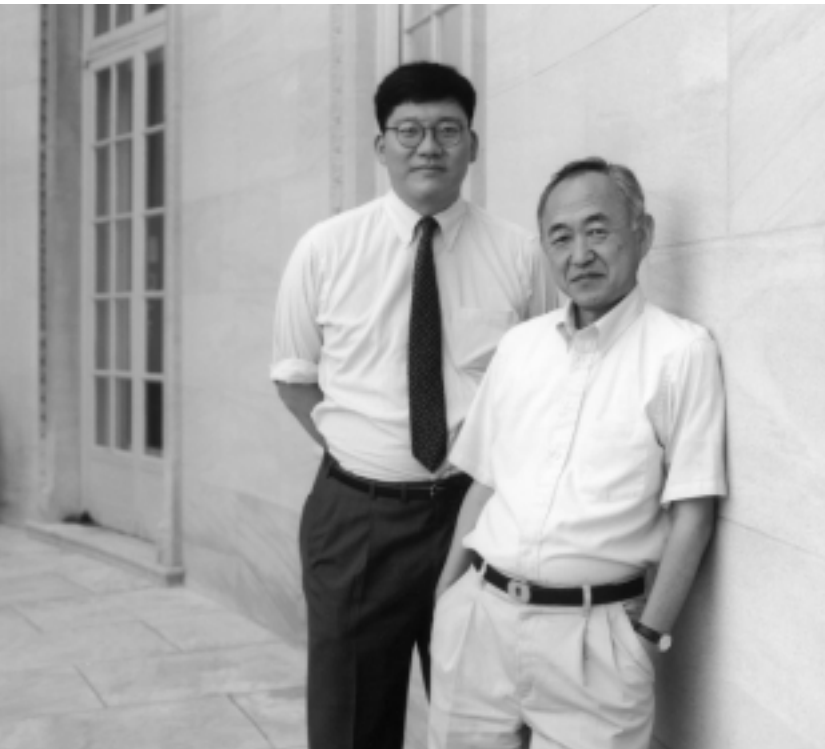


Ancient Chinese Herbs Helping to Alleviate Symptoms in Colorectal Cancer Patients



Left to right Drs. Edward Chu and Yung-Chi Cheng.

AS CANCER RESEARCH AND TREATMENT CONTINUES to evolve to create more customized treatment options, Dr. Edward Chu, Director of the VA CT Cancer Center and Associate Director of Yale Cancer Center, is working to improve the quality of life and outlook for colorectal cancer patients. Dr. Chu is working along with Dr. Yung-Chi Cheng, Professor of Pharmacology in the Yale University School of Medicine, to determine the impact of Chinese herbal therapies on colorectal cancer patients.

Although advances in colorectal cancer have been made in recent years, the five-year survival rate for patients with stage IV colorectal cancer remains less than five percent. The standard treatment for stage IV patients includes surgery, chemotherapy, and clinical trials for new drugs, all of which are invasive and potentially toxic to the patient. Drs. Chu and Cheng are working to diminish the toxic side effects of chemotherapy by using herbal therapies in conjunction with the current treatments.

“The entire field of cancer research is heading toward more individualized approaches to treatment in order to create more effective therapies, which are less

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Nutrition Basics to Fight Cancer


Proper nutrition is fundamental for a healthy life and body; it becomes even more essential for a patient with cancer. Malnutrition is a major cause of illness and death in cancer patients who find themselves without the energy to prepare meals, the appetite to eat, and with an entirely new set of side effects and health problems to manage. Conversely, diet is also the element of treatment that patients have the most control over; when cancer is diagnosed, proper nutrition is an important element of treatment.

Patients must realize that there is no standard reaction to cancer treatment and that every patient will have a unique set of side effects. Therefore, there are no standard rules to follow with regard to diet as each individual is challenged in their own personal way. “Our goal is to intervene with a patient at the beginning of treatment to work to maintain nutritional status in order to protect the immune system and reduce the chances of developing malnutrition,” Lisa Tartamella, MS, RD, Ambulatory Nutrition Coordinator at YNNH said. Tartamella and her colleagues at Yale-New Haven Hospital Nutrition Clinic regularly counsel with cancer patients and their caregivers in both the Medical Oncology Outpatient Clinic and the Radiation Therapy Clinic to create an individualized patient care plan.

Common side effects of cancer treatment include: loss of appetite, sore mouth, dry throat, changes in sense of smell or taste, nausea, lactose intolerance, vomiting, and weight loss or weight gain. Not all patients will experience these side effects and many will develop their own unique set, for that reason individual nutrition plans are essential to cancer treatment. “We aim to modify the diet to help alleviate the symptoms of cancer treatment and to help manage common side effects,” Tartamella explained.

Nutritional needs increase as the body works to battle disease internally. During treatment a patient’s body requires more calcium, magnesium, iron, and potassium to give the body enough energy to fight disease. These nutrients are essential to building and replacing healthy cells that are often destroyed by cancerous cells. “My recommendation is to eat a balanced diet obtaining the nutrients necessary through food versus relying on supplements. Very often nutritional supplements are highly concentrated and can interfere with the patient’s treatment plan, it is important to check with the physician before taking supplements,” Tartamella said.

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Yale Cancer Center is proud that 20 of our members were included in *New York Magazine's* The Best Doctors in New York issue on June 10, 2002. Please see members honored on page 2 in the Staff Briefs section. For more information, please go to www.newyorkmetro.com/bestdoctors

STAFF BRIEFS

Yale Cancer Center members, **Drs. Stephan Ariyan, Peter Beardsley, Irwin Braverman, Darryl Carter, Vincent DeVita, Thomas Duffy, Richard Edelson, Gary Friedlaender, Bruce Haffty, David Leffell, Shirley McCarthy, Joseph Piepmeier, Carrie Redlich, Ronald Salem, Clarence Sasaki, Peter Schwartz, Robert Touloukian, Robert Udelsman, Timothy Vollmer, and Robert Weiss,** were named to the *New York Magazine's Best Doctors in New York* list for 2002.

The **Cancer Genetic Counseling** office has relocated to new space at 55 Church Street, Suite 800B. Their main phone number is now 203.764.8400.

Christina Chimera, MS recently joined the Cancer Genetic Counseling team. Ms. Chimera received her Masters of Genetic Counseling from the University of South Carolina and completed her thesis in the area of cancer genetics.

Dr. Edward Chu, Director of the VA Cancer Center, has been named Editor-in-Chief of the *Clinical Colorectal Cancer Journal*.

Dr. Gina Chung joined the Department of Medical Oncology in January. She is an attending physician for breast and gastrointestinal cancer patients in the Clinic.

The Department of Epidemiology and Public Health welcomes **Melinda Irwin, PhD, MPH** to their faculty as an assistant professor. Irwin is currently examining the effect of exercise on breast cancer biomarkers. She is also interested in studying the correlations between physical activity and chronic diseases.

The Medical Oncology Practice welcomes **Tracy Kim, MD** who will begin July 1, 2002. Dr. Kim will be an attending physician for lung cancer and sarcoma patients in the clinic.

Dr. Harriet Kluger will join the Medical Oncology Practice on July 1, 2002. She will be an attending physician for melanoma and breast cancer patients.

Dr. Donald R. Lannin will join the Department of Surgery on July 1, 2002. He will also serve as the Director of the Yale Breast Center. Dr. Lannin is coming from East Carolina University and is interested in implementing a program at Yale to target early detection in minority populations.

Herbert Yu, MD, PhD, has recently joined the Department Epidemiology and Public Health as an assistant professor. Yu's research focus is on gene-environment interaction in cancer etiology as well as the study of genetic and molecular markers in the prognosis of breast and ovarian cancers.

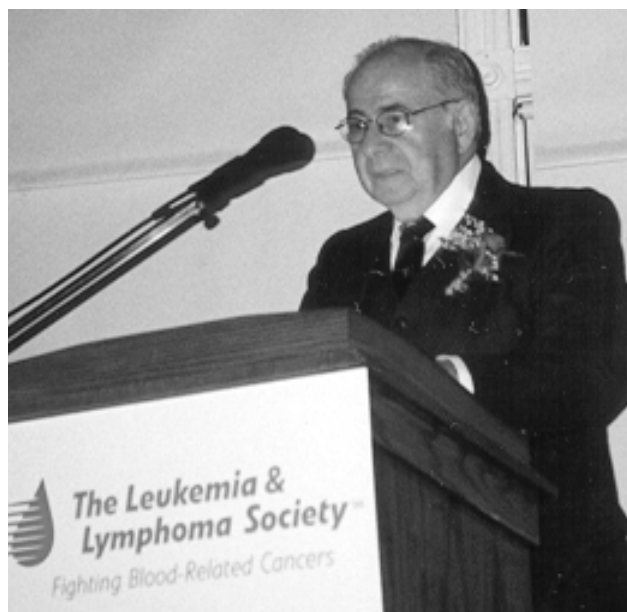
Leukemia and Lymphoma Society Honored David S. Fischer, M.D.

DR. DAVID S. FISCHER, M.D., Clinical Professor of Internal Medicine, was honored on April 10th by the Connecticut Chapter of The Leukemia & Lymphoma Society at its first annual Partners in Progress dinner. Dr. Fischer was honored for twenty years of service as a medical advisor and on the Connecticut Chapter Board of Trustees.

In 1967, Dr. Fischer began his career in oncology by opening the first private oncology practice in the New Haven area and the second in the State of Connecticut. Dr. Fischer now volunteers as co-chairman of the Cancer committee, chairman of the Transfusion committee, and a member of the Human Investigation committee at Yale Cancer Center and Yale School of Medicine.

It was through Dr. Fischer's foresight and commitment to patients that the Patient Information Area at the Yale Oncology Clinic was established. The information area allows patients and their families to research cancer related information on the Internet for free while in clinic waiting areas.

Patrice Notarfrancesco, the Society's chapter President, recognized Dr. Fischer for "his long and distinguished career as one of New Haven's leading oncologists," and presented him with the Partners in Progress award.



Above Dr. David Fischer accepting his award at the Partners in Progress dinner.

DiGiovanna Receives The Angel of Hope Award



Left Dr. Michael DiGiovanna with Amy Newton at the Angel of Hope awards dinner.

The American Cancer Society honored Michael P. DiGiovanna, M.D., Ph.D., Co-Director of the Breast Cancer Research Program and Assistant Professor of Medical Oncology, on April 5th with an Angel of Hope Award. The Angel of Hope Award was created to salute those who have demonstrated an outstanding commitment to improving the quality of life for cancer patients. Dr. DiGiovanna was presented with the award with the following remarks, "We present this award as an expression of gratitude for the confidence and hope that you provide to our loved ones, thus supporting the ever-increasing reality that the battle with cancer can be won."

Yale CANCER CENTER

Director
Vincent T. DeVita, Jr., M.D.
Deputy Director, Administration
Lauren E. Hackett
Associate Director,
Development and Community Affairs
Judith Winslow

Editor
Renee Moore
Design
Beth Crowell / Cheung/Crowell Design

Yale-New Haven Hospital
Yale University School of Medicine
P.O. Box 208028
New Haven, CT 06520-8028
www.yalecancercenter.org



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Research

La Cassa Magica Raises Funds to Support Clinical Trials

community

LA CASSA MAGICA, Yale Cancer Center's annual benefit, was held at the Country Club of Fairfield on April 20, 2002 in celebration of the progress made in cancer research and in support of research and clinical care at Yale Cancer Center.

Yale Cancer Center Director Vincent T. DeVita, Jr., M.D.'s often-quoted description of the cancer cell as a black box inspired *La Cassa Magica* (The Magic Box), the theme of the celebration. The evening raised over \$300,000 to benefit the development of clinical trials at Yale Cancer Center in an effort to create targeted treatments aimed at eradicating cancer.

CNN television news anchor and Yale Cancer Center Board member Paula Zahn hosted the evening. Kathryn Anderson Adams of Greenwich served as the event chair. Co-chairs were Ms. Barbara Katz and Mr. Robert Schoenthal, Mr. and Mrs. Duke Brodsky, and Mr. and Mrs. Alexius Conroy. Corporate Chairs included Louis Chênevert, President of Pratt & Whitney, Joseph R. Perella, Chairman, Institutional Securities and Investment Banking

for Morgan Stanley, and Harold J. Parmelee, President of J.A. Jones Construction Corporation.

New York City Opera stars Paula Rasmussen and William Joyner performed selections from *Carmen*, *Tosca*, and *South Pacific* accompanied by Lynn Baker. 18-year old jazz sensation Peter Cincotti, the youngest performer to have an engagement at the Oak Room of the Alogonquin Hotel also performed with David Finck on bass, Scott Kreitzer on sax, and Kenny Washington on drums.

As the guests departed they were given exquisite gifts. Tiffany & Co. Greenwich graciously donated Louis Comfort Tiffany crystal candlesticks and Delft vases for the women. Sony Music Entertainment provided CD sets for the men, which included *Lady Day*, *the Best of Billie Holiday* and *Portrait of Sinatra*.

Zahn recognized the support each of the guests had given to Yale Cancer Center and stated, "by continuing our commitment to Yale Cancer Center we are able to see amazing progress in new science that will benefit cancer patients throughout the world."



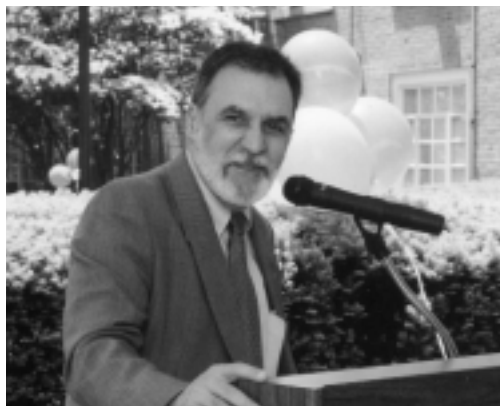
Top left The Honorable Richard Blumenthal with Kathryn Adams, benefit Chair. **Top middle** Dr. Edward Chu, Director of the VA CT Cancer Center, Mr. Donald Anderson, and Ms. Susan Anderson, Director of the Yale Cancer Center Clinical Trials Office. **Top right** Peter Cincotti, jazz performer. **Far left** Paula Zahn, host of *La Cassa Magica* and Yale Cancer Center Director's Advisory Board member. **Center** Paula Rasmussen and William Joyner, New York City Opera stars who performed from *Carmen*, *Tosca*, and *South Pacific*. **Middle right** Mr. and Mrs. George Crapple and Nancy Conroy, YCC Director's Advisory Board members. **Bottom** Dr. Vincent T. DeVita, Jr., Director of Yale Cancer Center with Marcia Israel-Curley, YCC Director's Advisory Board member.

Yale Celebrates Cancer Survivors Day

Yale Cancer Center celebrated Cancer Survivor's Day on May 30th with workshops and a picnic luncheon in honor of the day. Over 125 cancer survivors who were invited to attend workshops of their choice attended the program, titled *New Beginnings: Complementary Approaches to Living Well Today*. A luncheon on Harkness Terrace followed with Dr. Mel Goldstein serving as Master of Ceremonies for the fifth year.



Above Dr. Mel Goldstein with his wife Arlene. **Below left** Dr. José Costa, Deputy Director of Yale Cancer Center. **Below middle** Guests at Cancer Survivor's Day. **Below right** Ms. Shelly Welch, Cancer Survivor and Athletic Trainer, Choate Rosemary Hall.



Jerry Doman



Jerry Doman



Jerry Doman

community

Breast Cancer Alliance, Inc. Visits

The Breast Cancer Alliance, Inc. visited Yale Cancer Center on April 24th to hear grant proposals from five Yale Cancer Center researchers focusing on breast cancer. To date, the Alliance has supported research efforts at Yale with over \$500,000 in funding.

Below Members of the Breast Cancer Alliance, Inc. with Dr. Vincent DeVita, Jr, Director of Yale Cancer Center. **Right** Janie Weyl, President of the Alliance, reviewing proposals with Kenny Mettler.



Jerry Doman



Jerry Doman

Patient Education: Preparing for a Hysterectomy

The Oncology Nursing Council, in collaboration with Yale-New Haven Hospital Marketing and Communications, has recently launched a new program to prepare women for a hysterectomy. With the help of Tracy Carafeno, RN, they have created an interactive website to help women understand the procedure, its benefits, and the preparation and recovery involved. www.ynhh.com/pat_edu/hysterectomy/index.html

Weekly education classes are also offered every Wednesday from 11 AM to noon in the conference room of WP9 in YNHH; the classes are led by a gynecology nurse and are free. Please call (203) 688-9355 to register.

Terry Fox Run A Success



Students at Choate Rosemary Hall worked hard to organize a Terry Fox Run to benefit Yale Cancer Center. The run, which took place on May 5th, was a success raising over \$2000 to support clinical trials at the Center. The Terry Fox Foundation sponsors runs throughout the world to raise funds for cancer research. Omar Itum and Ankoor Shah, students at Choate and volunteer organizers of the event, are pictured.

Spotlight on Nursing: Oncology Nurse Practitioners

AS PATIENT CARE BECOMES MORE COMPLEX with an increasing number of treatment options available to cancer patients, Oncology Nurse Practitioners (ONP) have evolved into important partners in patient care. The outpatient clinic at Yale Cancer Center has two resident Oncology Nurse Practitioners to aid the physicians and nurses in the development of patient care, research, and education.

“As patient needs have multiplied, increasingly complex symptoms have created a need for additional support and services. The Oncology Nurse Practitioners help to provide continuity of care within the clinic,” Marianne Davies, APRN said.

The ONP assumes the responsibility for ongoing assessment and management of patient care needs while the physician monitors the disease response and treatment options. ONPs obtain medical histories, perform physical examinations, diagnose and treat many health problems, and help to manage symptoms associated with cancer treatment. “It is important to maintain stability for the patients while undergoing treatment during frequent clinic visits and hospitalizations, the availability of ONPs for visits and telephone consultations helps to relieve patient anxiety,” Davies explained.

The Yale School of Nursing offers a Masters Degree specializing in Oncology Nursing to prepare advanced practice nurses to provide comprehensive care and support to cancer patients and families. M. Tish Knobf, Associate Professor of Nursing and director of the program explained necessity of the program, “The ONP utilizes in-depth knowledge and advanced practice skills to assess, prevent, diagnose, and manage common health problems of adults and the physical and psychological symptoms associated with the disease and treatment.”

continued from page 1, *Ancient Chinese Herbs*

toxic to the patient,” Chu explained. There are two major areas in colorectal cancer, which follow this trend: individual molecular profiling of a tumor to allow targeted treatment decisions to be made and the prediction of patient response to chemotherapy in order to determine the potential toxicity profile of an individual patient.

One of the major side effects of current chemotherapy treatments for colorectal cancer patients is diarrhea. In some cases, the diarrhea is so severe that it has resulted in fatal outcomes. Dr. Cheng has discovered a combination of four herbs, which have been used to cure stomach ailments in China and Taiwan for the past 2,000 years, and in particular, diarrhea. Working with Phytoceutica, a newly developed herbal medicine company here in New Haven, he has combined and formulated these herbs into a tablet form called PHY-906 and is currently collaborating with Dr. Chu and Dr. Shivaani Kummar of the VA CT Cancer Center and the Developmental Therapeutics Program of Yale Cancer Center to test PHY-906 in the clinical setting.

To date, the Food and Drug Administration (FDA) has been extremely cautious in allowing herbal medicine trials to be developed, mainly because of possible chemical inconsistencies in the batches of herbs used. To overcome this problem, Dr. Cheng has developed a novel method to fingerprint the herbs using both a chemical fingerprint and a chemical test using acid to mimic the environment of the PHY-906 herb while passing through the digestive system. “The hope is that this fingerprint profiling, which tests both the biological and chemical composition of the herbs, will act as a paradigm to ensure the quality control of any herb being tested in future clinical studies,” Chu said.

Testing done in Dr. Cheng’s laboratory on mice revealed that PHY-906 significantly lowered the toxicity levels of those being treated with chemotherapy for colorectal cancer. Evidence of anti-tumor activity was also seen, giving additional encouragement for the clinical trial.

Dr. Shivaani Kummar is currently accruing patients with stage IV colorectal cancer for the clinical trial, which was approved in December 2001, to test the effects of PHY-906 on the toxicity of chemotherapy with specific focus on diarrhea. It is estimated that the clinical results from this trial will be available within the next year.

“The holistic philosophy of the advanced practice nurse goes beyond the disease model of care and incorporates the emotional, social, and spiritual aspects of the patient into the plan of care. As cancer therapies grow increasingly complex and move into ambulatory settings, patients, families and caregivers can benefit from a provider who can not only assess and manage the disease but also coordinate care, demystify the process with ongoing information, and provide supportive interventions throughout the trajectory of the cancer experience.”

Marianne Davies, APRN and Rebecca Edwards, APRN work with approximately 65% of the patients in the clinic in conjunction with the primary physicians and oncology fellows. They see 20-30 patients per day and are working hard to increase the personal attention offered by forming bonds with patients and families during regular clinic visits.

Jennifer Alcantara, a patient of Dr. John Murren and Marianne Davies, APRN, was both impressed with and thankful for her care at Yale with Ms. Davies’ help. “She was very helpful and made me feel extremely comfortable during my visits to the clinic. My treatment was much easier with Marianne to rely on,” Alcantara said.

Marianne Davies, APRN in the Medical Oncology Clinic.



continued from page 1, *Nutrition Basics*

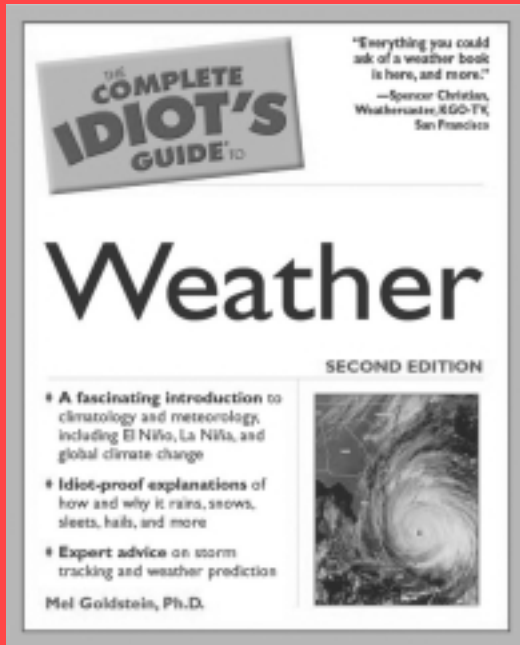
Although nutritional plans vary by patient, the YNHH Nutrition Clinic focuses on the following general nutritional guidelines for all cancer patients:

- Go Back to Basics. Concentrate on the USDA recommendation of 5 A Day, five servings of fruits and vegetables daily.
- Drink adequate fluids. At least eight glasses of water or juices a day, particularly during the hot summer months.
- Be aware of food safety. Properly wash and cook foods before consuming.
- Eat a variety of foods, especially whole grains.
- Modify fat intake by decreasing the amount of saturated fat consumed. Focus on healthy fats, like those in olive oil, nuts, and fish.
- Use added sugar and salt in moderation.
- Maintain a healthy weight.

“The combination of proper nutrition, exercise, and stress management creates a well-rounded care plan. Our goal is to focus on the entire individual, ultimately aiding in their treatment of cancer,” Tartamella said. For more information or to make an appointment with a registered dietitian at Yale-New Haven Hospital, please call the Nutrition Clinic at (203) 688-2422.

Dr. Mel's Complete Idiot's Guide to Weather

Dr. Mel Goldstein, a long-time friend of Yale Cancer Center and Connecticut's premier meteorologist, has published the second edition of his *Complete Idiot's Guide to Weather*. Dr. Mel will again generously donate all profits from the sale of the book to Yale Cancer Center's Dr. Mel Goldstein Multiple Myeloma Research Fund, which has been developed to help contribute to the understanding of Multiple Myeloma and to benefit patients of the disease.



Summer Of Strength



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Questions and Answers about

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With Lisa Tartamella-Kimmel, MS, RD

Tactics to Minimize Scheduling Stress

Striking a Balance

With Marianne Davies, RN, MSN, ACNP, APRN

A Session of

Gentle Exercise and Relaxation

With Kimberly Sewright, ACE, AFAA, APEX

Sunset Beach Walk

*The evening is free, but reservations are required.
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