

SCRIPPS PROTON THERAPY

CONNECT

A quarterly newsletter for Scripps Proton Therapy Center patients, their families, and others interested in proton therapy treatment.

Winter 2017



Ben Schulman celebrated his birthday and final treatment with a customized cake.

Navy Vet Celebrates 100th Birthday with Final Proton Treatment

A Plan to Return to the Golf Course

On January 18, Ben Schulman celebrated his 100th birthday with a very special event: his final proton therapy treatment at Scripps Proton Therapy Center. Minutes after completing treatment, Ben was joined by friends, family and caregivers for a special bell-ringing ceremony, followed by birthday cake and well wishes.

The Navy veteran and entrepreneur, whose active lifestyle includes global travel and golf several times a week, completed five weeks of proton therapy to shrink a tumor in his spine—the latest in his 25-year battle with cancer. First diagnosed with prostate cancer in 1992, Ben received conventional X-ray radiation. In 2009, doctors discovered the cancer had spread to his spine, and

again treated him successfully with X-ray radiation.

However, by 2016 doctors found that a second tumor on his vertebrae was growing. They were concerned that it could lead to debilitating bone weakness, spinal fracture and pinched nerves, which would affect Ben's muscle control. Doctors agreed that proton therapy would best enable Ben to maintain his

quality of life and active lifestyle.

"That was one of the reasons his medical oncologist recommended proton therapy instead of X-ray therapy—to minimize side effects of treatment," said Carl J. Rossi, Jr., MD, medical director of the Scripps Proton Therapy Center.

Though Ben was unable to play golf for much of 2016, he did continue to travel during his treatment, including a trip to Hawaii in December for the 75th anniversary commemoration of the attack on Pearl Harbor. A retired lieutenant commander, Ben was aboard the USS Missouri in 1945 when Gen. Douglas MacArthur accepted Japan's surrender to end World War II.

Following his final treatment, Ben spent the weekend in Nashville, where his alma mater prepared a birthday celebration to honor the 1938 engineering graduate. Ben is a Vanderbilt benefactor who spearheaded the development of the university's center of Jewish life that bears his name.

Ben plans to start his second century by getting back on the golf course and running Schulman Mobile Video, a video production company he owns in Hollywood.

"I'd recommend proton radiation therapy to anyone who is a candidate," said Schulman, a father of five, grandfather and great-grandfather. "I feel great and there's no side effects. I'm looking forward to going back to playing golf at least two times a week and just living the good ol' life," he said.



Healthy Living

Small Changes Can Have Big Health Benefits

Managing Stress in Times of Change

You hear a lot about stress and how it can harm your health, but the truth is that not all stress is bad. Stress is a normal reaction that occurs when you're faced with a new challenge or a change in what you are used to. If the change feels overwhelming or even frightening, the result can be harmful—especially if feelings of stress persist for more than a few weeks.

It's important to note that stress is caused by our physical and emotional reactions to change—not by the change itself. How we feel when we get a new boss or move to a different city, for example, depends on how we react. You can help prevent the harmful effects of stress by learning healthy ways to react to and manage it.

Here are five tips to help you get started.

1 Recognize how stress affects you.

Everyone feels stress differently. Some people get headaches or upset stomachs, others feel angry or depressed, and some may sleep too much or not enough. Once you

know how stress affects you, you can recognize when you are stressed and look for possible causes.

2 Accept what you cannot change.

Trying to change something that is beyond your control uses a great deal of emotional and mental energy. Once you accept that you cannot change a situation, you can focus on changing the way you react to it. For example, you cannot change the fact that you often have to drive in heavy traffic—but you can see it as an opportunity to listen to books on tape or a favorite podcast.



3 Avoid stressful situations.

Social media can be a fun way to keep up with your friends' activities, but if their political posts make you angry or frustrated, it's better to stay away. Take it a step further, and replace stressful situations with something you enjoy. Log off of the Internet and read a good book, take a walk or start a new hobby.

4 Get exercise—preferably outdoors.

Being physically active is one of the easiest and most effective ways to cope with stress. Exercise can help relieve tension and frustration, and triggers the release of chemicals called endorphins that create good feelings. Find an activity you enjoy—and if you can do it outside in nature, you'll also reap the benefits of fresh air and sunshine.

5 Avoid unhealthy coping activities.

When you feel stressed, it can be easy to turn to unhealthy activities such as eating too much, drinking alcohol or smoking cigarettes. These may feel comforting at first but are really more harmful than helpful. Instead, do something you enjoy that is good for you as well.

Become a Proton Therapy Advocate

Several of our patients have asked how they can advocate for proton therapy to be covered more widely by insurance companies so that more patients may benefit. One way to have your voice heard is to reach out to your local and state representatives.

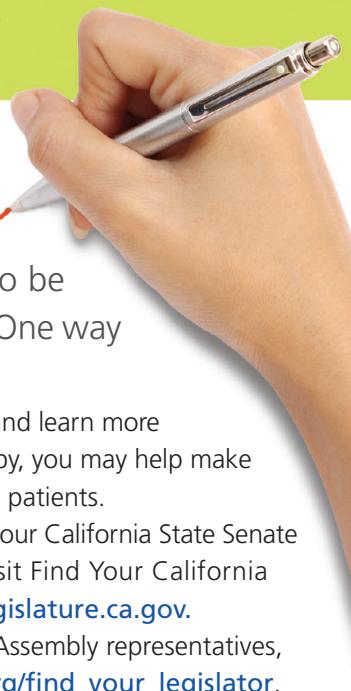
Several of California's senate and assembly representatives have visited, or plan to visit, Scripps Proton Therapy Center to learn more about our highly advanced treatment. Senator Toni Atkins toured the facility last year and had the opportunity to meet a few of our patients. It was a very positive visit.

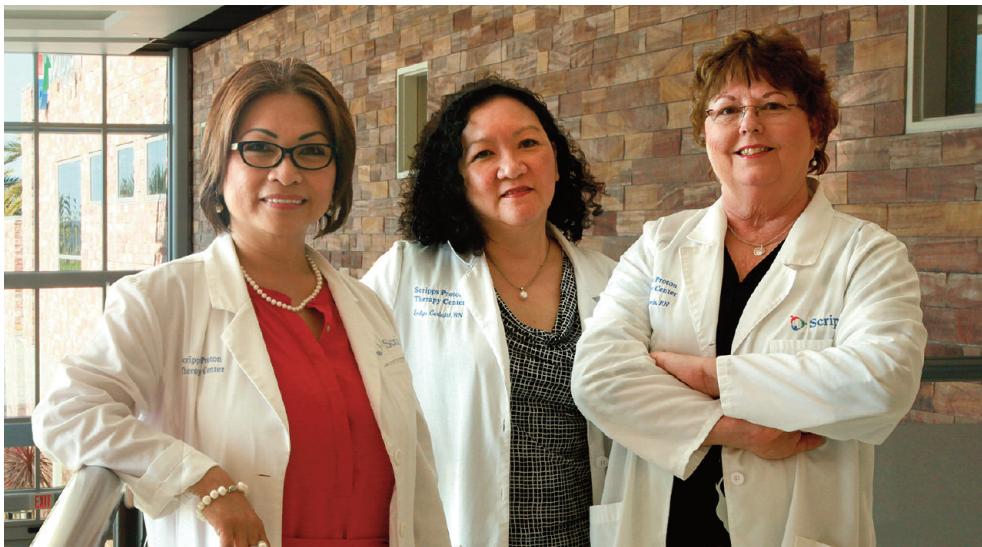
We believe it is also important for these representatives to hear from the people they serve. By voicing your concerns regarding restrictive insurance policies and urging your

representatives to visit the center and learn more about the benefits of proton therapy, you may help make proton therapy an option for more patients.

To find contact information for your California State Senate and Assembly representatives, visit Find Your California Representative at findyourrep.legislature.ca.gov.

To find other State Senate and Assembly representatives, visit Open States at openstates.org/find_your_legislator.





Clinical coordinators Grace Baldo, Emlyn Carbajal and Deborah Lewis welcome new patients.

SPTC Employee Spotlight

Meet the RN Clinical Coordinators

As RN Clinical Coordinators at Scripps Proton Therapy Center, Deborah Lewis, Emlyn Carbajal and Grace Baldo are often the first points of contact for new and prospective proton therapy patients.

"We're the 'Welcome Wagon' of the center," says Deborah. "We are here to provide a comfortable atmosphere for the patients to tell their story their own way."

The coordinators assess patients' needs and guide them through the intake and consult process. They take each patient's medical history, request medical records, present the patient's case summary to the physicians and ensure everything is in place for the initial consult. They also educate patients and their loved ones about proton therapy and answer questions.

Meet the professionals who help our patients feel welcome and supported.

Deborah Lewis

An RN for 37 years, Deborah was the first nurse hired at Scripps Proton Therapy Center.

"I was given the choice of which role I would prefer, and I knew hands down the RN Clinical Coordinator would be my calling," she says. "I have a compassionate heart, patience and enjoy listening to our patients tell their stories."

"The most challenging aspect of our job is the sheer number of patients that

need to speak with us," Deborah says. "Our role is key to setting the tone for Scripps Proton Therapy Center. To be thoughtful, kind and generous in spirit gives our patients hope. It's the best part of our job to share this with them."

Emlyn Carbajal

Emlyn has 36 years of experience as an RN. She came to Scripps Proton Therapy Center in 2013 from Loma Linda University Medical Center, where she had worked with proton therapy as a clinic nurse, case manager and clinical director.

"I thought that my experience and the fact that I enjoy the field of radiation medicine would be a good fit at Scripps," she says. "I love teaching and interacting with the patients, and I am here to help, direct and advocate for them."

Grace Baldo

Grace became a nurse in 1979, and has been an oncology RN since 1986. She has worked at Scripps in home care and radiation oncology, and joining Scripps Proton Therapy Center in 2013 was the next step in her Scripps career.

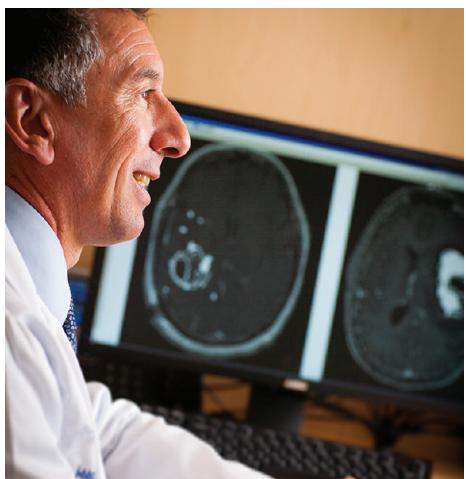
Grace feels great empathy for patients when they first learn they have cancer, and strives to provide emotional support to the patients and their families. "We are the ones who talk to patients first after they are told that they need radiation," Grace says. "We not only act as nurses taking care of oncologic patient needs, but also as patient case managers. It's a great feeling to be able to educate patients and guide them through until they complete their treatments."



Last fall, Scripps Proton Therapy Center hosted more than 150 high school students as part of a Young Leaders in Health Care program. Following Dr. Ryan Grover's presentation on the physics and technology of proton therapy, he and the physics team led the students on a tour. Our physicians and staff frequently share their expertise with student and community groups, as well as medical professionals and others, through these events.

Proton Therapy in the News

While the number of people being diagnosed with cancer is increasing, the number of cancer deaths is expected to decline in 2017. Recently, Scripps Proton Therapy Center Medical Director Carl Rossi, MD, sat down with KUSI-TV's morning show host, Brandi Williams, to talk about



the role of proton therapy in cancer treatment and the future of cancer.

Dr. Rossi attributes the decline in cancer deaths to several factors, including healthier lifestyle habits, increased cancer screenings which lead to earlier diagnosis and treatment, and advanced treatments such as proton therapy.

Dr. Rossi also pointed out that, in many cases, a combination of treatments such as proton radiation, surgery and chemotherapy is most effective in eliminating cancer. "We use the kitchen sink approach because we've found, through trial and error, that's what works the best," he noted.

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is a quarterly newsletter for Scripps Proton Therapy Center patients, their families, and others interested in proton therapy treatment. We invite you to stay up to date with the latest proton news and developments, both here at Scripps and around the world. We hope you enjoy the newsletter, and we welcome your comments and suggestions for future issues. Email us at SPTConnect@scrippshealth.org.



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