

# Precision

June 2014



A newsletter from the University of Florida Proton Therapy Institute • [www.floridaproton.org](http://www.floridaproton.org) • Phone: (877) 686-6009

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### Keep In Touch



It is easy to stay in touch with us online at [www.floridaproton.org](http://www.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

## Survivor Spotlight: Reid Tillery



"If I knew then what I know now, I wouldn't have worried as much," said Reid Tillery, a five-year prostate cancer survivor.

In 2008, lab work from a routine visit with his family doctor appeared a little abnormal. Results showed that Reid had about a 15 percent chance of having prostate cancer and was referred to a urologist. After further tests, the urologist revealed that Reid in fact had adenocarcinoma in his prostate gland.

"I remember sitting in the parking lot thinking, 'what do I do?'" Reid knew at that moment he was going to have to do some research and evaluation on his own to try to come up with an answer. "It would have been nice to be able to rely on doctors for ultimate direction, but all they can do is offer alternatives," said Reid. "The final decision was up to me, based on my subjective understanding of the risks and benefits of treatment options. This was not an assignment I wanted to do, but I knew it was one I had to do."

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.

### **June 19, 12 p.m. – 4 p.m.**

Follow Up Event  
Crowne Plaza

Jacksonville Riverfront Hotel – Main Ballroom  
1201 Riverplace Blvd.  
Jacksonville, FL 32207

*Speakers: Curtis Bryant, MD, MPH; Bradford S. Hoppe, MD, MPH*

### **September 10, 9 a.m.**

Cascades Community Men's Club  
800 Cascades Idle Blvd.  
Port St. Lucie, FL 34986  
*Speaker: Bradlee Robbert*

### **October 2, 12 p.m.**

Lake Hickory Rotary Club  
Lake Hickory Country Club

430 17th Ave NW  
Hickory, NC 28601  
*Speaker: R. Charles Nichols, Jr., MD*

### **October 3, 12 p.m.**

Lenoir Rotary Club  
First Baptist Church of Lenoir  
304 Main Street NW  
Lenoir, NC 28645  
*Speaker: R. Charles Nichols, Jr., MD*

## 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 Proton Therapy Institute (UFPTI). As the official newsletter of UFPTI, the content is compiled and prepared by our communications representative and approved by the editor Stuart Klein, executive director of UFPTI. Special bulletin newsletters may occasionally be prepared

After countless hours of research and various recommended books about his condition, Reid ruled out surgery due to the delicate nature of the operation in a sensitive area of the body. It was his business partner's wife who, through research of her own, discovered and introduced the idea of proton therapy.

A member of the Coast Guard Auxiliary, Reid was already planning to drive from his home in Melrose, Fla., to Jacksonville the next week. "During my trip, I made a stop at the UF Proton Therapy Institute for more information," said Reid. "I just walked in and said to the receptionist, 'Hi, I'm Reid Tillery and I have prostate cancer. Can you help me?'"

Armed with more information, Reid's last stop was to get more information from UF in Gainesville on external beam radiation therapy. "I asked them if there was a reason I shouldn't choose proton therapy since, through all my research, I found out that it has the same cure rate with fewer side effects," said Reid. "When their only response was that it would be a longer drive from home, I told them to sign me up. The doctor I met with wrote me a referral for the UF Proton Therapy Institute and I made preparations to temporarily move to Jacksonville for the duration of my treatment."

"The first day of my actual treatment in the gantry, I was very nervous. Ahead of time, you're worried about the unknown," said Reid. "I'm lying in the machine with all the laser lights and staff around me, and then all of a sudden they run out of the room before the proton beam goes off. In a minute they were back and I asked them if they had done anything at all...I didn't feel a thing."

"I'm so glad to have found UFPTI. They treated me like a real person, not a number or a diagnosis. I met a lot of interesting, educated men who were going through the same thing and had made the same decision I had. That was comforting to know and I didn't feel alone."

With his UFPTI graduate certificate hanging on his wall, Reid was inspired to head back to school to renew his emergency medical technician (EMT) license so that he can use his second chance at life to help those around him. Reid now actively volunteers at his local fire station and looks to get the word out about how protons are a lower risk alternative that saved his life and are impacting so many others in a positive way.

## National Cancer Survivors Day

On Sunday, June 1, people across the globe celebrated the 27th annual National Cancer Survivors Day in honor of those who have overcome their diagnosis. This day provides an opportunity for cancer survivors to show that there is life after cancer and it can be meaningful and joyful.

The American Cancer Society reports that there are 14.5 million cancer survivors in the United States alone and the numbers are expected to grow to 19 million over the next decade. More cancers are cured, more people are living longer with the disease. The American Cancer Society says two-thirds of today's cancer survivors were diagnosed at least five years ago, and 15 percent were diagnosed 20 or more years ago.

In honor of UFPTI's ever-growing community of survivors, we want to recognize you. We salute all our survivors for your courage and determination. We thank all the loved ones and caregivers who

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.

provide strength and invaluable support. And lastly, we'd like to acknowledge all the researchers and health care professionals who work tirelessly to advance treatment and improve survivorship. Together we strive for a world where all cancers can be prevented and cured.

If you are a survivor or their supportive family member, friend, or caregiver, what did you do to celebrate? We'd love to hear from you. If you'd like to share your story, please email us at [socialmedia@floridaproton.org](mailto:socialmedia@floridaproton.org). Or, feel free to post about your experience, an encouraging word or a photo on our [Facebook](#) page.

## Men's Health Month

There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. In fact, the Centers for Disease Control and Prevention notes that in 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women due in part to changes in lifestyle and bad health habits. June is designated as Men's Health Month to raise awareness of men's health issues, inspire healthy habits and lifestyles, and encourage early detection and treatment of disease among boys and men.

Cancer is among the health issues that are often overlooked or ignored by men. According to the American Cancer Society, the cancers that most frequently affect men are prostate, lung, colon and skin cancers.

Knowing about these cancers and how they can be prevented or found early can save your life. While some cases are preventable and some are not, it's always a good idea for men to maintain or improve a healthy lifestyle through exercising, eating right and visiting your doctor regularly. Here are some ways to take control of your health today and reduce your cancer risk:

- Stay away from tobacco
- Stay at a healthy weight
- Get moving with regular physical activity
- Eat healthy with plenty of fruits and vegetables
- Limit how much alcohol and caffeine you drink (if you drink at all)
- Protect your skin
- Know yourself, your family history and your risks
- Get regular check-ups and cancer screening tests

Since UFPTI opened in 2006, thousands have undergone proton therapy as an effective treatment for prostate and lung cancers, among others. Want to know more? Visit [floridaproton.org](http://floridaproton.org) for more information on the various cancers treated at UFPTI. Also, be sure to check out our [Facebook](#) page throughout the month for a few quick facts about men's health.

## Spread the Word

Choosing a doctor can be one of the most important decisions you make. Your doctor should be a partner with the expertise to guide you through many decisions about protecting your health and coping with and combating illness. Like any good relationship, patient-doctor bonds are based on trust and may take time to develop. However, you can ensure a good start by taking time to research and find the best doctor who is right for you and your family. We know that it can

be a scary and sometimes overwhelming process; therefore we want to do everything we can to make sure that those who may be looking for a doctor or health care center have access to reliable information from their peers – you.

[Healthgrades.com](http://Healthgrades.com) is an online tool that allows patients to give completely anonymous feedback on their doctors and hospitals. In turn, Healthgrades.com has become a great resource for patients to make an informed decision on the care they want for themselves or their loved ones.

**You can help spread the word about proton therapy and UFPTI via Healthgrades.com. Please click on the link to your doctor below to anonymously tell others about your personal experience. Your insights can prove valuable to other patients—as well as the doctor. The brief nine question survey will only take one or two minutes to complete.**

- [Julie A. Bradley, MD](#)
- [Curtis M. Bryant, MD, MPH](#)
- [Teena Burchianti, ARNP](#)
- [Roi Dagan, MD, MS](#)
- [Randal H. Henderson, MD, MBA](#)
- [Bradford S. Hoppe, MD, MPH](#)
- [Daniel J. Indelicato, MD](#)
- [Nancy Price Mendenhall, MD](#)
- [William Mendenhall, MD](#)
- [R. Charles Nichols, Jr., MD](#)
- [Ronny Rotondo, MD, CM, FRCPC](#)

## Showing Off UFPTI's Artistic Side



UFPTI celebrated our seventh annual employee appreciation week May 19-23. During the week, staff was treated to various events including a popcorn day, Mexican lunch, ice-cream day and massage day.

This year, we took it one step further to get our employees involved, uncover a few hidden talents and give back to all those who visit us in a fun way. To do this, we hosted a staff photo contest. The staff voluntarily submitted pictures of Northeast Florida during the month of April. There were over 120 great photos submitted. The top 20 photos, as evaluated by a selection committee, were framed, mounted and

hung in the 2nd Floor Art Gallery room where they will be on display for the next three months. If you are at UFPTI, make sure to go see them. We didn't know we had so many good photographers.

## Visitors at UFPTI



The Duval County Medical Society (DCMS), the President-Elect for the American Medical Association (AMA) and the President of the Florida Medical Association came to UF Proton Therapy Institute on May 19 for a tour. Thank you for visiting our facility!

From left to right: Ross Griffin, MD, DCMS board member; Bryan Campbell, EVP, DCMS; Allan Harmon, MD, president, Florida Medical Association; Randall Henderson, MD; Robert Wah, MD, president-elect AMA; Stuart Klein, UFPTI executive director; Mobeen Rathore, MD, president, DCMS; Eli Lerner, MD, immediate past president, DCMS; John Montgomery, MD, past president, DCMS.

If you know someone who is interested in seeing our facility, feel free to point them to the [“View Our Facility”](#) tab on our website for behind-the-scenes and 360 degree views of the exterior, lobby and atrium, playroom, equipment and treatment rooms.