

## “Updates in the Management of Ovarian Cancer” CME Dinner to be held



Trinitas Comprehensive Cancer Center is hosting a CME dinner presentation for physicians on **“Updates in the Management of Ovarian Cancer”** on **Thursday April 30th at 6:00pm**. Gara M. Sommers, MD, FACOG, and Patrick Anderson, MD, FACOG, both Gynecologic Oncologists at Trinitas Comprehensive Cancer Center will provide presentations. The program will include discussions on challenges and controversies in the assessment and management of ovarian cancer, evaluate management of ovarian cancer, and analyze the role of new therapies in the treatment of ovarian cancer. The CME dinner will be held at

**Boulevard Five 72, 572 Boulevard, Kenilworth, New Jersey**. Registration and dinner are **Free** of charge but seating is limited so please RSVP by calling (908) 994-8706 or e-mailing afinkiel@trinitas.org.

## Trinitas CCC Kicks Off Art for Healing Program

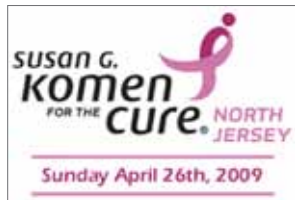
Trinitas CCC is excited to have launched their “Art for Healing” art therapy program bi-monthly. The art therapy program is made possible through a generous grant by the Gray Family Foundation. Our vision is to use the art therapy and creative process of art making to improve and enhance the emotional well-being of our patients and their family members and care givers. **“When feelings can be difficult to put into words, artistic self-expression can help people identify issues, come to terms with emotional conflicts, reduce stress, fear and anxiety, develop coping skills, and increase self-esteem and self-awareness.”** **Monica Aranibar-Duque, Trinitas CCC art therapist**. “Cancer patients are turning to alternative and complementary therapies to reduce symptoms, improve quality of life and help them deal with the stresses they are feeling,” said Gerardo Capo, MD, Trinitas Medical Oncologist. “Art therapy allows patients to focus on something positive and also allows them to be in control.”

## Kathy Ireland, Supermodel and Business Entrepreneur, Comes to Trinitas



An audience of more than 120 people benefitted from the insights and inspiration of former supermodel, now business mogul, Kathy Ireland, when she appeared at a dinner event and book signing at Boulevard Five 72 Restaurant in Kenilworth this month. Trinitas hosted the event at which guests learned recommendations and tips from this highly motivated and successful woman about staying physically, mentally and emotionally healthy while balancing family life and career during stressful economic times. Her appearance in Kenilworth coincided with the publication date of her fifth book, **Real Solutions for Busy Moms: Your Guide to Success and Sanity**.

## Join Team Trinitas for 2nd Annual Susan G. Komen Race for the Cure



The 2nd Annual Susan G. Komen North Jersey Race for the Cure will be held on **Sunday, April 26th in Essex County Branch Brook Park, Newark, New Jersey**. Trinitas Comprehensive Cancer Center is once again forming a team for the race. The Susan G. Komen Race for the Cure is the largest series of 5K run/walks in the world designed to raise significant funds and awareness for the fight against breast cancer and to celebrate breast cancer survivorship. The warm-up for the race will begin at 8:00am followed by the 8:45am 5K Run. At 9:00am there will be a 5K walk. Last year an estimated 10,000 people came to the event,

and this year they are expecting over 15,000. Funds raised will support research and critical life-saving resources for uninsured populations throughout the nine county northern New Jersey region. Run or walk with us and join in our commitment to help save lives and end breast cancer! **“As a physician I am very excited to participate in this race,”** expressed Leon Pirak, MD, Chief of Anesthesia at Trinitas Regional Medical Center. **“It really is a great way to help us support breast cancer research, education, screening and treatment programs in our community and it is also a fun opportunity for physicians and staff to get together and demonstrate our deep commitment.”** To register as part of Team Trinitas visit our website at [www.trinitascancercenter.org](http://www.trinitascancercenter.org) and click on the Komen for the Cure graphic.

## Upcoming Grand Rounds GYN Oncology and Minimally Invasive Surgery

Including the DaVinci Robot  
Thursday May 14 at 9:00am  
Gara Sommers, MD, & Dr. Patrick Anderson, MD, Gynecology Oncology  
Trinitas Comprehensive Cancer Center

## Breast Carcinoma

Thursday May 28 at 9:00am  
Paula Klein, MD, St. Vincent Comprehensive Cancer Center, NY

## Upcoming Tumor Boards

### General Tumor Board

April 3, 10, May 1, 8 at Noon  
Trinitas Regional Medical Center- 8 south Conference Room

### Breast Tumor Board

April 17, May 15 at 7:30am  
Conference Room A, 1st Floor, Cancer Center

### Thoracic Tumor Board

April 24, May 22 at Noon  
Conference Room A, 1st Floor, Cancer Center

### Urologic Oncology Tumor Board

May 29 at 7:30am  
Conference Room A, 1st Floor, Cancer Center

## Support Groups and Lectures for Patients

### “Living With Cancer”

A support group for patients and their families, dealing with cancer and life issues. Meetings are held on on Tuesday April 14 and May 12 from 5:30-7:00pm at TCCC. Please R.S.V.P. by calling Grisela Hidalgo, LCSW, at 908-994-8535..

### “Viviendo Con Cancer”

A Support group for Spanish speaking patients and their families. Meetings are held on on Tuesday April 7 and May 5 from 2:00-4:00pm at TCCC. Please R.S.V.P. by calling Grisela Hidalgo, LCSW, at 908-994-8535.

### “Made For Me” Boutique

Offers make-up assistance, wigs, mastectomy apparel and other accessories. Thursday May 7th from 10:00am-12:00pm. For reservations please call Amparo Aguirre, at 908-994-8244.

## Are Sugar Substitutes Bad for You?

Busting the health myths surrounding artificial sweeteners and sugar, a display presenting Natural and Artificial Sweeteners will be set-up by Cheryl Wachtel, TCCC Nutritionist, in the TCCC lobby during the week of May 18-22.



## Did You Know?

Grisela Hidalgo, LCSW, is Trinitas CCC's Social Worker with expertise in oncology services. Ms. Hidalgo provides counseling both in English and Spanish and advocacy to help patients and families adjust to the many changes and challenges that can accompany a cancer diagnosis and treatment. Social Work Services are available throughout all phases of the cancer experience including prevention, diagnosis, treatment, survivorship and coordination of palliative care and bereavement services.

## Trinitas Cancer Specialists to Earn National Recognition with Four Presentations at ONS

Trinitas Cancer Specialists will present in April at the 34th Annual Congress of the Oncology Nursing Society (ONS), the nation's premier cancer nursing conference. Trinitas nurses will present four presentations, including a poster on providing seamless oncology care between the in and outpatient oncology areas, a poster discussion updating an oral chemotherapy program, a podium session on a mentorship program developed to create leadership opportunities and an instructional session on patient centered care in the smart green environment. "I am delighted that our nurses and clinical staff continue to strive in their outstanding dedication to improving patient care and for their ongoing commitment to nursing," said Bernadette Countryman, Senior Vice President and Chief Nursing Officer at Trinitas Regional Medical Center.



## Q & A with Medical Oncologist Gerardo Capo, MD

Dr. Capo discusses mammogram screening guidelines for patients.



**Q:** Many patients ask when to start their own mammogram screening? What advice can you give them?

**Dr. Capo:** The incidence of cancer increases as we get older. In general, cancers that occur in someone older than 55 years of age is less likely to be familial or genetic. Cancers in persons younger than 50 are more concerning. These patients should be referred for genetic counseling because of the numerous syndromes that may affect a family. Some general screening guidelines should be followed:

Women of average risk should start yearly mammographic screening at age 50. There is some controversy regarding mammograms between ages 40-49 but the United States Preventative Services Task Force and the American College of Physicians recommends shared decision-making between the patient and doctor. A woman and her doctor, based on identified risk factors, decide on the proper schedule of screening mammograms. Typically this would be every 1-2 years beginning at age 40.



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