



OmniSeq ComprehensiveSM: Now Personalized Medicine is an Option for More Patients

Personalized medicine will be available to more cancer patients, thanks to the June release of a new and improved test developed at Roswell Park — and gifts to the Roswell Park Alliance Foundation will help cover the test for patients whose health insurance won't pay for it.

First introduced as OmniSeq TargetTM in 2014, the original test was intended for use in lung cancer patients. It could search a patient's tumor sample for mutations in 23 genes known to "fuel" the disease. When a mutation was identified, it was then matched to existing "targeted" drugs designed to shut it down, increasing the chances that treatment would work effectively for that specific patient.

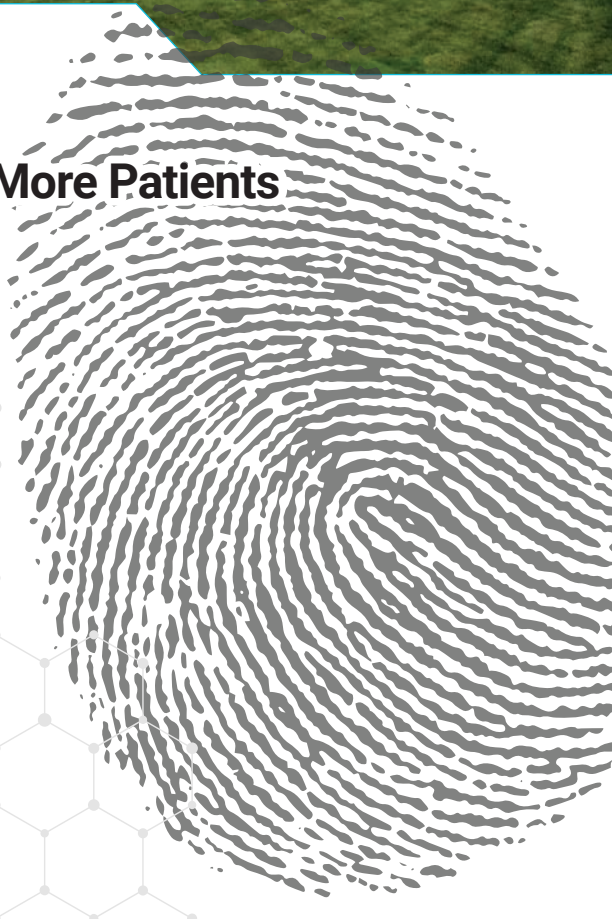
The new version of the test, called OmniSeq ComprehensiveSM, is intended for patients with any type of solid tumor. It can identify mutations in 144 of the most "actionable" cancer-related genes — those that are most likely to respond to treatment with targeted drugs.

Jeffrey Conroy, Director of Genomics Consortium Technologies at Roswell Park, says when one or more mutations are found, an alternative to standard chemotherapy treatments — which don't necessarily work for every patient — may begin. Treatments matched to patients'

specific gene mutations generally lead to responses that "are much stronger and last longer," he says.

Today researchers are rapidly discovering new cancer-causing gene mutations and developing new drugs designed to zero in on them and shut them down. OmniSeq helps oncologists sort through that sea of ever-changing information, and it provides them with a list of the latest therapies targeted to patients' specific mutations, including drugs that are already FDA-approved and others that are available through clinical trials.

Gifts to the Alliance Foundation paid for 615 Roswell Park patients to receive the original test. Of those, 209 people were found to be eligible for targeted therapies. "Because OmniSeq Comprehensive can provide this information for all types of solid tumors, we think the benefits for patients will far surpass those of the previous test, which focused specifically on lung cancer," says Conroy. Future donations will cover the cost of the updated test for patients who cannot afford to pay for it out of pocket, and will support the collection of data showing outcomes for patients who receive the test, to help prove its value as insurance providers decide whether or not they should cover it.



LEARN ABOUT ONE PATIENT'S REMARKABLE EXPERIENCE WITH THE ORIGINAL OMNISEQ TEST AT ROSWELLPARK.ORG/CANCERTALK/201511/ALWAYS-HAVE-HOPE.

TO MAKE A GIFT TO THE ALLIANCE FOUNDATION, PLEASE VISIT ROSWELLPARK.ORG/GIVING.

Questions? Suggestions?
Email RPCI.News@roswellpark.org
or write to: Public Affairs Office,
Roswell Park Cancer Institute,
Elm & Carlton Streets,
Buffalo, NY 14263.

One Mission delivers news, information, and stories of hope and inspiration to the patients and families served by Roswell Park Cancer Institute, in keeping with Roswell Park's mission to understand, prevent, and cure cancer.

This patient newsletter is written, created and designed by the Institute's Department of Marketing, Planning, Public Affairs and Customer Relationship Management, with content contributed by various other departments.

Around the Park

Bells of Honor, Bridge of Hope

At Roswell Park and other cancer centers, patients traditionally ring a bell to celebrate the end of treatment. If you have had a cancer diagnosis, you're invited to mark this milestone by hanging a bell on the Commercial Street Bridge at Canalside in downtown Buffalo during one of Roswell Park's bell ceremonies, held every two weeks. Phillips Lytle LLP, Buffalo, generously sponsors the bells.

Patients may request a voucher for a free bell and reserve a spot on a shuttle from Roswell Park to Canalside by calling Connie Brucato at 716-845-8182. Please tell her which date you plan to attend. (Dates and details at RoswellPark.org/BridgeOfHope.) You can even arrange a private ceremony with just family and friends.



FRIENDS AND FAMILY MAY PURCHASE A BELL (\$5) TO HONOR A LOVED ONE WHO IS A PATIENT OR SURVIVOR.

VISIT THE **ROSWELL PARK HOSPITAL GIFT SHOP**,
MODERN NOSTALGIA (1382 HERTEL AVE., BUFFALO),
ANNARLETTE (3959 MAIN STREET, BUFFALO)
OR **CLAYTON'S TOYS & GIFTS @HARBOR CENTER**
(75 MAIN STREET, BUFFALO).



Step Out with Bosom Buddies

Rally your friends and join Team Roswell at the annual Bosom Buddies Walk on Saturday, Oct. 15, at Canalside in Buffalo. This year we're joining the American Cancer Society (ACS) Making Strides Against Breast Cancer Walk. Proceeds support the Western New York Breast Resource Center at Roswell Park and help the ACS fund cancer research and services.

[DETAILS AT BOSOMBUDDIESWALK.ORG.](http://DETAILSATBOSOMBUDDIESWALK.ORG)



Free *Treat* for Those in *Treatment*

If you're undergoing treatment, you may be experiencing skin changes that can occur as a side effect. Treat yourself to a free skin care class **Thursday, October 20**, from 6-7 p.m. in the lobby conference room of the Scott Bieler Clinical Sciences Center. You'll receive a complimentary kit with cleanser, moisturizer, makeup and other goodies from Buffalo Gal Organics.

Kasia Cummings, holistic health coach and owner of the company, will offer tips on how to identify and understand the ingredients in the cosmetics you use. Bonus: She'll show you how to create the appearance of eyebrows using some of the products included in the free kit. (Learn more at BuffaloGalOrganics.com.)

Class size is limited to 12 people, so please register early by calling the Resource Center at 716-845-8659. Classes will be held monthly; ask about future dates.

This class is made possible by a donor-supported Quality of Life grant from the Roswell Park Alliance Foundation.

Burning Questions about Soothing Acid Reflux?

Here's a Handy Guide



When the contents of your stomach – food, stomach acid, enzymes, and bile – come up into your esophagus instead of going down into the intestines, you've got acid reflux. While your stomach can handle these harsh substances, they cause irritation, and over time, they can damage your esophagus.

That's of special concern to patients who take chemotherapy drugs. Chemotherapy is designed to target cancer cells, which grow and reproduce faster than most normal cells. Unfortunately, the cells that line the digestive tract also reproduce quickly. As a result, those healthy cells are often affected by chemo – and that's why acid reflux, nausea, and diarrhea are common chemo side effects.

SYMPTOMS

- heartburn (burning feeling)
- regurgitation (sour-tasting acids backing up into your mouth)
- burping, hiccups
- nausea, bloating
- sore throat, hoarse voice
- dry cough, wheezing

Chemo can cause mouth and throat sores, which may also create a burning feeling. Check with your doctor to find the cause of your symptoms.

WHAT TO AVOID

- Acidic foods: tomatoes, citrus (oranges, lemons, etc.), garlic, onions, chocolate, mint, spicy foods, mustard, smoked/cured meats, and alcoholic beverages
- Caffeine: coffee, tea, soda, energy drinks
- Meals high in dairy and red meat
- Smoking
- Wearing tight belt or clothes



Coffee



Chocolate



Mustard



Tomato

WHAT YOU CAN DO

- Eat smaller meals, more frequently. A big meal can increase the pressure against the muscle sphincter between your stomach and esophagus.
- If you are overweight, losing weight may reduce symptoms.
- Stay upright for at least a half hour after eating; avoid bending over, exercising, or lying down during this time.
- Keep a journal of what seems to trigger symptoms, and avoid your triggers.
- Try napping sitting up in a chair.
- Elevate your shoulders and head 5-8 inches by putting bricks or books under the legs at the head of your bed. (Using pillows to prop yourself up may cause neck or back pain.)
- Talk to your doctor before stopping or starting any medicines or supplements; some can cause or worsen acid reflux. Ask what medication would be recommended for your reflux.

LEARN ABOUT THE DIFFERENT TYPES OF MEDICATIONS FOR ACID REFLUX AT goo.gl/wYRyGZ.

From Dandelion Heads to Snowy Owls, Artwork that Inspires

The first time you step into the Scott Bieler Clinical Sciences Center at Roswell Park, you might assume you've entered an upscale art gallery. Overhead in the main lobby, a cluster of copper-colored spheres suggests the wispy seed heads of dandelions. An oil painting of birch trees against a green-and-gold background creates a feeling of early fall.

Around every corner on every floor, surprising images, colors, and textures stir visitors' curiosity and imagination. That's the goal: using art to "provide the distraction and inspiration to help patients focus on something else when they're having a really difficult time," says **Dana Jenkins, MS**, Vice President of Organizational Performance Improvement at Roswell Park.

Jenkins, a noted watercolorist whose paintings have been widely published, was asked to organize and lead a team of seven people who selected, purchased, organized, and installed the works. They visited area studios and viewed slides of artists' work to find the right pieces for the brand-new building. The all-volunteer committee included people with strong connections to Roswell Park and the local art community — some with professional experience in choosing, installing, and organizing works of art.

The collection they assembled will attract people with a broad range of tastes. It includes "a lot of watercolor, because Buffalo is a big watercolor town, and some oil paintings," Jenkins says. "There's some sculpture. There's a lot of mixed media. There's photography."

The project was funded by gifts to the Roswell Park Alliance Foundation to support the Institute's art collection. **Susan Zebro**, chair of the Alliance Art Committee, says artwork was key to providing a warm and comforting atmosphere in the current Roswell Park hospital when it opened its doors in 1998. "Patients and their families appreciate how art transforms their experience here," says Zebro. "Now donors are helping create the same environment in the new center next door."

The Art Committee "has a policy that we focus on Western New York artists, and that we never buy without the artist either donating to the collection or giving us a serious discount," notes Jenkins. That means every penny donated is spent carefully.

Throughout the selection process, the committee was guided by input from the same patient volunteers who had influenced the layout and design of the new center. Jenkins says when it came to artwork, they "wanted to see something they could recognize and identify with," rather

than abstract pieces. So, while some of the art is abstract, most of it reflects the real world, "something that lets your mind go off into a different place."

The success of that philosophy has led to some inspiring stories. Jenkins recalls how members of one patient's family were having trouble talking about their loved one's diagnosis. As they sat together in the waiting room, one of them noticed a painting that looked like a favorite place in Canada where they had vacationed together, and asked, "Are we going to the lake this year?"

That question, set off by a familiar scene in a painting, "started a whole conversation about the future and what they wanted it to be, and what they could do to shape that future," Jenkins says. "It was great."

VISIT THE ROSWELL PARK WEBSITE FOR AN UPCOMING SERIES OF INTERVIEWS WITH SOME OF THE ARTISTS WHOSE WORK IS DISPLAYED IN THE SCOTT BIELER CLINICAL SCIENCES CENTER: WWW.ROSWELLPARK.ORG/CANCERTALK.



Molly Petrucci was a senior at City Honors High School in Buffalo when she created "Heartbeats," an embroidered design of an anatomically correct heart (9th floor, outside private office space).

"Elements," a ring of whimsical shapes and designs by artist Peter Stephens, may appear to be 3-D, but its pieces are painted on flat surfaces — a technique called trompe l'oeil ("fool the eye" in French). Some parts of the design reflect images of the moon's surface (Chemo Infusion Center, 4th & 5th floor).

Around every corner on every floor, surprising images, colors, and textures stir visitors' curiosity and imagination.

An early-morning paddle in a kayak brought Buffalo photographer Laird Robertson face-to-face with a Snowy Owl perched on the ice boom at the mouth of the Niagara River (3rd floor, near room 321).



Roswell Park President & CEO Candace Johnson, PhD, left, chats with artist Rodney Taylor in front of his painting "Song for My Father." The stand of birch trees welcomes visitors as they enter the Scott Bieler Clinical Sciences Center (lobby).

Struggling with Hard Questions about Life?

Discover Roswell Park's New Spiritual Support Group

A diagnosis of cancer often brings up feelings of loss, sadness, anger, and fear. It can also raise important spiritual questions about life: "Why me?" – "What does having cancer mean in my life?" – "What can cancer teach me?"

If you're struggling with those questions, plan to join us for an upcoming meeting of Engaging the Spirit, a new support group created by Roswell Park's Pastoral Care Department. Whether you are religious but not spiritual, or spiritual but not religious, we invite you to build connections with others who believe that a cancer journey is also a spiritual journey. There will be time for personal reflection and for sharing thoughts with one another in small and large groups.

Engaging the Spirit will meet once a month on Wednesday evenings, from 6:30-8 p.m., in the lobby conference room of the Scott Bieler Clinical Sciences Center next door to the hospital. Each meeting will have a different theme, and you are welcome to attend any or all:

October 12

"The Circle of Life"

November 9

"Giving Thanks for All Gifts"

December 7

"Darkness and Light"



IF YOU HAVE QUESTIONS, NEED MORE INFORMATION, OR WOULD LIKE TO REGISTER FOR THE GROUP, PLEASE CALL PASTORAL CARE AT 716-845-8051 OR 716-845-8852.

“Often finding meaning is not about doing things differently; it is about seeing familiar things in new ways.”

- Rachel Naomi Remen

Time for Your Screening Mammogram? Trust the Experts at Roswell Park



Did you know Roswell Park offers screening mammograms? Our brand-new Breast Imaging Center even offers 3D mammograms for those who have been told they have dense breast tissue. This advanced technology improves cancer detection and reduces the need for additional imaging.

Evening appointments are available for your convenience, and parking is free when you come in for screening mammograms. To schedule an appointment, call 1-877-ASK-RPCI (1-877-275-7724).

**National Friday,
Mammography Day October 21**

Head for the Forest!

There's Growing Evidence that Nature Helps Heal Mind & Body

Whether you're recovering from illness or just trying to lead a healthier lifestyle, make sure to get your daily dose of Vitamin N. You won't find it at the drugstore — you have to collect it outdoors.

Vitamin N (the "N" stands for "nature") is a term created by author Richard Louv, who is alarmed by our increasing lack of contact with the natural world. Louv believes depression, stress, obesity, behavioral disorders, and other physical and psychological problems are due to what he calls "nature deficit disorder" — and there's growing evidence that he's right.

Today in North America and Europe, most people spend 90% of their time *indoors* and another 5% inside a car. That means we're missing out on many important gifts from Mother Nature. Spending time in nature is associated with:

- Lower blood pressure and stress levels
- Faster recovery after illness or injury
- Better sleep
- Reduced hostility and depression
- Higher energy levels
- Calming effects on children with Attention Deficit Disorder who are restless and distracted

THE SIDEWALK IS NOT THE SAME AS THE FOREST PATH

These benefits don't seem to be due to just exercise and fresh air. Several studies note that the effects are linked to spending several hours a week in *forests and other natural settings* — not city environments.

Even viewing a natural scene from a window may benefit patients who are hospitalized or unable to leave their homes. One study found that inpatients who had a view of trees from their hospital rooms needed less pain medication, experienced lower levels of depression, and stayed in the hospital less time compared with those whose windows looked out on a brick wall.

If you're a cancer survivor, two particular studies may make you sit up and take notice:

- Japanese researchers found that after spending eight hours in a forest, study participants had a "significant increase" in the activity of the immune system's natural killer (NK) cells — which can kill tumor cells and cells infected with viruses — and levels of antibodies that play an important role in the immune system.
- A study of breast cancer patients showed that those who spent two hours a week in nature were able to concentrate longer.

Be sure to check with your oncologist before heading into the woods. If you get the green light, check out Reinstein Woods Nature Preserve in Depew, NY, or Tifft Nature Preserve in Buffalo.

Today in

NORTH AMERICA

and

EUROPE

most people spend **90%**
of their time *indoors*

and another **5%**
inside a car.

For straight talk from Roswell Park experts and survivors, visit our blog to read patient-focused news you can use about cancer detection, prevention, research and treatment. Read inspiring stories and learn about the latest therapies, tips for living with cancer and much more.

Don't forget to sign up for our monthly e-newsletter that highlights our most popular posts from the Cancer Talk blog.

Sign up at: RoswellPark.org/cancertalk/sign-up.

Expanded Partnership with Children's Hospital Will Bring Exciting Changes to Pediatric Cancer Care

The decision to build the new John R. Oishei Children's Hospital close to Roswell Park on the Buffalo Niagara Medical Campus opened the door for pediatric specialists at both hospitals to reimagine how children's cancer care is delivered in Buffalo and take it to a higher level.

Currently pediatric oncology care is provided at both Roswell Park and Women's and Children's Hospital of Buffalo (WCHOB), with physicians working out of both hospitals. That means many patients have to travel between the two hospitals — which are more than a mile and a half apart — sometimes on the same day. With the opening of the Oishei Children's Hospital, the hospitals will be connected by interior walkways, providing more convenient, centralized care — but the advantages of the new collaboration go far beyond that.

"Reorganizing how we care for pediatric patients allows us to improve the care on many levels," says **Kara Kelly, MD**, Chair of Roswell Park's Department of Pediatric Oncology. "Streamlining services, focusing on what each facility does best, and adopting best practices will raise the level of care. The new collaboration will also focus on matching patients with appropriate clinical trials and make the process easier for patients and their families, who will no longer have to travel long distances to access cutting-edge therapies."

In general, Roswell Park will handle all outpatient care, such as chemotherapy and radiation therapy. Inpatient care, such as surgery and blood and marrow transplants, will be performed at the Oishei Children's Hospital, with physicians working from both facilities.

The programs and facilities to be offered at Roswell Park are already in development, including:

- A **new pediatric outpatient center**, the Katherine, Anne and Donna Gioia Pediatric Hematology and Oncology Center, set to open in July 2017. Designed especially for pediatric and adolescent patients, it will house exam rooms and chemo infusion areas as well as a playroom and an area where parents can gather.

Dr. Kelly, left, visits a young patient.



A lot of work and careful thought went into this to make it the right environment for children and their families,

says Dr. Kelly.

- A **pediatric clinical trials program**, to provide greater access to the latest treatments.
- Use of the **OmniSeq genomic test** (developed at Roswell Park) for patients with solid tumors, to determine if the cancer has a genetic mutation that can be treated with a targeted drug.

Finalizing the expanded collaboration was "a very complicated endeavor," says Dr. Kelly. "This is will be a tremendous benefit for the community."