

Give Skin A Break On Spring Break

By Leah Ramker

It's finally springtime in Florida and, after what seemed like months of below-normal winter temperatures, it is time to get out and enjoy the Florida weather we know and love. But with that comes the dangers of overexposure to the sun.

We think we know the drill: sunscreen is a must; avoid tanning beds; wear hats and sunglasses; limit time in direct sunlight. But did you know that experts say SPF 15 or higher sunscreen is best. Make sure you apply generously (one ounce for average adults) and properly (20 to 30 minutes before going outside), and reapply every two hours. Don't forget sensitive spots like ears, scalp, hands, and lips. Choose comfortable clothing made of tightly woven fabric when spending time in the sun. And if you desire that sun-kissed skin, use spray tans found at your local drugstore.

Most importantly, you should not spend time baking your body at the beach or pool. You will thank yourself when your skin check at the dermatologist comes up clean. There are many other ways to spend time outside and enjoy the weather—with the above recommendations, of course—than subjecting yourself to skin cancer.



Here are my 10 suggestions to spend your Florida spring and summer days:

1. Take a bike ride.
2. Go to the zoo.
3. Eat a picnic in the park.
4. Read in a hammock.
5. Play Frisbee.
6. Tend a garden.
7. Fly a kite.
8. Hike a trail.
9. Attend an outdoor concert.
10. Watch the sunset.



The 2010
Magnolia Ball
WITH THE
DOOBIE BROTHERS

Saturday, April 24, 5:30 p.m.
A La Carte Pavilion, Tampa

Contact Sue Bliss at 813-745-4860
Sue.Bliss@MOFFITT.org Or visit www.MOFFITT.org/Magnolia



Pinellas Partners

Collaboration And Information Take Center Stage At Women's Cancer Event

Welcome to the spring edition of the Moffitt Pinellas Partners newsletter.

The Sandpearl Resort was the site of our latest informational event. Dr. Johnathan Lancaster from Moffitt and Dr. Peter Blumencranz from Morton Plant Mease conducted a wonderful Q & A presentation on women's cancers for interested attendees. Having these two doctors on stage together gave everyone a unique opportunity to hear about the research and patient care advancements taking place in our community.

This summer, we plan to organize group tours of Moffitt Cancer Center research laboratories. If you are interested in seeing firsthand what you learned at the breakfast, you can sign up by emailing pinellaspartners@prov.com.

Remember, we update our Web site quarterly with new articles, events and personal stories. One important section to check out is our Cancer Screening Guide. There you will find age- and gender-specific screening guidelines for all types of cancer. Please visit our Web site at



Woman's Cancer
Awareness Breakfast
Honorary Chairwoman
Pam Muma

www.pinellaspartners.com
or Moffitt's site
www.INSIDEMOFFITT.com.
Early detection is one very important step in beating this terrible disease. We hope to see you at one of our next informative events. Thank you for being a member of Pinellas Partners.

Sincerely,
Marsha Droste
Moffitt Pinellas Partners
Co-chair



From left: Marsha Droste, Dr. Peter Blumencranz,
Dr. Johnathan Lancaster, Mary Harvey

Steering Committee Members

- Scott Andringa
- Brian Aungst
- Rob Bauer
- Ernestine Bean
- Beverly Billiris
- Bruce Bokor
- Joe Burdette *
- Kimberly Cass *
- Suzy Circle *
- Aaron Cohn
- Gary Conners
- William Crown
- Jodie Cunningham
- Ed & Marsha Droste *
- Holly Duncan
- Ron & Ann Duncan
- Jackie Edgington *
- Fred Fisher
- Doug Graska
- Lucy Grinnell
- Bob "Gator" Handley *
- Lindsay Hardee
- Mary Harvey *
- Bill Maher
- Judy Mitchell
- Pam Muma
- Bob Passwaters *
- Ron Petrini
- Leah Ramker *
- Kim Roberts
- David Ruppel
- Leslie Schipani-Anderson *
- Karen Seel
- Julie Shannon *
- Covington Sharp
- Gary Skinner
- Laverne Smith
- Richard Spayde
- Susan Stern
- Bill Swisher *
- Dan Walker

* Pinellas Partners Executive
Committee

Moffitt Docs Use Robots For Surgery

By Bill Swisher

Dr. Julio M. Pow-Sang doesn't mind if some of his patients describe the care they've received as "robotic."

In fact, Pow-Sang, who chairs the Department of Genitourinary Oncology at Moffitt Cancer Center, is a big fan of using robots in surgery for prostate cancer, the most common type of cancer in men.

"All of the prostate surgeries we do at Moffitt are robotic, and around the country it's been increasing since the technology became available in 2002," said Pow-Sang, who is also director of the Moffitt Robotics Program.

Robotic procedures are generally less invasive than traditional, "open" surgeries. They typically involve less blood loss and offer the patient a much shorter recovery time.

"Robotics takes advantage of a procedure called laparoscopy, which requires different skills from open surgery and is somewhat more difficult because one has to operate through a little 'keyhole' in the abdomen. It's like operating with chopsticks," Pow-Sang said.

Surgeons tried removing the prostate through laparoscopic surgery alone in the early 1990s, "but it was very tough. And then robotic consoles became available, providing the technology to enhance the skills of the surgeon doing laparoscopy."

Now, instead of standing next to a patient "and basically doing acrobatics" to manipulate the laparoscopic instruments, the surgeon sits at a desktop console "and is thinking about the surgery

more than *working* to do the surgery," Pow-Sang said. "The robot does most of the work."



Dr. Julio M. Pow-Sang

But surgery is only one treatment option for men with prostate cancer, he said. Another choice is radiation therapy, which comes in many forms. Among the major types, available at Moffitt:

- Brachytherapy, or putting internal radiation pellets into the prostate, also called seeding.

- Temporary-implanted high-dose radiation, a newer technique described as "putting needles in the prostate, but instead of dropping seeds, 'flashing' the radiation," Pow-Sang said. "More and more places around the country are starting to use this, because there is some discussion of whether it is as effective as the seeds but without the side effects, which are mainly related to urination."

- Permanently-implanted seeds, which Pow-Sang describes as—putting in a needle, flashing the radiation, and taking the needle out."

All these forms of radia-

tion therapy can be done alone or in combination, Pow-Sang said.

- Cryosurgery, also known as freezing. It's not widely available since the outcomes aren't as well established as other forms of treatment "because not a lot of patients have been treated with it," he said.

- Active Surveillance, formerly called watchful waiting. "This is a systematic way of following the patient, reading the PSA every so often and doing a biopsy every so often," Pow-Sang said. This treatment is used for non-aggressive cancers as long as the patient is comfortable. "The underlying philosophy is that it spares unnecessary treatment for men who don't need it."

The future of therapy, he said, will involve a better definition of just how aggressive a particular patient's prostate cancer is, "to determine which prostate cancer patients need to be treated and which ones we can leave

"...one has to operate through a little 'keyhole' in the abdomen. It's like operating with chopsticks."

alone, at least for some period of time."

In addition, one key to individualized treatment may lie in an area known as epigenetic markers—chemical

additions to the genetic sequence of DNA that occur following replication and that may help clinicians determine the characteristics of each individual cancer.

"The technology is available; we just have to find the combination that will tell us that because this patient has a particular genetic profile and these epigenetic changes have some [corresponding] profile, we know that particular patient will respond very well to hormonal therapy and we can treat him that way. Or another patient might need a different type of treatment instead."

MISSION STATEMENT

To contribute to the prevention and cure of cancer through education and outreach in an effort to support the work of the physicians and scientists working to cure this terrible disease that has touched all of our lives in one way or another.

MOFFITT FACT

Moffitt is an NCI Comprehensive Cancer Center, one of only 40 in the country.

A Personal Story

By Lawrence and Vevie Dimmitt

Lawrence H. Dimmitt III is dealer principal at Dimmitt Chevrolet in Clearwater and a major donor to the Moffitt Foundation. He and his wife, Genevieve "Vevie" Dimmitt, talked about his experiences as a prostate-cancer survivor and his relationship with Moffitt.



Lawrence Dimmitt III

Lawrence H. Dimmitt III: About 15 years ago, I thought I was in prime physical condition. I was a competitive runner, doing two marathons per year. I had a physical exam and a PSA [blood test for prostate cancer], and the score was abnormally high. Dad had prostate cancer and had surgery at age 75, and my mother and her two sisters died of breast cancer. My doctor sent me to a urologist in Clearwater and he [did all the tests]. Finally, they said, "You've got it." One always hopes they'll remove it surgically and the story will be over, but at Johns Hopkins they told me it had entered my lymph system.

I came home and, thinking maybe there was some other way out of this, went to a friend of mine, who was also

fighting this battle. He took us over to Moffitt, to the radiation [therapy unit]. We wound up going to the University of Michigan for hormonal therapy.

Vevie Dimmitt: When this happened, the prostate cancer program at Moffitt had not yet picked up steam. But that has changed. Now, we're very interested in the fact that Moffitt has gathered all these [experts] and is becoming the top of the cutting edge in research, gathering information, and all the different approaches to therapy. In our span of fighting the disease, there have been many, many changes. And Moffitt is keeping up with the changes.

Lawrence: That's the kind of reputation I hope to help Moffitt achieve: If someone discovers they have prostate cancer, the first thing that pops up in their mind is Moffitt. They've got one doctor who does robotic surgery, or if you want to go on hormonal therapy instead, they've got a fellow who studied at Sloan-Kettering Cancer Center. And so on.

The history of my support for Moffitt is directly related to Ed [Droste Jr., chairman of the Moffitt Foundation Board of Directors]. Our mutual interest is developing Moffitt as a prostate-cancer powerhouse in the Southeast. Ed has a dear friend who is fighting the same battle as I am. He and I kind of pushed each other [in giving to the Moffitt Foundation], and I thought, "If he can, I can."



Lawrence and Vevie share their story.

Vevie: I believe Ed and Marsha Droste are the ones who showed the passion to support Moffitt, through their enthusiasm and through the wonderful program [the Advanced Prostate Cancer Collaboration in late 2008] that invited specialists from all over the world to be open to all the different approaches in all the major cancer centers, and not just be hoarding their own ideas. That was very impressive and a great learning opportunity. Lawrence and I had friends and family members who had been to Moffitt for other cancers and had amazing results.

So we already knew what a fine place it was and had been thinking about gravitating there in our support. But we live here [in Pinellas County] and are loyal to our own place. So it is exciting that Moffitt is partnering with Morton Plant. Your outreach is wonderful. It really does work for our whole community, not just for Tampa. We're blessed to have it and its connection with the American Cancer Society and the National Cancer Institute.

One important thing we

didn't know when this all began and that we want people to be aware of: If you have a history in your family of either prostate cancer or breast cancer, you should be checked early. You shouldn't wait until you're 50.



Florida Bank Miles For Moffitt

Saturday, May 15, 7:30 a.m.
Contact
Susan Meadows
813-745-1346

Or visit
www.milesformoffitt.com

Cancer Survivorship Week
Monday, June 7 through Friday, June 11
Contact
1-888-MOFFITT
www.survivorship@MOFFITT.org

Riverwalk For Dads
Saturday, June 19, 8 a.m.
Contact
Natalie Mandeville
813-248-3000 ext. 24
NMandeville@columbiarestaurant.com