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## IN OTHER NEWS

## 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 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 2, 12 p.m.**  
Lake Hickory Rotary Club  
Lake Hickory Country Club  
430 17th Ave NW  
Hickory, NC 28601  
*Speaker: Randal Henderson, MD, MBA*

**October 3, 12 p.m.**  
Lenoir Rotary Club  
First Baptist Church of Lenoir  
304 Main Street NW  
Lenoir, NC 28645  
*Speaker: Randal Henderson, MD, MBA*

**October 12-14**  
BioFlorida 17th Annual Statewide Conference - "New Trends in Cancer Treatment" panel  
Marriot Harbor Beach Resort & Spa  
3030 Holiday Drive  
Ft. Lauderdale, FL 33316  
*Speaker: Julie A. Bradley, M.D.*

**October 2, 12 p.m.**  
Beaufort Rotary Club  
St. Peter's Catholic Church  
70 Lady's Island Dr.  
Beaufort, SC 29907  
*Speaker: Bradlee Robbert*

## 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 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

We are exceptionally grateful and proud to have a community of dedicated, action-oriented staff, alumni and patients as well as a support system of volunteers, family and friends who are motivated to share their experiences at UFPTI and the benefits of proton therapy. We are always encouraged to hear about their extraordinary acts to spread awareness, such as participating in

record-setting numbers at the recent Lung Force Run/Walk here in Jacksonville; to meeting with local clinicians, urologists, etc.; to publishing books on their experiences and outcomes, such as *Cancer ... A Blessing?* by Jerry Wilson, *Calming the Storm* by Don Denton and *PROTONS versus Prostate Cancer: EXPOSED* by Ron Nelson, to name a few.

I can tell you that the outreach and advocacy of our community of survivors has led to greater awareness of the power of proton therapy. Thank you for being a part of the solution to stamp out cancer and promote a better quality of life. Let us know what you're doing in your community on our [Facebook page \(FloridaProton\)](#) – we look forward to hearing from you.

Sincerely,

*Stuart Klein*



## Survivor Spotlight: Roger Crumpton



Waiting games are never fun – especially if you've just been diagnosed with cancer. When Roger Crumpton told his doctor that his brother had recently finished treatment for prostate cancer, he was referred to an urologist near his hometown of Warner Robins, Ga., for a biopsy. Results came back positive for prostate cancer and led to even more questions, confusion and uncertainty.

Roger weighed many options, including surgery, IMRT radiation and brachytherapy. "After visiting with specialists, all the options that were laid before me weren't looking good at all," said Roger.

After countless hours of research and phone calls to around 25 patients who went the surgery route for prostate cancer, Roger was able to decide that surgery wasn't the option for him.

"At this point, I was leaning toward a treatment plan similar to my brother's – IMRT and brachytherapy – even though I was not impressed by the drab, dark facility or thrilled with the option. My wife and I agreed that part of healing is positive thinking and we didn't feel like that was the place for us," said Roger.

One morning, while searching "prostate cancer" on Google, Roger came upon his first encounter with proton therapy. After reading more about the "targeted beam that upsets cancer's DNA, impressive cure rates and potential to spare the other organs around the prostate," Roger decided to pursue the option further and called the center closest to him – UFPTI.

"I thought, why hadn't I been informed of this before by anyone? I didn't understand why all of the options were not laid out in front of me when initially discussing this with my doctors," said Roger.

Roger went through the materials and list of references provided by UFPTI. "This is when the 'Wow' moment began for me. The feedback from prior patients and the wonderful outcomes with minimal to no side effects piqued my curiosity." Still, the thought of being away from home, family and work for an extended period of time was a concern. "I needed a sign. Something to let me know what to do," said Roger.

Roger and his wife booked a one-day consultation at UFPTI and on their drive down, Roger recalls seeing a billboard that said, "I am in control, Jesus."

"When we walked through the doors at UFPTI, the room was filled with so much positive energy. People were laughing, doing activities, playing the piano – so different from my previous experiences at treatment offices. Everyone seemed so happy it was hard to believe they had cancer too," said Roger.

On our way back to Georgia, Roger passed another sign on the highway that said, "I'm still in control, Jesus." In the days to come, Roger and his wife went to visit his mom and spotted yet another sign that said, "Have you made a decision yet?"

Feeling like this was the sign he was waiting for, Roger and his wife made the decision for proton treatment at UFPTI.

"I started my treatment on October 29, 2012, and finished my treatments on December 10, 2012. My doctors were Dr. William Mendenhall and his wife Dr. Nancy Mendenhall, such great doctors. To date, I've had no complications and my PSA levels have declined dramatically."

While in Jacksonville, Roger and his wife turned their stay into a vacation of sorts. Roger took golf lessons, his wife learned to knit and they ate at several good restaurants. An avid golfer, Roger even got an opportunity to play the course at TPC at Sawgrass, knocking one thing off his bucket list.

"My advice to anyone who has cancer is don't just go with the first treatment option that someone tells you. Do your research, follow your heart and always pray," said Roger.

## Racing for Awareness



A proton that you goes out to all those who supported Team Florida Proton at the 2014 American Lung Association's LUNG FORCE Run/Walk. It's important for us to be a voice for progress and awareness to tell others about the power of proton therapy to treat all cancers. On August 23, Team Florida Proton came out in full force – patients, alumni, staff, family and friends came together and made up the largest team at the event.

We hope you will continue to spread the word about lung cancer and proton therapy in your communities, wherever that may be. While we are a close-knit community of survivors, we have the potential to make a huge impact on the world and the future of cancer treatment by simply reaching out to those around us.

If you're doing something in your community, we'd love to hear about it. Share your story on our [Facebook page](#) and be sure to use "#floridaproton".

## A Passion for Protons

Dr. Nancy Mendenhall, UFPTI's medical director, was recently recognized by the UF College of Medicine's Development and Alumni Affairs department for her significant contributions to the practice of radiation oncology. A recent article, "[A Passion for Protons](#)," details Dr. Mendenhall's career, many accomplishments and her journey that led to UFPTI. In addition, she was recently honored by being named to the UF College of Medicine Alumni Wall of Fame, a recognition for alumni who serve as legacies to the far-reaching impact that a UF medical education has on the betterment of health and human lives. We congratulate Dr. Mendenhall for this well-deserved recognition.

## Cancer Awareness Spotlight

This month, we have the opportunity to recognize three types of cancer awareness that affect a large percentage of our patients – prostate, lymphoma and childhood cancers.

## Prostate Cancer

Our largest patient group is being treated for prostate cancer. While proton therapy's controlled nature often spares the healthy, surrounding tissue around the prostate, UFPTI's long-term study published earlier this year also shows an impressive cure rate. The study tracked 211 patients over a five-year period and found that cancer-free survival rates at five years for low-, intermediate-, and high-risk patients are 99 percent, 99 percent and 76 percent, respectively. Additionally, the rate of moderate gastrointestinal and urologic complications is low, at 1.4 percent and 5.3 percent respectively for all patients. No complications of a more serious nature were encountered. Patients also reported good outcomes with respect to both urologic and bowel function.

You can read the full five-year outcome study in the *International Journal of Radiation Oncology Biology Physics* [HERE](#). In addition, more information on UFPTI's prostate cancer treatment program, FAQs, etc. are on our [website](#).

## Lymphoma

Lymphoma, both Hodgkin and non-Hodgkin, is a cancer of the lymph nodes that may affect both children and adults. The cure rate for Hodgkin lymphoma is 90 percent using a combined treatment of chemotherapy and radiation. However, treatment side effects often show up later in life as secondary cancers, heart disease and lung disease. Proton therapy can reduce the amount of radiation that hits healthy breast, heart and lung tissue.

In the July issue of *Precision*, we detailed the results of UFPTI's long-term study that showed the use of proton therapy following chemotherapy in patients with Hodgkin lymphoma has a success rate on par with conventional radiation therapy but with a more targeted approach. The study was the first-of-its-kind to document three-year outcomes of patients who received proton therapy treatment for Hodgkin lymphoma. The most significant part of the study outcome is the reduced radiation dose to organs at risk and the 50-60 percent reduction in total body radiation. This reduction is expected to reduce the late-effects incurred from treatment, such as organ malfunction, heart/lung disease and secondary cancers.

The full Hodgkin lymphoma treatment study is also available in the *International Journal of Radiation Oncology Biology Physics* [HERE](#).

More information on proton therapy at UFPTI as a treatment for Hodgkin lymphoma is on our [website](#).

## Childhood Cancer

Our pediatric proton therapy program is the largest in the world with an average of 20 children treated each day. Children from all over the United States and across the globe come to Jacksonville to be treated at UFPTI. In particular, we have special relationships with the United Kingdom National Health Service, the Régie de l'assurance maladie du Québec and the Norway Health Authority, serving as a major referral center for certain pediatric proton treatments.

The precise, targeted nature of proton therapy makes it an ideal choice to treat many pediatric tumors located near growing tissues in the spinal cord and brain, eyes, ears or mouth. For sarcomas and lymphomas, proton therapy may also deliver less radiation to the heart, lungs and intestines. Because these tissues and organs are still developing, children are very vulnerable to radiation. By treating our pediatric patients with protons, our goal is to cure the tumor and avoid risks associated with traditional radiation in children, including developmental delays, hormone deficiencies, effects on bone and muscle tissue, hearing loss or damage to salivary glands, and secondary cancers later in life.

Visit our [website](#) to learn more about the pediatric cancers we treat as well as our approach to research and family-centered care.