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IN OTHER NEWS

Keep In Touch



We have a new website design – same address www.floridaproton.org – that makes it easy for you to keep in touch. 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.

Message from Stuart Klein, Executive Director

As remarkable as the science and technology behind proton therapy is, even more remarkable are the people who come here for treatment and the people who deliver care. This month we recognize a group of people who are often unsung heroes - volunteers. With their help, our patients are given an extra dose of caring and compassion both here at UFPTI and throughout Jacksonville. In this issue we highlight one of our very special volunteers, share a success story from a patient alum and report promising proton therapy results published in one of the world's leading cancer journals. Thanks for reading.



Sincerely,
Stuart Klein

Head and neck cancer survivor says: "Listen to your body"



"It seemed like I was having allergies, but I've never had them before," said Teri Scutero, Florida Proton alum (2010) and head and neck cancer survivor. "My nose was stuffy and it wasn't going away. I could see something in my nose, so I went to the ENT (ear, nose and throat) doctor." The doctor removed a polyp and sent it to a lab for testing.

What seemed like a simple stuffy nose was actually a very rare type of cancer that occurs in the nasal cavity called esthesioneuroblastoma.

Teri was referred to Donald Lanza, M.D., a St. Petersburg, Fla., otolaryngologist for surgery. Following surgery to remove the tumor, she was referred to Robert Malyapa, M.D., the lead head and neck radiation oncologist at the University of Florida Proton Therapy Institute for proton therapy to make sure no cancer cells were missed.

She had proton therapy over a six-week period. Monday through Friday she received three treatments daily. The Orlando, Fla., resident

Community Calendar

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

April 10, Noon

Eastside Kiwanis Club
City Range
615 Haywood Rd.
Greenville, SC 29607
Speaker: R. Charles Nichols, M.D.

April 11, 12:30 p.m.

Pleasantburg Rotary Club
The Phoenix Inn
246 North Pleasantburg Dr.
Greenville, SC 29607
Speaker: R. Charles Nichols, M.D.

April 15, 7 p.m.

J Institute
Jewish Community Alliance
8505 San Jose Blvd.
Jacksonville, FL 32217
Speaker: Robert Malyapa, M.D.

May 2, 11 a.m.

Fleet Landing
1 Fleet Landing Blvd.
Atlantic Beach, FL 32233
Speaker: R. Charles Nichols, M.D.

If you would like a speaker to come to a group in your area, [click here to send us an email](#).

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 Proton Therapy Institute (UFPTI). As the official newsletter of UFPTI, the content is compiled and prepared by our communications representative and approved by the editor Stuart Klein, executive director of UFPTI. 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](#).

lived in the 3rd & Main apartments during her stay in Jacksonville. "My husband made all the arrangements. He was great. He had every week scheduled with friends to stay with me." She said having the support and company was important during her treatment. She also stayed active. She regularly works out at a gym at home and during treatment she said she never missed a day at the gym. On weekends she went home to be with her husband and children, who were 3 and 6 years old.

Three years later, Teri said she has had a few small things she notices that are different now following treatment. "I have no sense of smell, which is quite fine living in a house of boys."

Teri said she has regular checkups with her doctors who tell her, "We will definitely grow old together." She advises people to stay on top of things and listen to your body. Catching the cancer early was key to successful treatment, she said.

Gem of a volunteer



Ruby Henderson, aka Proton Mom, is precious in the eyes of patients and staff alike. As a volunteer at UFPTI, she has made it her job to make sure everyone's nourished – both body and spirit.

Each Monday, she restocks the coffee and doughnuts stand in the main lobby. Each Wednesday, she restocks it again and helps set up and serve the weekly luncheon. But her hospitality doesn't stop there. "I love to meet the people. I love to see the follow-ups (patients) and the results and how they're doing," she said. "When you see patients treated successfully without side effects, that's special."

Ruby began volunteering in March 2007, a mere seven months after UFPTI treated our first patient. In six years, she has seen a lot of growth and change. For example, the weekly luncheon has grown from a couple of sandwich platters served in the Marco conference room to a fully catered affair served in the main gathering room.

And in six years she has volunteered approximately 1,560 hours, sharing kindness and her generous spirit with all. "It's just my pleasure," she said about volunteering. "It's what I really love to do."

In fact, UFPTI is not her only volunteer gig. One Saturday each month at her church, Jacksonville Church of Christ on Bowden Road, she sews lap robes that are donated to nursing homes and hospitals.

All of her volunteer hours are logged with the Jacksonville chapter of HOPE *worldwide* where last year she was honored as the **2012 Outstanding HOPE worldwide Jacksonville Chapter Volunteer**.

Twice, she has received the prestigious **President's Volunteer Service Award**, an initiative of The Corporation for National and Community Service administered by the Points of Light Institute, recognizing her contributions of time and talent.

We will make every effort to remove your name from the list.

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And how did she get the nickname Proton Mom? Soon after she started volunteering, a patient asked her if she was waiting on her husband. She explained that she was a volunteer and that her son was one of the doctors, Randy Henderson. He quickly replied, "Oh, so you're Proton Mom!" And the name has stuck.

We are proud to have Ruby as a volunteer and grateful for her years of service. A special thanks to her as we observe National Volunteer Week, April 21 - 27.

UFPTI has blockbuster month in medical journals

This month, UFPTI is making a big impact in medical literature on the topic of proton therapy. Nine articles authored by UFPTI physicians and researchers are in print in two of the world's most important cancer journals.

Eight articles are included in the April issue of *Acta Oncologica*, the official journal of five Nordic oncological societies. One article is included in the April issue of the *American Journal of Clinical Oncology*, a multidisciplinary journal for cancer surgeons, radiation oncologists, medical oncologists, GYN oncologists, and pediatric oncologists.

The majority of the articles deal with clinical outcomes - data from actual patient experience at UFPTI. A few of the articles are dosimetry studies - examining and comparing treatment plans from various types of radiation therapy, 3DCRT, IMRT and proton therapy.

A wide range of cancer types are the subject of the articles. There are four articles on prostate cancer clinical outcomes, one on pancreas cancer clinical outcomes, and one on limited stage small-cell lung cancer clinical outcomes. The three dosimetry studies are on Hodgkin lymphoma, low grade brain gliomas and left-sided breast cancer.

"The variety and quality of the articles demonstrate the breadth of what we do," said UFPTI medical director Nancy Mendenhall, M.D. "We methodically document the effects of proton therapy in both the cancer and the patient as a whole. We undertake studies to answer concerns from patients and the medical community about potential complications or toxicity of proton therapy. We conduct rigorous evaluations comparing proton therapy and other radiation treatments in order to use protons in a way that improves upon existing methods of treatment."

UFPTI is a major clinical research facility and is part of the UF&Shands academic health system. Affiliated with the UF Shands Cancer Center, UFPTI is dedicated to advancing patient care and medicine in treating and curing cancer.

April 2013 UFPTI Published Research

Title	Author/Publication	Conclusion
Urinary functional outcomes and toxicity five years after proton therapy for low- and intermediate-risk prostate cancer: Results of two prospective trials	R. H. Henderson, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 463-469.	Prostate cancer patients treated with proton therapy experience minimal side effects in urinary function after treatment. Moreover, patients who had poor urinary function prior to treatment had significant improvement after treatment.
Outcomes in men with large prostates (≥ 60 cm³) treated with definitive proton therapy for prostate cancer	L. Mcgee, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 470-476.	Proton therapy can be delivered safely to men who have large prostates without hormone (androgen deprivation) therapy. The treatment was associated with low rates of urinary and

Hip fractures and pain following proton therapy for management of prostate cancer	R. Valery, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 486-491.	bowel complications. Prostate cancer patients treated with proton therapy did not have increased hip fractures as compared with the expected rates of hip fracture in untreated men.
Hypofractionated passively scattered proton radiotherapy for low- and intermediate-risk prostate cancer is not associated with post-treatment testosterone suppression	W. J. Kil, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 492-497.	Prostate cancer patients treated over a shortened 5.5- week period had no significant change in testosterone level within 12 months post-treatment. When compared with IMRT, the results suggest a more favorable outcome for patients treated with protons.
Proton therapy with concomitant capecitabine for pancreatic and ampullary cancers is associated with a low incidence of gastrointestinal toxicity	R. C. Nichols, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 498-505.	Pancreatic cancer patients treated with proton therapy had low rates of stomach and bowel complications. This may make it possible for patients to be treated safely with a combination of more aggressive cancer control measures, i.e., proton therapy with chemotherapy and surgery.
Dosimetric rationale and early experience at UFPTI of thoracic proton therapy and chemotherapy in limited-stage small cell lung cancer	R. J. Colaco, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 506-513.	Limited-stage small cell lung cancer patients treated with proton therapy had no severe side effects in the esophagus or lung. Compared with IMRT treatment plans, proton therapy showed better sparing of lung and esophagus.
Proton therapy in pediatric patient with stage III Hodgkin lymphoma	A. Holtzman, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 592-594.	Proton therapy effectively targets cancerous tissues while at the same time reduces radiation to surrounding at-risk organs. Compared with IMRT and 3D-CRT treatment, proton therapy may be able to reduce the incidence of long-term side effects and secondary cancers later in life.
A treatment planning comparison of highly conformal radiation therapy for pediatric low-grade brainstem glioma	J. V. Brower, et al. <i>Acta Oncologica</i> , Apr 2013, Vol. 52, No. 3: 594-599.	Proton therapy reduces the amount of radiation given to surrounding healthy brain tissue which may result in improved long-term patient outcomes. This study provides quantifiable evidence for developing clinical trials.
Can proton therapy improve the therapeutic ratio in breast cancer patients at risk for nodal disease?	N. Xu, et al. <i>American Journal of Clinical Oncology</i> , Published ahead of print	For left-sided breast cancer patients, proton therapy appears to reduce radiation dose to the heart, lung and surrounding healthy tissue in treatment plans compared to 3DCRT and IMRT. At the same time, proton therapy may improve therapeutic dose to lymph nodes vs. existing treatments.

Cancer Awareness Spotlight

April is head and neck cancer awareness month. Head and neck cancers are about three percent of all cancer cases in the United States and an estimated 52,000 people were diagnosed with this type of cancer in 2012, according to the [National Cancer Institute](#) and the [American Cancer Society](#).

Cancer of the head and neck occur in the following areas:

- Oral cavity - lips, inner lining of mouth, tongue, roof and floor of mouth, gums
- Pharynx - throat extending from behind the nose to the esophagus
- Larynx - voicebox and epiglottis
- Paranasal sinuses and nasal cavity - space inside nose (nostrils) and in sinuses behind nose
- Salivary glands - glands that produce saliva located in the bottom of mouth and near jawbone

Proton therapy is able to target tumors in these sensitive regions while sparing normal healthy critical structures like the spinal cord, brain stem, brain, eyes and ears. The UF radiation oncologists at UFPTI are leading experts in the field of head and neck cancer treatment and have published hundreds of articles in peer-reviewed journals. For more than 30 years they have set the radiation standards for head and neck cancer treatment and they are now raising the bar another notch with proton therapy.