Letter from the Editors

Dear Colleagues and Friends,

In this issue of Insights, we are delighted to share news from the Hoffman Breast Center and Mount Auburn Hospital Cancer Center with you. As always, there are so many exciting activities going on, it’s hard to know where to start!

Our annual Pink Pages event to benefit the Hoffman Breast Center was a huge success. The annual Survivorship Day was a day to celebrate renewal and inspiration for cancer survivors and their families. And our oncology staff participated in a “Tough Mudder” Challenge, completing a strenuous and muddy obstacle course to raise money for cancer patients.

At the same time, we have been enlarging our Gastrointestinal (GI) cancers program and encouraging regular screening for early detection. In this issue, we have included the newest guidelines for colon cancer screening. We also present information about immunotherapy, one of the newest and most promising treatments for cancer.

We also share some delicious and refreshing recipes and hope you enjoy these with family and friends over the remaining days of summer.

And finally, we invite you to join us for a number of events in October, including the Hoffman Lecture and Breast Cancer Grand Rounds.

Sincerely,

Dr. Susan Pories
Director of the Hoffman Breast Center

Dr. Lisa Weissmann
Chief of the Division of Oncology and Hematology
Pink Pages 2018

The Annual Pink Pages Event to benefit the Hoffman Breast Center was a huge success. This took place on June 4, 2018 at the American Repertory Theatre (ART) in Cambridge and raised $270,000. The ART has been an incredible partner for us, providing the venue free of charge so that all the proceeds can go for breast cancer patient needs. We are so grateful to the ART for their amazing generosity.

Joyce Kulhawik was the emcee extraordinaire for the evening as she has been for many years. Joyce is the Emmy Award-winning arts and entertainment critic for CBS-Boston and a tireless cancer crusader as well as being an arts advocate, motivational speaker, and supporter of theater and film in Boston. She is the President of the Boston Theater Critics Association, a member of the Boston Society of Film Critics, the Boston Online Film Critics Association, and reviews for National Public Radio on WBUR. She writes arts & entertainment reviews online at JoycesChoices.com. Joyce Kulhawik is herself a 3 time cancer survivor.
The authors who gave so generously of their time and talents this year include:

**Alice Hoffman**'s mystical “fables of the everyday” have enchanted readers since the publication of her first novel, *Property Of*, in 1977. Her latest book, *Rules of Magic* – the prequel to her beloved *Practical Magic*, was a *New York Times* bestseller and a Reese Witherspoon Book Club selection! She has written 40 books including “Practical Magic” and “Aquamarine” – both made into major motion pictures – as well as Oprah Book Club choice “Here on Earth.”

**Christina Baker Kline**'s recent book, *A Piece of the World*, was an instant *New York Times* bestseller and was inspired by Andrew Wyeth's mysterious and iconic painting “Christina’s World.” Kline has written six other novels — *Orphan Train*, *Orphan Train Girl*, *The Way Life Should Be*, *Sweet Water*, *Bird in Hand* and *Desire Lines*.


**Ann Leary**, the celebrated author of the *New York Times* and national bestselling novel, *The Good House* that is currently in development to be released as a major motion picture starring Meryl Streep and Robert De Niro. Her other works include *The Children*, *Outtakes from a Marriage*, and the memoir, *An Innocent, A Broad*.

**Ben Mezrich** has written nineteen books over his career. These include *Bringing Down the House: The Inside Story of Six M.I.T. Students Who Took Vegas for Millions* which spent sixty-three weeks on the *New York Times* bestseller list and sold over 2 million copies alone in fifteen languages. His book, *The Accidental Billionaires: The Founding of Facebook, a Tale of Sex, Money, Genius and Betrayal* has been adapted into the major motion picture *The Social Network* and won three Oscars and two Golden Globes.

**Claire Messud** is the author of six works of fiction including *The Burning Girl*, *The Woman Upstairs*, *The Hunters*, *The Last Life* and *When the World was Steady*. Her novel *The Emperor’s Children*, which Messud wrote while a fellow at the Radcliffe Institute for Advanced Study, was critically praised and became a *New York Times* bestseller, as well as being longlisted for the 2006 Man Booker Prize.

**Celeste Ng**, the *New York Times* Best Selling author of two novels *Everything I Never Told You*, and most recently, *Little Fires Everywhere*, which was one of Amazon’s best fiction books of 2017, and was named a best book of the year by over 25 publications and the winner of the Goodreads’ “Readers Choice Award 2017 in Fiction.”
Over the years, Alice Hoffman and over 50 prominent best-selling authors have given their time to support the Hoffman Breast Center. We are forever grateful to these bighearted and talented individuals!

<table>
<thead>
<tr>
<th>Diane Ackerman</th>
<th>Sebastian Junger</th>
<th>Rosie O'Donnell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christina Baker Kline</td>
<td>Perri Klass</td>
<td>Susan Orleans</td>
</tr>
<tr>
<td>David Baldacci</td>
<td>Maxine Kumin</td>
<td>ZZ Packer</td>
</tr>
<tr>
<td>Elizabeth Berg</td>
<td>Wally Lamb</td>
<td>Pamela Painter</td>
</tr>
<tr>
<td>Judy Blume</td>
<td>Ann Leary</td>
<td>Grace Paley</td>
</tr>
<tr>
<td>Chris Bohjalian</td>
<td>Elinor Lipman</td>
<td>Robert B. Parker</td>
</tr>
<tr>
<td>Geraldine Brooks</td>
<td>Lois Lowry</td>
<td>Tom Perrotta</td>
</tr>
<tr>
<td>James Carroll</td>
<td>Gregory Maguire</td>
<td>Jayne Anne Phillips</td>
</tr>
<tr>
<td>Susan Cheever</td>
<td>Alexandra Marshall</td>
<td>Jodi Picoult</td>
</tr>
<tr>
<td>Elizabeth Cox</td>
<td>Gail Mazur</td>
<td>Marge Piercy</td>
</tr>
<tr>
<td>Anita Diamant</td>
<td>Jill McCorkle</td>
<td>Anna Quindlen</td>
</tr>
<tr>
<td>Andre Dubus III</td>
<td>Alice McDermott</td>
<td>Richard Russo</td>
</tr>
<tr>
<td>Drew Gilpin Faust</td>
<td>Mameve Medwed</td>
<td>Anita Shreve</td>
</tr>
<tr>
<td>Celia Gilbert</td>
<td>Claire Messud</td>
<td>Lauren Slater</td>
</tr>
<tr>
<td>Arthur Golden</td>
<td>Ben Mezrich</td>
<td>Amy Tan</td>
</tr>
<tr>
<td>Doris Kearns Goodwin</td>
<td>Sue Miller</td>
<td>Jennifer Weiner</td>
</tr>
<tr>
<td>Alice Hoffman</td>
<td>Jacquelyn Mitchard</td>
<td>Debra Winger</td>
</tr>
<tr>
<td>Ann Hood</td>
<td>Celeste Ng</td>
<td></td>
</tr>
</tbody>
</table>
This year one of our patients, Rosemarie Day spoke about her experience with the Hoffman Breast Center at the Pink Pages event. Rosemarie is a busy professional, a wife and young mother of three. However, she is also more aware of health care than most. She leads Day Health Strategies, a consulting firm she founded in 2010. Through her firm she advises company leaders on health reform strategy and managing change. An expert on health reform, and passionate about expanding health care coverage, Rosemarie was responsible for developing the operational strategy to implement many of the key pieces of Massachusetts’ landmark health care reform legislation. She teaches at Northeastern’s School of Business and is currently working on a book about increasing health care coverage in the U.S. Here are her remarks:

Rosemarie Day with her daughter Ellie Churchill and friends, Sheridan Kahmann and Jen Rapaport.

I’m honored to be asked to speak at this wonderful event. I attended for the first time last year, and I was struck by the vision of Alice Hoffman and the folks here at Mount Auburn who created such a unique and meaningful event – I love to read, and so I love how stories are the focus of this event.

That said, I’m not used to sharing my personal story. I give lots of talks in my day job, but those are focused on policy issues and data and strategy, not my personal story. That’s an entirely different thing. I’m a private person, so this is a little harder for me. But I’ve had such good experiences at Mount Auburn Hospital (not only was I successfully treated for breast cancer here, but all 3 of my children were born here) that I had to say yes!

So, turning to my story, let me tell you a little about my breast cancer experience last year. I want to do that by focusing on the 4 things for which I’m grateful: the first is EARLY DETECTION, the second is the MOUNT AUBURN TEAM, the third is my FAMILY AND FRIENDS, and the fourth is HEALTH INSURANCE COVERAGE.

1. EARLY DETECTION

The first part of my story is about early detection: this came from the dreaded mammogram. Shamefully, I had not had a mammogram for 3 years (I was too busy running my business and taking care of everyone else). By the time I went in, Mount Auburn had a super-duper new machine, and it could detect the slightest issues. Which it did, in my case. The only problem was that I didn’t believe the results – I figured that the questionable cells were a “false positive,” since I had no family history of breast cancer. Several biopsies later, it became clear that I had breast cancer. There’s almost nothing scarier than getting the call that you have cancer – you can’t help it - your mind races immediately to the possibility of death, and at my age, 51 years young, you’re just not ready for that! But then I got the “good news” – this super-duper machine had detected my cancer at very early Stage 1. It was so early and so tiny that I never could have found it with a self-exam. And the fact that it was early Stage 1 meant that with the right treatment, I had a 100% chance of survival.
Getting a cancer diagnosis is like getting on a roller coaster – it’s a ride you can’t control, and there are some real twists and turns, as well as ups and downs. One of those “downs” came right after my initial news of being in early Stage 1. Right after that news, I was hit with more news: they were recommending that I have a mastectomy. WHAT?? How did I go from “early Stage 1” to “mastectomy?” It turns out there were too many little potential cancer specks for the team to feel comfortable recommending a partial surgery; they wanted my outcome guaranteed. And so did I.

So, enter the care team, the second thing for which I’m tremendously grateful.

2. MOUNT AUBURN TEAM

There are not enough words to express how grateful I am for my Mount Auburn Hospital care team. Led by Dr. Susan Pories, and including (in my case) Dr. Lisa Weissmann, Dr. Prudence Lam, and Dr. Terri Silver - what a phenomenal group of women!! They are so smart and experienced, so thorough and caring, so kind and compassionate. And they are unbelievably collaborative. From Dr. Pories’ first call to tell me the bad news about cancer, through the twists and turns of my diagnosis and treatment planning, all the way through my surgery and recovery, they were absolutely amazing. They were willing to find time in their schedules to see me and answer any questions I had, and I had many.

Aside from their expertise and compassion, I was incredibly impressed with their “Tumor Board” case conferencing process. There was NEVER a time I went in for an appointment, that any one of them didn’t know exactly who I was and what the situation was, up to the minute. Which is incredibly helpful, when you don’t want to have to repeat yourself or try to remember details about your own case that you are too rattled to keep track of. (One question: do they ever get any sleep?!) I also loved how they always treated me like a professional colleague, and not “just” a patient. They took a genuine interest in me, and respected the fact that I had a busy job and family life. But they also got me to see that this was the time I needed to prioritize my own care. And I respected them, so I listened to them. Based on their recommendation, I decided to proceed with the mastectomy, and they were able to take care of everything (remove and replace!) in one surgery. I am thrilled to report that I am now cancer-free!

I also want to mention that in addition to the actual medical treatment, people receiving care at the Hoffman Breast Center have the support of an entire team of wonderful nurses, plus incredible people like Beth Roy, a social worker who is there to help you with the rest of your life (family, work, friends). She provides invaluable comfort, advice, and support, including counseling for your kids if they need it.

3. MY FAMILY AND FRIENDS

Turning to my third area, I’m eternally grateful to my family and friends for seeing me through this difficult period. I want to give a special shout out to my husband, Steve Churchill, for whom I am ALWAYS grateful, and to my dear friend, Sheridan Kahmann, who accompanied me to numerous doctor’s appointments, brought great questions, and rallied our friends around specific ways to support me. A special note about Sheridan: I met her here at Mount Auburn Hospital 20 years ago when we were attending a birthing class for our first children. We then joined a “new moms” group that was sponsored by the hospital, and we’ve been a group of friends ever since. It was that group of friends that rallied around me and made sure that all of my non-medical needs were met.

4. HEALTH INSURANCE

To close out my remarks, I want to mention the fourth and final thing for which I’m grateful, and that’s having health insurance. I have spent much of my professional life working on providing affordable health care coverage, because I believe that health care should be a right for all of us. Thanks to my insurance coverage, I never had to worry about cost when making my treatment decisions. But I know that’s not the case for millions of Americans, so I have renewed my resolve to fight for this coverage. Which, coming full circle to this event, now includes writing a book! My books’ focus will be on how we can rally to push for health care coverage for all.

THANK YOU for inviting me to speak, and THANK YOU again to Mount Auburn and my care team, and my friends and family! I am deeply grateful.
The Hoffman Breast Center
Advancing Excellence and Compassion in Breast Care

The mission of The Hoffman Breast Center is to facilitate comprehensive patient-focused education, screening and treatment of all aspects of breast health in a compassionate, professional, and supportive environment.

To make an appointment in Women's Imaging please call 617-499-5755

To make an appointment in the Surgical Breast Clinic please call 617-576-3350
Survivorship Day 2018

National Cancer Survivors Day is an annual, celebration of life that is held on the first Sunday in June in hundreds of communities nationwide and around the world. The National Cancer Survivors Day Foundation defines a survivor as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life. Mount Auburn hosted its fourth annual Survivorship Day on June 3rd based on a theme of centering and mindfulness. Over 70 people celebrated together, meeting therapy dogs and an inspirational painter during registration, then listening to the Longwood Chorus - even before the opening speakers.

Corinne Zimmerman, Director of Interpretation at the Isabella Stewart Gardner Museum in Boston, collaborated with Ricardo Wellisch, MD, an MAH internist who also runs the Clinical Competency Committee for the internal medicine residents. Their keynote address, “Art is Healing” was based on a concept that difficult conversations and thoughts flow more easily when we focus on “the third thing,” such as a piece of art, music, poem. The active audience discussion was about art pieces and drove home the message that we can see the same work of art and interpret it very differently.
Survivorship Day 2018 Continued

Participants continued discussing their thoughts and sharing their own stories during a buffet lunch at which point the 4-year-old MAH survivorship quilt reached completion. Beth Roy, MSW will sew up the interconnected messages of renewal and celebration, for display in our oncology department. After lunch, people participated in two sequential breakout sessions. They chose from: Meditation/Labyrinth Walking, Chair Yoga, Knitting, Reiki/Acupuncture, Mindful Eating, and Painting Wellness.

The survivor panel finale offered advice and moments of recognition and laughter. They discussed situations when they opted not to share their diagnosis with others. They shared how they created their own support teams, used meditation, gratitude, routines, music, dogs, family, and even donuts and cannabis to help them through. They explained how the diagnosis helped them shed toxic relationships and focus on their own behavior.

One panelist told a Native American story that his cancer experience made him take to heart: An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.” He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.” The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?” The old Cherokee simply replied, “The one you feed.”
The Division of Hematology-Oncology competed in the Tough Mudder Half challenge, an obstacle course, on Saturday, June 23. This event took place in western Massachusetts this year. The team of 24 was comprised of oncology physicians, medical assistants, administrative staff, pharmacy technicians, nurses, medical residents, and primary care physicians, all banding together to raise money for cancer patients at Mount Auburn Hospital. This is only the 2nd year we have participated in this event, and the Mount Auburn team just grows each year. The Oncology Patient Support Fund is designed to help our cancer patients with everyday needs that may get in the way of treatments and cause unnecessary stress. Treatments and going through the cancer experience are not easy and this fund allows us to help make a difference in the lives of our patients. We wanted to challenge ourselves on behalf of our patients, build teamwork, and renew our own spirits of perseverance. With the help of many friends and supporters, we are pleased to announce that we surpassed our goal this year of $10,000. It’s not too late to donate! You can still contribute at:

https://donate.mountauburnhospital.org/toughmudder
Colorectal Cancer Facts

We have great news: the rate of colorectal cancer has been going down for the past two decades. One reason is because more people are getting screened for this disease. Screening can help find cancers early, when they are small and might be easier to treat or remove. Colorectal cancer almost always starts with a polyp – a small growth on the lining of the colon or rectum – but doesn't usually cause symptoms until it's more advanced. The team at Mount Auburn Hospital is here to help you assess your risk of colon cancer and get regular screenings!

Dr. William Brugge is Mount Auburn Hospital’s Chief of Gastroenterology. Previously, Dr. Brugge was the Director of Advanced Endoscopy and Director of the Pancreas Biliary Center. A Professor at Harvard Medical School, he is internationally renowned in the area of advanced endoscopy.

Other members of the GI team include:
Bruce S. Becker, MD
Lawrence F. Borges, MD, MPH
John V. Chobanian, MD
Kinnari R. Kher, MD
Torre Morgan, MD
Ruma Rajbhandari, MD, MPH
Daniel B. Zandman, MD
Rachel Baritz, PA

Dr. William Brugge

For an appointment with a member of the GI team, please call: 617-498-9550

Colorectal Polyps and Cancer

- Colorectal cancer is one of the most common types of cancer in both men and women, and it is also one of the most common causes of cancer deaths.
- Many deaths from colorectal cancer could be prevented if more people had recommended screening tests to find colorectal cancer early. (Screening tests look for cancer in people who don’t have symptoms.)
- Most colorectal cancers start as growths called polyps on the inner lining of the colon or rectum. Polyps do not start out as cancer but, if left alone, some polyps can turn into cancer over time (usually over many years).
- Screening can help find and remove many colorectal polyps before they can turn into cancer, so it can help prevent colorectal cancer. Even if cancer develops, screening can often find it early, when it is likely to be easier to treat.

American Cancer Society Screening Recommendations for Average-Risk Adults

- The American Cancer Society recommends that people at average risk of colorectal cancer start regular screening at age 45. Several test options are available (see below).
- People who are in good health should continue regular screening through the age of 75.
- For people ages 76 through 85, the decision to be screened should be based on your preferences, overall health, and prior screening history.
- People older than 85 should no longer get colorectal cancer screening.

What Does “Average Risk” Mean?

For screening purposes, you are at average risk of colorectal cancer if you do not have:
- A personal history of colorectal cancer or certain types of polyps;
- A family history of colorectal cancer;
- A confirmed or suspected hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (hereditary nonpolyposis colon cancer or HNPCC);
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn’s disease); or
- A personal history of abdominal or pelvic radiation for a previous cancer

Talk to your health care provider if you are not sure if you are at average or increased risk of colorectal cancer. People at increased risk might need to start screening earlier and/or get tested more often than the guidelines above.

Understanding Tests for Colorectal Cancer Screening

Several test options can be used for colorectal cancer screening. They fall into 2 main types of tests:
- Stool-based tests look for signs of cancer (or polyps) in a person’s stool (feces).
- Visual exams look at the inside of the colon and rectum for abnormal areas that might be cancer (or polyps).

There are some pros and cons to each of these tests. The most important thing is to get screened regularly, no matter which test you choose.

If you choose a test other than colonoscopy, it’s important to understand that, if the test result is abnormal, you will need a colonoscopy to determine why it was abnormal.
Immunotherapy at Mount Auburn

Immunotherapy is treatment that uses your body’s own immune system to help fight cancer. This innovative approach is now being used at Mount Auburn Hospital to treat cancers. Immunotherapy is based on our knowledge that when the body’s immune system detects something harmful, it produces antibodies. Antibodies are proteins that fight infection. Designer or monoclonal antibodies are made in a laboratory and can be used as a targeted therapy to block an abnormal protein in a cancer cell. We have been using these for many years, particularly for breast cancer and for lymphoma.

Other types of antibodies work by releasing the brakes on the immune system so it can destroy cancer cells. These pathways are often called immune checkpoints. Many cancers use these pathways to escape the immune system. The immune system responds to the cancer by blocking these pathways with specific antibodies called immune checkpoint inhibitors. Once the immune system is able to find and respond to the cancer, it can stop or slow cancer growth. A number of these drugs have been developed for melanoma and kidney cancer. We are also using these for lung cancer, bladder cancer, head and neck cancer and Hodgkin’s lymphoma, with more sure to come. While many patients tolerate these drugs well, there is a unique spectrum of side effects that are quite different from those seen with classic chemotherapy.

At Mount Auburn all of our oncologists have significant experience in the use of these agents and have been using them for over 4 years. Most of our advanced lung cancer patients have been offered immune check point therapy as some point in their course of treatment, and safety algorithms have been developed to monitor patients for potential toxicities. In service education has been conducted for all of our staff, so that prompt recognition of side effects can be made and appropriate therapy instituted.

We are all excited about the potential these drugs have for extending survival and improving the quality of life for our patients.

For more information please contact the Department of Oncology at 617-497-9646.

Immunotherapy is targeted at two proteins called programmed death-1 (PD-1), expressed on the immune cells (T-cells), and programmed death ligand-1 (PD-L1), expressed on cancer tumor cells. When PD-1 and PD-L1 join together, they protect tumor cells from being destroyed by the immune system. The immunotherapy (PD-1 inhibitor) breaks this connection and allows the body’s own natural immune therapy to attack the cancer cells.
SUMMER BLACK BEAN SALAD

This simple, refreshing salad is a dish your friends and family will enjoy on hot summer days. This recipe is low in calories, but high in fiber and water content, helping you feel full and satisfied until your next meal. You'll love the delicious combination of ingredients that bring bright, bold flavor.

INGREDIENTS (SERVES 2)
• 1 cucumber, diced
• 1 can black beans, rinsed
• 1 red bell pepper, diced
• 1 cup cherry tomatoes, halved
• ½ cup fresh cilantro, chopped
• 1 lime
• 1 avocado, diced
• Salt and pepper to taste

PREPARATION
1. Place cucumber, black beans, pepper, tomatoes, and cilantro in a bowl.
2. Squeeze juice from lime onto the salad, stir well.
3. Mix in avocado and season with salt and pepper.

CUCUMBER LIME SPRITZER

This is a refreshing alternative to a sugar-sweetened soda. Using real lime juice and cucumber gives the drink a nice bright flavor without any added sugar. Mint sprigs can also be added for another refreshing flavor note.

INGREDIENTS (SERVES 4)
• 3 (12-ounce) cans club soda
• 1/3 cup fresh lime juice (from 3 to 4 limes)
• 1 Kirby cucumber, thinly sliced

PREPARATION
1. In a pitcher, combine the club soda, lime juice, and cucumber.
2. Serve over ice.

Recipes are from Community Servings, a not-for-profit food and nutrition program providing services throughout Massachusetts to individuals and families living with critical and chronic illnesses.
Upcoming October Events

Making Strides of Boston  This yearly event will take place on September 30, 2018 with a rolling start from 8-10am at DCR Hatch Shell. Making Strides Against Breast Cancer is a celebration of survivorship – an occasion to express hope and our shared determination to make this breast cancer’s last century. There are team and sponsorship opportunities; however, fundraising is not mandatory to attend. Making Strides is truly an incredible, inspiring event. Please join us and invite your patients and their caregivers! To join the Mount Auburn Team please contact Jennette Paskell at 617-499-5107.

Look Good Feel Better Workshop  will take place on October 22, 2018 at Mount Auburn Hospital from 10am-Noon. Participants can call Beth Roy at 617-499-5755 to RSVP.

Hoffman Lecture  Our annual Hoffman Lecture will take place October 12, 2018 at noon in the Hurwitz Auditorium. We are delighted to welcome Dr. James L. Connolly as the 2018 Hoffman Lecturer. Dr. Connolly is the current Chair of the National Accreditation Program for Breast Centers. Senior pathologist at Beth Israel Deaconess Medical Center (BIDMC), he has been involved in multidisciplinary breast care since 1980 at the Dana Farber Cancer Institute and at the Boston, MA. He is an expert in breast pathology and the former director of anatomic pathology at Beth Israel Hospital/BIDMC. Dr. Connolly is past president of the Association of Directors of Anatomic and Surgical Pathology and is a former member of the American Board of Pathology Anatomic Pathology Test Development and Advisory Committee. He is the past vice chair of the Cancer Committee of the College of American Pathologists. He is a recipient of a Lifetime Achievement and Excellence in Teaching Awards from the College of American Pathologists. Dr. Connolly’s primary research interest has been in diseases of the breast and he has more than 140 peer-reviewed publications as well as over 60 reviews, chapters, and editorials most of which concern breast disease. He teaches and lectures in breast pathology nationally and internationally.

Breast Cancer Grand Rounds  Our annual combined Medical and Surgical Breast Cancer Grand Rounds will be Thursday October 18, 2018 at 8:15 in the Hurwitz Auditorium. The topic this year will be breast reconstruction as part of breast cancer treatment.
When a colleague has cancer, it can create stress, concern, sadness, and uncertainty for the whole team. Cancer is a serious illness, but with additional support and time off, some people can work during treatment. Others find they need more rest or feel too sick to continue working and may need a leave of absence.

Focus on ways to support your colleague and respect your colleague’s privacy during this difficult time:

- The most important thing to do is to express empathy, encouragement, and support.
- For many people, having normal conversations instead of talking about cancer is helpful.
- Keep the news confidential. It is up to the person with cancer to decide who knows about the diagnosis. Only share the news with people your colleague has said it’s OK to talk to.

There are many things you can do to support your colleague during treatment:

- Understand that side effects from treatment may affect how much your colleague is able to get done and how she or he interacts with people at work.
- If your colleague can work during treatment, he or she may need help completing tasks. When your colleague is out of the office, you may be asked to take on additional responsibilities to help cover their projects.

Ask your colleague how you can help.

Appropriate gifts may include:

- Cards or small gifts (hats or hard candies)
- Help with meals, childcare, or errands
- An offer to donate sick or vacation time

After treatment:

- Even when the cancer is in remission, your colleague may need to go to follow up appointments or require additional treatments.
- Be prepared to step in to assist your colleague when needed.

Taking care of yourself:

- If you feel sad, anxious, or stressed about your colleague’s diagnosis, talk to Human Resources to find out about counseling and support services.
- Talk to your supervisor if you are having trouble managing additional responsibilities.

Adapted from Cancer in the Workplace. The National Business Group on Health and the American Cancer Society
Support Mount Auburn Hospital Cancer Programs

Charitable donations to the Mount Auburn Hospital Cancer Center and the Hoffman Breast Center support our lifesaving work. Your generosity directly supports the capital improvements, new technology, patient support and education that allows us to stay true to our mission to provide excellence with compassion to our patients and our community. To make a gift or to find out more about philanthropy at Mount Auburn Hospital, please contact Katy Capo in the Development Office at 617-499-5557 or at kcapo@mah.harvard.edu or contribute online at:

https://donate.mountauburnhospital.org/donate