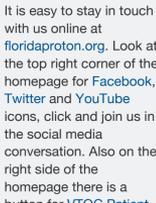


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## IN OTHER NEWS

### Keep In Touch



It is easy to stay in touch with us online at [floridaproton.org](http://floridaproton.org). Look at the top right corner of the homepage for Facebook, Twitter and YouTube icons, click and join us in the social media conversation. Also on the right side of the homepage there is a button for VTOC Patient Portal. Click here to open your secure account, view your records, complete clinical trial questionnaires and communicate with your nurse case manager. Knowing how you are feeling during and after treatment is essential to providing you the best care possible and contributes to the care of future patients.

### Community Calendar

Mark your calendar and join us when we are in a town near you.

#### October 11-12, 2015

Play Golf. Fight Cancer®  
World Golf Village

### About This Newsletter

The *Precision* Newsletter is an electronic-only publication that is distributed by email. Each issue is sent monthly to patients, alumni patients and friends of the University of Florida Health Proton Therapy Institute. As the official newsletter of the Institute, the content is compiled and prepared by our communications representative and approved by the editor Stuart Klein, executive director of UF Health Proton Therapy Institute. Special bulletin newsletters may occasionally be prepared when timely topics and new developments in proton therapy occur. To opt out of receiving the email newsletter, simply [click here to unsubscribe](#). We will make every effort to remove your name from the list.

If you would like to send a Letter to the Editor, [please click here](#).

### Sign-Up Today



If you don't already receive this e-newsletter, [click here to add your name to the list](#). You will also be notified of any future events in your area.

## Message from Stuart Klein, Executive Director

The results of a recent US proton therapy centers survey indicates an increasing number of children with cancer are being treated with proton therapy. This is good news since children are especially susceptible to the late effects of radiation, such as chronic illness, low growth hormone production, secondary cancer or impaired IQ. With proton therapy we are able to reduce the amount of normal healthy tissue exposed to radiation and can reduce the risk of developing late effects.

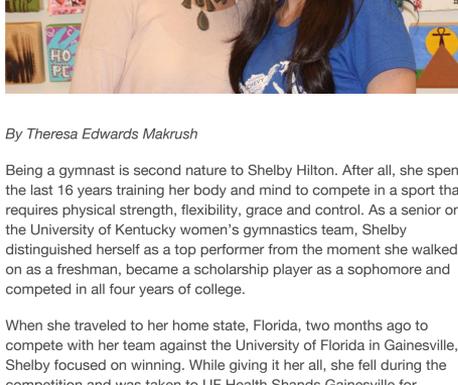


One of our recent patients is a retired pediatrician. You will read in this issue how his knowledge of protons for pediatric patients, as well as the experience of his adult friends with proton therapy, influenced his decision to treat his cancer with protons. And you'll read how a brave young woman is using her determined spirit as an athlete to fight cancer.

We hope you'll be inspired to share these stories with others.

Stuart Klein

## Olympic star visits college athlete fighting cancer



By Theresa Edwards Makrush

Being a gymnast is second nature to Shelby Hilton. After all, she spent the last 16 years training her body and mind to compete in a sport that requires physical strength, flexibility, grace and control. As a senior on the University of Kentucky women's gymnastics team, Shelby distinguished herself as a top performer from the moment she walked on as a freshman, became a scholarship player as a sophomore and competed in all four years of college.

When she traveled to her home state, Florida, two months ago to compete with her team against the University of Florida in Gainesville, Shelby focused on winning. While giving it her all, she fell during the competition and was taken to UF Health Shands Gainesville for evaluation. A scan revealed several brain lesions diagnosed as medulloblastoma. Shortly after the diagnosis, she was referred to UF Health Proton Therapy Institute for treatment of the rare brain cancer.

As she neared completion of her treatment last month, she had a very special visitor. Shannon Miller, the most decorated gymnast in American history, stopped by to offer words of encouragement and advice from one gymnast, and cancer survivor, to another.

They exchanged stories about their cancer treatment experience, from hair loss to nausea and fatigue. And they talked about what recovery means, especially as it impacts Shelby's gymnastics training. Shelby asked Shannon, "How long can I keep up my workouts?" and Shannon answered, "Well, your workouts are going to change and that's OK. They're going to be adjusted. But the focus is going to be on your health."

As someone who fought her own cancer battle in 2011, Shannon's other advice was to take time for yourself, make sure you get a lot of sleep, if there's something that you don't want to do just let people know it's not your time and you just need to relax.

"It means a lot to meet Shannon Miller because she was a very competitive athlete and knows what it's like to go from 'having it all' to having to put your life on hold," said Shelby.

Shannon said, "It's heartbreaking to hear of anyone learning of such a difficult diagnosis but as gymnasts, we are family, and that makes it particularly hard. However, I know that Shelby will fight. She knows how to deal with challenges, and I know that she has an incredible team around her supporting her each and every day. I hope that we can all reach out and show how much we care with a kind word, a prayer, and by helping fund her treatment through her gofundme campaign. I am thankful for the love I received during my own diagnosis and hope that we can all reach out to show Shelby how much she means to us."

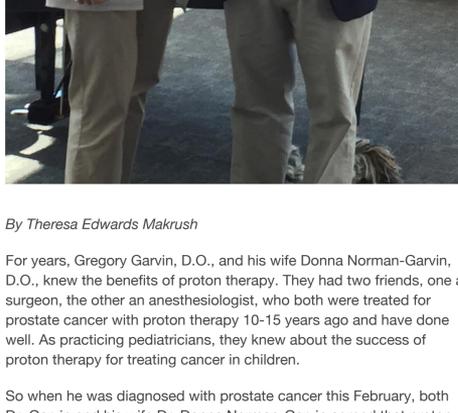
To read more about Shelby follow these links  
\* <http://gymnasticscoaching.com/new/2015/04/shelby-hilton-fighting-cancer/>

\* <http://www.ukathletics.com/sports/w-gym/spec-rel/030715aab.html>

\* Her gofundme: <http://www.gofundme.com/sg86e94k>

To read more about Shannon Miller go to [www.shannonmiller.com](http://www.shannonmiller.com)

## A pediatrician chooses protons – for his own cancer treatment



By Theresa Edwards Makrush

For years, Gregory Garvin, D.O., and his wife Donna Norman-Garvin, D.O., knew the benefits of proton therapy. They had two friends, one a surgeon, the other an anesthesiologist, who both were treated for prostate cancer with proton therapy 10-15 years ago and have done well. As practicing pediatricians, they knew about the success of proton therapy for treating cancer in children.

So when he was diagnosed with prostate cancer this February, both Dr. Garvin and his wife Dr. Donna Norman-Garvin agreed that proton therapy was the treatment of choice. Having recently retired and moved to Pinellas Park, Fla., Dr. Garvin said going to UF Health Proton Therapy Institute for treatment made the most sense. He looked at the data published on proton therapy for prostate cancer by UF and determined that "this was the place to come."

"One of the highest compliments I could pay was that I felt like I was back at the University of Iowa which was my academic center where I referred my pediatric patients and had the opportunity to help teach many of their medical students," said Dr. Garvin. "It's been a wonderful experience." As an academic health center, UF Health Proton Therapy Institute offers patients the most current treatment available through clinical trials that may become the standard of care. Dr. Garvin was eligible for the 28-treatment protocol and he agreed to participate in the clinical trial as well as the outcomes study. He emphasized, "It's not experimental. They've refined it to the point that it's very effective."

Dr. Garvin did not experience any side effects during his treatment. He took part in the social gatherings organized by the patient services department and made friends among the other patients. "The camaraderie makes the journey smoother," he said. He was able to continue his passion for singing by rehearsing with the Big Orange Chorus, a Jacksonville-based chapter of the International Barbershop Harmony Society. He is a member of the Tampa Bay Herald's of Harmony and because he could stay current while away from his chapter back home he was able to take part in performances and competitions while on treatment.

He and his wife Dr. Donna Norman-Garvin encourage people to do their own research when it comes to making health care decisions. For example, he said, many men are forgoing the most common prostate cancer screening known as the PSA (prostate-specific antigen) test which is a simple blood test. While you don't always have clinical symptoms of prostate cancer, screening tests can help you and your physician determine if any further action is needed. He cautioned, "You have to have the skill to understand the PSA. A high PSA doesn't always mean test. You have to look at the family history, what your baseline is and what the rate of the rising PSA numbers are." A biopsy when indicated is the test that determines the diagnosis of prostate cancer. Other diagnostic testing is then done if the biopsy is positive.

In his case, he had been monitoring his PSA for years starting at age 40, since he had a family history of prostate cancer. His father died of prostate cancer at the age of 68 and his grandfather died of heart failure but he had metastatic prostate cancer at the age of 84. So when he saw his own PSA rise from 1 to 2.5 and later to 5 and ultimately 12.5, he and his physicians recognized this as an indication for possible prostate cancer. During this time he had 2 biopsies that were negative and the third biopsy this year was positive. He also had a PCA3 genetic test which is done by analyzing a urine sample which provided additional information to suggest he was at risk for developing prostatic cancer.

"You have to do your own research. Most doctors are current, but unfortunately a few may not be," said Dr. Garvin. "Educating yourself is important. The more you understand about your disease, the better you will be able to make the right choices for your own care." Dr. Donna Norman-Garvin added, "Trust your doctor but be wise and seek out more than one opinion to be sure you are making the right decision for your care."

## Donation brings joy to patients and caregivers

By Bradlee Robbert

We would like to thank The Players and the PGA Tour for their donation of 72 tickets to the 2015 event. These tickets were distributed to cancer patients receiving proton therapy and their caregivers. Most of the patients that received tickets were from out of town and some even out of the country such as England and Scotland. One of the patients was so excited to receive tickets he sent us an email:

*"I wanted to thank you for the tickets to the T.P.C. Golf tournament. The Proton Therapy Institute is doing a fantastic job making those of us getting treatment feel right at home. I know the Proton Therapy Clinic [sic] enjoys a wonderful association with The Players tournament. As a patient here I am grateful that they partner with you. Outings like this make our stay here much more enjoyable. I am looking forward to watching a great golf tournament on one of the premiere courses in America." – Sunny S.*

We are so grateful The Players is a crowd jewel event in North Florida, and we are so thankful so many people had the opportunity to attend a premiere sporting event.

## Call for videos

By Theresa Edwards Makrush

Do you have a proton therapy story you'd like to share? We would love to hear and see the things you are doing after treatment. If you're not sure how to get started, think about completing this sentence: "Because of proton therapy, I can \_\_\_\_\_." Take a look at this page to see how others answered this question and created short videos.

<http://www.floridaproton.org/what-is-proton-therapy/patient-videos>. Your video camera on your smart phone is a great way to quickly shoot and upload content to the website. Step-by-step instructions on how to upload the file are on the site. We hope you'll enjoy this creative way to let others know about what proton therapy means to you.

## Gear up for golf

By Theresa Edwards Makrush

Registration is open for the 11th Annual Play Golf. Fight Cancer.® Classic, happening October 11-12, 2015, at the World Golf Village in St. Augustine, Fla. The tournament is the main fundraising event for the UF Health Proton Therapy Institute and our clinical research program. It includes a dinner and silent auction on October 11 at the World Golf Hall of Fame and a golf tournament on two courses on October 12.

For more information and to register, visit [www.playgolffightcancer.org](http://www.playgolffightcancer.org).