Aurora Cancer Care’s Cancer Nurse Navigator Program: Support when you need it the most

By Marija Blegovich-Weidman RN, MSN, OCN, CCAR, Sr. Director, Aurora Cancer Care

The diagnosis is life-changing. Patients and their loved ones express feelings of fear, anxiousness and concern related to their future. Moreover, treatment for cancer involves many specialists and other team members, which can be overwhelming to understand and navigate. Our cancer nurse navigators develop a relationship with our patients and provide continuous support as a single point of contact to coordinate care and facilitate communication between the many cancer team members throughout the continuum of care. Cancer nurse navigators are certified nursing professionals with extensive experience and, often, specialized expertise in oncology. They can guide you and your family from diagnosis through cancer treatment and into post-treatment or survivorship, as well as help you and your family access all the programs and services available. The cancer nurse navigator is also equipped to provide support during end-of-life care.

The following are a few of the new Cancer Nurse Navigators:

Ronald Rekowski
RN, BSN
Cancer Nurse Navigator
Vince Lombardi Cancer Clinic-Sheboygan

Amy M. Dilley, RN
Breast Care Coordinator
Aurora Memorial Hospital of Burlington

Susan Siettman RN, BSN, OCN
GYN/GI Cancer Nurse Navigator
Aurora St. Luke’s Medical Center

I chose to be a Cancer Nurse Navigator (CNN) because it allows me to use the skills and knowledge I have acquired throughout my years as a Registered Nurse. My knowledge and skills in the nursing field can be an essential resource for patients in times of need. I have a passion for patient and family education, and as a CNN I have the great opportunity to express this. I look forward to contributing to this outstanding cancer care team and working closely with patients and families in their time of need.

I came to the Breast Care Coordinator position with many years of nursing in surgical oncology, as well as family experiences with breast cancer. Being able to educate patients on breast care, as well as being a source of assistance and support for patients with breast cancer is an amazing opportunity. This position is very special to me, and with my nursing and family experience, I look forward to being there for my patients and their families.

Being a Cancer Nurse Navigator is an opportunity to help patients remove obstacles when the challenges feel like a storm that never ends. It is helping them find normalcy, to find themselves once again under the weight of their diagnosis. Ultimately, it is sharing moments that bring smiles and laughter as they take their journey in the fight we are in together. As a CNN, I will take my love of teaching and play an even bigger role in their survivorship. I can’t wait to be a CNN.
## Cancer support groups

**AURORA NORTH NETWORK:**

### I Love Someone with Cancer support group
- **Aurora Sheboygan Clinic (Chinook room)**
  - Second Thursday each month, 6 to 8 p.m. (no group meeting in July)
- **Aurora Sheboygan Clinic (Chinook room)**
  - Second Thursday each month, 6 to 8 p.m. (no group meeting in July)

**NOTE:** I Love Someone with Cancer and Touched by Cancer support groups are a combined group—the first half we have a speaker for the patient and the caregiver, then we break apart. The support groups are held at the same day and time.

### Touched by Cancer
- **Aurora Sheboygan Clinic (Chinook room)**
  - Second Thursday each month, 6 to 8 p.m. (no group meeting in July)

**NOTE:** I Love Someone with Cancer and Touched by Cancer support groups are a combined group—the first half we have a speaker for the patient and the caregiver, then we break apart. The support groups are held at the same day and time.

### Look Good...Feel Better
- **Vince Lombardi Cancer Clinic in Sheboygan**

### Us TOO! Prostate Cancer support group
- **Vince Lombardi Cancer Clinic in Sheboygan (lower level conference room)**
  - Third Wednesday of odd numbered months
  - (Jan., March, May, July, Sept., Nov.) 6:30 to 8 p.m.

**AURORA MILWAUKEE METRO NETWORK:**

### Look Good...Feel Better
- **Aurora Medical Center in Summit, Aurora Sinai Medical Center, Aurora St. Luke's Medical Center, Aurora St. Luke's South Shore, Aurora Cancer Care – Grafton, Vince Lombardi Cancer Clinic in Grafton, Aurora West Allis Medical Center**

### Support for the Healing Journey
- **Aurora Cancer Care Center in Grafton**
  - Third Wednesday each month, 6 to 7:30 p.m. (no meeting in Dec.)

### Us TOO! Prostate Cancer support group
- **Aurora St. Luke’s Health Center in New Berlin**
  - First Wednesday of each month, 7 to 8:30 p.m. (no group meeting in July)

### Expressive Arts Studio
- **Aurora St. Luke’s Medical Center (meeting room D)**
  - Second and fourth Fridays each month, 2 to 7 p.m.

### Brain Tumor Cancer support group
- **Aurora St. Luke’s Medical Center**
  - Third Wednesday each month, 6 to 7:30 p.m.

### Your Caring Connection
- **Aurora St. Luke’s Medical Center, 12th floor patient tower**
  - Second and fourth Tuesdays each month, 1 to 2:30 p.m.

### Smoking Cessation (American Lung Association’s Freedom from Smoking Class)
- **Aurora St. Luke’s Medical Center**
  - The Karen Yontz Women’s Cardiac Awareness Center

### Hope and Healing
- **Aurora Medical Center in Summit Vincent Lombardi Cancer Clinic (conference room)**
  - First Wednesday each month, 5:30 to 6:30 p.m. (no group meeting in Jan.)

### All About Living – A cancer support group for women (AWP)
- **Aurora Women’s Pavilion of Aurora West Allis Medical Center (Savory Spirit Room)**
  - Second Thursday each month, 5:30 p.m. to 7:00 p.m.

### Movin’ and Groovin’ after cancer treatment
- **Aurora Women’s Pavilion of Aurora West Allis Medical Center**
  - An eight-week educational and exercise class; meets in spring and fall.

### DID YOU KNOW?

We have 31 Cancer Nurse Navigators to support patients and their families and loved ones facing cancer across Aurora Cancer Care. If you would like to be contacted by a Cancer Nurse Navigator, please call our Vince Lombardi Cancer Hotline at 1-800-252-2990.
New Medications: Q1 2016

By Peter Stuessy PharmD, BCPS, BCOP, Specialty Pharmacy Coordinator–Oncology, Aurora Cancer Care

New medications are continually being researched and approved by the Food and Drug Administration (FDA) for cancer treatment. This section will highlight new drugs approved recently. Your doctor will know if any of these new medications are appropriate for you. If you have any questions, a pharmacist is available at all of our clinics, either in person or by phone. They are happy to help with any medication concerns or issues.

Drug highlight: Daratumumab (Darzalex) is a new injectable infusion drug for patients who have already tried at least three drugs for multiple myeloma. Treatment is given as weekly infusions for eight weeks, then every two weeks for 16 weeks, then every four weeks until progression or toxicity. Adverse effects include infusion reactions (the first dose must be titrated very slowly and takes up to eight hours without a reaction to administration), fatigue, myelosuppression, nausea, back pain, pyrexia, cough and upper respiratorytract infection.

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<tr>
<th>NAME (GENERIC/BRAND)</th>
<th>INDICATION</th>
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<tr>
<td>Irinotecan liposome injection (Onivyde)</td>
<td>Pancreatic cancer</td>
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<td>Trabectedin (Yondelis)</td>
<td>Liposarcoma or Leiomyosarcoma</td>
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<td>Talimogene Laherparepvec (Imlygic)</td>
<td>Melanoma</td>
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<td>Cobimetinib (Cotellic)</td>
<td>Melanoma</td>
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<td>Osimertinib (Tagrisso)</td>
<td>Non-small cell lung cancer</td>
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<td>Daratumumab (Darzalex)</td>
<td>Multiple Myeloma</td>
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<td>Ixazomib (Ninlaro)</td>
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<td>Necitumumab (Portrazza)</td>
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<td>Elotuzumab (Empliciti)</td>
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<td>Alectinib (Alecensa)</td>
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Upcoming National Survivorship Symposium

By Jamie Huebschen RN, BSN, OCN, Autologous Stem Cell Transplant Program Coordinator

If you are a caregiver or a survivor of a stem cell, marrow or cord blood transplant, you won’t want to miss the Celebrating a Second Chance at Life Survivorship Symposium at the Chicago Marriott O’Hare April 30-May 1, 2016. This unique program helps survivors learn how to manage long-term complications of transplant and provides an opportunity to network with hundreds of other transplant survivors and their families. Nationally recognized experts will address topics such as How to Protect Your Health Long-Term, Emotional Challenges After Transplant, Managing Fatigue, Attention and Memory Difficulties, Chronic GVHD, After a Pediatric Transplant, and more. Aurora Cancer Care is a co-sponsor of this event.

To learn more about the symposium and to register, visit bmtinfonet.org/chicago2016. BMT InfoNet is a not-for-profit organization dedicated to providing transplant patients, survivors and their loved ones with emotional support and high quality, easy-to-understand information about bone marrow, stem cell and cord blood transplants. Since 1990, our networks of medical experts and survivors have helped families navigate the transplant experience. Whether you are just beginning the transplant journey or learning to manage the joys and challenges of survivorship, BMT InfoNet is here to help you every step of the way.

Southeastern Wisconsin Oncology Nursing Society Survivor Event

By Leigh Braun, RN, Aurora Cancer Care

A Celebration of Life: Oncology Nurses Honoring You

11 a.m. to 6 p.m. Sunday, June 5

This event honoring cancer survivors will take place at the Oak Creek Community Center located at 8580 S. Howell Avenue. Please bring your family as we will have food, drinks and games for the kids, raffle prizes, and the Pink Heals Fire Truck. There will also be keynote speakers and tables with a variety of offerings.

Welcome to our new cancer care expert

Manish K. Pant, MD, delivers dedicated, personalized care with thorough explanation and guidance for patients and their family members. With clinical experience in a comprehensive variety of oncology, as well as benign and malignant hematology disorders, Dr. Pant has a special interest in the management and treatment of sarcomas, melanomas, lung cancer and gynecologic cancers.

Dr. Pant earned his medical degree at the University of Illinois at Chicago. He completed both his residency and fellowship in oncology and hematology at George Washington University, Washington, DC.

In addition to English, Dr. Pant is fluent in Marati and speaks basic Hindi and Spanish.

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