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Art, music and writing offer inspiration to Mayo
Clinic patients

*“There is a spiritual as well as material aspect to
the care of sick people.”*

William J. Mayo, M.D.

The first time Jacksonville University art student Sara Huke entered a patient's room at St. Luke's Hospital to share an art project, she wasn't sure what to expect. The patient sat quietly in the dark, staring out the window.

“I went in and struck up a conversation with him,” says Huke, “and soon we were laughing, joking and painting together.”

The only art most patients expect to see in a hospital room are the pictures hanging on the walls. But *Art at the Bedside* programs sponsored by Mayo Clinic Center for Humanities in Medicine is bringing art much closer to patients and giving them a welcome escape from the less pleasant aspects of a hospital stay.

“The feedback has been overwhelmingly positive,” says Nell Robinson, administrator for Humanities in Medicine in Jacksonville. “It takes the right kind of person to be effective in this role, because it's not only about art but about talking and relating with patients.”

The mission of Mayo Clinic Center for Humanities in Medicine, which extends across all three Mayo campuses, is to integrate the arts, history and ethics in the medical environment, supporting the Mayo ideal that the needs of the patient come first. The Center's programs serve patients, families, caregivers and the community, promoting the compassionate delivery of health care.

Art at the Bedside began in Jacksonville as a six-month pilot project in October 2003. Two local college students, an art major and a pre-med major with art experience were assigned to visit certain patient floors one afternoon a week. The St. Luke's pilot was so successful that the program is being expanded throughout the hospital. The Cummer Museum of Art and Gardens in Jacksonville will also provide two art educators experienced in similar programs.

In addition to the visual arts program, Jacksonville partners with *Body and Soul*, an arts organization that provides professional musicians who perform for patients in their hospital rooms.



Artist-in-residence Sara Huke
enjoys working with patients like
Ida Whiteside through Mayo's Art
at the Bedside program.



Art Educator Michele Heidel guides patient Karen Brenes while she draws a colorful picture.

Art at the Bedside in Rochester

Mayo Clinic Center for Humanities in Medicine, in partnership with the Rochester Art Center, recently completed an eight-week pilot study to measure the positive effects of visual art programs for Mayo Clinic hematology patients. Alexandra Wolanskyj, M.D., a Mayo Clinic hematologist, led a team to measure, analyze and report findings.

"We've all heard of the mind and body connection, and this is another way of implementing it," says Dr. Wolanskyj.

The study involved 20 patients who worked with a trained art educator from the Rochester Art Center to create visual art in patient rooms. Researchers found a significant decrease in anxiety and negative mood, as well as an increase in positive mood immediately following the activity.

The success of the study will lead to a full program in *Arts at the Bedside* for Rochester patients, which will include visual arts, live musical performances and creative writing.

Art at the Bedside in Arizona

Mayo Clinic Humanities in Medicine in Arizona partners with Arizona State University Herberger College of Fine Arts to provide writers and musicians for bedside programs called *Sonata del Sol* and *Poesía del Sol*.

Sonata del Sol: Sonata of the Sun is a music program for seriously ill patients at Mayo Clinic Hospital. The musician's service is offered Monday evenings and Thursday afternoons.

Poesía del Sol: Poetry of the Sun provides an opportunity for an author and printmaker to compose a poem based on conversation with palliative care patients at the bedside. The poem is printed and matted. The work of art is then presented to the patient, celebrating remembered times.

For more information on Mayo Clinic Center for Humanities in Medicine *Art at the Bedside* program, contact Elizabeth Curry at 507-266-3378 or curry.elizabeth@mayo.edu.



Mary Alice Trapp

Educators Honored for Outstanding Service

The Mayo Clinic Cancer Center Education Network (MCCCN) is proud to announce the recipients of the 2006 Professional and Patient Advocate/Volunteer Distinguished Service in Cancer Education awards. Nominations for these awards come from Mayo Clinic Rochester, Arizona and Jacksonville and Mayo Health System.

Mary Alice Trapp, Mayo Clinic Rochester, received the Professional Award. Trapp is the project director and trainer for Mayo Clinic Cancer Center's Women Enjoying the Benefit (WEB) Program, which focuses on reducing breast and cervical cancer among American Indian and Alaska native women. Trapp has made significant contributions to reducing cancer health disparities among Native American women and most recently has taken her program to the African

country of Ghana. Her nominators describe her as an outstanding cancer educator, mentor, role model, patient advocate and leader.

Jim Engh received the Patient Advocate/Volunteer award. Engh is a Mayo Clinic Rochester volunteer and a patient advocate for the North Central Cancer Treatment Group and the Prostate SPORE Advocate Core Committee. Engh's nominators describe him as driven by a strong sense of dedication, compassion and commitment to the service of others with a special interest in the area of men's health, specifically prostate cancer awareness, screening, education and research. Engh, who was diagnosed with prostate cancer in 1995, has worked tirelessly to educate men of all ages about prostate cancer and the importance of early screening.



Jim Engh

\$11.2 Million Awarded to Prostate Cancer Research at Mayo Clinic Cancer Center

By Russ Vanderboom, Ph.D.

The National Cancer Institute established the SPORE program in 1992 to promote research among clinical and basic scientists across varied disciplines, and to efficiently and rapidly move basic research findings from the laboratory to the patient. SPORE grants are highly competitive. Institutions must demonstrate a high degree of collaboration between first-rate scientists and clinicians, as well as excellence in translational research projects.

Mayo Clinic Cancer Center is one of 11 cancer centers across the nation to receive a Specialized Program of Research Excellence (SPORE) grant for prostate cancer research. Prostate cancer is the most common form of cancer and the second leading cause of cancer death in American men today. By age 50, one in four men may have some cancerous cells in the prostate gland. By age 80, the ratio increases to one in two. As men age, the risk of prostate cancer increases.

The Mayo SPORE grant for prostate cancer research aims to implement a strong collaboration between basic scientists and clinicians at Mayo Clinic. This collaboration is designed to foster research that can be translated into improved detection, diagnosis, treatment and prevention of prostate cancer.

Mayo Clinic cancer scientists received \$12 million for five years between 2001 and 2006 for their initial prostate cancer SPORE award. The National Cancer Institute recently renewed the Mayo Prostate SPORE for an additional five years, providing \$11.2 million to support research in the program until 2011.

Donald Tindall, Ph.D., is the lead investigator for the Mayo Prostate SPORE grant, and coordinates the efforts of investigators researching five distinct projects aimed at furthering scientific and clinical knowledge about prostate cancer.

Objectives of the renewed Mayo Clinic Cancer Center Prostate SPORE:

Project 1: To assess the value of biomarkers found in blood and tissue samples for predicting response to androgen deprivation therapy.

Project 2: To develop a minimally invasive imaging technology, to diagnose and detect prostate cancer.

Project 3: To further advance gene therapy of prostate cancer.

Project 4: To develop a vaccine for the treatment of prostate cancer that has become growth-independent of androgens.

Project 5: To advance development of specific immunotherapy for prostate cancer.



Donald Tindall, Ph.D., is the lead investigator for the Mayo Prostate SPORE grant.

A Patient's Perspective on Prostate Cancer

By Jim Engh, Patient Advocate

There is no way to prepare for the news that you have cancer. At age 64, I was aware of prostate cancer but somehow had assumed that I was one of those five out of six men who will not be affected by it during their lifetime. It turned out that I was the one man out of those six who was going to be diagnosed with prostate cancer. And that meant I was going to get to know a lot more about it, including some numbers:

- Prostate cancer is the most frequently diagnosed type of cancer in men. The American Cancer Society (ACS) estimated that 234,460 new cases of prostate cancer would occur in the United States in 2006.
- Prostate cancer is the second leading cause of cancer death in men, exceeded only by lung cancer. More than 27,000 men were predicted to die of prostate cancer in 2006.

Let's express those numbers in a way that can be more easily related to. During the time that I'm playing 18 holes of golf, 12 men will have died from the disease and 450 men will have been diagnosed with the disease.

Fortunately, my prostate cancer was caught early enough. I was enrolled in a clinical trial and about 12 months into the trial, a Prostate Specific Antigen (PSA) test triggered further evaluation and a biopsy revealed prostate cancer. My prostate was removed in May 1995 and since then, all of my PSA tests have been at the undetectable level. I believe my prostate cancer has been cured.

My experience has made me recognize a couple of things related to prostate cancer. First, it's great to be alive. There's an old proverb that says, "Never complain about growing old; 'tis a privilege that's denied to many." And so I won't complain. But at the same time, my life has been permanently altered by prostate cancer. I now realize the impact of cancer on this nation and the importance of cancer research.

One of my goals is to help more men realize the vital importance of annual screening exams for prostate cancer because while the disease cannot be prevented, early detection may allow it to be cured. Screening exams should start no later than age 50 for most men but at age 40 if relatives have had prostate cancer.

Secondly, prostate cancer should not be viewed as only a man's problem, just as breast cancer should not be viewed as only a woman's problem. It is a family problem and it strikes all members of the family. When my wife and I first received the diagnosis, we both were stunned — there's no way to avoid that impact. But we shared the news and stuck together and supported each other through the search for treatment options, choice of treatment, surgery and recovery.

Since my prostate cancer was treated, I have become involved in activities related to prostate cancer. I co-lead the local prostate cancer support group and am a patient advocate with the National Cancer Institute-funded Prostate Specialized Programs of Research Excellence (SPORE) research group at Mayo Clinic and with North Central Cancer Treatment Group (NCCTG). I also serve as a community representative on the Mayo Institutional Review Board; am a Mayo Clinic volunteer; and have served on a Department of Defense Prostate Cancer Research review team.

In the nearly 12 years since my surgery, I've talked with many other men who have had prostate cancer. Many of them have reported that they were unaware of or ignored the importance of an annual screening exam. It is a simple PSA blood test and digital rectal exam. Often it was their wife or another family member who persuaded them to get screened.

Early stage prostate cancer usually does not have any symptoms that might cause a man to seek help from his doctor. The screening exam can help detect prostate cancer during that early stage, while it may still be curable. But if you wait too long, it can spread to other parts of the body. Mayo Clinic has reported that approximately 40 percent of



12-year cancer survivor Jim Engh is an active Mayo Clinic volunteer

“I urge all men age 50 and older or those who have risk factors or a family history to get screened regularly.”

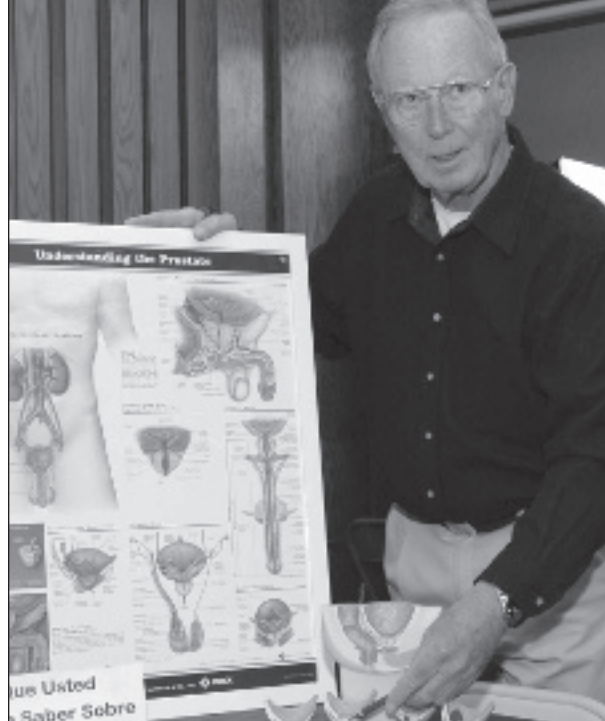
Jim Engh

prostate cancers are not detected until they have spread beyond the prostate. A cure at that point might not be possible, so I urge all men age 50 or older, or those who have risk factors or family history, to get screened — regularly.

And to those who are already diagnosed with prostate cancer, I recommend that you find out all you can about your treatment options. Take some time to go to your nearest cancer center or ACS office for information. Depending on the stage of your disease, several treatment choices may be available, including clinical trials. Ask your doctor to explain these treatments along with possible side effects. It is also a good idea to have a family member with you during this discussion so that both of you are informed as you later discuss them.

Through my volunteer involvement at Mayo, I have been able to observe some of the work aimed at prostate cancer that is taking place at Mayo and it is impressive. Mayo Clinic sees more men with prostate cancer than any other medical center in the world — several thousand each year. There is a lot of very good work going on in research at Mayo in an effort to find better diagnostic tests and treatments, and ways to reduce the incidence of prostate cancer. The SPORE program is an important part of that research.

Across the United States, prostate cancer death rates have been declining since the 1990s, due in part to the results of research and improved treatments and also to increased participation in screening exams. It is unlikely that the occurrence of prostate cancer will ever be eliminated but the possibility of increasing the cure rate through earlier detection and new forms of treatment is very encouraging. All of us need to do what we can to continue that decline, including participating in or encouraging your loved ones to obtain regular screening, and supporting and encouraging both private- and government-funded research to bring this about for all forms of cancer.



Prostate cancer patient advocate Jim Engh participates in health fairs to help stress the importance of screening.

Prostate Cancer Support Group Rochester, Minn.

This support group offers the opportunity for informal discussion and questions. Guest speakers provide treatment and recovery information.

Meetings are held from noon – 1 p.m. the second Wednesday of the month.

Mayo Clinic, Baldwin Building,
first floor conference room (1-507)

For more information, call
507-288-1197.

American Cancer Society Man to Man Prostate Cancer Support Group Florida

For more information, call 800-ACS-2345.

Us Too Prostate Cancer Education and Support Network Phoenix, Ariz.

Meetings are held from 7 – 9 p.m. the first Monday of the month.

Mayo Hospital, Room 1-212

For more information, call 480-451-4416.



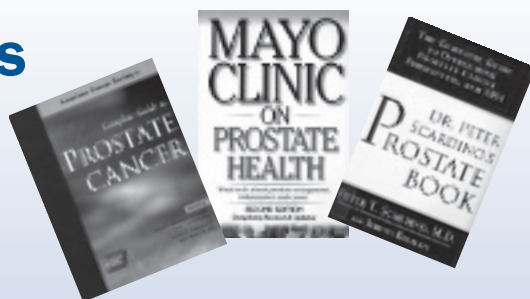
Cancer Terms

Androgen	A type of hormone that promotes the development and maintenance of male sex characteristics.*
Brachytherapy	A procedure in which radioactive material sealed in needles, seeds, wires or catheters is placed directly into or near a tumor. Also called internal radiation, implant radiation and interstitial radiation.*
Immunotherapy	Treatment to stimulate or restore the ability of the immune system to fight cancer, infections and other diseases. Also used to lessen certain side effects that may be caused by cancer treatment. Also called biological therapy, or biological response modifier (BRM) therapy.*
Minimally invasive	A medical procedure carried out by entering the body through the skin or a body cavity or anatomical opening, but with the smallest damage possible to those structures.*
Prostate-specific antigen (PSA)	A substance produced by the prostate that may be found in an increased amount in the blood of men who have prostate cancer, benign prostatic hyperplasia, or infection or inflammation of the prostate.*
SPORE (Specialized Program of Research Excellence)	Grant money awarded to institutions by the National Cancer Institute to promote research and speed the application of findings from the laboratory setting to patients and populations.

*Definitions obtained from <http://www.cancer.gov>.

Resources

Prostate Cancer



Books

American Cancer Society's Complete Guide to Prostate Cancer by American Cancer Society; copyright 2005.

Dr. Peter Scardino's Prostate Book: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH by Peter Scardino; copyright 2005.

Mayo Clinic on Prostate Health by Michael Blute, M.D.; copyright 2003.

100 Questions & Answers About Prostate Cancer by Pamela Ellsworth, M.D., John Heaney, M.D., Cliff Gill; copyright 2003.

Web Sites

Us Too! Prostate Cancer Education and Support
630-795-1002
www.ustoo.com

People Living with Cancer
888-651-3038
www.plwc.org

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/index.htm

MayoClinic.com: Tools for Healthier Lives
www.mayoclinic.com

American Cancer Society
800-ACS-2345
www.cancer.org

American Cancer Society Navigator Notes

Financial Resources

By Shayna Diamond-Atonna



Cancer patients and their families often face many physical and emotional challenges throughout their cancer experience. Many resources are available, but knowing how to find assistance can be difficult.

The American Cancer Society (ACS) offers numerous local and national resources to help address financial issues associated with a cancer diagnosis, including:

- *I Can Cope* classes, such as *Money Matters*, help patients and their loved ones learn to better manage financial issues that arise during or after a cancer diagnosis.
- *Financial Guidance for Cancer Survivors and Their Families* includes helpful information for those on or off treatment. This series also provides access to national resources and a spending plan to assist with managing financial issues.
- *Community Resource Lists* include local foundations and organizations that offer assistance with medical bills, prosthetics, groceries or emergency financial assistance.
- *Hope Lodge* and other guestroom lodging programs provide free housing to those who travel away from home for cancer treatment. This service could save a patient money, depending on the length of treatment and cost of alternative housing.

In addition, ACS provides wigs and other head coverings at no cost. Patients can also order wigs from the “Tender Loving Care” catalog for approximately \$40, which is much less expensive than traditional retail outlets.

Many local communities also offer financial resources for patients with cancer. For example, each state department of human resources offers information on disability and medical assistance programs such as Medicaid or Temporary Aid to Needy Families (TANF). County human resources or social service departments can also provide resource lists that may be able to assist with expenses such as rent and utilities.

Lastly, transportation and parking costs can also add up. Numerous organizations provide transportation assistance based on cancer diagnosis. For individuals who travel by air, the National Patient Travel Helpline, available at www.patienttravel.org, provides long distance medical air transportation programs and referrals.

For more information on financial resources, contact a local American Cancer Society Navigator at 800-ACS-2345 or www.cancer.org.



Shayna Diamond-Atonna
Mayo Clinic
Arizona



Jeri Lensing
Mayo Clinic
Rochester



Kelly McGuire
Mayo Clinic
Rochester



Angela Young
Mayo Clinic
Rochester

Calendar of Events

March

National Colorectal Cancer Awareness Month
Cancer Research and Prevention Foundation
800-227-2732
www.preventcancer.org/colorectal

5-9 Daffodil Days

American Cancer Society
800-ACS-2345
www.cancer.org

April

1-7 National Young Adults Cancer Awareness Week

818-508-5657
www.vitaloptions.org

13-14 A Hilltop Retreat: Finding Strength Through Support

Rochester, Minn.
507-266-7280

15-21 National Minority Cancer Awareness Week

American Cancer Society
404-329-5788
www.cancer.org

24 Oncology Nurses Day

Oncology Nursing Society
866-257-4667
www.ons.org

28 Men's Cancer Conference 2007: A Focused Look at Prostate Cancer

Rochester, Minn.
507-288-5620
www.mayoclinic.org/cancer-education-rst/specialevents.html

May

Melanoma/Skin Cancer Detection and Prevention Month

1 Melanoma Monday

American Academy of Dermatology
888-462-3376
www.aad.org

18 Out of the Sun Run/Walk

Rochester, Minn.
507-538-1447
www.outofthesunrun.org

together

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The mission of Mayo Clinic Cancer Center is to provide compassionate, state-of-the-art care for the patient with cancer today and continued advancements in the prevention, diagnosis, treatment and cure of cancer in the future. The programs and services of the Cancer Center span the three Mayo Clinic campuses in Minnesota, Florida and Arizona.

together provides educational information for cancer patients, their family, caregivers and friends. Physicians, staff and cancer patients write the articles. To view the **together** newsletter online, visit www.mayoclinic.org/cancer-education-rst.

To submit story ideas, provide feedback or unsubscribe, call 507-266-9288 or e-mail canceredprogram@mayo.edu.

Event Spotlight

April 28, 2007

Men's Cancer Conference 2007: A Focused Look at Prostate Cancer Rochester, Minn.

Mayo Clinic Cancer Education Program and Mayo Clinic SPORE in Prostate Cancer are pleased to offer Men's Cancer Conference 2007: A Focused Look at Prostate Cancer. This educational event is for all men, their significant others and the general public who are interested in exploring the critical health issues surrounding prostate cancer, which is the most common cancer diagnosis for men, excluding skin cancer. For more information or to register, call 507-288-5620.

June 3, 2007

National Cancer Survivors Day Rochester, Minn.

The 20th annual National Cancer Survivors Day will be held Sunday, June 3, 2007, at the Mayo Civic Center in Rochester, Minn. Cancer survivors, family and friends are invited to this celebration honoring people whose lives have been touched by cancer. Sponsored by Mayo Clinic Cancer Center and the American Cancer Society, the celebration will include lunch, a program and entertainment. Reservations for this free event are required by May 28. To register, call 888-535-4227. For more information on local survivorship events, call 615-794-3006.



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Cancer Center

4500 San Pablo Road
Jacksonville, FL 32224

200 First Street SW
Rochester, MN 55905

13400 East Shea Boulevard
Scottsdale, AZ 85259

cancercenter.mayo.edu

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