Advances in cancer treatment over the past 30 years have led to increased cancer survival and larger numbers of people living cancer-free for many years after treatment.

These life-saving treatments, while successful at treating cancer, can sometimes cause problems in the heart and vascular system. This is called cardiotoxicity.

Cardiotoxicity can develop during cancer treatment or can occur within days, months or years after cancer treatment, once patients are cancer-free.

Do all types of cancer treatment cause cardiotoxicity?

No. Not all types of cancer treatment can cause cardiotoxicity, but many have the potential for causing cardiac damage, including:

- Chemotherapy with certain drugs
- Radiation therapy to the chest area
- Targeted therapy (molecular therapy)
- Monoclonal antibodies
- Drugs used to prevent cancer recurrence

What types of heart problems can be caused by cancer treatments?

Cancer treatment can cause the heart to pump less efficiently, cause changes in blood flow and/or increase the risk for blood clots that can cause heart attack.

The most common heart conditions caused by these changes are congestive heart failure – the most serious cardiotoxicity related to cancer treatment – inflammation of the heart muscle and coronary artery disease. Other heart problems that can be caused by cancer treatment include low blood pressure, high blood pressure, abnormal heart rhythm and valve disease.

During treatment - monitoring:

Strain Imaging, performed during and after cancer treatment, can detect small changes in the heart’s size, rhythm or pumping ability. These small changes may be early signs of cardiotoxicity and signal the need for potentially cardio-protective medications and occasionally
suggest the need for a change in medication for chemotherapy.

**What is Cardio-Oncology?**
Patients whose cancer treatment involves an increased heart risk or those who have a history of heart disease should be certain to let their cardiologist know about their cancer treatment. The cardiologist should work closely with the cancer doctors to monitor the patient’s heart health before, during and after treatment. If a patient starts to develop signs of cardiotoxicity during treatment, the cardiologist may treat the cardiotoxicity, preventing the need to interrupt cancer treatment. In addition, the cancer doctor may alter the patient’s treatment plan to provide a less toxic dose.

**Who is at risk for cardiotoxicity?**
In general, patients with existing heart disease at the time they start cancer treatment and those with risk factors for heart disease may be at highest risk. Heart disease risk factors include:
- Cigarette smoking
- Obesity
- High fat diet
- Inactive lifestyle
- Family history of heart disease

Some chemotherapy drugs affect the heart muscle and the blood vessels. Patients on these drugs have a higher risk for cardiotoxicity, especially if they have underlying heart risk factors.

Patients who receive radiation therapy to the chest may be at risk because of the proximity of the heart to the radiation field.

**How can cardiotoxicity be prevented?**
Cancer patients who are to receive potentially cardiotoxic therapy should have a complete physical and cardiac evaluation before starting cancer treatment. This evaluation can help the doctors identify patients who are at risk for cardiotoxicity and take measures to minimize the patient’s risk. It should include:
- Personal medical history
- Family medical history
- Thorough cardiovascular physical examination
- Tests of heart function including echocardiography and measurement of global strain

Global strain is a new measurement of how the heart muscle functions and is determined by echocardiography with specialized computer technology. It allows for a more accurate assessment of changes to heart function due to potentially cardiotoxic treatments.

**Are the changes to the heart permanent?**
How long these changes last is still uncertain. Some changes appear to be reversible, while other damage seems to be permanent.

**What steps can a cancer patient take?**
If you need to undergo cancer treatment, you can take a proactive role in avoiding cardiotoxicity.

Tell your doctor about any personal or family history of heart disease. Ask him or her if your cancer treatment poses any risk to your heart and blood vessels. If the answer is yes, talk to your doctor about having a complete heart evaluation before, during and after treatment. It is important to know the types and doses of all drugs and radiation that will be or were used to treat your cancer—keep careful notes.

Of course, you should quit smoking, eat healthy and exercise. It is also important to avoid alcohol or caffeine during cancer treatment. They can cause palpitations and increase heart rate.

Always tell your doctor about any chest pain, shortness of breath, heart palpitations or swelling in your legs or feet that you experience. Do not ascribe all your symptoms to “normal” side-effects of cancer treatment.

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Look your best!

There’s a new page on cancer.org! They’ve recently rolled out “Caring for Your Appearance”. There are lots of ideas for how to look your best during cancer treatment, including skin care and dealing with hair loss. Visit www.cancer.org/appearance for their tips.

Compiled from Cleveland Clinic [https://my.clevelandclinic.org](https://my.clevelandclinic.org)
QUINOA SPINACH SALAD WITH PESTO - TALK ABOUT A BOWL FULL OF DELICIOUSNESS! This quinoa salad makes a fast dinner side dish or a lovely vegetarian and gluten-free lunch. Bright, fresh, healthy and delicious. We hope you give this easy recipe a try.

Ingredients:
- 3/4 cup dry quinoa
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons basil pesto
- 2 tablespoons white wine vinegar
- 1 cup finely chopped fresh spinach leaves
- 3 tablespoons Parmesan cheese (freshly grated preferred)
- 3 tablespoons chopped walnuts (You can substitute pine nuts or slivered almonds if preferred)

1. Cook the quinoa according to the package directions. Transfer the cooked quinoa to a medium-sized bowl and season with salt and pepper.
2. In the meantime, make your pesto (or open a jar - no judging!) and prep the remaining ingredients.
3. Add everything to the bowl and mix well with the quinoa. Taste and adjust seasonings.
4. Serve warm and enjoy!
NEVER ALONE Peer to Peer Support Group  
Wednesdays, April 10 & June 12 | 1:00 p.m. | Royal Oak Cancer Center  

After the storm of a breast cancer diagnosis and treatment, you may be left with a lot of unanswered questions and feelings. Sometimes it’s just nice to talk to others who may be dealing with some of the same emotions. Topics of discussion will include dealing with fatigue, fear of recurrence, body image concerns, managing anxiety and finding a renewed sense of purpose. Meets in the first floor classroom of the Royal Oak Cancer Center.

YOUNG WOMEN’S Peer to Peer Support Group  
Wednesdays, April 24 & June 26 | 6:00 p.m | Wilson Cancer Center  

Receiving a breast cancer diagnosis is devastating, and being young with this diagnosis brings on a lot of different issues. We find ourselves having many unanswered questions without many young survivors to discuss them with. From parenting young children, concerns about future fertility, managing careers, sustaining relationships, dating and intimacy - all of these are common concerns following a breast cancer diagnosis for a young woman. Within this group, you will find comfort in discussing these things with your peers and sharing common experiences. Meets in the Wilson Cancer Resource Center, Beaumont Medical Park, North entrance, 44344 Dequindre Road, Sterling Heights.

FINDING SUPPORT WITHIN  
Mondays, April 15, May 20 & June 17 | 10:30 a.m. | Wilson Cancer Center  

Receiving a cancer diagnosis can be a complete derailment of life. The sudden and unexpected upheaval is very stressful. This group, led by Oncology Social Worker Laurel Martinez, LMSW, LCSW, OSW-C, provides an opportunity to discuss your diagnosis and treatment with others who are going through the same experience. Meets in the Wilson Cancer Resource Center, Beaumont Medical Park, North entrance, 44344 Dequindre Road, Sterling Heights.

STAGE 4 A Group for Women with Metastatic Breast Cancer  
Tuesdays, April 16, May 21 & June 18 | 6:30 p.m. | Royal Oak Cancer Center  

This group provides an opportunity for women who have metastatic breast cancer to discuss the unique challenges and issues they face. Women with stage four breast cancer often feel unable to talk about their cancer. This format provides a safe arena to converse about what is on your mind and weighing on your heart. You are welcome to attend one or all meetings. Facilitated by psychologist Dr. Sally Smolen of Mercy Works in Farmington Hills. Meets in the Resource Center on the first floor of the Rose Cancer Center at Beaumont Royal Oak. This group is intended only for women diagnosed with Stage IV disease.
A light supper is served at 6:30 p.m. and the program begins at 7:00 p.m., unless otherwise noted.

Managing the New Reality after Cancer
Thursday, April 25 • 6:30 p.m.
What exactly is the “new normal”? This idea is mentioned quite a bit for people who are finishing their breast cancer treatments. When treatment ends, you may expect life to return to the way it was before you were diagnosed. However, that can take some time. Life after breast cancer means returning to some familiar things and also making some new choices. Join us, along with Psychologist Patricia Plopa, PhD, as we discuss the continuing challenges we have, even after our cancer treatment is over.

Meets in the Royal Oak Beaumont Neuroscience Center - 2nd floor Allison Conference Room.

Exercise is a Prescription for Wellness
Thursday, May 9 • 6:30 p.m.
Join us for a fun evening of learning how “Exercise is a prescription for wellness”. We will have experienced, certified clinicians that will lead interactive sessions focusing on the Cancer Exercise & Wellness group. Topics will include stabilization exercises for the lumbar spine and pelvic floor, Pilates, and Occupational Therapy with focuses on adaptive equipment, energy conservation and returning to normal, daily activities with good problem solving techniques.

Light snacks and refreshments will be served. This program will take place at the Troy Beaumont, Rehabilitation & Dialysis Center located at 44300 Dequindre Rd., Sterling Heights, MI 48314

Getting to the Heart of the Matter
Thursday, June 6 • 4:00 p.m.
Heart disease and breast cancer are the top two causes of death for women. Radiation to the chest, chemotherapy, and hormone changes can affect heart function during treatment and into later years. Many women wonder about the after effects of treatment on heart health and the cardiovascular implications from their breast cancer treatments. Join us as Dr. Marandici discusses steps we can take to prevent heart disease and how we can recognize early symptoms.

A light meal will be provided at 4 p.m., with the program starting at 4:30 p.m. Please note: We will meet in the Royal Oak Hospital Heart Center 1st Floor Conference Room. The Heart Center is located just inside the east entrance.

Angel Pillow Project:
Giving Back & Enjoying Life
Mondays, April 8, May 13 & June 10 • Noon
Gather with us for conversation, encouragement and community as we “give back” and help those who are in treatment. We will be making heart shaped pillows to help other women recover from the physical and emotional pain after breast surgery. We provide all the tools & materials, but donations of these items are always welcome. Don’t sew? Come anyway! We have things you can do. We will meet at Gilda’s Club, located at 3517 Rochester Road in Royal Oak. Please call 248-551-8585 to let us know you’re coming.

Lifelines to Cancer Survival - A New Approach
Thursday, April 11 • 4:00 p.m.
Join author, clinician and survivor, Mark Roby ND, PA-C, as he takes us on a journey of hope. See page 6 for more information.

Life Interrupted - A powerful documentary film featuring intimate stories of survivors
Wednesday, May 22 • 5:00 p.m.
Please join us as we partner with Gilda’s Club, for a screening of this powerful film. See page 6 for more information.
**LIFELINES TO CANCER SURVIVAL**  
*Thursday, April 11 • 4:00 p.m.*

Meet author, clinician and survivor, Mark Roby, ND, PA-C, as he takes us on a journey of hope.

Discussion topics will include molecular profiling, angiogenesis, integrative medicine and self-care.

Join Sharing & Caring and One to One, the ovarian cancer support group, for this informative and uplifting presentation.

Roby’s book - *Lifelines to Cancer Survival - A New Approach* will be available for sale at the meeting.

Meet in the auditorium of the Administration Building, just west of the Beaumont Royal Oak South Tower Entrance. Park in the south parking structure.

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**LIFE INTERRUPTED**  
*Wednesday, May 22 • 5:00 p.m.*

We’re partnering with Gilda’s Club to offer a showing of this powerful documentary film.

**Featuring intimate stories of breast cancer survivors, including the filmmaker herself.**

These women are confronting a life-altering diagnosis and refuse to step down. They respond to their disease process and the rebuilding of their lives with honesty, dignity, humor and grace. Following the film, there will be Q&A with the director of the movie, Paula Mozen, as well as Royal Oak Breast Care Center Surgeon, Dr. Amita Desai.

Appetizers will be served at 5:00 p.m., with the film starting at 6:00 p.m.

Meet in the auditorium of the Administration Building, just west of the Beaumont Royal Oak South Tower Entrance. Park in the south parking structure.
You’re invited...

TO A FUNDRAISING SHOPPING EVENT TO BENEFIT SHARING & CARING!

Thursday, Friday, Saturday & Sunday
April 11, 12, 13 & 14

We’ve partnered with five Below for this event. All you need to do is shop on the designated days and remember to mention Sharing & Caring. They’ll take care of the rest! What a great way to get your shopping done, and help Sharing & Caring continue to offer breast cancer education and support programs. As always, we thank you for your generous support!

Shop at the Troy (520 John R. Road), Rochester (2897 S. Rochester Road), or Shelby (14215 Hall Road) store, and mention the Sharing & Caring fundraiser to the cashier when you make your purchase. 10% of the purchases made will be donated back to Sharing & Caring! It’s that simple.

Best of Luck, Lindsey!

To the wonderful ladies of Sharing & Caring:

I am sad to announce that I am moving to a new role within the Beaumont Health Breast Care Centers and am no longer going to have the privilege of being the Program Coordinator of Sharing & Caring. Each and every one of you have touched my life and made my time with Sharing & Caring so amazing. I cannot express how much I will miss seeing you at programs and support groups. I truly have gotten such great reward and satisfaction from working with such an amazing group of women and am grateful that I will still be working closely with Sharing & Caring, as it will always remain near and dear to my heart.

Just because I am moving on doesn’t mean that I am no longer there for you. Please continue to keep in touch, as I feel like many of us have made such invaluable bonds. I look forward to attending future events and programs to see everyone as well. From the bottom of my heart, thank you for all you have done to impact my life for the better!

Lindsey
SUPPORTIVE CARE ART SERIES
For Oncology Patients
April 1, May 6 & June 3 • Beaumont Medical Park
Inspire yourself through art. Please join us in a small group setting for a relaxing art session. All supplies provided. Wilson Cancer Resource Center.
REGISTRATION REQUIRED CALL 248-964-5892

THE LAKEHOUSE
St. Clair Shores
We welcome and encourage all who are touched by cancer to benefit from our free wellness and social activities, cancer support groups and educational seminars. Grief support for friends and family also available.
FOR MORE INFORMATION CALL 586-777-7761 OR EMAIL programs@milakehouse.org

EXERCISE & WELLNESS DURING TREATMENT & BEYOND
Royal Oak, Troy & Grosse Pointe
Thinking about exercising in a safe way? Join a group of cancer survivors who meet regularly with rehabilitation specialists. Emphasis on improving strength, movement, balance and supporting a healthy lifestyle. An individualized exercise program will be created for you promoting participation in the activities of your choice. www.beaumont.edu/cancer/classess-support-resources/cancer-survivorship-program/exercise-wellness.
FOR MORE INFORMATION 248-964-0700 (TROY) 248-655-5700 (RO) 586-447-4070 (GP)

BEAUMONT BREAST CANCER SURVIVORSHIP CLINIC
The long-term effects of cancer and cancer treatment can be challenging. To meet these unique needs, Beaumont offers a comprehensive, multi-disciplinary approach for survivors. One of our goals is to provide guidance to live a healthy life after treatment, including lifestyle recommendations, nutritional counseling, wellness education and more.
APPOINTMENT REQUIRED CALL 248-964-5892

NUTRITION FOR CANCER SURVIVORSHIP DURING TREATMENT & BEYOND
April 11 & June 13 • Beaumont Medical Park
Patients will learn how diet influences cancer. Sample foods and recipes provided. Join Hallie Jack, RD, and Chef Bryan Cicchini for a fun, informative and delicious evening! Meets in the Rehabilitation & Dialysis Center, 2nd floor staff lounge. 44300 Dequindre, Sterling Hts. No fee
REGISTRATION REQUIRED CALL 248-964-3430

RACK PACK Support for Young Women with Breast Cancer
This support group will focus exclusively on the unique issues and concerns specific to young women. Finding the right support group can bring strength and friendship as young women struggle to balance their personal and professional lives. Meets at Gilda’s Clubhouse in Royal Oak.
FOR MORE INFORMATION CALL 248-577-0800

BEAUMONT CENTER FOR MINDFULNESS
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.
Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Mindfulness training also supports a non-pharmacological approach to pain management.
Mindfulness-Based Stress Reduction (MBSR) Mondays April 15 to June 10. Orientation March 25 or April 1. Meets in Troy or Wednesdays, April 17 to June 12. Orientation March 27 or April 3, Meets in Farmington Hills
Mindful Self-Compassion (MSC) 8-week course on Wednesdays April 24 to June 12
Half Day Retreat - April 6
Guided MSC Workbook: on-line via webinar. Eleven week series Mondays and Fridays from 12:00 p.m. - 12:30 p.m. April 15 to June 28
Weekly Online Meditation Group Eleven week series on Wednesdays from 7:30 a.m. - 8 a.m. April 17 to June 26
CALL 800-633-7377 REGISTRATION REQUIRED www.classes.beaumont.org (search mindfulness)
For more information please visit Beaumont.org/mindfulness

The information in this newsletter is not intended as a replacement for medical care. Your physician’s advice should take precedence in your health care matters.