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## Winship Phase I Unit Marks 5th Anniversary

By R. Donald Harvey, PharmD

Patients.

Clinical trials.

We cannot have one without the other.

The Phase I Clinical Trials Unit at Winship Cancer Institute of Emory University opened in 2009, a time when a significant expansion of clinical trial efforts was underway to support the National Cancer Institute cancer center designation. Over this rapid five-year period, a truly collaborative culture has led to a cutting-edge, early drug development program at a nationally recognized, top 25 cancer center.

None of this has been possible without patients putting their trust in our physicians, nurses, scientists, and many others, to deliver optimal care while asking critical questions about novel drugs and approaches. When



*The Phase I Unit celebrated its five-year anniversary on Dec. 18 with a scientific symposium highlighting successes.*

I think about the impact of our Phase I unit on patients and their families, I recall a recent conversation with a seasoned oncologist here at Emory. He said, "Donald, if I saw anyone in the chairs here at a store, I wouldn't know they had cancer." A simple statement, but one that conveys a number of key messages about how our phase I trials have evolved over five years. Drugs we

now have at hand, as a whole, are much safer and better tolerated than conventional chemotherapy. We also have access to more agents with much better activity against cancer, leading to more treatment options.

With improved treatment comes a sense of satisfaction. However, we cannot over-emphasize the critical effect patients have on us as health care providers, researchers, and human beings. As a clinician-researcher, the greatest motivating factor I have is seeing patients do well on trials and coming to visits to talk about trips, family gatherings, important personal events, and the role that treatment on a trial had in helping them live their lives.

For this, we say thank you to our patients and their families for their trust and the courage they show on a daily basis. You keep up your fight, and we will keep up ours.

## Winship Members Named to MilliPub Club, Emory 1%

Winship researcher **Georgia Chen**,



*Georgia Chen*

PhD has been named to the MilliPub Club, which recognizes current Emory faculty who have published one or more individual papers throughout their careers that have each garnered more than 1,000 citations.

**Rafi Ahmed**, PhD, **Ioannis Sechopoulos**, PhD and **Ya Wang**, PhD are recipients of the 2014 Emory 1% Award. The honor recognizes Emory faculty whose National Institutes of Health (NIH) proposals have been ranked in the top 1% by NIH reviewers.

## Kauffman Honored with Auditorium Dedication

The Winship fifth floor auditorium has been named the **John H. Kauffman Auditorium** and was formally



*John H. Kauffman*

dedicated in December. Kauffman, who passed away in 2013, was the inaugural chair of the Winship Advisory

Board and a generous supporter of Winship. Last year, the Dunwoody Country Club renamed a golf tournament benefitting Winship in his honor.

## Congratulations

Winship executive director **Walter J. Curran, Jr.**, MD will serve on a newly formed, seven person advisory panel to NASA. The NASA Research and Clinical Advisory Panel (RCAP) will advise NASA on research opportunities and priorities and finding decisions related to the national space and aeronautic programs.

**Huw Davies**, PhD, Winship member and Asa



Huw Davies

Griggs Candler Professor of Organic Chemistry, has been named a fellow of

the National Academy of Inventors (NAI). NAI fellows are academic inventors who have made a tangible impact on quality of life, economic development and the welfare of society. Davies, who holds 23 patents, is focused on the design of new catalysts to enable synthetic technologies for drug discovery.

## Save the Date

The 7th annual Oncology Nursing Symposium: Advancing the Possibilities will be held Mar. 13-14 at the Marriott Evergreen Conference Center. Registration opens this month.

[winshipcancer.emory.edu](http://winshipcancer.emory.edu)



## Coping After Cancer Treatment Is Finished

By Joy McCall, LCSW

A cancer diagnosis can be overwhelming. In fact, many patients have told me that cancer can easily define your life with on-going treatment lasting months and even years. Many patients stop working, limit their social interactions and even change roles within their household as a way to focus on completing treatment. You might think that once chemotherapy, radiation and surgery are over a patient would celebrate and move on, but that's not always the case. Many patients feel lost and can find themselves asking what now? The intense focus on treatment often overshadows the future.

Here are five tips to help you cope after your treatment is finished:

1. **Consider attending a local support group.** They are a great way to connect with others who have a similar diagnosis and have completed treatment. Support groups are a safe place to discuss the feelings that go along with being done with treatment and handling post treatment life.
2. **Reach out to a social worker or counselor.** They are often available to provide individual counseling. This is helpful in allowing you an opportunity to identify your strengths and appropriate ways to move forward now that you're better.
3. **Think of what helped you cope before treatment.** Make a list of things that made you feel better when you were having a difficult time before you were diagnosed or treated. Some of those same healthy techniques such as exercise, yoga, or talking to a friend could be useful post treatment.
4. **Don't rush yourself.** Be realistic about your expectations of how you should feel after treatment. Be sure to ask your medical team how you should feel both physically and emotionally post treatment. Remember, you have been through a lot, and it will take time for you to fully recover. Putting additional stress and pressure on yourself to "feel better" because you are finished with treatment can only make this more difficult.
5. **Remind yourself you are a survivor!** You have survived your diagnosis and treatment. Positive self-talk is beneficial in reducing stress and decreasing depressive symptoms.

More than 14 million Americans are cancer survivors. No matter what the type or stage of the disease, reaching out for additional support and assistance is just as important after treatment as it is during treatment.

## Winship Multiple Myeloma Team Honored at ASH

The Winship Multiple Myeloma team was presented with the 2014 MMRF Accelerator Award at the American Society of Hematology (ASH) annual meeting in December. **Ajay Nooka**, MD was also presented with an award from the International Myeloma Foundation.

