



In This Issue

[Save the Date](#)

[The gift of health history](#)

[Leadership in bone marrow transplants](#)

[It's easy to save a life](#)

[Ask Massey ... about your survivorship care plan](#)

[Two great events; one big night](#)

[Prostate cancer & procrastination](#)

[Cancer & relationships](#)

[GINA legislation passes](#)

[Breast cancer surveillance](#)

A great Father's Day gift for the family

As Father's Day approaches, experts at Massey acknowledge the legacy fathers leave their children. "From a purely genetic standpoint, fathers provide half of our DNA," said John M. Quillin, PhD, a certified genetic counselor with [Massey's Familial Cancer Clinic](#).

"About five to 10 percent of cancers have strong hereditary risk, yet our research shows people know relatively little about the family health history on their father's side of the family," added Quillin. "A woman may think only about which women on her mother's side of the family have had breast cancer, for example, but knowing which women on her father's side have had it is equally important in assessing her hereditary cancer risk for this disease."

This Father's Day, share the gift of health: download our ["Family Health History" form](#), fill it out and share it with your doctor.

Massey a leader in bone marrow transplants

Massey's Bone Marrow Transplant (BMT) Program, one of the fastest-growing nationally, celebrates 20 years of providing life-saving treatments for patients with hematologic cancers. The program earned the Blue Distinction Center designation in recognition of its depth of experience and good outcomes with patients. "We are able to save more lives today than we were 20 years ago as a result of research," said Harold Chung, MD, one of the BMT team's three physician-scientists.

[Read more >>](#)

It's easy to save a life

BMT program director John McCarty, MD, wants people to know that it's easy to [donate bone marrow](#) through a procedure that causes little more than slight bruising and discomfort for the donor, but can be life-saving for the recipient. "Testing is as simple as swabbing to get a DNA sample," McCarty said. "If you match a family member or friend who needs a bone marrow transplant, you can donate stem cells on a Friday and be back to work by Monday or Tuesday."

For more information on becoming a registered bone marrow donor, visit www.marrows.org.

Ask Massey

A reader asks: *I have finished my course of treatment for lung cancer. Now what?*

By any definition, you are a survivor. It is important to recognize cancer survivorship as a distinct phase of cancer care and to plan accordingly.

Save the Date

Friday, June 6
[2nd Annual Play Golf for Life Charity Golf Tournament](#)
 1:30 pm
 Independence Golf Club

Sunday, June 8
 National Cancer Survivors Day
Tea in the Healing Garden
 3 pm - 5 pm
 Free & open to the public
 For more information call,
 Carrie Cybulski (804) 628-1918 or
 Kristie Willis (804) 828-3403

Tuesday, June 10
["Fight Back Express"](#)
 Sign the bus and send messages to representatives
 9:00 a.m.

Medical Sciences
Courtyard

Friday, June 13
Skanska presents the 6th
Annual [Massey Alliance
Moonlight Magic](#)
6:30 pm
James River Cellars,
Ashland, VA

Friday, June 13
[On Track For The Cure](#)
Concert Featuring
The Waybacks
7:00 pm
Science Museum of
Virginia

Saturday, June 21
[Anthem's Quest for the
Cure & Richmond Kickers
Game](#) to benefit Massey
2:00 pm
University of Richmond
Stadium

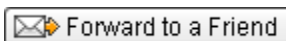
Saturday, June 21
[What a Difference a Day
Makes Art Auction](#)
6:00 pm
Glave Kocen Gallery

Saturday, June 28
[4th Annual Poker Run](#)
to benefit Massey
10:00 am
Sportsman Restaurant

Reader Services

[Get Momentum](#)

You can unsubscribe at
any time.



[Ask Massey](#)

There are numerous issues that are common among survivors, regardless of type of cancer. These include "late effects" of cancer, mobility and fatigue issues, and risk for second cancers. Not all effects are negative; most survivors are not debilitated and some even have positive effects.

The answer to "now what?" is work with your physician to build a comprehensive care summary and follow-up plan -- the "survivorship care plan." [Read more >>](#)

Do you have a question? [Please Ask Massey.](#)

Two great events; one big night

Richmond will be groovin' for a good cause on Friday, June 13, with two Massey fundraisers. The [6th Annual Moonlight Magic](#) presented by Skanska will be held at James River Cellars. This signature event of the Massey Alliance, a group of young professionals committed to raising funds and awareness for Massey, features wine tastings, gourmet food and desserts, live music by The Remnants, and fantastic raffle and silent auction items.

On the tracks at the Science Museum of Virginia, [Music for Massey](#) features The Waybacks in their fourth exclusive fundraising engagement for Massey, sponsored by Napier Realtors ERA. The Waybacks, from San Francisco, embrace newgrass, western swing, jazz, folk, fiddle and improvisational jams that have been described as a "tour de force." Critics and audiences lavish praise on their musicianship, stage presence and humor. Jim Lauderdale, a Grammy-winning singer/songwriter, will appear with The Waybacks this year.

Prostate cancer & procrastination

One of the largest studies of its kind concludes that most older men with early prostate cancer do not shorten their survival odds if they adopt a "wait-and-see" approach to the disease. In fact, most such patients will die of other causes, or simply will not develop any complications from the cancer, says a report presented at the 2008 Genitourinary Cancers Symposium.

"Many elderly men with lower risk cancer may do well with conservative management," agrees Mitchell Anscher, MD, chair of Massey's department of radiation oncology.

Each patient facing a treatment decision has to weigh the potential survival benefit versus the potential side effects of various treatments. Given this analysis, patients should then compare this potential risk of side effects with the potential risk of cancer complications if the cancer is left untreated, and choose the path that seems best for them. [Click here to request a consultation](#) about your choices.

Waiting to start treatment does not mean you should procrastinate about a diagnosis, however. Click here for the [signs and symptoms](#).

Prostate cancer & relationships

Every person is different, and not all men have the same experience,

We will ask one of our cancer experts respond.

thoughts, or feelings. However, some common feelings and concerns may be present when a man is diagnosed with prostate cancer, including threatened masculinity, embarrassment, or guilt for avoiding visits with a physician due to the nature of a prostate examination, for example. Cancer isn't just a disease diagnosed on one person; it's something that can affect the entire family system. The good news is that there is a great deal of help available to families.

[Learn more about coping with cancer and relationships.](#)

Genetic Information Nondiscrimination Act

President Bush has signed into law the Genetic Information Nondiscrimination Act (GINA), which prohibits health insurance and employment discrimination based on genetic information resulting from the detection of genotypes, mutations, or chromosomal changes.

"The [clinical promise of genetic testing](#) has been impacted by concerns that genetic information could be appropriated for use in employment and health insurance decisions," said [Joann Bodurtha, MD, MPH](#), professor of human and molecular genetics. "We hope the passage of GINA will help address these fears."

Recommended breast cancer surveillance

The desire to keep or maintain health often causes people to seek unnecessary tests and procedures, and why not? What's more important than your health? However, there is solid evidence that breast cancer survivors should be selective in their choices about how to monitor their conditions. [Read more >>](#)

Edited by David Raine, Jr.
dlraine@vcu.edu

To learn more about VCU Massey Cancer Center, please visit our Web site at www.massey.vcu.edu.

Forward email

SafeUnsubscribe®

This email was sent to dlraine@vcu.edu by askmassey@vcu.edu.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



VCU Massey Cancer Center | 401 College Street | Richmond | VA | 23298