



Delbert
Day
Cancer
Institute

2021 DELBERT DAY CANCER INSTITUTE CALENDAR

PACKING A HEALTHY LUNCH FOR SCHOOL OR WORK

Make sure each lunch contains a serving of fruit, veggies, protein and a little bit of healthy fat. Choose one or more options from each category to fill your lunch box. Feel free to mix and match each day to keep school lunches interesting!

Source: detoxinista.com

PICK ONE FRUIT

- Applesauce
- Blueberries
- Raspberries
- Grapes
- Watermelon
- Strawberries
- Kiwi
- Orange
- Whole Banana
- Whole Apple

PICK ONE VEGETABLE

- Carrots
- Celery sticks
- Cucumber
- Shelled peas
- Bell pepper
- Sugar snap peas
- Broccoli
- Cauliflower
- Sweet potato

PICK ONE PROTEIN (AND HEALTHY FAT)

- Yogurt
- Cheese (shredded, string or cubes)
- Hummus
- Guacamole
- Peanut butter
- Veggie burger
- Nut or seed butter
- Hard boiled egg
- Cooked beans (chickpeas, black beans, pinto)
- Edamame
- Deli meat

PICK ONE CRUNCHY

- Low-sugar dry cereal
- Whole grain crackers
- Crispy chickpeas
- Pretzel sticks
- Sunflower seeds
- Rice cakes
- Plantain chips
- Baked tortilla chips
- Pita chips (good with hummus)
- Granola (good with yogurt)
- Oatmeal cookie



NOTES:

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New Year's Day

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Martin Luther
King Jr. Day

Inaguration Day

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Phelps Health
DELBERT DAY CANCER INSTITUTE

JANUARY

PHELPS HEALTH SURGICAL SERVICES OFFERS THE FOLLOWING:

- State-of-the-art surgical equipment
- High-definition endoscopy
- Advanced pain management procedures
- Advanced post-operative pain management
- Robotic surgeries in the following service lines:
 - General Surgery
 - Gynecology
 - Urology

THE PHELPS HEALTH SURGERY TEAM CONSISTENTLY RANKS IN OR ABOVE THE TOP 10% OF ALL SURGERY TEAMS IN THE COUNTRY FOR PATIENT SATISFACTION.

Source: CareChex

NOTES:

[illegible]

Groundhog Day

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Valentine's Day

Presidents' Day

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Phelps Health
DELBERT DAY CANCER INSTITUTE

FEBRUARY

2019 TOP FIVE SITES

(DIAGNOSED AND/OR TREATED AT PHELPS HEALTH)

Breast – 116 cases | Lung – 91 cases | Colorectal – 47 cases | Prostate – 40 cases | Lymphoma – 25 cases



Thomas Guerrero-Garcia, MD
Medical Oncology/Hematology

NOTES:

[illegible]

Phelps Health
DELBERT DAY CANCER INSTITUTE

MARCH

ACCESS TO CLINICAL TRIALS

The Phelps Health Delbert Day Cancer Institute (DDCI) provides patients with unique opportunities to participate in national clinical trials and research studies. The DDCI offers patients access to over 100 studies through various clinical trial networks and the National Cancer Institute.

Participating in research gives our patients the following:

- Access to new treatments that are generally not yet available to the public
- Highly specialized care and support by a team of researchers and other healthcare professionals
- Better knowledge about their disease or condition
- The ability to help others by contributing to research

If you are interested in learning more about the clinical research program at the DDCI, please speak with a member of our research staff.



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Good Friday

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Phelps Health
DELBERT DAY CANCER INSTITUTE

APRIL

SHOULD YOU GET SCREENED FOR LUNG CANCER?

The American Cancer Society recommends lung cancer screenings for individuals between the ages of 55 and 74 who may be at risk.

RISK FACTORS FOR LUNG CANCER INCLUDE THE FOLLOWING:

- Smoking tobacco (cigars, pipes, cigarettes, etc.)
- Secondhand smoke
- Family history of lung cancer
- Radiation therapy to the chest
- Exposure to radon or asbestos



John-Paul Soberano, MD
Pulmonology/Critical Care

NOTES:

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Cinco de Mayo

National Nurses Day

Mother's Day

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Memorial Day



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MAY

PROSTATE CANCER SCREENING

When should you get tested?

To learn about urology services at Phelps Health or to schedule an appointment, call (573) 458-3150.

VERY HIGH RISK

AGE 40

- Men who have more than one first-degree relative who had prostate cancer at an early age.

HIGH RISK

AGE 45

- African Americans
- Men who have a first-degree relative (father, brother or son) diagnosed with prostate cancer at an early age (younger than age 65).

AVERAGE RISK

AGE 55

- All men who are expected to live at least 10 more years.



NOTES:

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National Cancer
Survivors Day

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Flag Day

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Father's Day

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Phelps Health
DELBERT DAY CANCER INSTITUTE

JUNE

ORAL ONCOLYTICS AT PHELPS HEALTH

Oral chemotherapy is another way of receiving cancer treatments using medication instead of, or accompanied by, traditional infusion or radiation. Oral treatments are managed by an oral oncolytic pharmacist.

Mara Hofherr, PharmD, an oral chemotherapy pharmacist at Phelps Health, can help patients with their oral chemotherapy including the following ways:

Talk with you and your family about the following:

- Your new oral chemotherapy
- All other medications you take, including herbs, vitamins and supplements

Work with all members of your medical team to do the following:

- Monitor the status of your prescription
- Help with insurance issues
- Ensure the prescription you receive is correct
- Offer accessible and personalized patient care

Help you save money

- Work with our DDCI patient financial access representative to determine qualifying patients for assistance, which may include manufacturer copay cards, patient assistance discount cards, or free trials or samples

Help you save time

- Work with specialty pharmacies to ensure you get your medication in a timely manner
- Once approved by insurance, your medicine will be delivered free of charge to your home or preferred location



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Independence Day

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Phelps Health
DELBERT DAY CANCER INSTITUTE

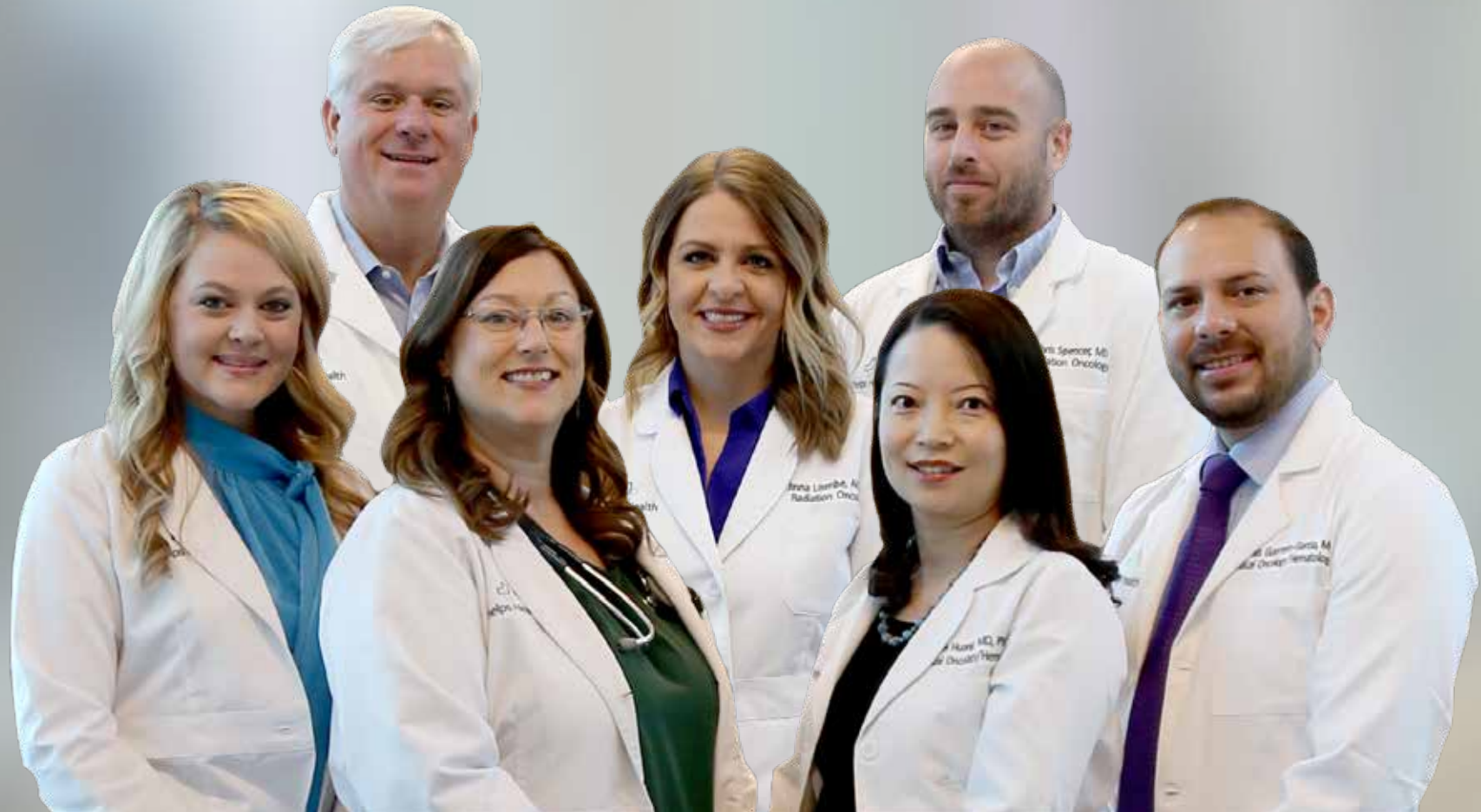
JULY

RADIATION ONCOLOGY

(573) 458-7500

MEDICAL ONCOLOGY

(573) 458-3324



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SUN	MON	TUE	WED	THU	FRI	SAT
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Phelps Health
DELBERT DAY CANCER INSTITUTE

AUGUST



25-Minute CHICKEN & VEGGIE ENCHILADAS

Nutrition Information:

393 calories
18 g total fat
6 g saturated fat
587 mg sodium
37 g carbohydrates
5 g fiber
25 g protein

Source: 400 Calorie Recipes

Serving Size: 2 enchiladas
393 calories per serving

INGREDIENTS

- 2 tablespoons canola oil
- 1½ cups chopped zucchini
- 1½ cups chopped yellow squash
- ½ cup chopped yellow onion
- 1 teaspoon minced garlic
- 1½ cups shredded, cooked chicken breast (about 4 1/2 oz.)
- ½ cup shredded, cooked chicken thigh (about 1 1/2 oz.)
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 4 ounces Monterey Jack cheese, shredded (about 1 cup), divided
- 8 (6-inch) corn tortillas
- Cooking spray
- ½ cup bottled salsa verde
- Fresh cilantro leaves

PREPARATION

- Preheat oven to broil with rack 5 to 6 inches from heat. Heat oil in a large nonstick skillet over medium-high. Add zucchini, squash and onion, and cook, stirring often, until vegetables are tender and just beginning to brown, about 10 minutes. Add garlic, and cook 1 more minute. Add chicken, salt, pepper and ¾ cup of the cheese; stir to combine. Cook until hot and cheese melts, about 1 minute. Remove from heat, and cover to keep warm.
- Warm tortillas according to package directions. Place about 1/3 cup of chicken mixture in center of each tortilla; fold tortilla around filling, and place, seam side down, in a lightly greased (with cooking spray) 11- x 7-inch (or a 2-quart) broiler-safe baking dish. Pour salsa over enchiladas, and sprinkle with remaining 1/4 cup cheese. Broil in preheated oven until hot and bubbly, about 1 1/2 minutes. Garnish with cilantro.

Prep tip: To heat the tortillas in the microwave, place 4 tortillas at a time on a microwave-safe plate and cover them with a damp paper towel. Microwave in 30-second bursts until they are warm. Repeat with remaining tortillas.

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Phelps Health
DELBERT DAY CANCER INSTITUTE

SEPTEMBER

ONE IN EIGHT WOMEN ARE DIAGNOSED WITH BREAST CANCER AT SOME POINT IN THEIR LIVES.

Self-breast exams and preventive screenings can save lives. All women over the age of 40 should receive annual mammograms. Women at high risk for breast cancer may begin preventive screenings earlier.



For information about mammograms at Phelps Health or to schedule a mammogram, contact (573) 458-7737.
You do not need a physician referral to schedule a mammogram.

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Indigenous Peoples' Day

National
Mammography Day

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Halloween



Phelps Health
DELBERT DAY CANCER INSTITUTE

OCTOBER



8 WAYS TO STAY HEALTHY

Prevent cancer and stay healthy after cancer.

- 1 Maintain a healthy weight.
- 2 Exercise regularly.
- 3 Don't smoke.
- 4 Eat a healthy diet.
- 5 Drink alcohol in moderation, if at all.
- 6 Get standard screenings as recommended by your doctor.
- 7 Protect yourself from the sun and avoid tanning beds.
- 8 Protect from sexually transmitted infections.

The Phelps Health Delbert Day Cancer Institute (DDCI) is part of the Siteman Cancer Network, an affiliation led by Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis.

This collaboration leads to earlier detection of cancer and healthier outcomes in the community. In addition, the Phelps Health DDCI and Siteman Cancer Center share best practices to improve patient care.



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Veterans Day

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Thanksgiving

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Phelps Health
DELBERT DAY CANCER INSTITUTE

NOVEMBER

PHELPS HEALTH FOUNDATION

The Phelps Health Foundation serves as the philanthropic arm of Phelps Health to support the healthcare system's mission to improve the health and wellness of people in our region.

There are a number of ways to make contributions to the Phelps Health Foundation. Your thoughtful gift contributions are tax deductible to the current extent of the law and are greatly appreciated.



To learn more or to make a donation, contact us at (573) 458-7249 or foundation@phelpshealth.org.

NOTES:

DECEMBER

MEET THE DDCI PROVIDERS



Thomas Guerrero-Garcia, MD
Medical Oncology/Hematology



Kan Huang, MD, PhD, MS
Medical Oncology/Hematology



Becky Witham, FNP-C, AOCNP
Medical Oncology/Hematology



Logan Shockley, FNP-C
Medical Oncology/Hematology



Christopher Spencer, MD, MS, DABR
Radiation Oncology



Robert Swanson, MD
Radiation Oncology



Jinna Lisenbe, AGPCNP-BC
Radiation Oncology

Please visit phelpshealth.org/doctors for a complete, up-to-date list of all Phelps Health physicians and providers.

SUPPORT SERVICES AT THE DDCI

Jennifer Gerlemann, BSN, RN Nurse Navigator

The Phelps Health Delbert Day Cancer Institute's (DDCI) nurse navigator helps patients to identify and overcome any barriers that may delay or prevent access to cancer care or treatment. The nurse navigator also will assist patients and families with making informed decisions.

Kevin McDonough, BS, CAC Patient Financial Access Representative

The DDCI's financial counselor helps ease concerns about cost of the care and complexities of medical insurance by educating patients about their insurance benefits (e.g., deductible, out-of-pocket expense, co-insurance, co-pays, premiums, in- and out-of-network benefits), billing questions and options for payment plans.

Lorie Bourne, MS, RD, LD, CNSC Dietitian

Nutrition information and resources are provided by the DDCI's licensed registered dietitian to patients and caregivers at the DDCI. Patients' nutritional status is monitored throughout treatment, and support is provided to patients who are having side effects from cancer or treatments.

Susan Buhr, MSW, BSW Social Worker

The DDCI's oncology social worker helps connect patients with financial and emotional support resources. This individual can help patients, family and friends better understand the impact of a cancer diagnosis on one's life. The social worker will assess for any psychosocial needs, intervene and help remove barriers.



WHY CHOOSE PHELPS HEALTH?

Phelps Health Cancer Care Services

(573) 458-3324 (DDCI) | Toll-Free Number: (855) 406-3324 (DDCI)

Patient-centered care: All-inclusive services in a single, accessible location

State-of-the-art treatment and equipment: State-of-the-art radiation oncology technologies and the most advanced chemotherapy and immunotherapy services

Access to clinical trials: Participation in the National Cancer Institute's Community Clinical Oncology Program and a variety of industry-sponsored trials

Navigation, education, support and financial counseling: Education and customized counseling services offered to patients and their loved ones

Certified nurses in oncology: DDCI nurses specialize in caring for people with cancer

Phelps Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-573-458-7684, 1-573-458-7922.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-573-458-7684, 1-573-458-7922。