



# CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

## Newsletter & Program Calendar January/February 2020

Volume 14, Issue 1



## *Immunotherapy: Is it right for you?*

New knowledge about the complex interactions between the immune system and cancer is leading to new treatments.

### Dating and Sexual Health:

January 15, 6:30 pm  
See page 5 for more details

### Valentine Coffee and Tea Time

February 14, 9:30 am  
See page 5 for more details

### Frankly Speaking About Cancer: Eating Well During Treatment

January 29, noon  
RSVP Today

# Immunotherapy: Is it right for you?

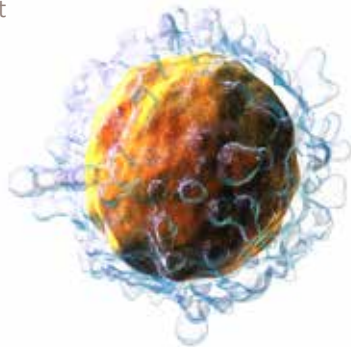
Immunotherapy is a type of cancer treatment that uses the body's natural defenses (the immune system) to identify, attack and kill cancer cells. The immune system's purpose is to attack any cell that it sees as unhealthy or abnormal. Cancer cells can hide from these defenses or even stop an attack. New knowledge about the complex interactions between the immune system and cancer is leading to new treatments. Although there are promising results, immunotherapy does not work for every cancer type or every patient. There is still a lot that researchers don't know.

## How Immunotherapy Works

Most immunotherapies today are not chemical, but biologic therapies – such as antibodies, proteins or cells – made by or consisting of living organisms. They help fight cancer by:

- Boosting the immune system. An energized immune system can fight cancer better.
- “Marking” cancer cells so that your immune system can find and destroy them. This keeps the cancer from being able to hide.
- Helping the immune system find cancer cells and deliver treatment (like chemotherapy, radiation or even T cells) directly to the cancer cells.

There are many kinds of immunotherapy treatment in development and there is broad interest and excitement about its potential in treating many kinds of cancer. As researchers learn more about how the immune system interacts with cancer, they will be able to apply that knowledge to more cancer types.



## What is a T Cell?

A type of white blood cell that is of key importance to the immune system and is at the core of adaptive immunity – the system that tailors the body's immune response to specific infectious agent. The T cells are like soldiers who search out and destroy the targeted invaders.

For more information check out: <https://www.cancersupportcommunity.org/immunotherapy-cancer-it-right-you>.

## Immunotherapy Options

Several types of immunotherapy are used to treat cancer. These include:

**Immune checkpoint inhibitors.** The immune system has safeguards to prevent it from attacking healthy cells. These safeguards are called checkpoints. They slow down or stop an immune system attack when healthy tissue is threatened. Some cancers have learned how to activate these checkpoints to avoid being attacked. New drugs, called checkpoint inhibitors, are designed to turn off these checkpoints and help the body find and fight cancer.

**Adoptive (or CAR) T cell therapy.** In adoptive T cell therapy, T cells are removed from a person with cancer, taken to a lab, and modified. Once returned to the person, these modified T cells can find and destroy cancer cells. This approach is being tested in several types of cancers. One type of adoptive cell therapy, CAR T cell therapy, is approved to treat certain leukemias and lymphomas.

**Monoclonal antibodies.** These are immune system proteins created in the lab that are designed to bind to specific targets on cancer cells. Some monoclonal antibodies mark cancer cells so that they will be better seen and destroyed by the immune system. Such monoclonal antibodies are a type of immunotherapy. Monoclonal antibodies also may be called therapeutic antibodies.

**Treatment vaccines.** Treatment vaccines are different from the ones that help prevent disease. These vaccines work against cancer by boosting your immune system's response to cancer cells.

**Immune system modulators.**

These enhance the body's immune response against cancer. Some of these agents affect specific parts of the immune system, whereas others affect the immune system in a more general way.

To learn more, pick up your free copy from our Diamond Hill Education and Resource Library.



# COOKING FOR WELLNESS

*Nourish Your Wellbeing*

Presented by:



**Kingsdale Market District**  
3061 Kingsdale Center, Columbus, Ohio 43221

**January 9 | Souped Up:  
Soups, Stews & Breads**

*Creamy and Light  
Asparagus Soup*

*Chicken Stew*

*Whole Wheat Banana  
Bread Muffins*

Winter brings an abundance of cozy soups and stews—a filling and flavorful family meal that is inexpensive, easy to prepare, and supports your immune system. We'll have the pots bubbling in the Giant Eagle demo kitchen just for you!

**February 13 | Let's Stay In:  
It's About Beautiful Everyday  
Food, Meant to Inspire**

*Pizza Stuffed Mushrooms*

*Turkey, Rice and  
Vegetable Casserole*

*Caprese Zoodles*

This class will inspire the everyday home cook to make meals feel special. Our comfort food recipes focus on fresh ingredients – not processed components – and punched up nutritional value. The oven will be warm and ready for you to make these sizzling, delicious recipes.

**Cancer Support Community**  
1200 Old Henderson Rd, Columbus, Ohio 43220

**January 23 | Beat the Chill:  
Warm Bites & Good Company**

*Sensational  
Chicken Casserole*

*Winter Fruit and  
Spinach Salad*

*Seeded Whole Grain  
Quick Bread*

You're craving something warm and comforting... Try these nutrient packed foods to keep you energized. These dishes look impressive and are seriously simple to make for dinner parties and casual weeknights alike.

**February 27 | Comfort Foods:  
What Home-Cooking is  
All About**

*Rosemary Dijon  
Pork Tenderloin*

*Cauliflower Crusted  
Grilled Cheese*

*Squiggly Mediterranean  
Zucchini Noodles*

Comfort food is a staple for anyone wanting a hearty meal and a little taste of home. Ingredients in this class provide amazing health benefits, resulting in lighter and more delicious recipes. We have one delightful recipe that will be sure to surprise and bring comfort to friends and family.

All classes are led by our chef and dietitian and include a sampling of the scrumptious recipes. Recipe cards will be provided to make notes and take home. Please RSVP by the Monday before class by calling 614-884-HOPE (4673).

## ASK THE EXPERT

**Benjamin Martin, M.D., Central Ohio Urology Group**



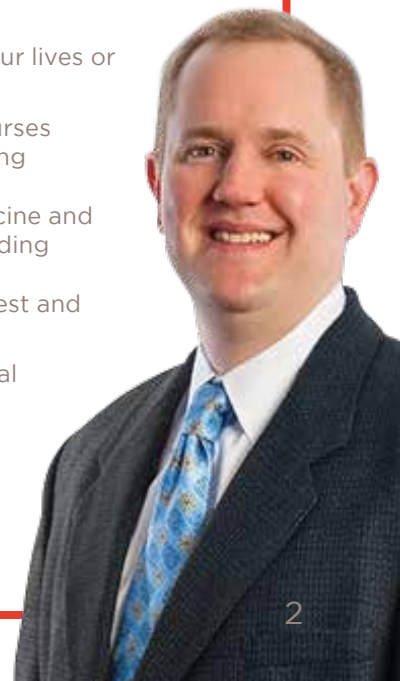
### A Season of Gratitude

At this time of year, we often pause to reflect and give thanks to those who have enriched our lives or the lives of loved ones in some way.

When it comes to cancer therapies, it seems obvious to thank the dedicated doctors and nurses present at every visit. However, the teams behind the scenes are equally valuable to providing resources for the success of anti-cancer treatment. From the staff members who schedule appointments, order prescriptions and file paperwork, to the drivers who deliver your medicine and the workers at the plant who assure the safety of your medicine – all are important in providing the best treatment and care. Of course, proper recognition is also due to the scientists and researchers who develop nuances in cancer therapies, giving providers the luxury of the latest and greatest medical breakthroughs.

Above all, let us thank the patients and the families. Without patients volunteering for clinical trials, those breakthroughs would not be possible. Without the generosity of those who donate to cancer programs, forward progress would slow immensely. And without the love and compassion provided by families, the cancer diagnosis itself and the treatment that ensues, could be too much to bear.

Let's give thanks to all in the chain of cancer care – on the front lines and behind the scenes – this holiday season.



# January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> <li>✓ RSVP required</li> <li>* Special Event</li> <li>🏠 Offsite Activities</li> </ul>	<b>1</b> <div style="font-size: 2em; font-weight: bold; color: white; margin: 5px 0;">2020</div> <div style="font-weight: bold; color: white; margin: 5px 0;">New Years Day!</div> <div style="background-color: white; color: black; padding: 5px; font-weight: bold; margin-top: 10px;">OFFICE CLOSED</div>	<b>2</b> 10:30 am Qigong 6:30 PM Feel Better Mom Support Group	<b>3</b> 10:00 AM Men's Mindfulness Hour 1:00 PM Tai Chi Basic	<b>4</b> 9:30 AM Gentle Yoga 11:30 AM Yoga Nidra
<b>6</b> 11:00 AM Gentle Yoga 6:00 PM Tai Chi Basic	<b>7</b> 9:30 AM Belly Dancing 11:00 AM Workout with Friends 12:00 PM Nia Dance 12:00 PM ✓ Newcomer Welcome 1:00 PM Seasonal Yoga 6:30 PM Breast Cancer Networking Group	<b>8</b> 12:00 PM ✓ Natural Living Workshop 4:00 PM Gentle Yoga	<b>9</b> 10:30 AM Qigong 12:00 PM The Journey 2:30 PM Drumming Circle 6:00 PM 🏠   ✓ Cooking For Wellness at Giant Eagle Market District 6:30 PM FORCE	<b>10</b> 11:30 AM Crocheting 1:00 PM Tai Chi Basic	<b>11</b> 9:30 AM Gentle Yoga 12:00 PM ✓ Kids Korner
<b>13</b> 11:00 AM Gentle Yoga 6:00 PM Tai Chi Basic	<b>14</b> 9:30 AM Belly Dancing 11:00 AM Workout with Friends 12:00 PM Nia Dance 12:00 PM ✓ Newcomer Welcome 1:00 PM Seasonal Yoga 6:30 PM Ovarian Cancer Networking Group	<b>15</b> 9:00 AM Mindfulness Hour 12:00 PM ✓ Lunch and Learn 4:00 PM Gentle Yoga 6:30 PM *   ✓ Dating and Sexual Health	<b>16</b> 10:30 AM Qigong 12:00 PM Brown Bag Book Club 6:30 PM Metastatic Cancer Support Group	<b>17</b> 10:00 AM Lung Cancer Networking Group 1:00 PM Tai Chi Basic	<b>18</b> 9:30 AM Gentle Yoga 6:00 PM Tai Chi Basic
<b>20</b> 11:00 AM Gentle Yoga 6:00 PM Tai Chi Basic	<b>21</b> 9:30 AM Belly Dancing 11:00 AM Workout with Friends 12:00 PM Nia Dance 12:00 PM ✓ Newcomer Welcome 1:00 PM Seasonal Yoga 6:30 PM Multiple Myeloma	<b>22</b> 4:00 PM Gentle Yoga 6:30 PM Young Survival Coalition	<b>23</b> 10:30 AM Qigong 2:30 PM Drumming Circle 6:00 PM ✓ Cooking for Wellness at CSC	<b>24</b> 11:30 AM Crocheting 1:00 PM Tai Chi Basic	<b>25</b> 9:30 AM Gentle Yoga
<b>27</b> 11:00 AM Gentle Yoga 6:00 PM Tai Chi Basic	<b>28</b> 9:30 AM Belly Dancing 11:00 AM Workout with Friends 12:00 PM Nia Dance 12:00 PM ✓ Newcomer Welcome 1:00 PM Seasonal Yoga 6:30 PM Blood Cancer Support Group	<b>29</b> 12:00 PM ✓ Frankly Speaking About Eating Well During Treatment 4:00 PM Gentle Yoga	<b>30</b> 10:30 AM Qigong	<b>31</b> 1:00 PM Tai Chi Basic	

# February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Purchase your breast cancer license plate and support Cancer Support Community. BCFOhio.org.</p>			<b>1</b> 9:30 AM Gentle Yoga 11:30 AM Yoga Nidra
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# What's Happening at Cancer Support Community

## Lunch and Learn Series

RSVP to 614-884-HOPE (4673) by Monday the week of the event for your complimentary lunch!

### Columbus Cancer Clinic: What It Is and How to Access Its Services

January 15, noon

Learn about the Columbus Cancer Clinic, which makes quality cancer care accessible to central Ohio patients and their families. Specializing in prevention, early detection, home care and nutritional support, the Clinic embraces patients during their cancer journey. Join us as we discuss the program's services and impact throughout our community.

### Chiropractic Care for the Cancer Survivor

February 5, noon

Cancer and treatments for cancer can cause stress on the musculoskeletal system, causing pain with movement, loss of flexibility, headaches, poor sleep, low energy levels and diminished quality of life. Chiropractic care provides non-invasive and non-pharmacologic treatment to relieve pain and stiffness in joints and muscles. It is clinically confirmed to increase mobility, flexibility, strength and function. Research has proven it to improve brain function, lower stress and a person's overall well-being. Learn more during this lunch-time workshop presented by Dr. Dana Winchester.

## Natural Living Workshops

Presented by Lily Kunning, Head Herbalist, Haven Herbs.

Feel free to bring your own lunch to enjoy during the presentation.

### Essential Oil Safety

January 8, noon

Learn what is safe and what's not - it's not always what you read on the internet or get from an EO company sales rep. Learn how to use them safely (and for whom they are appropriate) from someone trained in biochemistry, physiology, and botanical medicine.

### Healthy Body Care

February 12, noon

When looking at ingredients on body care products, how many of them can you pronounce? Do you know what they are? Come learn what ingredients are best to use to keep you healthy inside and out.



### Valentine's Day Coffee and Tea

February 14, 9:30 am

Join us in the Giant Eagle Community Kitchen for morning tea, the perfect setting to celebrate the beauty of friendship for Valentine's Day. We will have Crimson Cup coffee brewing and tea ready to steep and of course a treat from SmartLife Chocolate.

Offsite Locations:  
Serving More People!



### Cooking for Wellness at COUG

This cooking program helps people learn about healthy foods and their benefits, while learning how to creatively prepare them.

### Upcoming Topics:

Jan 2, **NO CLASS**

Feb 4, Healthy Comfort Foods

- Cauliflower Mac-and-Cheese
- Sweet Potato Chickpea Hash
- Easy Baked Cinnamon Apple

To RSVP, please call  
Angie Santangelo at  
614-884-HOPE (4673)

701 Tech Center Drive  
Gahanna, Ohio 43230

Support provided by:



## Sex & Intimacy Series

This is a special four-part series with presentations by Claire Postl, a Licensed Professional Clinical Counselor and an AASECT certified Sex Therapist.

### Part 1: Dating & Sexual Health

January 15, 6:30 p.m.

Dating is hard! Not to mention when sexual function changes due to cancer treatment create additional barriers to intimacy. Come learn about coping with sexual function changes and ways to communicate sexual needs when dating.

### Part 2: Couples Sexual Health

February 12, 6:30 p.m.

Cancer impacts partnerships, taking partners and assigning them patient and caregiver roles. Come learn about relationship changes that can occur due to a cancer diagnosis and treatment, as well as ways to explore intimacy and sexuality changes together.

## Two new networking groups starting in the new year!

**Ovarian Cancer Networking Group:** Second Tuesday monthly at 6:30 pm

**Lung Cancer Networking Group:** Third Friday monthly at 10 am

Groups are open to anyone affected by Lung or Ovarian cancer. Call Angie Santangelo at 614-884-HOPE (4673) for more details.

## Community Sponsors



## Official Media Sponsors



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Our mission is to ensure that all people affected by cancer are empowered by knowledge, strengthened by action and sustained by community.

- All programs are provided at no cost
- For all individuals with cancer, regardless of diagnosis or stage, and their family, friends and coworkers
- All programs are evidence-based and led by a professional

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# CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

1200 Old Henderson Road  
Columbus, OH 43220

CancerSupportOhio.org  
614.884.HOPE (4673)



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to everyone who supports Cancer Support  
Community Central Ohio

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Delaware County  
Foundation



## Gift of Hope Legacy Society

Consider Cancer Support Community in your long-term planning. Make arrangements for a future gift to Cancer Support Community Central Ohio through your estate plan or other deferred gift. These gifts ensure that Cancer Support Community can fulfill its mission and provide programs and services at no cost for many years to come.

Join the Legacy Society by naming Cancer Support Community Central Ohio as a beneficiary on your insurance, IRA or retirement plan, or leaving a gift through your will or trust.

Contact Debbie Beyer at [dbeyer@cancersupportohio.org](mailto:dbeyer@cancersupportohio.org) or at 614-884-HOPE (4673). Please consult your independent legal, financial and tax counsel.

