

Precision

November 2012



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

TABLE OF CONTENTS

- [Message from Stuart Klein, Executive Director](#)
- [Survival rates and quality of life improve for prostate cancer patients after proton therapy](#)
- [Young alumni patients get in the game, help raise funds for research](#)
- [Teaming up to fight cancer](#)
- [Play Golf – Fight Cancer@!](#)
- [Golfers and sponsors needed in 2013](#)
- [Cancer Awareness Spotlight](#)
- [The Great American Smokeout – November 15](#)
- [Stellar patient experiences start with our employees](#)

IN OTHER NEWS

Keep In Touch



Message from Stuart Klein, Executive Director

An attitude of gratitude is part of the everyday experience at UFPTI, in the way we care for patients and in the way patients express their appreciation to us. It is also seen in the generosity of philanthropists, alumni patients, corporations and civic groups that have donated money to fund research and patient care. We saw an outpouring of support during our 9th annual Play Golf – Fight Cancer® tournament last month and witnessed the power of protons as two of our alumni patients, just in their teens, played golf along with the hundreds of sponsors and players. Many thanks to our sponsors, players, celebrity guests, special guests, staff and volunteers for making the event so successful. Thanksgiving is just around the corner and, from all of us at UFPTI, may you, your family and friends enjoy the happiest of holidays.



Sincerely,
Stuart Klein

Survival rates and quality of life improve for prostate cancer patients after proton therapy

Proton therapy is effective and safe for prostate cancer treatment, according to new research from the University of Florida Proton Therapy Institute.

The findings from seven studies were presented Oct. 28-31 in Boston during the American Society for Radiation Oncology (ASTRO) 54th Annual Meeting, the premier scientific conference on radiation oncology.

Among the most significant results reported:

- Five-year cancer progression-free survival rate of 99 percent in low- and intermediate-risk prostate cancer patients¹
- Five-year cancer progression-free survival rate of 74 percent in high-risk prostate cancer patients²

We have a new website design – same address www.floridaproton.org – that makes it easy for you to keep in touch. 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.

November 16, 1 p.m.

Man to Man
Fawcett Hospital
3280 Tamiami Trail
Port Charlotte, FL 33952
Speaker: Bradlee Robbert

December 11, 7 p.m.

Learning In Retirement
Sun City Peachtree
Community Club
Peachtree Building
500 Del Webb Blvd.
Griffin, GA 30223
*Speaker: Randal
Henderson, M.D.*

December 12, 7:15 a.m.

Rotary Club
Rockdale Medical Center
1412 Milstead Ave.
Conyers, GA 30012
*Speaker: Randal
Henderson, M.D.*

February 26, 7 p.m.

Gator Club
Mudville Grille

- Minimal bowel and urinary side effects that return to pre-treatment levels or improve upon pre-treatment levels within 2 years of treatment.^{1, 2, 3, 4}
- Minimal impact on sexual function with decrease in erectile function in the first year that stabilizes in years 2 and 3.⁴

The studies, which followed UF Proton Therapy Institute patients over time, evaluated both patient-reported and provider-reported data. Notably, patient-reported data mirrors provider-reported data and concurs with study results from other institutions.

To assess the effectiveness of a therapy, radiation oncologists balance the probability of cure with the probability of side effects – called therapeutic ratio. The UF prostate cancer studies found relatively high therapeutic ratios – which are desirable – for radiation.

"These data confirm what we already knew about the excellent outcomes with proton therapy and I think represent as high a therapeutic ratio for early and intermediate stage prostate cancer as has been achieved with any other modality— perhaps the best," said Nancy P. Mendenhall, M.D., medical director of UF Proton Therapy Institute and principal investigator on two of the seven studies.

Other studies established benchmarks for evaluating the effects of proton therapy on testosterone productions as well as for comparing outcomes between African-American and white men⁶ and comparing outcomes for use of prostate-only versus whole-pelvis irradiation.⁷

"All of these studies are based on actual clinical outcomes. They are not surrogate data, this is actually what happened to the patient as the patient expresses it or as the providers have interpreted it following the patients closely in a prospective fashion," said Mendenhall. "This quality data adds to the body of evidence that exists in the literature showing the benefits of proton therapy for prostate cancer treatment."

References

1

Mendenhall NP, Li Z, Hoppe BS, Marcus RB, Mendenhall WM, Nichols RC, Morris CG, Williams CR, Costa J, Henderson R. The Value of Dose Constraints in Minimizing Rectal Toxicity in Patients Receiving Radiation Therapy for Prostate Cancer: Three-Year Analysis of Toxicity Outcomes in 2 Prospective Trials of Image-Guided Proton Therapy for Early- And Intermediate-Risk Prostate Cancer; ASTRO 54: Poster Presentation 2441

2

Mendenhall NP, Hoppe BS, Nichols RC, Mendenhall WM, Marcus RB, Morris CG, Li Z, Williams CR, Costa J, Henderson R. Early Patterns of Failure in a Prospective Trial of Concomitant Docetaxel and Proton Therapy for High-Risk Prostate Cancer; ASTRO 54: Oral Presentation 226

3

Henderson RH, Li Z, Hoppe BS, Marcus RB, Mendenhall WM, Nichols RC, Morris CG, Williams CR, Costa J, Mendenhall NP. Three-year Analysis of Urinary Toxicity in Two Prospective Trials of Image-guided Proton Therapy for Early- and Intermediate-Risk Prostate Cancer: Outcomes in Men with Moderate to Severe Pretreatment Urinary Obstructive Symptoms; ASTRO 54: Poster Presentation 2514

3105 Beach Blvd.
Jacksonville, FL 32207
Speaker: R. Charles
Nichols, M.D.

February 28, 12:30 p.m.

Science and Engineering
Lecture Series
Jacksonville University
Reid Auditorium
Jacksonville, FL
Speaker: Zuofeng Li,
M.Sc.

March 26

Man to Man
American Cancer Society
2619 Centennial Blvd.
Tallahassee, FL 32308
Speaker: R. Charles
Nichols, M.D.

If you would like a
speaker to come to a
group in your area, click
here to send us an email.

**Proton Therapy
Publications**

Our physicians, physicists
and staff are advancing
the scientific
understanding of proton
therapy in cancer
treatment. Through the
study of clinical trial data
they discover new and
important results that are
written into medical
journal articles and
submitted for peer
review. Each month we
will feature one or two
recently published works.

[Proton therapy for lung
cancer.](#) Published
in *Thoracic Cancer*, May
2012. Written by R.C.
Nichols, Jr. et al.

[Selective nodal irradiation
of regionally advanced
non-small-cell lung
cancer with proton
therapy and IMRT: A
dosimetric comparison.](#)
Published in *Thoracic
Cancer*, May 2012.
Written by R.C. Nichols,
Jr. et al.

4
[Hoppe BS, Nichols RC, Henderson R, Mendenhall WM, Williams C, Costa J, Morris CG, Su Z, Li
Z, Mendenhall NP. Patient-Reported Quality of Life Following Treatment of Prostate Cancer
with Proton Therapy. ; ASTRO 54: Poster Presentation 1119](#)

5
[Kil W, Nichols RC, Hoppe BS, Marcus RB, Mendenhall WM, Mendenhall NP, Li Z, Costa JA,
Williams CR, Henderson RH. Hypofractionated Proton Radiotherapy for Low and Intermediate
Risk Prostate Cancer Is Not Associated with Post-Treatment Testosterone Suppression;
ASTRO 54: Poster Presentation 2416](#)

6
[Bryant C, Hoppe B, Mendenhall NP. Does Race Influence Quality of Life, Toxicity or Early
Relapse Following Proton Therapy in Men with Prostate Cancer?; ASTRO 54: Poster
Presentation 3150](#)

7
[McGee L, Hoppe BS, Henderson RH, Morris CG, Nichols RC, Su Z, Li Z, Mendenhall WM,
Williams CR, Mendenhall NP. Impact of Proton Therapy to the Prostate Alone Versus the Whole
Pelvis on Patient-Reported Outcomes and Toxicities in High-Risk Prostate Cancer Patients;
ASTRO 54: Poster Presentation 2443](#)

Young alumni patients get in the game, help raise funds for research

Two teen golfers, decked out in orange and blue and wearing almost identical smiles of joy, made a lasting impression on hundreds of players at the 9th annual Play Golf – Fight Cancer® tournament last month. The young women stood as living testaments to proton therapy's benefits for treating cancer, especially in children.

Grace Weite and Katie Sanders, both past UFPTI patients successfully treated with protons for brain tumors, were introduced as special guests and drew loud applause from the players who were assembled for the tournament's shotgun start.

Weite, a 17-year-old high school senior, is five years out from her successful treatment with protons. She is in the rigorous academic International Baccalaureate (IB) program and serves as the captain of the school's championship golf team.

Sanders is a 14-year-old high school sophomore and is one year from diagnosis and treatment with protons. She plays for the school golf team and is active in her church and youth group. Her extracurricular activities include youth praise band (piano), Future Farmers of America (showing lambs and a steer named Romeo), Future Business Leaders of America, Health Occupation Student Organization, Spanish Club, Beta Club and Fellowship of Christian Athletes.

Teaming up to fight cancer

Proton therapy with concurrent chemotherapy for non-small-cell lung cancer: technique and early results. Published in *Clinical Lung Cancer*, Jan. 2012. Written by B.S. Hoppe, et al.

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.

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Alumni and physicians team up to fight cancer.

L to R: Tyler Hollen, M.D., UF Radiation Oncology resident; Grace Weite, UFPTI alum; Roi Dagan, M.D., UFPTI radiation oncologist; Katie Sanders, UFPTI alum.

Play Golf – Fight Cancer®!

The Play Golf – Fight Cancer® tournament supports one of the main objectives of the University of Florida Proton Therapy Institute – research. This research allows UFPTI to improve the outcomes of all cancer patients and to add more cancers to the proton treatment list. Over the past nine years nearly one million dollars has been raised by Play Golf – Fight Cancer®, thanks to our many sponsors and players, including presenting sponsors IBA and .decimal. Since the proton center opened in 2006 to treat patients, all of our net profits have gone directly to support proton therapy research. The goals of this research are to determine the best applications of proton therapy, to develop the best methods for delivering proton therapy, and to generate evidence of superior treatment outcomes with proton therapy. More than 20 clinical research protocols are currently ongoing at UFPTI.

Play Golf – Fight Cancer® is unique in that our tournament is held in Orlando, supports research at UFPTI, which is located in Jacksonville, but was conceived at the University of Florida in Gainesville! UFPTI is truly a state, national and international resource, developed by the University of Florida, supported by many hundreds of people from across the state and the country and benefitting thousands of people from not only Florida and the US, but across the world.

In the tournament's nine-year history it has grown from 86 players, 13 volunteers and one course to up to 220 players, more than 50 volunteers and two courses. In 2011, to accommodate this growth our tournament moved to the Reunion Resort and Club in Orlando, where we utilize two of their three challenging courses, the Arnold Palmer Course and the Tom Watson Course.

This year more than 180 golfers and 50 volunteers experienced another beautiful and successful day of golf followed by an awards presentation and dinner. The tournament was joined this year by celebrity guests: World Golf Hall of Fame Member Hubert Green; UF

and ESPN sports broadcaster Mark Wise; former Atlanta Falcons quarterback Steve Bartkowski; and the award-winning author Michael Connelly.

In past years our celebrity players and supporters have also included: Hall of Fame Coaches Steve Spurrier, Lou Holtz and Doug Dickey; NFL Hall of Fame member Jack Youngblood; Gator Greats John James, Chris Doering and Chris Leak. We have also had FSU Hall of Fame Member and Heisman winner Chris Weinke as well as NBA Hall of Fame member Artis Gilmore join us in our proton research fund-raising efforts.

Golfers and sponsors needed in 2013



Celebrity players 2012: UF Sports basketball commentator – Mark Wise; UFPTI medical director - Nancy Mendenhall, M.D.; World Golf Hall of Fame member - Hubert Green; award-winning author - Michael Connelly; UFPTI alumni and special guests - Grace Weite and Katie Sanders; former Atlanta Falcons quarterback - Steve Bartkowski; tournament chairman - Mr. Larry Shertz.

By participating in this tournament, as well as the auction and dinner, you will be joining us in our mission to offer cancer patients one of the best and most advanced treatments available. You will be supporting proton therapy research at UFPTI and the University of Florida. You will be helping thousands of those who are fighting against cancer, both now and in the future.

We hope that you will mark your calendars and join us as a sponsor and/or player for our 10th annual Play Golf - Fight Cancer® tournament to benefit proton therapy and research October 14, 2013. Next year will be an exciting year, as we will see our research fund-raising efforts surpass the one million dollar mark! We hope that you will join us as a sponsor and celebrate this milestone for proton therapy research!

For more information about our tournament and current celebrity players please visit our website and Facebook Page.

For more information about the latest developments in proton therapy at the University of Florida Proton Therapy Institute, please visit:

www.floridaproton.org
www.facebook.com/floridaproton

For further information regarding a sponsorship or playing in the 2013 tournament please contact:

Merry Mac Watson	Play Golf – Fight Cancer®
Event Coordinator	PO Box 140695
Email: watsonmm@ufl.edu	Gainesville, Florida 32614-0695
352-265-0316; ext. 87790	

Cancer Awareness Spotlight

There are national awareness campaigns during November for two of the cancers treated at UFPTI: lung cancer and pancreatic cancer.

Lung cancer is the leading cause of cancer death in both men and women. According to American Cancer Society estimates, 226,160 new cases will be diagnosed during 2012. Proton therapy is beneficial for lung cancer treatment for its ability to reduce the amount of healthy lung tissue exposed to radiation as well as to target high doses of radiation and aggressively treat tumors. This is especially important for patients who have medical conditions that preclude them from surgery. Proton therapy is used for stage I, stage II and stage III non-small cell lung cancer as well as stage I small cell lung cancer.

There are **two lung cancer clinical trials** at UFPTI. One trial combines proton therapy with chemotherapy to treat stage II non-small cell lung cancer in patients who are not candidates for surgery. The second trial is for patients with stage I non-small cell lung cancer. Proton therapy is given in high doses over a two- to three-week period, reducing the length of time a patient is on treatment as compared with the typical seven- to eight-week conventional radiation treatment.

Pancreatic cancer is diagnosed in about 43,920 people each year according to the American Cancer Society. This type of cancer is an important area of treatment and study at UFPTI as our researchers hope to improve upon the patient survival rate. There are currently **three pancreatic cancer clinical trials** at UFPTI that combine proton therapy with chemotherapy for three types of patients: those who are not candidates for surgery, those who have had most of the cancer surgically removed, and those who have had a complete surgical removal of the cancer. Each study is designed to determine the effects of protons on the control of the tumor and quality of life of the patient during and after treatment.

The Great American Smokeout – November 15

November 15 is the American Cancer Society's 37th annual event to encourage people to quit smoking – **The Great American Smokeout**. If you are a smoker, we at UFPTI encourage you to consider using this date to set a plan to quit smoking or to stop smoking by this date. Even pledging not to smoke on this one day is a positive step! It is one of the best ways you can reduce your risk of developing cancer or having a recurring cancer. For more info and support on quitting smoking please visit **The Great American Smokeout** section of the American Cancer Society's website.

Stellar patient experiences start with our employees

The inviting, warm, friendly environment that people find at UFPTI is an important part of the treatment and healing experience. We carefully cultivate this upbeat vibe by starting with our employees. Sharing a sense of community with one another and our patients creates a supportive atmosphere.



A volunteer group of staff members called the Fun Committee plan and arrange "fun," interactive social events for our employees throughout the year. Some of these include Football Spirit Days, the Jacksonville Corporate 5K Run/Walk, Family Night out at the Jacksonville Suns game, Employee Appreciation Week, Halloween Costume Contest, Thanksgiving Potluck Luncheon, Holiday Party, Chinese New Year Celebration, and Angel Tree project for our pediatric patients. The Fun Committee also sponsors the Shining Star Employee of the Quarter recognition program which highlights employees who are nominated by their peers for going above and beyond their day-to-day job.

From left to right: Stuart Klein, Lynda Trujillo, Ray Gahafer, Christina Leone, Mary Stokes, Kim Ely, Rachel Stinson, Debra Horine, Angela Chellini (not pictured).