

“This experience has been a long road filled with many life-threatening obstacles. Fortunately, Mark and I were blessed by the tremendous support from our families, friends, and the UW Blood and Bone Marrow Transplant team.”

When Mark Mitchell was diagnosed with acute myeloid leukemia at the age of 36, he was sure of one thing.

“I always knew I was going to pull out of this,” says the 45-year-old from Oregon, Wisconsin, recalling the experience nine years later. “I don’t know why, I just knew. I never once thought that I wasn’t going to make it.”

Despite his unwavering determination, Mark’s statistical chances of survival were actually less than one in two, which is something that his wife, Teri Mitchell now knows only all too well.

A data manager and research coordinator for the Blood and Bone Marrow Transplant Program at University of Wisconsin Hospital and Clinics, Teri now works with Walt Longo, MD, a UW Comprehensive Cancer Center hematologist/oncologist who performed a life-saving bone marrow transplant on Mark in December 1992.

“Teri has always felt, I think, a sense of obligation to help the program in part because of the care her husband

received,” says Longo, who is Clinical Services Chief of the UW Blood and Bone Marrow Transplant Program.

“She knows she has other job options, but her strong commitment to the BMT program is personal.”

It was August 1992 when Mark came home from a work-related trip complaining of flu symptoms.

“His tail was dragging,” Teri recalls. “He said he felt as if he had the flu, but his symptoms varied from very bad to a little better, and back to very bad again.”

After several emergency room visits that seemed to rule out everything, the diagnosis of leukemia was finally made following a bone marrow biopsy in October by UW Health hematologist/oncologist Peter Beatty, MD.

“It was a little bit of a shock,” says Mark in the quiet, matter-of-fact manner one might expect from a 15-year veteran of the mortgage underwriting business. “But it was also a relief to know what it was. Once the shock was over, we knew what we had to do.”

What had to be done, ultimately, was to kill off Mark’s cancer-laden bone marrow with chemotherapy and radiation and replace it with donated marrow from someone with the same type of marrow tissue, preferably a sibling. Known as a bone marrow transplant, this very intense procedure was Mark’s best and last hope.

Before a transplant is done, however, patients in Mark’s situation are given an initial round of chemotherapy with the hope that it will put the leukemia into temporary remission. Within just a few weeks, however, Teri and Mark’s hopes were dashed. Instead of going into remission, Mark’s leukemia was back all too quickly. His disease had relapsed early.

“When you see that, it’s an emergency,” says Dr. Longo. “You just have to get him to transplant almost immediately.”

Married six years with a four-year-old daughter (Lauren), Teri and Mark had little time to let the news sink in. They had to move forward while putting their trust in Dr. Longo and the rest of the UW Blood and Bone Marrow Transplant team. At home, they relied on generous offers to care for Lauren during the many weeks of Mark’s hospitalization.

“If someone extended a helping hand, you took it,” Teri says.

Fortunately, Mark’s brother Brad had matching bone marrow and was able to be Mark’s donor. Bone marrow from Brad’s hip bones was extracted during a procedure that requires an overnight hospitalization.

Mark received his transplant on December 18 and remained hospitalized for almost two months. Day after day, everyone waited and hoped that Mark’s body would accept his brother’s marrow without major complications.

The post-transplant milestones came slowly, but finally Mark was back to work after eight months.

Continued inside...

A Family’s Cancer Journey

A survivor of acute myeloid leukemia, Mark Mitchell (left) and his wife, Teri (center), are smiling now that Mark is considered cured of his disease. At right is Walt Longo, MD, the UWCCC hematologist who performed Mark’s life-saving bone marrow transplant in 1992.



What is Palliative Care?

Q: My oncologist has used the term “palliative care.” What does this term mean?

A: The World Health Organization defines Palliative Care as “the active total care of patients whose disease is not responsive to curative therapy.” The definition is expanded to state that “many aspects of palliative care are also applicable earlier in the course of the illness, in conjunction with anticancer treatment.” Palliative care focuses on addressing the control of pain and other symptoms as well as psychological, social and spiritual distress.

Palliative care has three goals to ensure patients have the best quality of life:

- Reducing symptoms caused by both disease and its therapy
- Supporting patients and families at times of illness and loss
- Helping family members provide support to patients and each other

A recent National Cancer Policy Board report focuses on the importance of palliative care. It states that in our constant searching for “cures,” palliative care has been neglected by many clinicians and cancer centers. The authors urge us to provide palliative care throughout the course of a cancer illness, beginning at the time of

diagnosis and increasing in amount and intensity throughout the course of a patient’s illness, until death. The Board identifies six major skill sets in providing complete palliative care:

- Communication
- Decision making
- Management of complications of treatment and disease
- Symptom control
- Psychosocial care of patient and family
- Care of the dying

The UW Comprehensive Cancer Center has been a leader in driving this agenda forward. The Cancer Pain Initiative, established by June Dahl and Dave Joranson, has gone on to address many policy issues related to cancer pain. Pain assessment tools have been developed at the UW, and Sandra Ward has documented barriers to cancer pain management. The challenge we face is ensuring that these efforts are applied to all patients throughout their cancer journey.

Some six years ago, the UWCCC was instrumental in establishing a palliative care program that continues to develop these skills throughout the Cancer Center, conducting research, teaching, and providing consultation to clinicians.

It is important to point out that throughout the spectrum of cancer treatments, we are providing excellence in palliative care so that patients may live in comfort. They

should particularly know that even when death is inevitable, severe suffering (in any form) is not.

We are committed to providing excellent palliative care to individuals—whether a person has just been diagnosed, is in active treatment, has completed therapy, or is nearing the end of life.

For more information

Please call **(800) 622-8922** for a brochure detailing palliative care to be mailed to you. Additional questions or comments may be directed to Dr. James Cleary at jfcleary@facstaff.wisc.edu



James Cleary, MBBS, FRACP serves as the **Director of Palliative Medicine,**

University of Wisconsin Hospital and Clinics and the Academic Medical Director of HospiceCare Inc., Madison. Dr. Cleary is a faculty scholar of the Soros Foundation’s Project on Death in America and is a board member of the American Academy of Hospice and Palliative Medicine.

A Family’s Cancer Journey *from page 1*

In the fall of 1997, Mark passed the five-year mark free of leukemia. Today, more than nine years after his transplant, Teri and Mark know how fortunate they are.

“As a data manager, I know the outcomes of hundreds of patients in Mark’s shoes,” Teri says. “Many are not as lucky.”

In fact, only two in five leukemia patients who are under 40 and have an early relapse—as Mark did—are alive and leukemia-free 10 years following a transplant.

Teri’s work for the UW Hospital Blood and Bone Marrow Transplant Program began in 1998, not long after Mark’s all-important five-year post-transplant milestone.

“As luck would have it, this data and research coordinator position opened up right around the time Mark and I felt more comfortable about

sharing our experience. With my education and work experience, this seemed like the right time and a great fit.”

Now 45, Mark is happy, healthy, and busy underwriting home loans as a vice president at Bankers’ Bank on Madison’s west side. Lauren is now 13 and has a seven-year-old sister, Bobbie, whom Mark and Teri adopted six years after the transplant.

It is through Teri—the more expressive half of this very loving couple—that one senses how incredibly far the Mitchell Family has come since the darkest days surrounding Christmas 1992.

“This experience has been a long road filled with many life-threatening obstacles,” Teri says. “There were countless days of fear and emotional pain. Fortunately, Mark and I were blessed by the tremendous support from our families, friends, and the UW Blood and Bone Marrow Transplant Team.”

—Michael Felber
UW Health Marketing and Public Affairs

MARK YOUR CALENDARS

Memorial Program

Saturday, April 6, 4-6 p.m.
Olbrich Gardens, 3330 Atwood Avenue, Madison

This program is a chance for family members and friends to remember loved ones who have died from cancer over the past year.

Call Melissa Stewart, **(608) 263-5712** for more information.

Cancer Hope, Cancer Health Week

Monday, May 6-Friday, May 10

For anyone touched by cancer, this week will include a focus on complementary therapies, hope and healing, cancer caregiving and kids, cancer and families.

Call Ann Johnson, **(608) 263-1677** for more information.

For other upcoming events, please view our website, www.cancer.wisc.edu

Advancing Wisconsin's cancer research agenda



Dear friends,

Welcome to the first issue of *Advances*, a semiannual publication designed to keep you, our friends, patients and the community informed about the exciting things happening in cancer initiatives at the University of Wisconsin.

The goal of the UW Comprehensive Cancer Center (UWCCC) in partnership with its sponsor, the National Cancer Institute, is to conduct research into the causes, prevention and treatment of cancer to achieve a future when all cancers are uncommon and easily treated.

The UWCCC brings together the research efforts of more than 200 faculty from 44 departments and 10 schools on the UW-Madison campus. There is not a better setting for cancer research than a university cancer center, where researchers are reminded daily of the urgency of their task and where the applications of basic science to the treatment of cancer patients remain unparalleled in the healthcare setting.

As the only comprehensive cancer center in Wisconsin and one of only 41 in the nation, the UWCCC is an integral part of the UW Medical School and conducts patient care and clinical research in alliance with UW Hospital and Clinics. More than 12,000 cancer patients are seen annually for diagnosis, therapy, follow-up care or consultations at UW Hospital and Clinics.

On behalf of our faculty and the individuals and families who benefit from their work, I thank you for your support of the UWCCC and hope you enjoy *Advances*.

Sincerely,

John E. Niederhuber, MD, Director
UW Comprehensive Cancer Center

Interdisciplinary Research Complex (IRC) Leading the future of cancer research

In 1997 the UW Medical School launched the HealthStar campaign, an ambitious fund raising effort dedicated to improving the health and well being of Wisconsin's citizens. The campaign has two focuses: building state-of-the-art facilities and supporting 21st century research activities. Clustered on the west side of the UW-Madison campus, the new health sciences buildings will create an environment to spark innovation, advance medical research and nurture new generations of skilled, caring health professionals.

HealthStar will be funded through a partnership between the state, the university and the people of Wisconsin. This support will provide much needed funding for UW Medical School faculty research and will realize the construction of three new teaching and research facilities:

- Rennebohm Hall (UW School of Pharmacy building)
- Health Sciences Learning Center (HSLC)
- Interdisciplinary Research Complex (IRC).

HealthStar fulfilled its initial building goals with the Health Sciences Learning Center groundbreaking on September 7, 2001, which featured former Wisconsin governor and current secretary of the Department of Health and Human Sciences, Tommy G. Thompson, as keynote speaker. Two weeks later, the university celebrated the gala grand opening of Rennebohm Hall, the campus' new School of Pharmacy.

The HSLC, to be completed in 2003, will be the training center for current and future generations of health care providers. The building will consolidate the libraries and classrooms of the UW-Madison health sciences schools and will feature extensive distance education facilities for students, professionals and the community.

Interdisciplinary Research Complex (IRC)

The IRC, clearly the most visionary component of the HealthStar plan, is scheduled to begin construction in 2003. Proposed as a two phase project adjacent to UW Hospital and Clinics, the IRC will bring together physicians and scientists working in many areas, including medical imaging sciences, cancer, neuroscience, cardiovascular medicine,

women's health, and in proteomics, genetics and molecular medicine.

The UW Comprehensive Cancer Center (UWCCC) is a critical component of the IRC, which will allow the Center to have a homogenous physical presence for the first time. The UWCCC has attracted some of the world's most talented and respected researchers and clinicians to Wisconsin. Many work in decades-old labs and clinics scattered throughout the campus. Phase I of the IRC plan, projected to be completed in 2005/2006, includes approximately 70,000 square feet for cancer research. Other components in Phase I, such as molecular medicine, image science focused on tumor diagnosis and treatment, and animal care facilities, will be closely related to UWCCC activities.

The interactions fostered by bringing together extremely talented basic, translational and clinical scientists will lead to unimagined discoveries and will enhance the potential to diagnose, treat and prevent disease. They will also help researchers develop and conduct clinical trials and to strengthen and streamline the pathways between laboratory discoveries and patient care.

How you can help create a world without cancer

The potential for curing cancer and preventing it altogether is more real than ever before. Through HealthStar and the development of the IRC, the University of Wisconsin is preparing to consolidate its efforts to advance the fight against this devastating disease.

Join the UW Comprehensive Cancer Center and HealthStar in creating this new research complex. For more information about contributing to the UW Medical School's HealthStar campaign and the UWCCC's role in the Interdisciplinary Research Complex, please contact:

Mark E. Lefebvre
Vice President for Health Sciences
University of Wisconsin Foundation
1848 University Avenue
P.O. Box 8860
Madison, WI 53708-8860

(608) 263-0387 or (800) 443-6162
mark.lefebvre@uwfoundation.wisc.edu



PHASE I
IRC BUILDING



Advances is published semiannually by the University of Wisconsin Comprehensive Cancer Center (UWCCC), a National Cancer Institute-designated comprehensive cancer center.

For patient services at the UWCCC, please contact Cancer Connect, (800) 622-8922 or (608) 262-5223 or e-mail uwccc@uwccc.wisc.edu.

To learn more about the UWCCC, please visit our website: www.cancer.wisc.edu

Please help us update our mailing list. If you have moved, or do not wish to receive this publication in the future, please return this form to:

Craig Robida

UW Comprehensive Cancer Center
600 Highland Avenue, K4/658
Madison, WI 53792-6164

- I am moving: Here is my new address.
- Please remove me from the mailing list.
- I am receiving more than one copy and I'm returning these labels to be removed from the mailing list.

You may also contact Craig with a request by telephone at **(608) 263-4982** or by email at robida@uwccc.wisc.edu

Understanding the Cancer Center's Resources

Cancer Connect

**(800) 622-8922 or
(608) 262-5223 (in Madison)**
e-mail: uwccc@uwccc.wisc.edu
9 am-4 pm (Monday-Friday)

Staffed by knowledgeable oncology health educators and nurses, Cancer Connect helps people understand the range of services and programs available at the UW Comprehensive Cancer Center. Additionally these individuals work directly with physicians and other health care providers to assist with communications, referrals and appointment scheduling.

Patient Education/Consultation Rooms

Housed within the Cancer Clinics, these rooms offer easy-to-understand brochures, videos, cassette tapes, books and book loan. Additionally, these rooms have internet access to several cancer websites regionally and nationally. *CancerHelp*, an interactive touch-screen computer, provides the latest cancer information.

Cancer Information Service

**(800) 422-6237
9 am-4:30 pm (Monday-Friday)**

A service for the public, patients and health care professionals that provides information on cancer prevention, treatment and clinical trials. A program of the National Cancer Institute and housed locally by the UW Comprehensive Cancer Center, the Cancer Information Service provides the latest, most accurate cancer information.

The Cancer Information Service provides a number of cancer fact sheets, brochures and the most recent cancer press releases at their website:

<http://cis.nci.nih.gov/>

Cancer Support Services

For a complete listing of support services, please view the Cancer Center's website, www.cancer.wisc.edu or contact Cancer Connect, **(800) 622-8922**.

www.cancer.wisc.edu

Your link to more information about the UW Comprehensive Cancer Center—its clinics, its research initiatives, clinical trials, support services (including support groups) and the latest news.



Help is just a phone call away, for smokers who want to quit.



The Wisconsin Tobacco Quit Line is available to all Wisconsin residents. The toll-free number, **(877) 270-STOP (7867)**, offers a variety of services:

- Counseling treatment for smokers who want to quit
- Information for friends, family and others concerned about tobacco use
- Self-help materials for anyone interested in quitting
- Referrals to local smoking cessation programs and services

The Wisconsin Quit Line is operated by the Center for Tobacco Research and Intervention, which is part of the UW Medical School and funded by the Wisconsin Tobacco Control Board.

How the Quit Line Works

Quit Line smoking cessation specialists conduct an assessment with each tobacco user who expresses an interest in quitting. From that assessment, the

smoking cessation specialist helps the smoker construct a personalized plan, which may include callbacks during the quit attempt. Individuals who are trying to quit also receive a Quit Kit. Both the counseling and the kit provide free, practical, science-based information on quitting.

Quit Line Hours

Monday-Thursday, 9 am-8 pm
Friday, 9 am-5 pm
Saturday, 9 am-1 pm

Just the Facts

- Smoking is by far the leading risk factor for lung cancer. More than 80% of lung cancers are thought to result from smoking. Quitting smoking—at any age—greatly lowers the risk of getting lung cancer, heart disease, emphysema and bronchitis.
- According to 1999 statistics, 23.7 percent (930,000) of Wisconsin adult residents smoke.
- Approximately 100,000 youth in Wisconsin smoke.

Making a Difference

Your gift to the University of Wisconsin Comprehensive Cancer Center helps our organization maintain its leading role in innovative research, compassionate cancer care, and continued education for the public and health care professionals.



\$13,500 given by Grand Aerie Fraternal Order

The Grand Aerie Fraternal Order-Wisconsin (Prairie du Chien Eagles Aerie 1502) recently presented \$13,500 checks to both the UWCCC and the Cardiovascular Research Center. Jude Schiesel, UWCCC Clinical Trials Manager (left), Barbara Weitz of the Cardiovascular Research Center and Patrick Downey of the UW Foundation were present to accept these generous donations.

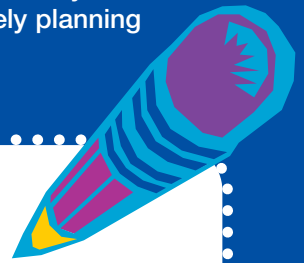
Since 1985, the Grand Aerie Fraternal Order-Wisconsin has donated over \$191,000 to the UWCCC through their tremendous efforts in an annual telethon.

Madison Musicians Against Cancer raises \$9,265

A first-time event, Madison Musicians Against Cancer, held in October at Luther's Blues (Madison) raised \$9,265 for the UW Comprehensive Cancer Center. Four area bands: Doll, Rochelle and the Red Hot Rattlers, Moon Gypsies and Neptune entertained the audience during the evening.

Thanks to organizer Dennis Fawcett, Triple M (105.5), Luther's Blues, the bands and all who worked together raising money for the Cancer Center. Organizer Fawcett is already actively planning next year's event.

YES! I want to make a difference by giving to the UW Comprehensive Cancer Center



Donor's name (s) _____

Street _____

City _____ State _____ Zip _____

I/we wish to make a donation of \$ _____

In memory of (optional) _____

In honor of (optional) _____

Please send acknowledgment card to: (optional)

Name _____

Street _____

City _____ State _____ Zip _____

Check enclosed. Please make checks payable to **UW Comprehensive Cancer Center**.

Please charge my gift to my: Visa Mastercard

Cardholder's name (please print) _____

Credit card number _____ Exp. date _____

Cardholder's signature _____ Date _____

Mail this form to:

Ann Johnson

UW Comprehensive Cancer Center

600 Highland Avenue, K4/658

Madison, WI 53792-6164

Please call **(608) 263-1677** with questions.

Updates in

Clinical Trials

Clinical trials are UWCCC's key to progress in the battle against cancer

The UWCCC continues to be a leader in groundbreaking cancer clinical trials, which are designed to evaluate whether a new treatment is safe, effective and better than the current standard of care. These strictly monitored and carefully evaluated trials test the therapy's safety and efficacy and are conducted nationwide by cancer centers as well as other academic and hospital centers.

Breast cancer prevention

One of the largest breast cancer prevention studies ever undertaken, STAR is the first study to compare a drug proven to reduce the chance of developing breast cancer (tamoxifen) with another drug (raloxifene) that has the potential of reducing breast cancer.

To date, approximately 11,500 postmenopausal women are enrolled in STAR nationally. An additional 10,500 women are needed to complete the study.

The UW Comprehensive Cancer Center is seeking postmenopausal women who are at an increased risk for developing breast cancer to participate in The Study of Tamoxifen and Raloxifene (STAR).



Marcella Larson, UWCCC Clinical Research Associate (center) is pictured with STAR participant, Esther Glas and her husband Raymond at an event honoring those women involved in the STAR clinical trial.

Lung cancer

Lung cancer is responsible for approximately one-third of all cancer-related deaths in the US each year, killing more individuals than breast, colon and prostate cancer combined. A new treatment approach for this disease is being studied at the UWCCC through a clinical trial for patients with advanced non-small cell lung cancer who have received either no chemotherapy or one prior chemotherapy treatment for their cancer.

This study will analyze biopsied tumor cells to see if a particular gene (MGMT) is mutated. Historical studies suggest that patients who have this gene mutation may respond better to the treatment called CCNU. In this way, UWCCC investigators are hoping to target the CCNU treatment to patients whose tumors may respond better. If the results of the tumor analysis show that the MGMT gene is mutated, the patient is offered participation in the treatment portion of the study, which is CCNU, or Lomustine—a pill that is taken once every three weeks.

Prostate cancer prevention

Healthy men in their 50s and older are encouraged to participate in the largest-ever prostate cancer prevention study, being undertaken at the UWCCC.

The Selenium and Vitamin E Cancer Prevention Trial (SELECT), will determine if these two dietary supplements can protect against prostate cancer, the second most common form of cancer in men. The study, which will take up to 12 years to complete, will include 32,400 men.

In the last year, prostate cancer was diagnosed in about 198,100 Americans (4,300 in Wisconsin), and more than 31,500 men (700 in Wisconsin) die annually from the disease.

For more information about clinical trials at the UW Comprehensive Cancer Center, contact Cancer Connect, (800) 622-8922 or (608) 262-5223 in the Madison area.

A complete listing of clinical trials at the UWCCC is also available on our website, www.cancer.wisc.edu