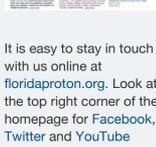


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IN OTHER NEWS

Keep In Touch



It is easy to stay in touch with us online at 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. Randal 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](#).

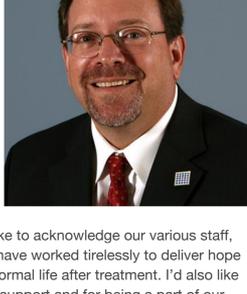
Sign-Up Today



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

It's hard to believe that another year is at an end and the New Year is almost upon us. 2014 has been an exciting and busy year for the UF Health Proton Therapy Institute as we underwent a name and brand change and continued our mission of providing access to one of the most advanced non-invasive cancer treatment tools available.



As we close out 2014, I would like to acknowledge our various staff, physicians and volunteers who have worked tirelessly to deliver hope and a chance for a cure and a normal life after treatment. I'd also like to thank all of you for your loyal support and for being a part of our close-knit community of survivors. As you look to make resolutions for the coming year, I compel you to seek out something that will make an impact in a person's life. Something as small as an introduction, a helping hand or sharing your experience with proton therapy could make a huge impact.

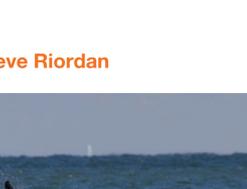
I wish you all a holiday season filled with happiness and good health.

Sincerely,

Stuart Klein

Why Proton Therapy

If you're asked, "what is proton therapy?" or "why did you choose proton therapy?" we have a 30-second video that will explain. Please share this with your friends, family and others on your social media accounts or by email.



UF Health Proton Therapy Institute TV Spot 2014

[Click HERE to watch the video.](#)

Survivor Spotlight: Steve Riordan



October 2014, Northeast Florida surfer Steve Riordan glad to first place in his division at the U.S. National Waveski Championships. No one would have guessed that Steve had recently battled several life challenges, including recurring prostate cancer.

Steve, a native of Southern California, grew up surfing and always sought an active sport wherever he was stationed as part of the Navy. After sustaining back and shoulder injuries, Steve had to give up the sport he loved and sought out an active replacement. After searching the Internet, his wife introduced him to Waveskiing, a hybrid between kayaking and surfing, and it had just the right amount of activity and adrenaline Steve was looking for.

Fast forward several years later and Steve won first place overall in the waveski category at the 2010 U.S. Surf Kayak Championship and first place in his division at the 2011 U.S. National Waveski Championship.

Then, in July 2013, Steve's wife was diagnosed with stage four liver cancer that had metastasized from breast cancer and was given a couple months to live. Just before she became unresponsive and able to communicate clearly, one of the last things she said to Steve was to ask him if he had his PSA level checked recently. Steve had undergone successful laparoscopic surgery to rid him of prostate cancer seven years prior and hadn't had high PSA levels since. Following his wife's advice, he visited his urologist to get blood work done.

Steve's wife passed away on September 2, 2013, and on September 4, Steve got the call that his PSA test had come back positive for recurring prostate cancer. Steve's doctors at the Naval Air Station hospital in Jacksonville sent him directly to UF Health Proton Therapy Institute. Steve recalls not knowing what proton therapy was but decided to go for the consultation and follow-through once it was determined he was a candidate.

"When I came for treatment, I was extremely depressed and withdrawn. I stayed in the back and didn't really talk with anyone," said Steve. "But I found out that there's another side of treatment at the UF Health Proton Therapy Institute. My medical treatment went very well without any side effects whatsoever. But, just as important, the doctors, staff and even other patients there really have a great synergy and the staff focus on both the physical and emotional side of healing."

Steve remembers the group of patients in the program with him as being exceptionally social and involved with each other inside and outside of treatment. "I remember hearing the stories of how people came to the center, various reasons for how hard it was for some to get proton therapy, and just the trials they were going through personally. We all helped each other out and they helped me come out of my depression."

For those just entering treatment, Steve would tell them to know that they are not fighting this alone. "Everyone who is sitting next to you is going through similar situations and you can help each other."

"One thing I did learn about myself is that I'm no longer as guarded with my emotions as I used to be and that's OK. It's perfectly normal to have fears, tears and joy in your life," said Steve.

"The whole proton experience healed me, cured my spirit and got me back on track to experience life in a positive manner. I'm eternally grateful for the caring people at UF Health Proton Therapy Institute and am very glad that all of my coincidences landed me at this facility."

Besides going on to win another U.S. National Waveski title, Steve is now engaged to marry Kelly Eaton on April 19, 2015.

Music Therapy Program

Earlier this year we announced that, thanks to your online voting and support, the UF Health Proton Therapy Institute was chosen as a grant recipient of the LIVESTRONG Community Impact Project to bring a music therapy program to the center. We are excited to announce that we've hired a music therapist, Erica Privett, who will be available to patients 10 hours per week on Monday and Wednesday mornings. The program is funded in full by the LIVESTRONG Foundation grant and will not cost anything for our patients.



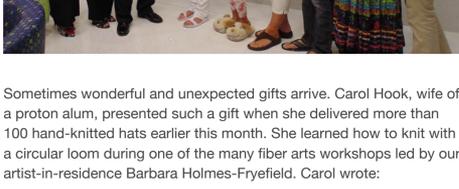
Research supports the use of music therapy to promote physical wellness and improvement of physical symptoms, as well as to address psychological, emotional and spiritual needs.

The music therapy program at UF Health Proton Therapy Institute will include two main components: environmental music therapy as well as individual music therapy. In individual music therapy, patients' needs are assessed so that individualized goals can be created and a plan of care can be implemented. This can include, but is not limited to, music for relaxation, pain perception, anxiety, caregiver support and psychosocial issues.

Environmental music therapy is a technique that utilizes music or ambient sounds in common areas throughout the building to create an intimate and inviting environment for patients and staff. This will help promote focus, comfort, relaxation and support.

Upcoming groups Erica will be leading after the first of the year include a relaxation group that will use musically-guided relaxation techniques, such as guided imagery with music, progressive muscle relaxation and group drumming. Another new activity will be a monthly informational workshop that will discuss music therapy applications in cancer treatment and demonstrations of music therapy techniques.

Spreading Holiday Cheer



Our pediatric patients and families got a holiday surprise as the Jacksonville Jaguars offensive lineman Zane Beadles and two of the Jaguars' ROAR cheerleaders came to visit, take pictures, hand out presents and decorate gingerbread cookies. The visit was arranged through the Zane Beadles Parade Foundation, a nonprofit organization that supports the journey of young people going through life-changing medical experiences. The Zane Beadles Parade Foundation partnered with Engine 15 Brewing Company and Mellow Mushroom Restaurants around Jacksonville for the community to bring in toys and stocking stuffers for the children. The guests, the sugar and the toys certainly spread some cheer and caused even the shyest little ones to grin from ear to ear.

Zane and the foundation have been advocates for pediatric cancer patients and children suffering from spinal cord and traumatic brain injuries in Colorado where Zane was a member of the Denver Broncos. Now a Jaguar, Zane is passionate about learning more about the opportunities for pediatric treatment in Jacksonville and took a tour of the UF Health Proton Therapy Institute before meeting with the children undergoing treatment. We are excited to work with the Zane Beadles Parade Foundation to bring more exciting opportunities for our pediatric patients to the UF Health Proton Therapy Institute.

Precious Gifts



Sometimes wonderful and unexpected gifts arrive. Carol Hook, wife of a proton alum, presented such a gift when she delivered more than 100 hand-knitted hats earlier this month. She learned how to knit with a circular loom during one of the many fiber arts workshops led by our artist-in-residence Barbara Holmes-Fryfield. Carol wrote:

Barbara told us that a few years ago she taught a group of ladies how to knit with a circular loom. One day a large box had arrived in the mail for her. It contained 100 hats the ladies had knitted. She happily gave them out to cancer children at UFPTI.

When I heard her happy story I thought to myself, "I want to do that, too." I secretly set out to make 100 hats for Barbara to give to cancer patients. I knitted a child's hat in a day, an adult's hat in 2-1/2 days, and 2 infant's hats in a day, creating different hats by combining colorful yarns. In 6 months I'd knitted over 100 hats.

My thanks go to Barbara for showing me how to knit using a circular loom, and especially for saying, "There are no rules; just have fun making what you like." I loved hearing that.

Our thanks go to Carol for her kind and generous gift. The hats are sure to warm many heads and hearts.

Another of Barbara's fiber arts workshops recently inspired the grandmother of a pediatric patient from the United Kingdom to make an unexpected gift to one of our medical partners Wolfson Children's Hospital. Barbara wrote:

"Mum," as she is known, knits hats for premature children in the United Kingdom and donates them to hospitals.

When visiting UFPTI, where her granddaughter was being treated with proton therapy she asked if she could make hats which could be donated to children. "Mum" showed me several white knitted hats as small as quarters that were perfectly knitted in white cotton. All three hats fit in the palm of my hand. I suggested that many of Jacksonville's premature children receive treatment at Wolfson Children's Hospital, and I contacted them to request a gift of hats be donated.

In the end, the Jones family presented 16 beautiful hats for the children to Michael Aubin, president of Wolfson Children's Hospital.

These "precious gifts of love," according to Barbara, are what the art program at the proton therapy institute is all about – sharing and conversation.

In the Community

Look for us at the following 2015 events in the Jacksonville community.

Rotary Oratory Competition

High school seniors from across the First Coast – the five counties surrounding Jacksonville – are invited to compete in a speech contest presented by the Rotary Club of South Jacksonville and co-sponsored by The First Coast Rotary Clubs, Phi Delta Kappa and the University of North Florida (UNF). The purpose of the competition is to encourage students to take on the research, preparation and presentation of a logical and convincing oral argument that expresses their knowledge of a chosen topic and to reward them with college scholarships.

UF Health Proton Therapy Institute is sponsoring each of the eight regional semi-finals in 2015. The winners of the regional competitions will receive \$500 scholarships and will go on to compete for the \$4,000 first place and \$2,000 second place scholarships awarded during the final competition held on February 12 at UNF.

26.2 with Donna National Marathon to Finish Breast Cancer

You are invited to stop by and see the UF Health Proton Therapy Institute booth at the 26.2 with Donna Health and Fitness Expo on Friday, February 13, from noon to 7 p.m. and Saturday, February 14, from 9 a.m. to 6 p.m. The event is open to the public and without charge. The Expo will be held at the Prime Osborn Convention Center, 1000 Water Street, Jacksonville, FL. There will be plenty to see with a variety of exhibits, samples, interactive displays and exciting sweepstakes. Official race merchandise will be available with deals on running shoes, sports apparel, watches, sunglasses and more. We hope to see you there.