

# Precision

December 2013



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



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## Message from Stuart Klein, Executive Director

A spirit of hope is found year-round at UF Proton Therapy Institute. For many patients with rare tumors, proton therapy is the only treatment that gives them a chance for a cure and a normal life after treatment. For others, proton therapy is the choice for treatment after weighing all treatment options and evaluating the potential for cure and risk of side effects. Everyone can be assured that they will receive expert, professional and compassionate care the first time they enter the building and each time they return. To all of our patients, alumni, family and friends warm wishes for a happy holiday season and a healthy new year.



## Cancer patients to travel to UF Proton Therapy Institute from Norway



In an agreement with the Norway Health Authority, UF Proton Therapy Institute will treat both children and adults who have rare tumors in the nasal and sinus cavity, skull, and brain. Currently there are no medical centers in Norway that offer proton therapy, and for cancers in highly

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.

**January 8, 2014, 1 p.m.**

West Jax Rotary Club  
Quality Inn  
I-295 at Commonwealth Ave.

Jacksonville, FL  
*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.](#)

## 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

sensitive areas, proton therapy provides patients a superior treatment that also minimizes risk of damage to vision, hearing and brain function.

UF Proton Therapy Institute has a similar arrangement with the United Kingdom's National Health Service, which has referred approximately 200 children and adults for proton therapy in Jacksonville since 2010.

"It is significant for both the advancement of proton therapy and our institution to be selected by our colleagues in Norway to care for their patients," said UF Proton Therapy Institute medical director Nancy Mendenhall, M.D. "It signifies acceptance of proton therapy as the 'gold standard' of care for many kinds of cancer and it recognizes our medical expertise caring for patients who have cancers that in some cases are one in a million."

Since opening in August 2006, UF Proton Therapy Institute has achieved international recognition for excellence in delivering proton therapy. The pediatric program is the largest proton therapy practice in the world, with an average of 25 children on treatment daily.

"Hundreds of people travel great distances to Jacksonville each year to have proton therapy," said UF Proton Therapy Institute executive director Stuart Klein. "It is a testament to the clinical advantage of proton therapy to give patients the best hope for cure and to go on to live a normal, healthy life. It is also a testament to the professionals who deliver world-class health care to our patients daily."

## Quilt donations to warm pediatric cancer patients



This month, 50 quilts were donated by the River City Piecemakers Quilt Guild to the University of Florida Proton Therapy Institute's pediatric program. The quilts will benefit children who are here for six to eight weeks being treated for cancer and rare tumors.

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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## Sign-Up Today!



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Guild members recently toured the UF Proton Therapy Institute and later voted to give the quilts to the cancer treatment facility as part of their ongoing service project to create and donate quilts to community organizations that benefit those in need. Each quilt is custom made by hand or machine according to the quilt maker's preference.

“We sincerely thank the River City Piecemakers Quilt Guild members for their generous donation,” said Stuart Klein, executive director of the UF Proton Therapy Institute. “Many of our children and their families are here from other cities and countries and these beautiful quilts will be a welcoming comfort to them.”

River City Piecemakers Quilt Guild is based in the Arlington community of Jacksonville. Founded in 1987, its membership is dedicated to preserving the tradition of quilting. The guild supports projects that promote the continuation of quilt arts, educate and entertain members with programs and workshops, and contribute to the community through philanthropic activities.

## A few words about cranberries

This time of year, cranberries are a common ingredient in many of our holiday foods – sauces, cookies, muffins, salads and more. For many of our prostate cancer patients cranberries are a beneficial addition to their diet while they are on treatment. Here's why.

Cranberries are known to help prevent urinary tract and bladder infection. For men who are prone to this type of infection, drinking cranberry juice each day may be beneficial. However, cranberry juice is acidic and in some people may cause bladder irritation, so listen to your body and discontinue use if causes discomfort.

There are several forms of cranberries that will provide the same benefit. If pure, unsweetened cranberry juice is too tart for your taste buds, you can dilute it in water or in a sweeter juice such as apple juice. Dried cranberries are a nice addition to a green leafy salad or a fresh fruit salad. Cranberry capsules are a less acidic option than juice, and may be better tolerated.

Remember, if you are on a prescription blood thinner or have a history of kidney stones, please speak with your nurse or physician prior to starting on cranberry supplements.