

# Kellogg Cancer Center Upcoming Events

## Winter 2016

### GET INVOLVED

#### Hustle Up the Hancock

Climb to the top of the Hancock and raise funds for lung disease research, advocacy and education or register to volunteer.

**Sunday, February 28, 2016**

7:00 a.m.

John Hancock Center, Chicago  
NorthShore Kellogg Team

<http://hustleupthehancock.org>

#### Michael Matters Foundation's New Year Same Wish Event

Enjoy an evening filled with live music, light bites, libations, raffle prizes and bowling. Proceeds raised go to support Michael Matters Foundation Grants for patients with brain cancer through Kellogg Cancer Center.

**Friday, February 5, 2016**

7:00–11:00 p.m.

Viper Alley, Lincolnshire

<http://michaelmatters.org>

### BE EDUCATED

#### The LIFE Cancer Survivorship Program presents:

**January 28:** Eat to Beat Malignancy and Walk Away from Cancer, Glenbrook Hospital

**February 25:** Lymphedema—Minimize Your Risk after Cancer Surgery, Evanston Hospital

**March 17:** Eat to Beat Malignancy and Walk Away from Cancer, Highland Park Hospital

Presentation from 6:00–8:00 p.m. Light refreshments served at 5:30 p.m. and complimentary parking. Reservations required. Register at [northshore.org/life](http://northshore.org/life) or call **(847) 570-5020 Ext. 2**.

### GET SCREENED

#### Lung Cancer Screening CT

NorthShore University HealthSystem now offers screening with low-dose computed tomography (CT) for people at high risk for lung cancer, the only recommended screening test for the disease.

#### Who should be screened?

- Ages 55 to 77
- Smoking history equivalent of one pack a day for at least 30 years
- Current smokers or individuals who have quit within the last 15 years

#### What does the screening include?

- 30-minute visit with a NorthShore physician to provide information about the screening and to determine eligibility
- Low-dose CT scan
- Follow-up testing and personalized plan based on the results of the CT scan

#### How do I make an appointment?

If you have a NorthShore primary care physician, contact him/her to schedule a lung cancer screening appointment to discuss OR call 224-251-LUNG (5864).

### SUPPORT FOR YOU

#### NEW Sessions in beginning of January! From Cancer to Health

Specifically designed for people who are newly diagnosed or started treatment which provides strategies for managing the stress related to a diagnosis.

Classes are held on Tuesdays from 2:00–4:00 p.m. at Glenbrook Kellogg Cancer Center, Glenview.

For more information, contact Priscilla Andrews at (847) 562-4975.

#### The Bill Buckman Prostate Cancer Education and Support Group

Second Tuesday of each month, 7:00–9:00 p.m. **(Starting in April)**

Location: Glenbrook Hospital  
Conference Rooms B-D

Contact: Sabina Omercajic (847) 570-1066

For complete schedule, visit [northshore.org/calendar](http://northshore.org/calendar).

#### Brain Tumor Support Group

Third Thursday of each month, 5:00–6:30 p.m.

Location: Evanston Hospital Rooms G952-958

Contact: Becky Joslin, LPC (847) 570-2036

#### Breast Cancer Support Group

Second Wednesday of each month, 7:00–8:30 p.m.

Location: Graham Medical Office Building, 1000 Central St., Ste 800, Evanston

Contact: Carol Flanagan, RN  
(847) 926-5818

#### Head and Neck Cancer Discussion Group

Second Monday of every other month, 6:00–8:00 p.m. **(Starting in April)**

Location: Alternates between Evanston and Highland Park Hospital

Contact: Sabina Omercajic (847) 570-1066

#### Stress Reduction Group for Cancer Patients and Caregivers

First & Third Tuesdays of each month, 3:30–5:00 p.m.

Location: Evanston Kellogg Patient  
Education Room G870

Contact: Meg Madvig, LCSW (847) 570-2039

*Qigong: Gentle Exercises for Relaxation & Self-Healing*, 3:30–4:00 p.m.

*Quiet Practice*, 4:00–5:00 p.m. Please feel free to come to one or both sessions.

## MAKE AN IMPACT

Doctors Day is March 30th, say **thanks** to your NorthShore physician. A donation in honor of your doctor will make a real impact at NorthShore Kellogg Cancer Center.

To make a donation to Kellogg Cancer Center go to [foundation.northshore.org/donatekellogg](http://foundation.northshore.org/donatekellogg).

For more information, contact Lisa Rietmann at (224) 364-7230 or [lrietmann@northshore.org](mailto:lrietmann@northshore.org).

## MAKE CONNECTIONS

### Imerman Angels Socials

Provides personalized connections that enable 1-on-1 support among cancer fighters, survivors and caregivers.

Join us for a tasty treat, learn more about Imerman Angels, and connect with other patients and families.

#### Last Thursday of every month

Time: 11:00 a.m.–2:00 p.m.

Location: Kellogg Cancer Center, Evanston, Patient Education Center, Ground Floor

#### Third Wednesday of every month

Time: 10:00 a.m.–1:00 p.m.

Location: Kellogg Cancer Center, Glenbrook Lobby

#### First Tuesday of every month

Time: 10:00 a.m.–1:00 p.m.

Location: Kellogg Cancer Center, Highland Park Lobby

### Look Good...Feel Better

A free two-hour beauty workshop for women undergoing cancer treatment that will teach you beauty techniques to help cope with the temporary appearance-related side effects of treatment. Each participant will receive a FREE cosmetic kit and tips on makeup application, skin and wig care.

**Registration is required 1-800-227-2345.**

#### 2016 Look Good...Feel Better Class Schedule

##### **Kellogg Cancer Center, Glenbrook**

Patient Education Conference Room 1077

Wednesdays: Feb. 17, Apr. 20, Jun. 15,

Aug. 17, Oct. 19, Dec. 21

All classes held 1:00–3:00 p.m.

##### **Kellogg Cancer Center, Evanston**

Patient Education Room G870 (ground level)

Wednesdays: Mar. 23; Jun. 22; Aug. 24; Nov. 9

All classes held: 11:00 a.m.–1:00 p.m.

##### **NorthShore Highland Park Hospital**

Meeting Room 1B

Mondays: Feb. 29, Apr. 18, Jul. 18, Sep. 12

All classes held: 11:00 a.m.–1:00 p.m.

## RESEARCH AND CLINICAL TRIALS

### The NCI-MATCH study, EAY131

Patients with the same type and stage of cancer usually receive the same cancer treatments but can respond differently to these treatments. In learning more about cancer, researchers have discovered that genetic changes in a patient's tumor may cause the cancer to grow.

This is a phase II clinical trial that will help researchers learn whether study drugs targeting certain genetic changes in cancer cells can be effective in treating cancer.

The study will assign, or "match", you to a specific cancer treatment based on whether certain genetic changes are found in your tumor. The tests done on your tumor to find out if you have genetic changes are investigational. If your tumor has genetic changes that match one of the study drugs being studied in the trial, you may be eligible to take part.

**If you have any questions, please contact the Research office at (847) 570-2109. A complete list of clinical trials can be found at [northshore.org/kellogg-cancer-center/clinical-trials](http://northshore.org/kellogg-cancer-center/clinical-trials).**

## THRIVING AFTER TREATMENT

### Are you approaching the completion of your cancer treatment?

If so, it is time to schedule your cancer survivorship visit with the Living in the Future (LIFE) Cancer Survivorship Program. There is no cost for this informative and exemplary program. Appointments may be scheduled at the Kellogg registration desk or by calling (847) 926-5818.

