

TABLE OF CONTENTS

- [Message from Stuart Klein, Executive Director](#)
- [Slowing down is not an option](#)
- [Perspective: one man's experience with proton therapy for prostate cancer](#)
- [Sino-US Proton Therapy Joint Research Kick-off Symposium](#)
- [Subway helps kids kick cancer](#)
- [Call for videos](#)
- [Gear up for golf](#)

IN OTHER NEWS

Keep In Touch



It is easy to stay in touch with us online at 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.

July 23, 12 - 4 p.m.
 Prostate Cancer Follow-Up Event
 Crowne Plaza Jacksonville Riverfront Hotel – Main Ballroom
 1201 Riverplace Blvd.
 Jacksonville, FL 32207

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

One of the important goals of proton therapy is to make it possible for people post-treatment to go on living life to the fullest. Cancer is a disease that can take a toll on both the body and the spirit. That is why in addition to our medical expertise for the

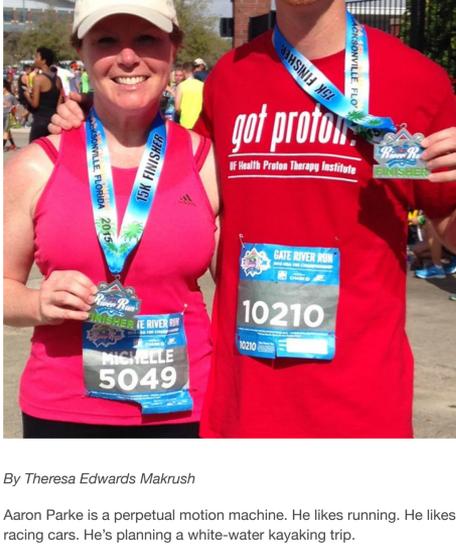


body we have a support system for the spirit. Patients gather together for small group discussions, weekly lunches and dinners and other community excursions. Opportunities for creative expression through art and music are available daily in our main lobby. These activities remind us that cancer does not define us. We can continue to do the things that bring us joy or discover new ways to find fulfillment. It is a journey we are honored to share with you.

Sincerely,

Stuart Klein

Slowing down is not an option



By Theresa Edwards Makrush

Aaron Parke is a perpetual motion machine. He likes running. He likes racing cars. He's planning a white-water kayaking trip.

Staying active and healthy is a priority for 37-year-old Aaron who is a two-time brain tumor survivor. "I'm at the point where I want to know if something is abnormal in my body," he said. "The healthier we are, the more we are in tune with that."

He was first diagnosed in 2012 with a primary brain tumor, called oligodendroglioma, and treated with surgery at a hospital near his home in the Tampa, Fla., area. Then, in December 2014, he was diagnosed with a second primary brain tumor. This time it was anaplastic oligoastrocytoma. He had surgery in January in Tampa to remove it. His physicians recommended chemotherapy and radiation therapy using IMRT. But Aaron and his mom and brother-in-law had heard about proton therapy.

Aaron said, "I took the reins into my own hands. It was somewhat empowering to do that." He contacted UF Health Proton Therapy Institute and met with Dr. Michael Rutenberg and nurse case manager Michelle Brennan in early February and was scheduled to begin proton therapy two weeks later.

The weekend before he started proton therapy, Aaron ran a 15K in the Gasparilla Distance Classic in Tampa. He mentioned this to Michelle who is also a runner. She suggested that if he was up to it, maybe he would like to run with her in the Gate River Run, a 15K that takes place in Jacksonville in mid-March.

So Aaron, who considers himself a casual runner having completed a handful of 5Ks and 15Ks and running a few times a week, began training for the Gate River Run while he started proton therapy. His youngest brother, an ex-marine, helped him work out by going with him on the running trail in the St. Augustine, Fla., condo community where he stayed during treatment. Along the trail they worked out on the exercise equipment to add some muscle training to the cardio.

He continued to tolerate his proton therapy well and was determined that if he felt well enough, he would run the race. He took it on as a challenge to prove to the medical community and to himself that he could still function and carry out his everyday life while having proton therapy.

Michelle and Aaron encouraged each other throughout their training and bonded over their common goal to run and finish the race. Following his third week of a six-week proton therapy course, Aaron ran the race. He said it was a very hot day, but it was fun. The day after the race, Aaron and his sister took a surfing lesson at Jacksonville Beach.

He is continuing to do well two months post-treatment and has his surgeon's approval to go white-water kayaking in Oregon in July. He's going with a group of young adult cancer fighters and survivors called First Descents and is really looking forward to it. And he's thinking about what other things he wants to do. Aaron has no plans to slow down. "As long as I feel good, I'm going to do it," he said.

For more information about First Descents, visit www.firstdescents.org.

Perspective: one man's experience with proton therapy for prostate cancer

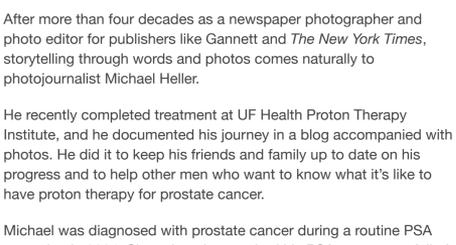


Photo credit: Michael Heller

By Theresa Edwards Makrush

After more than four decades as a newspaper photographer and photo editor for publishers like Gannett and *The New York Times*, storytelling through words and photos comes naturally to photojournalist Michael Heller.

He recently completed treatment at UF Health Proton Therapy Institute, and he documented his journey in a blog accompanied with photos. He did it to keep his friends and family up to date on his progress and to help other men who want to know what it's like to have proton therapy for prostate cancer.

Michael was diagnosed with prostate cancer during a routine PSA screening in 2004. Since then, he watched his PSA scores carefully for any signs of elevation. By 2015, he knew that it was time to take action to treat the cancer. He had heard about a friend's father who successfully beat prostate cancer with proton therapy. He also talked to men who had radical prostatectomy and other forms of treatment. He went online and researched the options he had and determined that proton therapy offered the best chance for an optimal outcome.

A resident of Port Charlotte, Fla., and publisher of a fishing magazine, *Water Life Magazine*, Michael packed up in April and headed to Jacksonville for proton therapy.

Following are excerpts from his blog.

Proton Therapy – words and pictures from my 8 weeks of treatment for prostate cancer

Last night, a little before 10 p.m., I was waiting outside in the thick Florida night air, drinking my 16 ounces of water, 30 minutes before my treatment. That's the drill. The water fills your bladder, which helps move it away from your prostate gland when the proton beam is delivered. I am being treated for prostate cancer at the University of Florida's Proton Therapy Institute in Jacksonville. I am taking cell phone pictures when I can. The following is my account.

April 7 – First Treatment

The hardest part of my first week of treatments was the waiting. New patients are all scheduled late into the evening. That didn't help the stress level, and holding my bladder full at the end of the day wasn't always easy, but the stress went away soon enough and routine took over. I am walking three or four miles every day. I have no symptoms after week one.

April 17 – Week Three

I'm starting my third week of treatment. Waiting for treatment is a lot like being a fireman on call. Sometimes they will call you with a much earlier appointment, like 9 a.m., which frees up your entire day. So when the phone rings with that call, you drink your water, drive over and get treated. ZAP! You are in and out in no time. I feel great. Some of the other guys call the first few weeks of treatment The Proton Vacation. One day I thought I was having an adverse reaction but it turned out to be from spicy Asian food. Never the less, as the next 6 weeks progress I have been told I may experience some tiredness, soreness or minor burning when I pee. I have nothing new to report.

Sitting in the waiting area, looking around at the bald-headed little children playing in the kids' room. Seeing their parents staying positive day after day, talking to other guys my age, some with much worse things than prostate cancer, I am thankful that this technology is giving us all a chance.

May 11 - Week 6

The guy before me comes out of the treatment and tells me "they ran out of the small balloons, ...they only have extra large ones left! We are always joking around. The new guys are asking me questions. I feel like an old timer, which I guess I am. A new guy and his wife check in at the front desk. You can spot them, they always have a big folder with their complete medical history under their arm. When they sit down I introduce myself and we talk. New guys have questions, many questions.

[Click here to read the entire blog and see more pictures.](#)



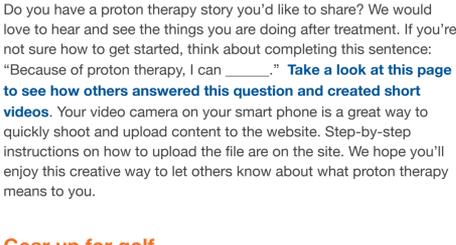
photo credit: Michael Heller



photo credit: Michael Heller

Michael with his green runners at his favorite spot in the park

Sino-US Proton Therapy Joint Research Kick-off Symposium



Dr. Zuofeng Li, physics director; Dr. Julie A. Bradley, UF assistant professor of radiation oncology; Dr. Roi Dagan, UF assistant professor of radiation oncology; Stuart Klein, executive director and UF assistant dean and lecturer; Xing Shen, M.D.

A contingent from UF Health Proton Therapy Institute recently co-hosted a symposium in China for radiation oncologists and medical physicists. More than 25 attendees who practice radiation oncology in hospitals in China heard presentations on the efficacy of proton therapy for treating cancers of the breast and neck and cancers in children. Currently, proton therapy is not available in China. The symposium explored the potential for joint research.

Subway helps kids kick cancer

This spring, Subway restaurants in the Savannah, Ga., and Macon, Ga., areas collected donations for the UF Health Proton Therapy Institute pediatric proton fund. This is the third year the franchisee owned by John Boike, a proton analyst, conducted the fundraiser. The two month campaign raised over eight thousand dollars for the pediatric program. We thank him and all of his customers who so generously contributed to the programs that enable our children to be as comfortable and happy as possible while on treatment. We also thank Katie Sanders, a pediatric proton alum, who graciously shared her story in the materials used to tell donors about the benefits of proton therapy for children.

Call for videos

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.](#) 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

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.