

# Clinical Trials



**Contact Person:** Vivian Sheidler, Research Manager  
**Phone Number:** 336-832-0821  
**Address:** 501 N. Elam Avenue, Greensboro, NC 27403  
**Hours:** Monday through Friday, 8:30 am to 5:00 pm  
**Web Site:** <http://www.mosescone.com/body>

***Patients may enroll into national trials in the Greensboro area rather than having to travel to cancer centers in other parts of the state or the country.***

## ***Clinical Trials***

A clinical trial is a research study with people. The purpose of clinical trials is to find better ways to treat people with a specific disease. The Regional Cancer Center has clinical trials that come from (or are supported by) the National Cancer Institute and private industry.

Advances in breast cancer treatment happen when patients volunteer to enroll in clinical trials. The standards of care for cancer treatments that exist today have come about through clinical trials.

Taking part in a clinical trial is an important decision. Patients need to understand the purpose of the trial, the treatments, the benefits, the risks, and other treatment options.

## ***Clinical Trials and Moses Cone Health System Regional Cancer Center***

Clinical trials have been part of the Moses Cone Health System Regional Cancer Center since 1981. More than 1,700 patients have been enrolled into prevention, treatment, and symptom management research studies.

The Regional Cancer Center supports clinical trials to find new treatments that prolong life or help find a cure. Another reason the Regional Cancer Center takes part in trials is to maintain high standards. Taking part in research is required for our accreditation by the American College of Surgeons.

Moses Cone Regional Cancer Center has an average of 30 to 50 trials, in general, open at any one time. Trials for breast cancer are the highest percentage of the open trials. You may go to the Moses Cone website, <http://www.mosescone.com/body>, to see the clinical trials that are available.

Clinical trials in breast cancer are a major part of the research program at Moses Cone. When a physician thinks a patient may qualify for a study, the physician will ask a research nurse to talk to you. The research nurse will meet with you and will give you information about the specific trial, as well as general information about clinical trials.



# Nutrition

**Contact Person:** Barbara Neff, RD, LDN  
**Phone Number:** 336-832-1717  
**E-mail:** Barbara.Neff@mosescone.com  
**Address:** 501 N. Elam Avenue, Greensboro, NC 27403  
**Hours:** Monday through Friday by appointment  
**Financial:** No Fee



A Registered Dietitian is uniquely qualified to help you with your nutritional needs during and after your treatments. You may benefit by meeting with a Dietitian at no charge at the time of diagnosis, during your treatment or after you finish your treatments. She is available to answer questions about how to improve your diet, how to deal with side effects caused by your treatments, and supplement usage. If you are interested in weight loss after treatment, she is available to help you achieve a healthy body weight.



# Genetics Testing

**Contact Person:** Dawn Swinson, Genetics Clinic Scheduler  
**Phone Number:** 336-832-1095  
**Professional:** Nancy J. Adams, M.S., Certified Genetic Counselor  
**Address:** 501 N. Elam Avenue, Greensboro, NC 27403  
**Hours:** **BY APPOINTMENT**  
**Financial:** No cost, insurance will be verified if tests are recommended

## **Genetic Counseling and Moses Cone Health System Regional Cancer Center**

There is a cancer risk assessment and a genetic counseling clinic at the Regional Cancer Center.

You will be asked to fill out an extensive questionnaire so that a detailed family history can be reviewed with you during your initial consultation with the genetic counselor.

You may choose to have a blood specimen drawn for genetic analysis that may assist you and your physician in determining treatment for your specific diagnosis.

Most insurance carriers pay 80 percent to 100 percent of the cost of genetic analysis when it is deemed medically necessary. The Regional Cancer Center has insurance specialists who will verify your insurance benefits for this service.

## **Genetics**

About ten percent of breast cancer cases are caused by a hereditary trait. That means that the breast or ovarian cancer in the family is the result of an altered gene passed on from parent to child. The altered gene can come from the father's or mother's side of the family.

If you have a family history of breast or ovarian cancer, or if you are younger than 50, you may want to consider asking your doctor for a referral to see the genetic counselor. A genetic counselor has specialized training to assess your risk, provide education about genetic risks and explain test results.

# Physical Therapy



**Contact Persons:** Marti Smith or Donna Salisbury  
Physical Therapists and Certified Lymphedema Therapists  
Moses Cone Outpatient Rehab at Guilford College

**Phone Number:** 336-315-4760

**E-mail:** marti.smith@mosescone.com; donna.salisbury@mosescone.com

**Address:** 603 Dolley Madison Road, Suite 202, Greensboro, NC 27410

**Hours:** By Appointment  
Monday through Thursday, 8:00 a.m. until 6:00 p.m.  
Friday, 8:00 a.m. until 12:00 p.m.

**Financial:** Will file insurance under physical therapy and  
if you have no insurance, we will direct you to patient accounting resources

**There is a free one-time ABC class (After Breast Cancer class) that focuses on regaining shoulder range of motion** and education about how to prevent lymphedema. This class is offered the first Wednesday of the month. Please ask your doctor for a note stating that it is ok to attend ABC class. Please call 315-4760 to register.

**A physical therapist can help you resume your normal activities after surgery and/or treatment.**

- 1) **Some women have problems with lymphedema following surgery and/or radiation treatments.** Lymphedema is swelling in the chest, arm, or side. If you have any concerns about swelling, please ask your physician for a referral for physical therapy. It is very important to see a physical therapist who is also certified in lymphedema treatment. It is also important to be seen early. A lymphedema specialist will be able to examine you and offer treatment recommendations.
- 2) **Some women may have tightness in their shoulders or range of motion problems following surgery.** Physical therapy can help with exercises and stretches that are important so that you can resume your normal activities. A physical therapist can evaluate you and develop a treatment plan specific to your needs.
- 3) **Rehabilitation is also a service that is available after you have finished your treatments.** Some patients feel weak and tired following any or all of the treatments. Physical therapy can help you recover so you can resume your normal activities.



## Consideration of fertility issues has to be given before therapy begins.

*The Moses Cone Health System is offering information about a local fertility clinic for your convenience. There are other clinics available that may offer similar services.*

With recent advances in assisted reproductive technologies and cryobiology, young women wanting to preserve fertility when it is threatened by illness or treatment for illness, now have options. Unfortunately, current cancer treatments, including aggressive chemotherapy and radiation therapy, frequently cause gonadal failure and sterility. Moreover, because treatment for most cancers begins very soon after diagnosis, the opportunity to pursue or to preserve fertility must be addressed immediately, before any treatments.

With oocyte and ovarian tissue cryopreservation women with cancer have viable new options to protect and preserve their fertility. Dramatically improved post-thaw survival, fertilization, and pregnancy rates have stimulated intense new interest in oocyte cryopreservation as a fertility preservation strategy. Ovarian tissue cryopreservation for later autotransplantation or in vitro maturation of immature oocytes is another option for women with cancer and the focus of a newly established multi-center National Physicians Cooperative to Preserve Fertility for Women and Girls with a Cancer Diagnosis. UNC is a member institution.

### ***This clinic is available to patients:***

- of reproductive age
- about to undergo treatment that may potentially take away their fertility
- referred to the clinic by their physician

***Patients are seen quickly, usually within 48 hours.*** When a patient is diagnosed with cancer, treatment often begins rapidly. Consideration of fertility issues has to be given before therapy begins.

During a consultation, ***patients are counseled*** about their risk of losing fertility and discuss options to preserve their fertility. As part of this research protocol, ***patients are offered an invitro fertilization (IVF) cycle or ovarian tissue freezing.*** ***Patients also meet with a psychologist*** to discuss the psychological aspects of fertility issues.

***Financial Options:*** A financial counselor is available to help explore options and, because this is a research study, services are offered at a significant discount. UNC is a preferred provider with the national Fertile Hope organization, so costs associated with the procedures are reduced.

### ***For more information, or to schedule an appointment,***

- 919-966-1150
- [www.med.unc.edu/fertilitypreservation](http://www.med.unc.edu/fertilitypreservation)

#### **The Fertility Preservation Program Team**

*Front row:* Drs. Silvia Ramos, Jennifer Mersereau, Samantha Meltzer-Brody

*Back row:* Drs. Stan Beyler, Anne Steiner, Marc Fritz.

*Not pictured:* Steve Young and Vicky Bae-Jump.





# Patient and Family Support Team

Medical treatment is only part of what is necessary in the cancer journey. Equally important is the care of a person’s emotional, psychological, and spiritual wellbeing. The Patient and Family Support Team exist to assist individuals diagnosed with cancer and their families in these other dimensions of cancer care.

Dr. Martin Rossman, in his book Fighting Cancer from Within, tells the story of a house owner who notices that the plants in the yard are not well. A consultation from a gardener yields a diagnosis of a certain kind of infestation and a recommendation to apply pesticide. The new owner, not completely comfortable with this “plan of treatment,” calls in a second gardener who confirms the diagnosis. The second gardener, however, says that while the pesticide will kill the insects, it will not necessarily create healthy plants. The plants require water, fertilizer, pruning, and cultivation. Similarly, medical care, excellent as it is, will not create wellness. Patients must be intentional about the care of their minds and spirits as they go through the cancer journey.

Cancer disrupts every aspect of patients’ and families’ lives and challenges their psychological, social, spiritual, and financial resources. The services provided by our Support Team address these needs. In addition to services offered by individual support team members, support programs include:

- monthly support groups
- retreats
- massage
- *Look Good, Feel Better* program
- *Finding Your New Normal* program
- smoking cessation programs
- Tai chi and Yoga
- expressive arts workshops
- cooking and nutrition classes



We encourage our patients and their families to call us if we can be helpful to them. We also encourage them to take advantage of the support programs offered each month. Support program information may be viewed on the Regional Cancer Center website ([www.mosescone.com](http://www.mosescone.com) click on Cancer Services) They also may request to be added to the Regional Cancer Center mailing list to receive monthly program information by calling 832-0894. For additional program information, please may call Terry Moore-Painter at 832-0364.

*Chaplain  
Terry Moore-Painter*

*Clinical Psychologist  
Jeanne Peters*

*Clinical Social Worker  
Joanna Saporito*



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# Chaplain

**Contact Person:** Terry Moore-Painter, Oncology Chaplain  
**Phone Number:** 336-832-0364, 336-319-2555  
**Hours:** Hospital chaplains are always available.  
**Financial:** No Fees



When you would ask to be seen by a chaplain:

- facing and dealing with suffering, grief and loss of control
- end-of-life and ethical decisions
- spiritual resources for coping with illness
- family relationships and communication as they are affected by illness
- dealing with questions that arise during illness such as: is there meaning or purpose in this experience; is there hope in the midst of suffering; what is healing
- if you need someone to listen and to whom you can tell your story

Chaplains at the Regional Cancer Center focus on the care of the spirit, particularly as individuals and families deal with illness. Chaplains are trained to be a listening presence, to be non-judgmental and to be open to people of all faith traditions.

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# Clinical Psychologist

**Contact Person:** Jeanne Peters, Psy.D  
**Phone Number:** 336-832-0819, pager, 336-319-3639  
**Hours:** Monday through Thursday by appointment  
**Financial:** Accepts most insurances, please call to verify



When you would ask to be seen by a clinical psychologist:

- depression
- anxiety/constant worry (that doesn't get better)
- thoughts of suicide
- insomnia
- difficulties coping with grief or loss
- chronic pain
- feeling of trauma related to having cancer
- family problems
- marital problems.

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# Clinical Social Worker

**Contact Person:** Joanna Saporito, MSW  
**Phone Number:** 336-832-0648, pager, 336-319-3639  
**Hours:** Monday through Thursday, by appointment  
**Financial:** No Fees



**Doctors and nurses have no way of knowing if a patient has financial or other needs. The Social Worker can help you but only if you request to speak with her. She has many resources.**

When you would ask to see a clinical social worker:

- nursing homes, assisted living, rest homes
- health insurance and benefits
- medication assistance resources
- alcohol and drug rehabilitation or counseling
- interpreting services
- home health services
- discharge concerns
- hospice services
- ethical dilemmas
- supportive patient/family counseling
- transportation assistance
- healthcare power of attorney or living wills



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## Support Groups

Support groups offer great opportunities to meet and share with others in similar circumstances. They help you to learn new ways to adapt to, cope, and live with a breast cancer diagnosis. They can help you gain information about important resources.

### **Younger Women's Breast Cancer Support Group**

The younger women's group is intended for those women diagnosed while raising a family and/or managing a career. There is no age requirement.

- free of charge
- 4<sup>th</sup> Monday of each month
- 7:00 p.m.
- Regional Cancer Center, 2<sup>nd</sup> floor conference room, 501 N. Elam Ave.
- registration not required

### **Breast Cancer Support Group**

A women's breast cancer support with no specific requirements.

- free of charge
- 3<sup>rd</sup> Tuesday of each month
- 7:00 p.m.
- Regional Cancer Center, 2<sup>nd</sup> floor conference room, 501 N. Elam Ave.
- registration not required

**For questions contact Terry Moore-Painter at 336-832-0364**



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## Support Programs

At various times Moses Cone **Patient and Family Support Team** offers cancer patients opportunities to relieve the stress of cancer. Programs may include retreats, expressive arts workshops, and cooking and nutrition classes just to name a few.

You may go to [www.mosescone.com](http://www.mosescone.com) and select *Cancer Services* on the right hand side and then select *Find a Class or Support Group* on the right hand side to see the current calendar.

***You may also call 336-832-0894 and ask to be put on the monthly support mailing list.***

***Retreats*** – Several times a year the regional Cancer Center offers daylong retreats to patients and family members at a retreat center in Guilford County. The retreats focus on providing participants with a quiet, guided meditation, relaxation, and time with others who have experienced cancer. The retreats are listed on the Regional Cancer Center program calendar, or you may call Terry Moore-painter at 336-832-0364 for more information.

# Exercise/Stress Reduction



The Regional Cancer Center offers patients and family members a number of ways to reduce stress and promote relaxation.

*There is no fee charged for these offerings to Moses Cone patients, survivors, family members, and staff.*

## **Gentle Yoga**

Yoga involves the use of movement, breathing exercises, and meditation to achieve a connection with the mind, body, and spirit.

- no registration is required, walk-in
- every Wednesday, 6:00 p.m. to 7:00 p.m.
- Regional Cancer Center, 501 N. Elam Ave, Greensboro
- 2<sup>nd</sup> floor conference rooms

## **Tai Chi**

Tai Chi is an ancient Chinese form of martial arts that uses movement, meditation, and breathing to promote a sense of wellbeing. Research has shown that tai chi can help improve posture, balance, muscle tone, flexibility, and strength. It can also lower heart rate and blood pressure.

Free classes open to cancer patients, survivors, family members and staff:

- must register, 336-832-0364
- every Wednesday, 9:30 a.m. to 10:30 a.m.
- locations vary

For more information or to register, call Terry Moore-Painter at 336-832-0364.

## **Massage**

Patients currently going through treatment at the Regional Cancer Center who have not previously received massages here can receive two free massages,

- most often they are given on the first and third Tuesday of the month
- most often massages are given in the 2<sup>nd</sup> floor Conference Room at the Regional Cancer Center
- please call to verify days, times, and location
- you must pick up your massage certificate prior to your massage appointment

*Call 832-0894 for more information.*





# Support Beyond Treatment

## **Finding Your New Normal**

A survivorship program to support women transitioning from a patient being actively treated to a survivor focused on wellness. Women will be able to understand the overall concept of wellness. They will create a plan to intentionally incorporate various components into their lives.

- A licensed counselor facilitates program.
- Women who have completed their surgery, chemotherapy, and radiation treatment, may attend.

Each session will include a short presentation, a discussion, and an introduction to different types of low-impact exercise. *Please wear comfortable, loose clothing.*

### **Topics to be covered:**

Wellness as a Way of Life  
The Importance of Physical Exercise  
Emotional Wellbeing  
Healthy Eating and Nutrition  
Relationships and Intimacy  
Spirituality and Self-Care



*To register call Terry Moore-Painter at 336-832-0364.*

**There is no charge for this program.**

### ***From Diane, age 43, a Finding Your New Normal Graduate***

*One year ago this month, I was diagnosed with Stage One breast cancer. I decided not to tell my children until they were all together in June for my youngest son's graduation from high school.*

*In May that same year, I was traveling through Charlotte, when my car caught on fire and burned to a crisp. This symbolic drama, with fire trucks, law enforcement, and on lookers, was the beginning of a "journey" into the scary and unknown.*

*As I continue to watch my hair grow back from the chemo and feel my burnt cells rejuvenate, I am reminded how important support people are, especially those that can relate to the roads that I am traveling.*

*The program the Moses Cone Regional Cancer Center offers, "Finding Your New Normal," has provided me with a rescue vehicle that restores the fuel that keeps me on the road to forgetting about devastation of the past. With the tools that were provided, the rebuilding of a sound structure within me has been fueled so I can continue travel to my destination with a renewed spirit. For this, I am truly thankful.*



## Finances and Forms

<b>Contact Person:</b>	Darlene Clark, Financial Counselor
<b>Phone Number:</b>	336-832-0752
<b>Address:</b>	501 N. Elam Avenue, Greensboro, NC 27403
<b>Hours:</b>	Monday through Friday, 8:00 am to 4:30 pm
<b>Web Site:</b>	www.mosescone.com
<b>Financial:</b>	NO fee for consultation with financial counselor NO fee for form completion for patients YES, there is a fee for form completion of family forms

### ***Financial Counseling***

The Moses Cone Regional Cancer Center has a financial counselor available to answer questions about your insurance coverage, preauthorization requirements, and Medicare.

The Financial Counselor will help you with the financial process until you receive your first treatment. After you begin your treatments, there are other staff members available to you for help.

You will be given information about HIPPA. The Health Insurance Portability and Accountability Act (HIPPA) is a federal law designed to protect your medical information. There is a form for you to fill out after you have read the information.

***Forms can take seven to ten days to complete. Please bring forms in as soon as possible.***

### ***Important Forms Information***

If you need disability or family medical leave forms filled out because of treatments that you will be receiving at the Regional Cancer Center, please bring them to the registration desk. Our ***Managed Care Department*** will fill out this form for you, and have your doctor sign it. The more written information provided, the quicker the Managed Care Department will be able to process.

- **DO NOT GIVE FORMS TO YOUR DOCTORS OR NURSES.**
- provide as much information as possible
- be sure to sign and date the form.
- please write on a separate paper what date needs to be listed on the form
- include a note telling us how you want the form to be handled after your doctor completes it
- forms can be faxed, mailed, put it in an envelope for pick-up at the front desk
- let us know the last day you were able to work on disability forms
- when you hope to return to work (if you know) on disability forms

If you ever have ANY questions about ANY forms, please ask for help. We want you to understand all of the paperwork that you are given.

If you need disability or family medical leave forms filled out before surgery, please take them to the front desk at Central Carolina Surgery. ***Do not give them to your surgeon.***