

# cancerlines



UNC  
LINEBERGER

the inside line up



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UNC  
CANCER CARE

## Providing hope and healing through health

It was a cold, wet, windy day as Amy Charney looked out her bedroom window. She'd slept well, and even though it was raining, she was happy to be back in her hometown, running her seventh Boston Marathon.

It had been almost six months since she'd been diagnosed with breast cancer, and she was still going through chemotherapy back home in Chapel Hill. But she was excited about the race, nervous to see if she could run the entire 26.2 miles. After Amy laced up her running shoes, she pinned the race bib onto her T-shirt, just below the words 'She's a FIGHTER!'

"Are you ready, Mom?" 13-year-old daughter Julia asked, grinning at her mother with pride.

Amy was more than ready; she was on a mission. And breast cancer wasn't going to change her plans.

Cancer patients throughout the N.C. Cancer Hospital are doing just what Amy has done: taking control of their healing through the many physical and mental benefits of regular exercise.

"By running the Boston Marathon, I learned that, in spite of breast cancer, I am still me," says Amy. "I still wear my running gear to every chemotherapy appointment to remind myself of who I am. I want this ordeal to be a thing of the past."

And this empowerment of hope through health is precisely why UNC Lineberger researchers are diving deeper into the research of how physical activity impacts the lives of cancer patients.

"The benefits are countless," says Claudio Battaglini, UNC



Breast cancer survivors stretch out before beginning a session with Get Real & Heal

Lineberger member and associate professor of exercise and sport science. Since 2004, Battaglini has led research to study how physical activity could work to alleviate patients' symptoms during treatment and improve their quality of life. "Ten years ago or so, I still remember patients being advised to rest as much as possible because of some misconceptions that exercise could make them feel even more fatigued and weaker. At the hematology oncology unit, patients would stay inside their rooms all day afraid of getting an infection if they left their rooms. Now, patients are up and moving thanks to new programs and expanded research in this area."

And the benefits reach beyond the physical. Seeking to incorporate the emotional and psychological benefits of

*continued on page 2*

## Survivorship plans – more than just a piece of paper



Deb Mayer, UNC Lineberger's director of cancer survivorship, is leading an effort to formalize survivorship plans – from the top down and the bottom up.

"If you don't get one, you should ask for one."

Advice that UNC Lineberger Director of Cancer Survivorship Deb Mayer gives to every single patient she meets about establishing a survivorship care plan.

And for patients like Jeanette Bell — they have been helpful.

A school social worker in Henderson, NC, Jeanette was diagnosed with breast cancer in 2009 and elected for a mastectomy in 2010. The surgical option worked well for Jeanette, and her need to come back to the N.C. Cancer Hospital for appointments became less and less.

But as time went on, Jeanette experienced the side effects of cancer that were not related to her surgical treatment at all.

"As I was seeing my doctors less and less, my fear of the cancer coming back got greater and greater," says Jeanette.

Mentioning this to her care team, she was referred to Mayer for a survivorship care plan in 2012.

"For me, the surgery was the easiest part of my cancer. The worst part was the fear you feel after your treatment is done that

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# director's message



Ned Sharpless, MD

One of the best parts of being director of this cancer center is being surrounded by amazing people every day. I am continually awed by the patients

I see in and out of the N.C. Cancer Hospital. In this issue, you will read about a remarkable woman, Amy Charney, who did not let her breast cancer diagnosis get in the way of accomplishing her dream and finishing the 2015 Boston Marathon this past spring. Even while on active chemotherapy, Amy took the race head, on and crossed the finish line with her family by her side.

And you will also read about one of our great

volunteers at the N.C. Cancer Hospital, Gail Markland. Gail, a professional hairdresser, helps lead sessions at our Look Good, Feel Better program. Volunteers like Gail help in so many ways across the cancer center, and there are many things we could not do without their support.

Another great group of people with whom I get to work are our talented physician-scientists. I was recently honored to be able to recognize three brilliant doctors who also make significant impacts in the lab. Drs. Kemi Doll, Aaron Falchook and Benjamin Vincent were honored this summer as the 2015 Pope Clinical Fellows Award recipients. With generous support from the John William Pope Foundation, these awards are given annually to recognize excellence and to promote the careers of emerging physician-researchers at UNC Lineberger. All three of these talented physician-researchers are treating patients at the

N.C. Cancer Hospital while also helping to make cancer research discoveries.

We also continue to do well in national rankings and quality metrics. For example, the N.C. Cancer Hospital has been recognized once again as a top hospital for cancer care, according to *U.S. News & World Report*, jumping in the 2015–16 rankings up to 32nd from 38th in the country.

And while we celebrate success, we also struggle with loss. This summer we lost a dear friend of the cancer center, Michael O'Malley. Michael served as the associate director here and committed over 30 years of service to the state of North Carolina. He was an exceptional leader who many knew as a great “connector” and was beloved by everyone connected to UNC Lineberger. For more information on Michael and his memorial service being held later in August, please visit [michael.web.unc.edu](http://michael.web.unc.edu).

## Hope and Healing *continued from page 1*



Breast cancer survivor Amy Charney crosses the finish line of the Boston Marathon.

growing evidence of the benefit of physical activity for cancer survivors, many questions still remain. How much physical activity should a patient participate in during treatment? And how can we develop programs that patients are likely to continue at home following their treatment?

“We need to better understand how to best tailor exercise programs for each patient. And especially how we can best equip survivors to continue the exercise at home following their treatment,” says William Wood, MD, UNC Lineberger member and medical oncologist.

UNC Lineberger researchers like Wood are using technology to help answer these questions. Using wearable devices such as the FitBit, researchers are

physical activity, Battaglini helped establish the Get Real & Heel program. Get Real & Heel is a free exercise and wellness program designed to help cancer patients who have recently completed treatment. The program works to alleviate treatment-related symptoms and to improve the overall health and quality of life for cancer patients in North Carolina.

And while there is

working with cancer patients during their treatment in an effort to help develop custom, home-based exercise programs. They are also aiming to better understand how the physical activity helped patients during and after their treatment.

Retired Greensboro resident Jeff Taylor participated in the study.

Taylor, diagnosed with multiple myeloma in 2013, was approached about the study while completing his bone marrow transplant therapy at the N.C. Cancer Hospital. While Jeff is currently in remission on maintenance chemotherapy, he still knows he will live with his disease the rest of his life. But Jeff is not letting it stop him one bit — and he's continuing his walking as a way to keep fit and active post-treatment.

In the fall, Jeff will embark on a 22-day trek across France and Italy with his family.

“We'll be doing a lot of walking on that trip,” Jeff says with a grin.

Cancer survivors like Amy and Jeff are using exercise as a part of their treatment plan, while also helping UNC Lineberger researchers better understand the benefits of regular physical activity on cancer outcomes — all to help future cancer patients battle their cancer with hope through health.



Multiple myeloma survivor Jeff Taylor enjoys a walk with his wife while on a recent vacation to New Orleans.

## Survivorship plans *continued from page 1*

it's going to come back. The survivorship plan we developed together has really helped me in so many ways," says Jeanette. "I received guidance from Deb, resources on support groups, and books to help me with the emotional side effects of cancer."

And Jeanette was connected with research studies that helped her feel like she was contributing to other cancer survivors as well.

Jeanette is just one example of so many patients who benefit from survivorship care planning.

Thanks to advances in prevention, early detection and treatment of cancer, there are now more than 145 million cancer survivors in the United States, up from just 3 million in 1971. This surge in cancer survivors has led to an increased effort in planning for the needs of patients after they are done with active treatment.

And UNC Lineberger has helped shape this effort not only at UNC, but at the national level as well. In 2014, Mayer led a national effort to establish a new template developed by the American Society of Clinical Oncology (ASCO) now available for healthcare professionals to use when providing a survivorship care plan to cancer patients following their treatment.

"As progress continues in the fight against cancer, the number of survivors continues to grow, along with the need for programs, resources and planning to help move beyond cancer diagnosis and treatment to wellness," said Mayer.

And while the template is a helpful tool for health care providers to have, it has to be more than a piece of paper.

"For it to work, it can't just merely be a box that is checked," says Mayer. "The plan needs to be fully integrated within the routine care when someone ends their cancer treatment."

And while also helping share the national conversation in this area, Mayer is leading an effort to integrate survivorship planning across the N.C. Cancer Hospital.

"We are rolling it out a clinic at a time," said Mayer. "Patients appreciate getting a written record about their cancer, its treatment and what comes next, and they are starting to come into clinic asking for their plan." 8

## Scientific "speed-dating" with NC State sparks innovation



*Benjamin E. Haithcock, MD, associate professor of surgery and anesthesiology, Jason Long, MD, MPH, assistant professor of surgery and Richard Goldberg, PhD, research associate professor of biomedical engineering, participated in a speed-dating event.*

UNC Lineberger Comprehensive Cancer Center played matchmaker recently, hosting a scientific "speed-dating" event to match surgeons with engineers based on mutual interests in solving real-world medical problems.

The cancer center co-sponsored the event in June as an innovation-focused competition. The top five teams that emerged from five-minute speed-dating sessions with pitches for new medical technologies won funding to help advance their ideas.

**"We want to solve real-world problems to improve people's lives"**

**— Nancy Allbritton, MD, PhD**

"We want to solve real-world problems to improve people's lives," said Nancy Allbritton, MD, PhD, a professor and chair of the Joint UNC/NC State Department of Biomedical Engineering. "We want UNC to be known as the test bed site for new types of clinical tools and technology. We want to be the leaders."

Teams came up with ideas for studying how colon cancer spreads in the blood, for studying radiation as a first-line treatment for sarcoma and a potential new method for delivering pain medication to wounds. The competition was a cross-campus initiative of UNC Lineberger, the Joint UNC/NC State Department of Biomedical Engineering and University of North Carolina School of Medicine Department of Surgery. It was launched to encourage collaboration between UNC-Chapel Hill and North Carolina State University.

"We really wanted to put some money behind this so people actually have an opportunity to jumpstart their ideas, rather than just bringing people together," said Jen Jen Yeh, MD, an associate professor, the vice chair for research in the UNC School of Medicine Department of Surgery, a UNC Lineberger member and the event organizer.

UNC Lineberger contributed funds to the competition thanks to the support of the University Cancer Research Fund, a fund created by the N.C. General Assembly for cancer research. The Joint UNC/NC State Department of Biomedical Engineering and UNC School of Medicine Department of Surgery also contributed additional funding. 8

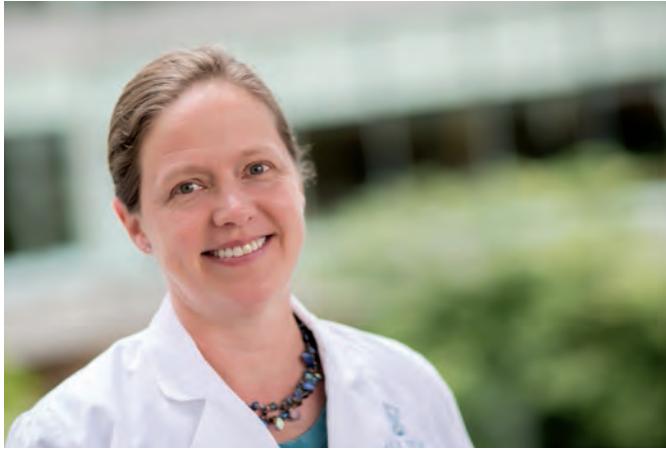
## Remembering Michael O'Malley



UNC Lineberger lost a dear friend and colleague, Dr. Michael O'Malley, on June 24. Michael served as the associate director of UNC Lineberger Comprehensive Cancer Center and committed over 30 years of service to the state of North Carolina. An exceptional leader, many knew him as a great "connector" and he was beloved by everyone he connected with at UNC.

A memorial service to honor Michael will be held on Saturday, Aug. 22 between 1 PM and 3PM, in the auditorium of the Genome Sciences Building on the UNC campus. To find out more information on the service, how to make donations to the Michael S. O'Malley Cancer Prevention Fund, and share a thought, reflection or memory of Michael, please visit [michael.web.unc.edu](http://michael.web.unc.edu). 8

## Claire Dees, MD – Options through innovation



Claire Dees, MD has devoted her career in medical oncology to providing options for her patients through creating innovative, novel approaches to cancer treatment. She's using that passion for innovation to partner with her patients, helping them through one of the toughest times in their lives.

### Building blocks for patients

When Claire Dees came to UNC in 1999, she was just one of a small number of breast cancer medical oncologists here. Now the UNC Breast Center is one of the leading breast cancer research programs in the country.

Recruited for her focus on breast cancer and early phase clinical trials research, Dees has helped lead a vibrant research group that brings together team science at its best. From oncologists to nurse navigators to study coordinators to laboratory scientists, the clinical research program at UNC Lineberger, co-led by Dees and Dr. Neil Hayes, has come together to grow a national reputation and to bring in research funding from a wide variety of sources.

And that reputation, says Dees, has built a foundation that is providing access to innovative treatments for North Carolina's patients that they might not have otherwise had.

"I take great pride in knowing I am a part of that," says Dees.

### Options through innovation

Since early in her career, Dees has focused on the development of early phase, or Phase I, clinical trials. These trials are the first evaluation of a treatment or a combination of treatments in people. And they can often be a patient's only option.

"UNC, the research environment, the resources and the leadership here, has allowed me to pursue my passion for developing novel therapy approaches,"

says Dees. "Over 40,000 women in this country die from breast cancer every year. Clearly we need new therapies. Over the last 5 to 10 years there have been some amazing strides made by laboratory scientists in understanding what are the drivers of human breast cancer and how do breast cancers develop resistance to cancer treatment. There are a huge number of new drugs targeting these 'cancer drivers' now in development, and I am excited to be part of bringing this new generation of medicines to cancer patients through early clinical trials."

Dees' work in this area helped lead to a major milestone for the cancer center last year. UNC Lineberger, working in partnership with the Duke Cancer Institute and the Siteman Cancer Center at Washington University in St. Louis, is now part of a national network working to accelerate the pace of early phase cancer drug development.

Working within the National Cancer Institute's (NCI) Experimental Therapeutics Clinical Trials Network, UNC will help conduct early phase cancer clinical trials sponsored by the NCI.

Dees is the UNC principal investigator for the effort, which is now bringing options to North Carolina's patients with advanced cancer who may have exhausted all of their options of standard treatment.

"These are some of the most courageous people I have met. They are the innovators. They are putting themselves out there to test a new medication. Of course, we hope that medicine will treat their cancer effectively and many other people's cancers, but in early trials we often don't know much about the proper dose or the side effect profile. My patients inspire me," says Dees.

### Commitment to patient care

Dees' commitment to early phase research is only matched by her devotion to patient care. While Dees treats patients with all stages of cancer, her major focus over recent years is helping patients with metastatic breast cancer.

"Metastatic breast cancer is a devastating and usually life-limiting diagnosis," says Dees. "But we are seeing more and more patients who are living longer, fulfilling lives with metastatic disease. I work to partner with my patients to help them navigate their treatment and work with them in the decision-making process."

And while Dees' patients often cite her own bedside manner and exceptional compassionate care, Dees says she never ceases to be amazed by the grace, resilience and courage her patients have while battling their cancer.

"I am in awe of my patients every day."

### Balancing it all

And on top of an active clinic schedule and a robust research portfolio, Dees manages to find time for her family. She enjoys spending time with her two children and husband Mike, who is also a physician.

"I love gardening and reading, but my life does not leave time for many hobbies," says Dees.

Juggling the many demands of a working mom, Dees takes it all in stride. And does so with grace and innovation of her own. 

## UNC Cancer Care expanding in Hillsborough

UNC Health Care officially opened the Hillsborough Medical Campus in June 2015, providing integrated, convenient and patient-centered care for patients in Hillsborough and surrounding areas. UNC Cancer Care will be offering in-patient services in the new campus beginning in September 2015. 





## Working to include patient feedback in health care performance reviews

Patient-reported feedback about symptoms and functioning is rarely used to measure health care quality, but a UNC Lineberger Comprehensive Cancer Center researcher is working to change that.

Ethan Basch, MD, MSc, director of the UNC Lineberger Cancer Outcomes Research Program, led a panel of experts to create a playbook on how to best develop, analyze and use patient-focused review measures in formal assessments of care. The group published their findings in a recent article in the journal *Value in Health*.

“It’s important to understand how patients feel in the assessment of quality of medical care, and there are established methods for gathering that information,” said Basch, who is an associate professor in the UNC School of Medicine, and the paper’s lead author.

The panel of experts was drawn from the American Medical Association’s Physician Consortium for Performance Improvement. They came up with nine recommendations for developing, using and interpreting the results of patient questionnaires on health care quality delivered by providers and hospitals.

## Mapping the genetic mutations in skin cancer

UNC Lineberger Comprehensive Cancer Center researchers have significantly contributed to a better understanding of the genetic alterations found in cutaneous melanoma as part of a multi-institution, international effort of The Cancer Genome Atlas (TCGA).



The study was the latest work by researchers involved in TCGA, a National Cancer Institute and National Human Genome Research Institute-sponsored effort to create an atlas of genetic and epigenetic changes that drive cancer.

The researchers evaluated genomic changes in melanoma samples from 331 patients, refining and revealing molecular sub-groups of patients who could potentially benefit from targeted treatments based on their tumor genetics.

“This work can also serve as a reference map to assist in personalized prognostic

and treatment decisions and future clinical trials for patients with cutaneous melanoma,” said Stergios Moschos, MD, a UNC Lineberger member, an associate professor of medicine at the University of North Carolina School of Medicine Division of Hematology/Oncology and a member of the data analysis committee for the TCGA melanoma project.

The researchers identified four genomic subtypes of melanoma based on mutations. Two subgroups were defined by mutations already shown to be common in melanoma — in the BRAF and RAS genes. But from a previously heterogeneous group of people who lacked those mutations, one potentially clinically significant subgroup emerged. That new group was characterized by inactivating mutations in a gene called NF1.

Moschos hopes this finding will trigger new research into targeted treatments for patients in that group, and perhaps into the use of treatments that are already FDA-approved.

## Collaborating to pinpoint gene variants that cause disease

Scientists have discovered millions of variations in human genes, but they’re still working to uncover the role of the majority of those variants in disease and health.

As part of a collaborative effort known as the Clinical Genome Resource, or ClinGen, UNC Lineberger Comprehensive Cancer Center researchers are working to evaluate the clinical relevance of genetic variants for use in precision medicine and research.

“Through ClinGen, we’re working to evaluate the clinical relevance of genes and variants, and to provide a public database so that labs and clinicians will have a resource that they can go to as a way to understand their patients’ genetic testing results,” said Jonathan Berg, MD, PhD, a UNC Lineberger member, an assistant professor in the UNC School of Medicine Department of Genetics and this year’s ClinGen steering committee chair.

ClinGen members are working with laboratories around the world to help them share their data and implement standards for interpreting genetic variants.

They’re working to enhance the number and quality of submissions to a publicly accessible database called ClinVar, which clinicians, researchers as well as patients can use to look up information about specific genetic variants. 



(L to R) UNC Lineberger Director Norman Sharpless, MD; Physician-in-Chief of the N.C. Cancer Hospital Lisa Carey, MD; 2015 Pope Clinical Fellows Aaron Falchook, MD, Kemi Doll, MD, and Benjamin Vincent, MD; Pope Foundation Vice President Joyce Pope.

## UNC physician-researchers honored with Pope Clinical Fellows Awards

Three UNC physician-scientists in training have been honored for excellence in cancer-related research and in the practice of medical oncology. Kemi Doll, MD, Aaron Falchook, MD, and Benjamin Vincent, MD, were honored this summer as the 2015 Pope Clinical Fellows Award recipients. The awards are given annually to recognize excellence, and to promote the careers of emerging physician-researchers at the UNC Lineberger Comprehensive Cancer Center. The recipients will each receive a \$5,000 award, which is made possible by a gift from The John William Pope Foundation.

“These awards recognize the work of three of our talented physician-researchers, who are treating patients at the N.C. Cancer Hospital and also helping to make research discoveries,” said Norman Sharpless, MD, director of UNC Lineberger and the Wellcome Distinguished Professor in Cancer Research. “They are helping to make a difference in the lives of people in North Carolina.” 

# volunteer profile

## Gail Markland — Helping patients look good and feel better



“Alright ladies, we’re in Vegas. What happens here, stays here.”

That’s how hairdresser and hospital volunteer Gail Markland starts each of her sessions with the Look Good, Feel Better program.

The program, coordinated nationally by the American Cancer Society, sponsored by the cosmetic industry and held monthly at the N.C. Cancer Hospital, teaches beauty techniques and skin care to female cancer patients to help them combat the appearance-related side effects of cancer treatment. Patients can learn skin care techniques, head covering tips, be fitted for wigs by appointment and ask non-medical questions from professional hairdressers like Markland.

“But it’s about more than mascara,” says Markland. “It’s a safe place for women to bond, share their experiences and be able to safely ask questions they may be otherwise embarrassed to ask. It’s important for the women to feel relaxed and comfortable.”

As a hairdresser in Chapel Hill, Markland got involved with the program over four years ago when she received a mailer from UNC Lineberger about a

workshop about skin cancers and melanoma.

“A lot of skin cancer patients were actually being referred from their hairdressers and UNC was holding a workshop to educate hairdressers about what to look for,” said Markland.

Interested in being able to help her clients in ways other than a great cut and style, Markland attended the workshop. Volunteers from the Look Good Feel Better program were also at the workshop recruiting volunteers for their program.

“It seemed like a great fit for me. I could satisfy my urge to give back and use my talents outside of the hair salon,” says Markland. Markland is now a regular volunteer with Look Good Feel Better, offered at the Patient and Family Resource Center.

“When you enter that room with the women, it’s just a special time. Whether they have just been diagnosed or are well into their treatment, they are all there on common ground. It is amazing to watch them share their stories and provide encouragement for each other.”

Markland cites the special bond that many of the workshop attendees feel as the reason she keeps coming back. “It really is magical. These women come in kind of nervous at first, but by the end of the session, they have relaxed, had a great time and learned a little more about how to take care of themselves. They also have a glow about them!”

Markland’s love of UNC is also a motivating factor in her volunteerism. She worked diligently for years to work towards her degree in Spanish from UNC. Markland started with just a few classes, but with encouragement along the way from people like her daughter as well as client and former UNC President William Friday, she reached her goal last year. And the recent graduate believes in giving back to the community that has given her so much.

“UNC, it’s the flagship hospital for our state and where I have been a student,” says Markland. “I believe in the programs and the medicine that takes place here. It’s my local hospital — and it’s the hospital of the state.”

*For more information about the Look Good, Feel Better program, please visit [unclineberger.org/ccsp](http://unclineberger.org/ccsp) or call 984-974-8100.*



### Volunteer Navigators of Care

Patient navigation in cancer care aims to provide individualized assistance offered to patients, families and caregivers to help overcome health system and community barriers to care. The intent is for all patients to have access to quality medical and psychosocial care, from pre-diagnosis through all phases of the cancer journey.

The lay navigation program works in tandem with the existing UNC Hospitals volunteer program and members from the UNC Cancer Care team and Comprehensive Cancer Support Program. Lay navigators are volunteers that may include but are not limited to cancer survivors, caregivers, members from the retirement community or anyone who desires to find a way to make a difference for those facing cancer. Additional training will ensure they have the necessary skills for the development of their confidence and success when interacting with patients, caregivers and members of the health care team.

For more information about becoming a lay navigator, please visit [UNCLineberger.org/navigation](http://UNCLineberger.org/navigation)



### Mark Your Calendar: Cancer and Older Adults

On Thursday, November 19, 2015, UNC Lineberger Comprehensive Cancer Center will sponsor “Cancer and Older Adults: Care and Treatment - A Public Forum.” This free program will feature sessions such as Keeping Fit, Caring for the Caregiver, Help with Nutrition along with featured speaker and cancer survivor Sylvia Hatchell. The event will be held from 12–5 pm at the William and Ida Friday Center in Chapel Hill, NC, and a complimentary lunch will be served. To register, please visit [UNCLineberger.org/older-cancer-forum](http://UNCLineberger.org/older-cancer-forum).

## UNC jumps another 6 slots in 2015–16 national rankings

The N.C. Cancer Hospital has yet again been recognized as a top hospital for cancer care in the nation, according to the U.S. News & World Report 2015–16 listing of Best Hospitals. UNC is ranked 32nd in the country for its cancer care. The latest ranking is up from 38th in 2014 and 43rd in 2013. [8](#)



Kiecha Berzins, APR, has joined the UNC Lineberger Office of External Affairs as communications manager. Berzins will serve as the managing editor of UNC Lineberger's print publications, develop patient and donor profiles and assist with media relations activities. Prior to joining UNC Lineberger, Kiecha led communications efforts for multiple service lines at WakeMed Health & Hospitals in Raleigh. A graduate of Campbell University, Kiecha enjoys spending time with her husband and two girls. [8](#)



## Miss Rodeo NC visits Pediatric Clinic

Miss Rodeo NC, Devin Redding, visited the Pediatric Hematology Oncology Clinic at the NC Cancer Hospital on July 23, bringing gifts and spending time with several patients and their families, including 6-year-old Hanna Markham. Redding is currently working on her Masters of Public Health through George Washington University. [8](#)

## Be Loud! Sophie Foundation — Supporting adolescent and young adult cancer patients at UNC



As the summer winds down, the music will be heating up to support the *Be Loud! Sophie Foundation*. On August 28–29, Cat's Cradle in downtown Carrboro will host "Be Loud '15," an event featuring a wide variety of local musicians, including Southern Culture on the Skids, John Howie Jr. & The Rosewood Bluff, Dillon Fence, Preeesh!, The Veldt and many more. 100% of ticket sales benefit the *Be Loud! Sophie Foundation* and can be purchased now at [beloudfestival.com](http://beloudfestival.com).

Meanwhile, the summer of 2015 has been quite memorable for seven Boy Scouts from Carrboro Boy Scout Troop 845. On June 15th, they flew from North Carolina to Oregon to begin a 10-week transcontinental bike ride. The scouts, accompanied by seven scout leaders, travelled through small towns and big cities, covering 3,900 miles while promoting the need for teen cancer services and biking to raise \$19,500 for the *Be Loud! Sophie Foundation*.

The *Be Loud! Sophie Foundation* was created in honor of Sophie Steiner, a UNC pediatric patient who lost her battle with germ-cell cancer at the age of 15. But before she died, she expressed her strong desire to help adolescent and young adult cancer patients and their families at UNC Hospitals. *Be Loud! Sophie* is dedicated to carrying out Sophie's wish by providing financial support for special programs that enhance the independence, dignity, sense of empowerment, privacy, and identity of adolescent and young adult cancer patients at UNC. The hope is that eventually, UNC will become a national leader in addressing the unique needs of this age group and will serve as a best practices role model for other hospitals to follow. [8](#)



The Boy Scouts and their leaders averaged 68 miles each day on their bikes. "This journey was not just about the boys," says Troop 845 leader Ed Billings. "It was about helping others. We biked to benefit kids who can't." Funds raised by the troops will support adolescent and young adult cancer patients and their families at UNC. [8](#)

# calendar of events



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University of North Carolina at Chapel Hill  
Chapel Hill, NC 27599-7295  
(919) 966-5905  
[www.unclineberger.org](http://www.unclineberger.org)  
Address service requested.

## September

18<sup>th</sup> Fall Board of Visitors Meeting (Friday Center)

18<sup>th</sup> Blue Ribbon Gala

26<sup>th</sup> 6th Annual Pedal for Peds Cary, NC  
[pedalforpeds.kintera.org](http://pedalforpeds.kintera.org)

## October

2<sup>nd</sup> 11th Annual Roy Williams' Fast Break Against Cancer

17<sup>th</sup> Cancer Awareness Football Game — UNC vs. Wake Forest  
[www.GoHeels.com/tickets](http://www.GoHeels.com/tickets) promo code: FB15-AWARE

To find out more about these events and other UNC Lineberger news, visit [www.unclineberger.org](http://www.unclineberger.org), or follow us on [f](#) [t](#)



## Save the Date — Fast Break Against Cancer

The 11th Annual Roy Williams' Fast Break Against Cancer will be held on the floor of the Dean E. Smith Center on Friday, October 2. Individual tickets and priority seating private tables will be available starting September 2 by calling 919.966.5905 or online at [www.unclineberger.org/fastbreak](http://www.unclineberger.org/fastbreak).

## Support After Treatment

Five ways our Comprehensive Cancer Support Program can help after treatment

**1. Cancer Transitions** — A free, 2 1/2 hour, 4 week program to help cancer survivors and their caregivers make the transition from active treatment to post-treatment care. Some topics include: Get Back to Wellness, Healthy Eating, Medical Care and Surveillance, Physical Activity and Emotional Health and Well-being. To learn more and register, call (984) 974-8100.

**2. Get REAL & HEEL** — A free exercise and wellness program designed to help cancer patients who have recently completed treatment. The program runs for 16 weeks and is located at the Get REAL & HEEL center in Chapel Hill, NC. To learn more about this program, call (919) 962-1222 or online at: [www.getrealandheel.unc.edu](http://www.getrealandheel.unc.edu).

**3. Connection to Local Resources** — Volunteers at the Patient & Family Resource Center can help you find and connect with local resources to support you post-treatment in your own hometown.

**4. Survivorship Clinic Visits** — When cancer treatment and its routine ends, some survivors are not sure what comes next and may feel lost moving forward on their own. A transition visit can help you move from active treatment to life after cancer treatment. You can see an oncology nurse practitioner and be given a personalized Survivorship Care Plan.

**5. And Many More!** — For more information on a wide variety of services offered by the Comprehensive Cancer Support Program, please visit [UNCLineberger.org/ccsp](http://UNCLineberger.org/ccsp)

