

INFORMATION ABOUT YOUR HEALTH FROM
THE NEBRASKA MEDICAL CENTER

advancing health

New Cancer Center Opening!

When you need health care, you want it to be convenient and you want the best. Now you can have both. Omaha's leading provider of cancer care is now closer to your home. **See page 2 to learn more.**

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SERIOUS MEDICINE. EXTRAORDINARY CARE.

New Cancer Center Opens in West Omaha

Responding to West Omaha's growing suburban population and an increased demand for cancer services, The Nebraska Medical Center and the UNMC Physicians recently announced the opening of a new outpatient Cancer Center at 175th and Burke Street, just south of the Village Pointe shopping center. The Center offers outpatient clinics for cancer specialists to see patients as well as outpatient treatment options.

Expert Care Closer to Home

"Easy access and convenience are critical issues for cancer patients who may need multiple treatments and careful monitoring of their condition," says Theresa Franco, Cancer Service Line Executive Director at The Nebraska Medical Center. "This new site fulfills those needs. It provides the same high standard of care as that provided at our midtown campus with a full continuum of cancer care services from radiation oncology to chemotherapy treatment to survivorship."

"The new site allows patients who live in the western part of our city to receive those same services from internationally renowned specialists in cancer care without traveling to midtown Omaha," says Julie Vose, MD, chief of Oncology/Hematology at UNMC.

The Cancer Center in West Omaha offers state-of-the-art technology, clinical care and cancer research with clinical trial options that mirror many of the treatments and services delivered at The Nebraska Medical Center's midtown campus. This includes medical therapies, radiology and

laboratory support as well as radiation treatments.

Experienced Cancer Specialists

Patients have access to a full team of experienced cancer specialists including medical oncologists, surgical oncologists, radiation oncologists, nurse practitioners, case managers, nutritionists and social service workers to provide patients a full-service, multidisciplinary approach to their care.

The Cancer Center also provides a survivorship program to help patients deal with the emotional and physical challenges cancer can leave with survivors such as fear of recurrence, physical and medical long-term side effects and learning how to return to a normal life.

Experience is another important element that separates The Nebraska

Medical cancer program from others in the region. When managing a complex diagnosis such as cancer, the clinical expertise and experience of the physicians and other health care professionals is a critical component in providing patients a higher level of care. At The Nebraska Medical Center, not only do we treat large volumes of patients, but our physicians and clinical staff are some of the most specialized and experienced in the region.

In fact, people come from across the United States and around the world to seek the comprehensive cancer services offered at The Nebraska Medical Center. Many of our cancer experts, some of them internationally renown, have dedicated training in subspecialty areas of cancer such as breast, head and neck, lymphoma and leukemia, orthopedic, brain, neurological and gastrointestinal.

Supportive Services

"Patients want and are seeking out these additional supportive services," says Franco. "We realize that these are important components in supporting a patient's full healing and long-term recovery process."

The new center is beautifully designed to provide a comfortable, restful and aesthetically pleasing environment for our patients and families. The center features 16 private chemotherapy rooms to provide patients privacy to visit with friends and family. There is also an outdoor patio near the chemotherapy treatment area for those patients and families who wish to relax outside while undergoing treatment, as well as a beautifully landscaped garden area with a fountain to provide an additional respite for relaxation and meditation. Patients and families also have access to a Resource Library that includes educational material, computers and Internet access; and a café kiosk with beverages and snacks. Several cancer support groups are being formed to meet regularly at the new site.

"The health care professionals at The Nebraska Medical Center are committed to continually working toward advancing care and challenging ourselves to provide more effective treatments to our patients," says Franco. "Our new Cancer Center in West Omaha offers a premier cancer program in a beautiful facility that was designed to address all the needs of the patient and family with their comfort and convenience in mind." ■



For more information about the new Cancer Center, visit us online at www.NebraskaMed.com.

Clinical Trials Play Critical Role in Advancing Cancer Care



Clinical trials allow patients to be some of the first to receive the safest, most up-to-date and sometimes revolutionary treatments.

“Clinical trials hold the future for improving cancer care for generations to come,” says Kenneth Cowan, MD, PhD, director of the Eppley Institute for Research in Cancer and director of UNMC Eppley Cancer Center. “The standard therapies we are using today were being tested in clinical trials 10 years ago. If we didn’t do clinical trials, we would be forced to treat patients exactly as we did back then.”

The Nebraska Medical Center is one of the region’s leaders in research and clinical trials. Clinical trials are

available on the main campus and at the Cancer Center in West Omaha. Patients in all stages and types of cancer are offered the opportunity to participate in clinical trials for the most up-to-date and promising therapies. “This gives these patients the opportunity to have access to new and promising drugs about five years before the rest of the country,” says

Learn About Clinical Trials

To find out what clinical trials are offered at The Nebraska Medical Center, please call 800-922-0000.

Dr. Cowan. “In some instances, these therapies can prove to be very beneficial to our patients.”

The Eppley Cancer Center is nationally and internationally recognized for its groundbreaking work in cancer research, treatment and patient care and is one of only 64 National Cancer Institute (NCI)-designated cancer centers in the United States.

Today there are more than 12 million cancer survivors. That’s four times more than were alive in 1971, says Dr. Cowan. The increase in survivors is a direct consequence of the many advances developed as a result of research.

Physicians at The Nebraska Medical Center are involved in numerous types of cancer research, including studies to help doctors better understand symptoms related to early diagnosis, studies to develop new screening tools as well as studies to design therapies to prevent and treat cancer and to minimize long-term side effects of treatment.

“Research is a major focus at The Nebraska Medical Center,” says Dr. Cowan. “We are constantly looking for new ways to improve cancer care and the quality of life for our survivors.” ■



Make Cancer Screenings a Priority

You’re middle-aged and you feel completely healthy, so why bother with cancer screenings? “Most cancer screening tests can detect cancer in its earliest stages before symptoms develop,” says Apar Ganti, MD, oncologist at The Nebraska Medical Center. “In the early stages, you can have cancer and feel completely healthy. If you catch cancer early, the chances of a cure are much higher. However, once you have advanced stage cancer, it’s more difficult to reach a positive outcome.” Screening and early detection of certain cancers, such as breast cancer, have been shown to decrease deaths for those cancers.

The following list highlights screening guidelines from the American Cancer Society. Individuals at high risk for these diseases may need earlier or more frequent screenings.

- **Breast**—Begin annual mammograms and physician breast exams at age 40 and older.
- **Cervical**—Begin annual Pap tests at age 21 or once becoming sexually active. At age 30, once a woman has three normal tests in a row, she may be screened every two to three years.
- **Colorectal**—Beginning at age 50, all adults should have a colonoscopy every 10 years or a fecal occult blood test plus a flexible sigmoidoscopy every five years.
- **Prostate**—Men ages 50 and older should talk with their doctor about a digital rectal exam and prostate-specific antigen (PSA) blood test.
- **Skin**—Adults ages 20 and older should perform a skin self-exam each month. Have a physician skin exam every three years until age 39 and yearly beginning at age 40.

This FREE brochure covers topics like healthy food choices, self-exams and important screenings for men and women. To order a copy, call 800-922-0000.



For information about clinical trials at The Nebraska Medical Center, visit www.NebraskaMed.com.

Diabetes Health Fair

Saturday, March 21
9 a.m. to noon

The Nebraska Medical Center
Clarkson Tower
Lower Storz Pavilion



Join us
for this
upcoming
event!

Managing diabetes is a lifelong process. This free event will feature interactive sessions to help you better manage your diabetes. Join us for free presentations, cooking and exercise demonstrations, foot exams, massages, door prizes and other hands-on activities. A physician also will be available to answer questions.

HEALTH ASSESSMENT TOOLS

Confused about your cholesterol? Want to know whether you're getting enough sleep? Think you know all there is to know about skin cancer or heart disease? Take our health quizzes and assessments to test your knowledge. Go to www.NebraskaMed.com.



health & wellness club

MONTHLY HEALTH SEMINARS

Lunch served at noon; speaker begins at 12:15 p.m. Event is free. Reservations required; call **402-559-4197**

Healthy Cooking Demonstrations

Tuesday, Feb. 10

Jason Street, chef, The Nebraska Medical Center

The Science and Art of Staying Active

Tuesday, March 10

Cory Warner, physical therapist
Storz Pavilion, Rooms 1 and 2.

Vascular Screening

Vascular screenings are not covered by many insurance plans. The Vascular Center offers screenings for only \$50. To schedule an appointment, call **800-922-0000** or visit us at www.NebraskaMed.com/services/vascular/.

WALKING CLUBS

Omaha's Henry Doorly

Zoo Walking Club

Enjoy a morning walk through Henry Doorly Zoo. Club meets every Friday morning; current zoo member-

ship required. Contact Ashley at **402-738-2007** for more information or e-mail promotions@omahazoo.com.

SPECIAL OFFERINGS AT JOSLYN ART MUSEUM

Third Thursday Art Encounters Club

Enjoy docent-guided tours of Joslyn's permanent collection and special exhibitions. Fall exhibits: Sentimental Journey: The Art of Alfred Jacob Miller runs Feb. 7 to May 10, and Robert Sabuda: Travels in Time and Space, March 7 to May 24.

Visualizing Literature: Book Club for Art Lovers

This event is a series of moderated book discussions exploring connections between the literary and visual arts. January: Diego Rivera; February and March: Sentimental Journey: The Art of Alfred Jacob Miller.

Free admission with presentation of your Health & Wellness Club membership card. For more information, contact the museum at **402-342-3300**.

UNMC CENTER FOR HEALTHY LIVING

Health & Wellness Club members are eligible to join the UNMC Center for Healthy Living located at 39th and Jones. Please call **402-559-5254**.

Vigor, Tone, and Mightier Bone

Instructor-led strength training, flexibility and endurance class meets Monday, Wednesday and Friday, 10 to 11 a.m. at UNMC Center for Healthy Living. Call **402-559-5254** to register.

Tai Chi Exercise Class

Tuesdays at Bloomfield Forum, 9804 Nicholas St. Contact Angie at **402-551-3483** for information and pricing.

Blood Pressure Check and Nail Trimming Clinics

Monthly blood pressure checks and nail trimming clinics at Bloomfield Forum, 9804 Nicholas St. Please call **402-390-9991** to schedule an appointment.



Interested in becoming a Health & Wellness Club member? Please call **800-922-0000**.

Radiation Oncology Services Offer Highest Level of Therapies

The new Cancer Center in West Omaha will offer a full genre of state-of-the-art radiation oncology technology to provide patients with the highest level of cancer care treatment available in the region.

“We can treat the majority of cancers including breast, head and neck, lung, gastrointestinal, prostate, brain tumors and sarcomas,” says Charles Enke, MD, radiation oncologist at The Nebraska Medical Center. “Most patients will never have to leave this facility.”

The new Cancer Center is one of a few in the country that provides physicians the capability to choose between four different types of targeting technologies, each of which provides more precise delivery of radiation for different types of cancer or clinical situations. This capability will also facilitate image-guided research to promote advances in cancer therapy.

These image-guided technologies include a CT scanner-on-rails that provides the highest level of diagnostic quality targeting images; Calypso 4D Localization System that provides real-time targeting of cancer in the prostate; and a linear accelerator that features two different types of cone-beam CT technologies that provide a 3-D picture of a patient's anatomy at the time of radiation delivery. The simulator room is also equipped with a 4-D treatment planning CT scanner that allows for the development of advanced treatment plans that account for motion (such as breathing) while radiation is being delivered.

The Cancer Center's clinical area is designed to facilitate collaboration by multidisciplinary teams of physicians including the surgical, medical and radiation oncologists. “Patients will be able to meet with multiple specialists



at the same time to discuss their plan of care,” says Dr. Enke.

More specialized treatments such as those provided by the Novalis shaped-beam surgery, stereotactic radiosurgery or brachytherapy will be available at The Nebraska Medical Center's main campus.

“The past 10 years have seen revolutionary advances in radiation therapy and The Nebraska Medical Center has been the leading center in the region to offer these new technologies to our community,” says Dr. Enke. “We have the greatest breadth of technology and the largest clinical staff including radiation oncologists, medical physicists, dosimetrists, radiation therapists and nurses. This allows our radiation oncologists to subspecialize in specific types of cancer. The associated educational and training programs allow the entire staff to stay current and to implement these new and innovative technologies.” ■

For Cancer Survivors

Surviving cancer can be a lifelong journey. Many survivors deal with the emotional and physical challenges cancer leaves with its victims such as fear of recurrence, physical and medical long-term side effects and learning how to return to a normal life.

These individuals are finding comfort in The Nebraska Medical Center's cancer survivorship program now available at the Cancer Center in West Omaha. The program supports the special needs of cancer patients after treatment has been completed.

“Our goal is to aid in the transition after treatment—to provide support and serve as a point of care before patients return to their primary care doctor,” says Deb Darrington, MD, internal medicine specialist at The Nebraska Medical Center and director of the program. Dr. Darrington oversees a primary care clinic to provide medical care to these cancer survivors. “Many patients express that they feel abandoned after completing cancer treatment and they want to see someone experienced in caring for cancer survivors,” she says. “We are there to listen and to develop a plan to meet their unique needs.”

A Comprehensive Assessment Survivorship Clinic is available to survivors who are cancer-free and have completed therapy. The patient is seen by a multidisciplinary group of clinicians that includes Dr. Darrington, a social worker, physical therapist, pharmacist, RN case manager and nutritionist who perform an assessment and develop a “survivorship care plan” based on the patient's special medical, physical and nutritional needs. This plan serves as the patient's long-term care plan to share with his or her primary care physician.

“We are the bridge that will ensure their needs are met long after treatment has ended,” says Dr. Darrington.

To participate in the survivorship clinic, please call **800-922-0000**.



For more information about our cancer services, visit us online at www.NebraskaMed.com.



Women Can Take Steps to Reduce Heart

Weight control and regular exercise are preventive strategies women can take to reduce their risk for heart disease.

If you're a woman, heart disease should be on your radar. Heart disease is the number one killer of all women in this country. Not only are women less likely than men to survive a heart attack, but also are more likely to be left severely disabled, says Monique Smith, MD, cardiologist at The Nebraska Medical Center.

Approximately one in five women in the United States has some form of cardiovascular disease. The major difference between men and women is that women are more likely to develop symptoms of heart disease after menopause, about 10 years later than men.

How the disease develops in women also differs from men. Women develop a more diffuse buildup of plaques that often form in the smaller coronary arteries of the heart in contrast to the larger, irregular plaques that normally develop in men's arteries, says Dr. Smith. Diffuse plaque buildup and diseased smaller arteries may have an impact on why symptoms are more subtle in women, she says.

For instance, while women may have chest pain and discomfort, their symptoms are more likely to be vague and atypical and often include mild neck, shoulder, upper back or abdominal discomfort; shortness of breath; nausea or vomiting; sweating; light-headedness or dizziness; extreme fatigue; and a jaw ache that travels down the neck. Because symptoms tend to be vague and difficult to diagnose, women need to be aggressive about reporting symptoms to their doctors, says Dr. Smith.

Weight control and regular exercise are preventive strategies women can take to reduce their risk for heart disease. Large up-and-down fluctuations in weight are not healthy and may impact blood pressure, cholesterol and lipid levels, notes Dr. Smith. She also recommends that women practice both aerobic exercise and weight lifting. "Weight lifting promotes muscle mass, prevents osteoporosis and increases burning of calories," says Dr. Smith.

Take the Women and Heart Disease Quiz

Think you know everything there is to know about heart disease? Take this quiz to find out. Go to health assessment tools at www.NebraskaMed.com.



Heart Disease Risk

Smoking and diabetes are the two biggest risk factors for heart disease in premenopausal women, says Dr. Smith. "Smoking among women has risen over the years and may be one of the reasons we are seeing more heart disease in women today."

Diabetes in women increases the risk for heart disease by three- to fourfold. If you have diabetes, manage blood sugars very carefully. You can prevent type 2 diabetes by exercising and eating a healthy diet.

Women who have high cholesterol should consider statin therapy which helps lower cholesterol and, at the same time, may help reduce atherosclerosis or plaque buildup in the arteries, says Dr. Smith.

"The good news about heart disease is that you can change your lifestyle to reduce your risk," says Dr. Smith. "You are in charge of your destiny. Even if it's in your family history, you can still modify your risk." ■

q & a...

Will the flu vaccine make me sick?

Philip Smith, MD, infectious disease specialist

The flu vaccine most commonly administered uses the killed flu virus. This vaccine can't give you the flu, nor will it make you sick and is even safe for pregnant women. The flu vaccine has been blamed unfairly for a lot of other symptoms.

However, it has not been shown to be the cause of the flu, stomachaches, headaches, stomach flu or colds. The primary difference between the flu and the cold is that the flu normally comes on suddenly and is usually accompanied by a fever, headache, cough and chest pain.

Although less common, it may also cause a stuffy nose and sore throat as well as chest pain when coughing. A cold, on the other hand, will develop more slowly, and is associated with a stuffy nose and scratchy throat. Groups recommended to receive the vaccine by the Centers for

Disease Control and Prevention include individuals from 6 months of age to 18 years old and 50 years and older; individuals with other underlying conditions such as cancer, emphysema and diabetes; anyone caring for a high-risk person as well as all health care workers. I believe that everyone should receive the flu vaccine including those who fall outside of these groups. Not only will it protect you from getting the flu and being out for a week, but receiving the vaccine will also help prevent the spread of flu to young children and older adults. The CDC estimates that only half of the recommended groups actually receive the vaccine.



If I exercise a lot, will I be more likely to develop arthritis?

James O'Dell, MD, rheumatologist

Exercise does not cause arthritis. However, if you already have arthritis, vigorous and strenuous exercise that involves the affected joints can make arthritis worse. In addition, a severe injury to the joint such as a knee injury, severe ankle sprain or fracture can predispose you to developing arthritis later in life.

To minimize pain caused by joints, maintain your ideal body weight. Extra weight puts additional stress on the joints. You should also maintain good muscle strength around your joints and participate in low-stress exercise like walking, swimming and bicycling. Avoid exercise that causes stress to arthritic joints. Ice and/or heat may also provide short-term relief. Most importantly, be evaluated by your physician.

Need a **PHYSICIAN REFERRAL?**

Call us at **800-922-0000** or visit
www.NebraskaMed.com



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for You!**
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Take Charge of Your Health!

Don't Miss Out!

The Nebraska Medical Center is offering the following health information resources free of charge.

To receive your free information, call us at 800-922-0000.

- Cancer Prevention brochure
- Self Care for Adults brochure

Sign Up Today for Free E-Mail Newsletters

Receive valuable health information on a monthly basis and get the latest updates on our classes and services relevant to your interests. Register under "Health and Wellness" at www.NebraskaMed.com.



Prevention Tips to Ward Off the Cold

It's winter and that means it's time to start arming ourselves with the latest cold prevention strategies. "The cold germ is spread primarily through person-to-person contact," says Doug White, MD, family practitioner at The Nebraska Medical Center. "You'll find the cold germ in places wherever a lot of people congregate indoors."

Your best protection is to wash your hands frequently, especially after shaking hands, or after doing things like going shopping or working out at the gym, says Dr. White. Some hearty cold viruses can survive for hours to several days on hands, tables, doorknobs and other surfaces. Lather with soap and run your hands under warm water for 20 to 30 seconds. Use hand sanitizers when soap and water are not available. Avoid touching your eyes and nose with your unwashed hands to prevent viruses from invading your body.

To keep your immune system working in top form, Dr. White also recommends eating a healthy diet, getting adequate sleep and exercising regularly. "The healthier your body, the easier it is for your body to fight off germs," says Dr. White.

Sleep deprivation can suppress your immune system. Your body needs sleep to recover and regenerate. Lack of sleep can lead to problems with infection and other health problems. Regular exercise can strengthen the body's immune system by temporarily increas-



ing levels of leukocytes—immune cells that fight infection, by helping immune cells to circulate through the body more quickly and by helping flush harmful bacteria from the lungs.

Vitamin supplements such as vitamin C will not harm you, but they have not been proven to prevent the common cold, says Dr. White. The jury is still out for zinc lozenges or the product Zicam, notes Dr. White. They seem to work for some individuals, but not for everyone.

If the cold should get the best of you, get plenty of rest, drink lots of fluids and use over-the-counter medications to make you more comfortable. If your cold is accompanied by a fever of 101.5 or more for more than two days, see your doctor. ■

To order our FREE brochure, *Self Care for Adults*, please call **800-922-0000**.



advancing health

Glenn A. Fostick, FACHE
President and Chief Executive Officer

Tadd M. Pullin, FACHE
Vice President, Marketing, Planning
and Network Operations

Leslie McAllister
Corporate Marketing Director

Advancing Health is published by The Nebraska Medical Center. The information is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2009 Printed in U.S.A.

Printed on Recyclable Paper 920M