Medications
- Falls
- Current Health
- Nutrition
- Social Activities
- Spiritual/Religion
- Feelings



**Take the  
assessment at  
[NebraskaCancer.com](https://www.NebraskaCancer.com)**





# Rik's Healing Path:

**"WITH MY DOCTORS AND MEDICAL TEAM LEADING THE WAY, I FORMED MY ROLE AS A PATIENT."**

## "IT TAKES COURAGE"

Rik Bonness remembers when his life changed for the better. He found an oncology team as engaged in his healing as he was. Ironically, it happened as he experienced a recurrence of prostate cancer.

"It takes courage to create your team in the context of fear and uncertainty," he explains. "I found a medical team who had confidence in themselves, and in me as a contributing team member," he says. "They responded to my questions and concerns with expertise, thoughtfulness and encouragement. We built trust through collaboration, each of us fulfilling our role."

## WORKING AT WELL-BEING

Today, five years after he was first diagnosed, Rik's team at Nebraska Cancer Specialists detects no evidence of cancer. It's a state Rik reached after surgery, chemotherapy, radiation and hormone therapy. Rik recognizes his health and good fortune is also a path of continuing risk.

Rik first credits treatments by his doctors and medical team. He also believes a vegetable-heavy diet, fasting, high-intensity workouts, acupuncture and chiropractic treatments, meditation and yoga, and faith all play a role in his healing and well-being.

## "I'VE MET SO MANY INCREDIBLE PEOPLE"

Rik's medical team, including oncologist, Dr. Ralph Hauke, and his nurse case manager, Ashley White, RN, BSN, OCN, are at the top of Rik's long list of people who have helped him. First, in treating his cancer and, today, in continuing to guide his healing path. He holds the highest respect and admiration for them.

On par with the expert medical care he received, Rik's family and friends provided emotional support. He shared how dear friends took a week off from work and traveled with him to the Mayo Clinic, where he had surgery to remove his prostate.

In addition, colleagues and friends who had experienced prostate cancer – including some then in treatment – reached out with both knowledge and a listening ear.

"They all were incredible," he says. "I hope every patient finds such loving and caring people."

**"Things can change, treatments can emerge. Medicine is changing so dramatically for the better."**

## MEDICINE IS CHANGING FOR THE BETTER

New and better medical treatments are advancing at an increasing speed. "Doctors and researchers are dramatically improving the healing path for cancer patients."

For example, a radiation treatment that Rik underwent a few years ago took 15 minutes per session. Three years later, with new technology, the same radiation treatment now takes less than five minutes, exposing patients to less radiation while providing more precise treatment.

Rik believes taking more responsibility for improving his life style has played an important role in his healing. He encourages everyone to consider their role and responsibility in assisting their doctors and medical teams. "Then, act your findings as best you can with a positive attitude and gratitude."



**A TIME TO HEAL**  
CANCER FOUNDATION

## A Time to Heal Helps Cancer Patients & Their Caregivers

Recover, Rebuild Health, Reduce Stress, Boost Hope and Manage Fear of Recurrence

**FREE programming has moved online to help keep you safe!**

- Survivorship 101
- Cancer-Related Brain Fog Class
- Metastatic or Recurring Cancer

**6th Annual "Art of Living Beyond Cancer" Conference** is a day filled with Hope, Help and How-Tos. During the educational and motivating program, we bring together the best-of-the-best information and resources for anyone whose life has been affected by cancer. Featuring Amy Camie, certified clinical musician and harpist.

**August 29, 2020 – Scott Conference Center, Omaha, NE**

Visit [www.atth.org](http://www.atth.org) for more information and to register for classes and our conference or call 402-401-6083



# DIETITIAN'S CHOICE

## Recipes



### MEXICAN CORN SALAD

Serves 8

#### Ingredients:

Cooking spray or oil for grill grates  
4 medium ears of corn, husks and silks removed (or 16 oz frozen)  
1/4 cup nonfat plain Greek yogurt  
2 tsp minced garlic  
2 T lime juice  
1/2 tsp chili powder  
1/2 tsp kosher salt  
1/3 cup chopped scallions  
1 T minced jalapeño pepper, seeds removed  
2 T chopped cilantro  
1/2 cup crumbled cotija cheese (or feta)

#### Directions:

1. Spray grill grates with nonstick cooking spray or brush them with oil. Heat grill to 400° to 450° F.
2. Place corn on the grill and cook 15 to 20 minutes, turning every 5 minutes until evenly grilled and kernels are tender. Remove corn from the grill and set aside to rest until cool enough to handle.
3. While corn is cooking and resting, whisk together yogurt, garlic, lime juice, chili powder, and salt.
4. Using a serrated knife, cut corn kernels off cob and place in a large bowl. Add scallions, jalapeño pepper, cilantro, and cheese to corn. Toss with yogurt sauce and season with more salt and chili powder if desired.

### DARK CHOCOLATE AVOCADO MOUSSE

Serving Size: 2, 1/2 cup servings

#### Ingredients:

1 medium avocado  
1/2 cup semi-sweet chocolate chips  
1/4 cup sugar  
1/4 cup cocoa powder, unsweetened  
1 tsp cinnamon  
1 tsp vanilla extract  
1/3 cup raspberries

#### Directions:

1. Halve the avocado and scoop the flesh into a food processor or blender
2. Place the chocolate chips into a microwavable bowl and melt for 45 seconds to 1 minute, stirring frequently.
3. Add the sugar, cocoa powder, cinnamon and vanilla extract to the melted chocolate and mix until smooth.
4. Add the chocolate mixture to the avocado flesh and blend until smooth.
5. Scoop the avocado chocolate mousse into glasses and refrigerate for 30 minutes.
6. Add 1-2 raspberries to each individual mousse prior to serving.







## VEGETABLE FRITTATA

### Ingredients:

6 large eggs  
¼ cup heavy cream  
1 teaspoon kosher salt, divided  
¼ teaspoons pepper  
1 cup of shredded cheese (cheddar, mozzarella, Swiss, Gouda)  
6 oz. baby bella mushrooms, sliced  
3 cups baby spinach  
5 cherry tomatoes  
2 tbsp extra virgin olive oil

### Directions:

1. Preheat oven to 375°. In a medium bowl whisk together eggs, heavy cream, and cheese. Season with salt, pepper.
2. In a large skillet over medium heat, heat oil. Add mushrooms and tomatoes and cook until soft, another 5 minutes more. Add spinach and cook until wilted, 2 minutes. Season with salt and pepper.
3. Pour egg mixture into skillet.
4. Bake until eggs are just set, 12 minutes.

## MUSHROOM “MEAT” BALLS

4 servings

### Ingredients:

1 tablespoon olive oil	2 eggs
1 pound mushrooms, finely chopped	1 teaspoon salt
1 pinch salt	Black pepper, to taste
1 tablespoon butter	1 pinch dried oregano
4 cloves garlic, minced	3 cups pasta sauce
½ cup quick cooking oats	
1 ounce shredded parmesan cheese	
½ cup bread crumbs	
¼ cup chopped parsley, packed	

### Directions:

1. Heat olive oil in a skillet over medium-high heat. Add mushrooms to the hot oil, sprinkle with salt, and cook and stir until liquid from mushrooms has evaporated. Stir butter into mushrooms, reduce heat to medium, and cook and stir mushrooms until golden brown, about 5 minutes.
2. Stir onion into mushrooms and cook, stirring often, until onion is translucent, 5 minutes. Remove skillet from heat and stir garlic into mushroom mixture until fragrant, about 1 minute. Transfer mixture to a mixing bowl.
3. Mix oats into mushroom mixture until thoroughly combined. Gently stir 1 ounce Parmigiano-Reggiano cheese into mixture. Add bread crumbs, 1/4 cup parsley, and 1 egg; season with salt, black pepper, cayenne pepper, and oregano. Mix together with a fork until crumbly. Stir in remaining 1 egg. Mixture should hold together when pressed.
4. Cover bowl with plastic wrap and refrigerate at least 4 hours. For best flavor and texture, refrigerate overnight.
5. Preheat oven to 450 degrees F. Line a baking sheet with a silicone baking mat or parchment paper.
6. Form mixture into small meatballs using a 2-tablespoon scoop. Roll meatballs lightly between your hands until smooth, if desired; arrange meatballs on prepared baking sheet.
7. Bake in the preheated oven until meatballs are lightly golden brown, 12 to 15 minutes.
8. Bring pasta sauce to a boil in a large saucepan; reduce heat to low. Gently stir meatballs into sauce until coated. Simmer meatballs in sauce until cooked through, 45 minutes to 1 hour.



# THE COLORS OF *Cancer*



BRAIN  
CANCER



BREAST  
CANCER



CERVICAL  
CANCER



CHILDHOOD  
CANCER



COLON  
CANCER



ESOPHAGEAL  
CANCER



HEAD/NECK  
CANCER



KIDNEY  
CANCER



LEIOMYOSARCOMA  
CANCER



LEUKEMIA  
CANCER



LIVER  
CANCER



LUNG  
CANCER



LYMPHOMA  
CANCER



MELANOMA  
CANCER



MULTIPLE  
MYELOMA  
CANCER



OVARIAN  
CANCER



PANCREATIC  
CANCER



PROSTATE  
CANCER



SARCOMA/BONE  
CANCER



STOMACH  
CANCER



TESTICULAR  
CANCER



THYROID  
CANCER



UTERINE  
CANCER



CAREGIVER  
HONORS



ALL  
CANCER



BLADDER  
CANCER





## MEET OUR REGISTERED DIETITIAN

*Karly Schneider, RD*

### HOW IMPORTANT IS DIET TO A PATIENT DIAGNOSED WITH CANCER?

Nutrition is an integral part of cancer treatment. Optimal nutrition promotes healing, helps patients keep up their energy levels, lowers risk of infection, supports a healthy immune system, and help patients better tolerate treatment-related side effects. Having a personalized nutrition planned developed by a nutrition expert is essential.

### ARE THERE ANY FOODS THAT YOU SUGGEST PATIENTS EAT WHILE GOING THROUGH TREATMENT?

Traditionally for cancer prevention a plant-based diet is promoted, however things change during cancer treatment and it tends to be very individualized depending on symptoms and the type of disease. Many patients often have altered taste or are no longer able to digest some of the foods they consumed prior to diagnosis. For example if a patient has issues with unintentional weight loss, a high-fat, high-calorie diet may

be prescribed. Calories and protein are two key components during treatment and something we always focus on in our appointments. So things like beans, nuts, seeds, eggs, lean meats are often recommended. Small, frequent meals traditionally work best for patient on treatment for many reasons, so finding ways we can sneak in additional calories without having to increase volume too much is vital.

### WHAT DREW YOU TO THIS LINE OF WORK, WORKING WITH ONCOLOGY PATIENTS?

I have always had a deep passion for food and found over the years just how personal our diets really are. I love working with oncology patients because I can help them get through some of the toughest periods in their lives while helping them find ways to enjoy their food and nourish their body. Oncology patients are very motivated to do whatever they can to make changes and they have taught me a lot about myself and my approach to nutrition along the way.

**THINK[ing]**  
of **YOU.**



CONVENIENT COMMUNITY CANCER CARE

**Midwest Cancer Center - Legacy**  
17201 Wright Street, Suite 200, Omaha, NE 68130

**Methodist Estabrook Cancer Center**  
8303 Dodge Street, Suite 250, Omaha, NE 68114

**Henry Lynch Cancer Center - Bergan**  
7500 Mercy Road, Suite 1300, Omaha, NE 68124

**Midwest Cancer Center - Papillion**  
611 Fenwick Drive, Papillion, NE 68046

**Methodist Fremont Health**  
450 East 23rd Street, Fremont, NE 68025

**Think Whole Person Healthcare**  
7100 West Center Road, Omaha, NE 68106

**Pender Community Hospital**  
100 Hospital Drive, Pender, NE 68047

**Franciscan Care Services - West Point**  
30 N Monitor Street West Point, NE 68788

8  
Locations  
TO SERVE YOU





Nebraska Cancer Specialists



## MISSION

To improve the lives of cancer patients, their families, and the community.

Our vision is a community where every cancer patient gets the services they need to thrive.

Visit our website for more information and to donate

**[ncshopefoundation.org](http://ncshopefoundation.org)**



**DONATE  
TODAY!**

*The NCS HOPE Foundation is a fully exempt non-profit foundation to raise and distribute funds to improve cancer care for you, your family and your friends. 100% of every gift benefits cancer patients and the community.*



**Midwest Cancer Center - Legacy**  
17201 Wright Street, Suite 200  
Omaha, NE 68130