

The Brain Stem

OCTOBER 2011, ISSUE I, VOLUME III

IN THIS ISSUE

Reproductive Medicine Center	2
Staff Profiles.....	2
Physician Profile	3
Support Groups & Events ...	4
Calendar.....	4

FROEDTERT & THE MEDICAL COLLEGE OF WISCONSIN

Clinical Cancer Center
9200 W. Wisconsin Ave.
Milwaukee, WI 53226

866-680-0505

froedtert.com/cancer

Editor: Tracy Erlitz, BSN, RN
414-805-6001

This newsletter is made possible by generous donors to the Froedtert Hospital Foundation



Strain For The Brain: Olympian Bonnie Blair, Mark Malkin, MD, and Joseph Bovi, MD Inspire Most Successful Event To Date!

The Annual Strain for the Brain 5K run/walk held in May on Milwaukee's lakefront was another huge success! More runners and walkers than in any prior year of this event participated, and raised more than \$54,000 to help fund brain tumor research. The majority of the proceeds will fund research locally through the Froedtert Hospital Foundation's Brain Tumor Research Fund.

Olympic speed skater Bonnie Blair, whose brother Rod died of a brain tumor, has been a selfless and amazing long-time supporter, raising awareness of brain tumors and the struggles patients and their loved ones endure. Strain for the Brain also honors the struggles of many who have lost the battle after

awe-inspiring and heroic fights for survival. It also recognizes the often overlooked efforts of surviving loved ones. A major goal of this event is to help prolong lives and discover newer treatments to find a cure for various types of brain tumors that rob patients of so many years of their lives.

Survivor Ellie Kolosovsky, whose team is called the "Extumornators," commented, "For the past two years, I have looked forward to May for a number of reasons: end of the school year, my birthday, Memorial Day. Most importantly, it signals a time of the year for rebirth. Strain for the Brain offers patients and families the opportunity to put the past year's doctors' appointments, radiation, *continued on page 3*

STAFF PROFILES



Gail Anklam

Scheduling Coordinator, Jeffrey C. Siegel Quality of Life Center

I am privileged to be a part of the Jeffrey C. Siegel Quality of Life Center, which is a special area in the Froedtert & The Medical College of Wisconsin Clinical Cancer Center. At the Quality of Life Center, we are dedicated to providing cancer patients and their families with a full range of support services. I have been part of the team for more than a year. My responsibilities include connecting patients with specialists and programs that will help them as they go through cancer treatment and beyond. Support offered includes nutritional counseling, psycho-oncology counseling, social services and financial counseling, as well as genetic counseling and our Smoking Cessation Program. I contact our patients to set up these appointments. I thoroughly enjoy working with the Quality of Life team to provide support services and make each patient's quality of life a little better.



Maggie Lausten

Aesthetic Wellness Coordinator, Small Stones Wellness Center

I strive to make the Small Stones Wellness Center (located within the Clinical Cancer Center) a comfortable place for patients to find products and services that help them feel refreshed and beautiful. Prior to working with Froedtert & The Medical College of Wisconsin, I spent 10 years in salon and spa management, which provided me with a vast knowledge of hair, skin and make-up products. I have a passion for living a healthy lifestyle and encourage others to do the same, which I enjoyed in my time as a personal trainer and group exercise instructor. I now have the privilege of helping patients at Small Stones choose hats and scarves or assisting them in working with their own items from home to cover hair loss during chemotherapy treatments. I also provide complimentary makeup consultations and coordinate the Small Stones health education classes.

Fertility After Cancer Treatment

Amy Granlund, BS, Embryologist and Clinic Manager, Froedtert & The Medical College of Wisconsin Reproductive Medicine Center

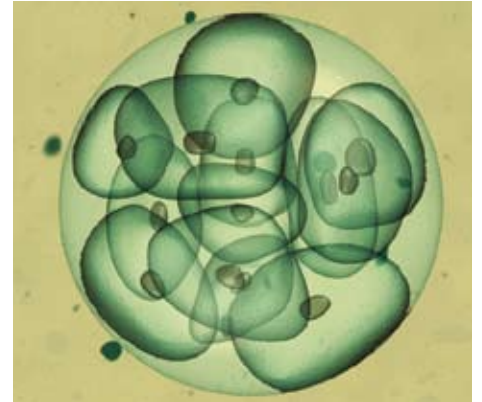
When faced with a cancer diagnosis, a million questions may run through your mind. One thought that may not raise immediate concern is 'what happens when my treatment is over and I want to start a family?' However, if you plan to have a family, your fertility after cancer treatment should be addressed early. With the increasing success of cancer treatments, more survivors are looking for this information.

Preserving Fertility for Men

Treatment for cancer can reduce the quality of sperm or completely halt sperm production. This will vary with each man, depending on disease progression, type of treatment and location of the cancer. For some men, sperm production may resume within a few years of treatment. For others, fertility may be lost forever. There are options available for sperm preservation.

Preserving Fertility for Women

For women, cancer treatments have varying consequences. When ovarian function is damaged or destroyed by radiation or chemotherapy agents, women stop producing female hormones, go into menopause and lose their ability to become pregnant naturally. Fertility preservation is a little more complex for women than for men, but there are several options available, such as egg freezing, embryo creation, ovarian tissue freezing and medication management.



Becoming a parent is a possibility for everyone, even if you don't preserve your fertility prior to cancer treatments. Fertility may return to normal following treatment. This possibility is best discussed with your oncology team. Also, many people

... 'what happens when my treatment is over and I want to start a family?' However, if you plan to have a family, your fertility after cancer treatment should be addressed early.

become parents through the use of donor sperm, donor eggs, donor embryos or adoption. Families are created in many different ways.

If you are interested in talking with a reproductive specialist regarding your options and scheduling an appointment, please let your oncologist know. He or she will refer you to The Froedtert & The Medical College of Wisconsin Reproductive Medicine Center. For additional details about the fertility specialists and services of the Reproductive Medicine Center, please visit froedtert.com/fertility. ■



As a new radiation oncologist for the Brain and Spine Tumor Program, I am proud to join

the highly dedicated team at Froedtert & The Medical College of Wisconsin. We are fortunate to have a multidisciplinary group that offers state-of-the-art treatment that is truly focused on the patient. Through enrollment in clinical trials and research, we are also involved in advancing clinical medicine with the ultimate goal of improving survival and quality of life.

My initiation to oncology began with caring for my father who was diagnosed with cancer. We walked through each step together, from diagnosis to treatment and beyond. This gave me an education I could never have achieved in the classroom. My goal is to provide innovative, evidence-based clinical care. I also know how important it is to be accessible at all times to my patients, giving each patient the time that is needed.

Treating brain tumors is my clinical focus; however, I see adults for all types of cancer at the Kraemer Cancer Center of Froedtert Health St. Joseph's Hospital in West Bend (part of the Froedtert & The Medical College of Wisconsin Cancer Network), as well as at Froedtert & The Medical College in Milwaukee. I also treat children at Children's Hospital of Wisconsin.

My research areas of interest include pediatric and young adult malignancies, primary brain tumors, and survivorship.

My clinical research has resulted in presentations at international meetings, as well as the publication of several manuscripts and book chapters with well-known leaders in the field.

As a Wisconsin native, I completed medical school at the University of Wisconsin and a residency in the Department of Radiation Oncology at the Medical College of Wisconsin. I have also studied in Europe and South America. My passions outside of work include being the mother of a busy toddler, foreign travel, cheering for the Packers and Brewers, and trying to catch an elusive walleye. ■

STRAIN FOR THE BRAIN *continued from page 3*

chemo, injections and scans behind them, and gather to support one another. There is no better feeling than having the ones you love show up to support you in your fight, and at the same time raise awareness in the community about brain tumors. This event gives a "rebirth" to each individual fighting with a brain tumor, along with loved ones standing by their sides. It is a chance to regain strength and courage to continue the fight for the next year."

Lead organizer Karen Spring was thrilled with the growing success of this event. In 2011, there were more volunteers than ever, and all contributed to an incredibly successful outcome. As Strain for the Brain gets bigger each year, it is increasingly gratifying to know that more than 30 teams with names such as "Brian's Brainiacs," "Desjarlais" and "Scott's Junior Mints" keep coming back each year, rain or shine, on this incredible weekend of solidarity. We're also grateful to those who walk in memory of a loved one, such as Tracie Baylor, and people walking to support a loved one living with brain cancer, such as Angela Desjarlais.

Angela said, "I was excited to participate in a walk that raised awareness of brain cancer.

I was also very happy that it benefited local research. I was eager to get a team started in honor of my husband, who is currently living with brain cancer (diagnosed in 2006). The support we received through active participation and monetary donations amazed me. Our friends and family were so generous, especially the ones who walked/ran on that not so beautiful day. I am looking forward to doing the same thing and more for 2012's Strain For The Brain."

An associated silent auction organized by Ellen Wojner added greatly to the funds raised. Items auctioned included a football signed by the Green Bay Packers and a great Brewers ticket package. Among many other items that were kindly donated for auction were a fashionable Dooney and Bourke purse, a wine and chocolate basket and a tennis party from Elite Clubs.

There is no better feeling than having the ones you love show up to support you in your fight, and at the same time raise awareness in the community about brain tumors.

Representing many Froedtert & The Medical College of Wisconsin caregivers (including Medical College of Wisconsin Neuro-oncologist Jennifer Connelly, MD,) Medical College of

Wisconsin physicians Mark Malkin, MD, (neuro-oncology) and Joseph Bovi, MD, (radiation oncology) ran in the event, serving as a motivating force for funding more research and helping inspire patients and families alike. Drs. Malkin, Bovi, and Connelly, Medical College of Wisconsin Neurosurgeon Wade Mueller, MD, and other specialists often speak at the brain tumor support group organized and moderated by registered nurse Renae (meets on the 3rd Tuesday of each month).

The tentative date for the next Strain for the Brain 5K run/walk is May 12, 2012. This could change, since the Milwaukee County Parks System doesn't confirm dates until January of each year.

Strain for the Brain, Inc. is a registered 501(c)(3) charitable organization, so donations are typically tax-deductible and employee matched donations are welcome. ■



Support Groups and Events

Froedtert & The Medical College of Wisconsin offer support groups and sponsor events of interest to brain tumor patients and their families.

BRAIN TUMOR SUPPORT GROUP

The Brain Tumor Support Group is for patients and family members who are looking for information and encouragement. Meetings are designed for open discussion of concerns related to brain tumors, with many sessions featuring speakers who focus on a variety of topics specific to this disease.

CANCER CAREGIVERS SUPPORT GROUP

This support group is for friends, family members or others caring for people with cancer. It promotes open communication of feelings, as well as providing relaxation and stress relief. Various topics of interest to the caregiver will also be presented. (This group is made possible by donations to the Froedtert Hospital Foundation.)

YOUNG ADULT ONCOLOGY GROUP

Children's Hospital of Wisconsin offers the Young Adult Oncology Group for cancer survivors ages 18 to 39. This group provides survivorship support and education.

CALENDAR

Brain Tumor Support Group

Third Tuesday of each month
6:15 pm – 8:00 pm
Open discussion: 6:15 pm – 7:00 pm
Featured speaker: 7:00 pm – 8:00 pm
Clinical Cancer Center
Conference Room L, First Floor

November 15

Cognitive Issues in Brain Tumor Patients

David Sabsevitz, PhD, Medical College of Wisconsin Neuropsychologist

December 20

Open discussion and holiday celebration

Cancer Caregivers Support Group

Fourth Tuesday of each month
5:30 pm – 7:00 pm
Clinical Cancer Center
Conference Room J, Lobby Level
October 25, November 22, and January 24
No meeting in December.
Various speakers are offered.

Young Adult Oncology Group

Meets monthly
Dates and times vary
Sponsored by: Children's Hospital of Wisconsin, The Medical College of Wisconsin, the Froedtert & The Medical College of Wisconsin Clinical Cancer Center
More information: Kristin Bingen, 414-456-4148 or kbingen@mcw.edu

For more information about our support groups, please visit froedtert.com or call 414-805-3666 or 800-272-3666 (unless otherwise noted).

SAVE THE DATE: STRAIN FOR THE BRAIN

Please mark your calendars for the next Strain for the Brain 5K run/walk: **May 12, 2012**. (This date is tentative and could change; the Milwaukee County Parks System doesn't confirm dates until January of each year.)

THE BRAIN STEM VIA E-MAIL

If you prefer to receive this newsletter electronically, go to froedtert.com, Health Resources, E-newsletters and subscribe to *My Health News*. *My Health News* is a monthly e-newsletter delivering information about health topics you choose. Be sure to check the "cancer box" to receive the latest issue of *The Brain Stem*. You can also view or print *The Brain Stem* any time by visiting froedtert.com/brainstem.