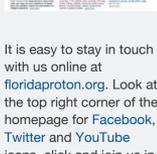


## TABLE OF CONTENTS

- **Message from Stuart Klein, Executive Director**
- **Breast cancer and proton therapy**
- **Survivor Spotlight: Proton therapy alum Markus Mittermayr conquers NYC, again**
- **Play Golf Fight Cancer® sponsorship opportunities**
- **A holiday wrap-up**
- **Portrait of Leadership Gallery on display this month**

## IN OTHER NEWS

### Keep In Touch



It is easy to stay in touch with us online at [floridaproton.org](http://floridaproton.org). Look at the top right corner of the homepage for Facebook, Twitter and YouTube icons, click and join us in the social media conversation. Also on the right side of the homepage there is a button for VTOC Patient Portal. Click here to open your secure account, view your records, complete clinical trial questionnaires and communicate with your nurse case manager. Knowing how you are feeling during and after treatment is essential to providing you the best care possible and contributes to the care of future patients.

## Community Calendar

Mark your calendar and join us when we are in a town near you.

**January 29, 12 - 4 p.m.**  
 Prostate Cancer Follow-Up Event  
 Crowne Plaza Jacksonville Riverfront Hotel – Main Ballroom  
 1201 Riverplace Blvd. Jacksonville, FL 32207  
 Speakers: Dr. Fandal Henderson and Dr. Curtis Bryant

**February 13, 12 - 7 p.m.**  
 Donna Health and Fitness Expo  
 Prime Osborn Convention Center  
 1000 Water Street Jacksonville, FL 32204  
 Visit the UF Health Proton Therapy Institute booth

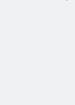
**February 14, 9 a.m. - 6 p.m.**  
 Donna Health and Fitness Expo  
 Prime Osborn Convention Center  
 1000 Water Street Jacksonville, FL 32204  
 Visit the UF Health Proton Therapy Institute booth

## About This Newsletter

The Precision Newsletter is an electronic-only publication that is distributed by email. Each issue is sent monthly to patients, alumni patients and friends of the University of Florida Health Proton Therapy Institute. As the official newsletter of the Institute, the content is compiled and prepared by our communications representative and approved by the editor Stuart Klein, executive director of UF Health Proton Therapy Institute. Special bulletin newsletters may occasionally be prepared when timely topics and new developments in proton therapy occur. To opt out of receiving the email newsletter, simply [click here to unsubscribe](#). We will make every effort to remove your name from the list.

If you would like to send a Letter to the Editor, [please click here](#).

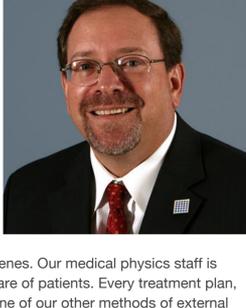
## Sign-Up Today



If you don't already receive this e-newsletter, [click here to add your name to the list](#). You will also be notified of any future events in your area.

## Message from Stuart Klein, Executive Director

At UF Health Proton Therapy Institute we have an unwavering commitment to excellence in patient care and research. Our patients experience this in the everyday interactions they have with nurses, radiation therapists, oncologists, and other patient services team members.



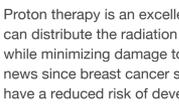
The same commitment to excellence is true of the team that works mostly behind the scenes. Our medical physics staff is intimately involved in the daily care of patients. Every treatment plan, whether it is proton therapy or one of our other methods of external beam radiation such as IMRT or SBRT, goes through rigorous development and evaluation before it is ever put into action in the treatment room. The customized nature of each patient's treatment means an optimal dose is delivered while avoiding critical structures. This technical and precise work is done by highly trained dosimetrists in collaboration with the attending physicians. This skilled team makes it possible to treat many kinds of cancer, including very complex cases that may otherwise have no other treatment option.

Our experience with more than 6,000 proton therapy patients includes many types of cancer. But our expertise doesn't stop there. We have a comprehensive radiation oncology practice offering IMRT, SBRT and proton therapy and we are part of UF Health, the premier academic medical center in the state and region. This means that regardless of cancer diagnosis, our patients can be assured of receiving the gold standard of care to achieve the optimal outcome.

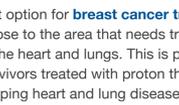
Sincerely,

Stuart Klein

## Breast cancer and proton therapy



Conventional radiation therapy deposits energy into the heart and lung near the breast tissue, which can cause injury to these organs.

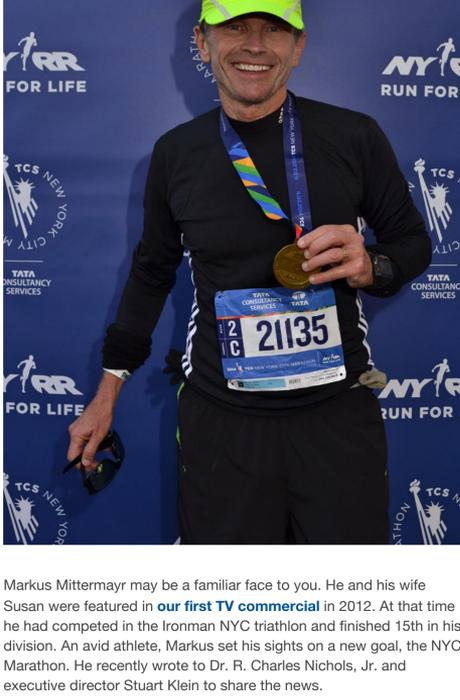


Proton therapy deposits its energy directly at the breast cancer site, to minimize exposure to the heart and lungs.

Proton therapy is an excellent option for **breast cancer treatment**. It can distribute the radiation dose to the area that needs treatment while minimizing damage to the heart and lungs. This is promising news since breast cancer survivors treated with proton therapy may have a reduced risk of developing heart and lung disease or a second cancer later in life.

We will be sharing this message with tens of thousands of participants in the upcoming 26.2 with Donna Marathon to Finish Breast Cancer. As a sponsor of the February 15 race and exhibitor at the Health & Fitness Expo February 13 and 14 we hope to educate more people about the benefits of proton therapy in the fight against breast cancer. If you are a proton therapy alum who is participating in the run or who is attending the expo, please stop by our booth and spend a few minutes to catch us up on how you are doing. You are welcome to help us at the booth by answering questions from booth visitors who may be in a similar situation that you once faced. There is no entry fee for the expo. [Click here for event details](#).

## Survivor Spotlight: Proton therapy alum Markus Mittermayr conquers NYC, again



Markus Mittermayr may be a familiar face to you. He and his wife Susan were featured in **our first TV commercial** in 2012. At that time he had competed in the Ironman NYC triathlon and finished 15th in his division. An avid athlete, Markus set his sights on a new goal, the NYC Marathon. He recently wrote to Dr. R. Charles Nichols, Jr. and executive director Stuart Klein to share the news.

*This year I did the NYC marathon on Nov 02, 2014 it went very well for me 3:43:35 on a super cold and windy day - it started out at 39 degrees with wind gusts of 49 mph over the Verrazano bridge! My son Karl also ran the race which was super nice, although I did beat him...*

*My time qualified me to enter the Boston Marathon 2016 - which I will when the time comes.*

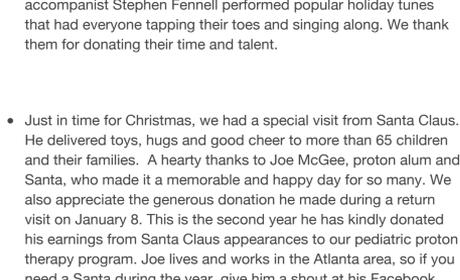
*For this coming year I've got my sights on another Ironman.*

*All this wouldn't be possible if I didn't get proton therapy at UF back in 2010 - what a blessing.*

*Thanks again to all the wonderful people that made it happen.*

Markus is signed up for the Ironman Chattanooga on September 27, 2015. We look forward to hearing the results.

## Play Golf Fight Cancer® sponsorship opportunities

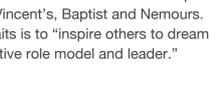
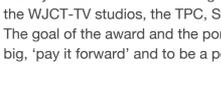
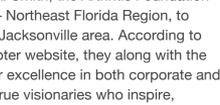
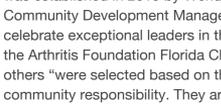


The 11th Play Golf Fight Cancer® tournament to benefit UF Health Proton Therapy Institute is set for October 12, 2015 at the World Golf Village in St. Augustine, Florida. The tournament is our biggest fundraiser of the year and net proceeds are used for our vital research in fighting cancer with proton therapy. Sponsorships are available at all levels. Items are needed for the silent auction. We invite you to support our cause and to join us for this fun event. Contact our development director Kelly Novak for details at [knovak@floridaproton.org](mailto:knovak@floridaproton.org) or call (904) 588-1462. Player registration will be open soon so be sure to save the date on your calendar and look for more info at [playgolffightcancer.org](http://playgolffightcancer.org).

## A holiday wrap-up

- The talented team of musicians known as "Broadway a la Carte" filled the lobby with the sounds of the season. The vocal duo of Carole Vanderhoef Banks and Guy Hawker and their piano accompanist Stephen Fennell performed popular holiday tunes that had everyone tapping their toes and singing along. We thank them for donating their time and talent.

- Just in time for Christmas, we had a cheer to visit from Santa Claus. He delivered toys, hugs and good cheer to more than 65 children and their families. A hearty thanks to Joe McGee, proton alum and Santa, who made it a memorable and happy day for so many. We also appreciate the generous donation he made during a return visit on January 8. This is the second year he has kindly donated his earnings from Santa Claus appearances to our pediatric proton therapy program. Joe lives and works in the Atlanta area, so if you need a Santa during the year, give him a shout at his Facebook Page [www.facebook.com/santaioemcgee](http://www.facebook.com/santaioemcgee) or email him at [santaioemcgee@gmail.com](mailto:santaioemcgee@gmail.com).



Santa presents a donation to Dr. Daniel J. Indelicato for the pediatric proton program.

Dr. Indelicato presents Santa a thank you note drawn by one of our pediatric patients.

## Portrait of Leadership Gallery on display this month

During January, we are pleased to display the portraits of the 2014 Legacy of Leaders honorees. Among the 17 Leaders recognized are Dr. Nancy Mendenhall and Dr. Bill Mendenhall. The Legacy of Leaders was established in 2013 by Wendy A. Smith, the Arthritis Foundation Community Development Manager – Northeast Florida Region, to celebrate exceptional leaders in the Jacksonville area. According to the Arthritis Foundation Florida Chapter website, they along with the others "were selected based on their excellence in both corporate and community responsibility. They are true visionaries who inspire, motivate, influence and lead by example." The Portrait of Leadership Gallery has been on tour in the greater Jacksonville area with stops at the WJCT-TV studios, the TPC, St. Vincent's, Baptist and Nemours. The goal of the award and the portraits is to "inspire others to dream big, 'pay it forward' and to be a positive role model and leader."