

CAPITAL LAKES DRAGONFEST

Dean Clinic Hematology and Oncology have entered a team in the Capital Lakes Dragonfest. The event is organized by TEAMSurvivor, Inc and will take place June 23, 2012 on Lake Wingra(Vilas Park). The event will feature races between various teams using Dragon Boats. The boats are paddled by 20 people, with a drummer marking the speed of the rowers and a steer person who operates the boat. The steer person and boat are provided by the event organizers.

A team of 24 and a few extras has been created. Our team will be sponsored by the Dean Clinic, the name chosen for the team is the "Dean Purple Cancer Beaters". The team consists of patients, Oncology staff and family members. This event promises to be a day of fun, win or lose.

We invite everyone to come out to cheer on the Oncology team as we participate in our first ever Dragonfest.



Meet Dana Jass, R.N.

See Other side

THE BENEFITS OF GINGER

Ginger, the spice, can help reduce chemotherapy related nausea. Researcher, Julie Ryan, PhD, from the University of Rochester performed a study that demonstrates that as little as one quarter to one half a teaspoon of ginger can reduce chemotherapy related nausea by 40 %. For the study, ginger was taken in capsule form but it is also effective as dried or fresh, within Ginger Ale or even with Ginger Snaps. Dr Ryan claims that as long as the ginger flavor is not artificial it will be beneficial.

Ginger capsules were taken once daily for six days, starting three days prior to the beginning of a chemotherapy cycle. **It is important to note**, the standard IV anti-nausea medications continued to be given the day of chemotherapy. According to Dr Ryan, "despite the use of traditional anti-nausea drugs, about 70% of people who undergo chemotherapy experience nausea and vomiting." Her study will hopefully help a tremendous number of people receiving chemotherapy live more comfortably. This information was provided by the American Society of Clinical Oncology

We have ginger candy in the treatment area. Just ask our nurses to try some.

"When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful."

By Barbara Bloom

CONGRATULATIONS!!

Adam Smith-phlebotomist is now a Registered Nurse- (Way to go Adam!)

Irina Nagulya-Registered Nurse passed a comprehensive exam and has become an Oncology Certified Nurse(OCN)

MEET DANA JASS R.N. AND CANCER SURVIVOR

Dana grew up in Kenosha, Wisconsin in a close knit family. She is the second oldest of four girls. It is a good thing her dad has a great sense of humor! Dana had odd jobs here and there after high school. At that time she wasn't sure what she wanted to do as a career; although, the medical field peaked her interest. She obtained a degree in Medical Coding and worked as a coder for five years.

Nine years ago, Dana was diagnosed with Hodgkin's Lymphoma. She underwent chemotherapy and radiation. She lost her hair, was burned from the radiation, and suffered from shingles. "The radiation after chemo was very exhausting. It was so frustrating being so fatigued everyday and not able to do the things I wanted. Sweeping the floor was even exhausting!" However, Dana had a very loving and supportive family. It was the inspiration of her Oncology Nurses that led her to return to college and pursue nursing. "I had many days to experience their support, kindness, humor, and wisdom. I wanted to be an angel like them." She graduated from UW Madison with a Bachelors in nursing. Instead of the cancer controlling her life, she turned it into something positive. "The cancer changed my outlook on life. Life is much more beautiful, and I try not to let the little things ruin my day."

After graduation, Dana worked as an RN at St Mary's. She then worked at Hospice as a Nurse Case Manager. When there was an opening at Dean Oncology, Dana jumped at the position. The position combines the technical skills of nursing with patient care. "I try to bring a ray of sunshine into our patients' lives, and I try to let every patient know how important they are - especially at this difficult time. We as nurses become a part of their lives. Cancer sucks, but if we can bring comfort, a smile to their faces, a soft touch, an open ear - that's our calling. I also love my co-workers, and it makes work so enjoyable. They are such a compassionate and intelligent group of nurses. Each nurse here has a special gift. It's a wonderful nursing environment and allows us to grow in a positive manner. The patients feel and see how well we work as a team for their benefit."

Dana is married to Jim and they live in Evansville. Jim has two sons 19 and 21 years old. Dana is close to her family and enjoys family get-togethers. She enjoys gardening, biking, baseball and hockey games, and remodeling projects. One fond memory of good times with family was on Dana's birthday. Her older sister came up with a fun way to celebrate her birthday and her love for chocolate. They constructed a downhill slip-n-slide with plastic sheeting. Everyone took their turn getting a chocolate bath - which included gallons of Hershey's syrup and chocolate pudding! They each took turns body sliding down a small hill in her yard and licking their lips at the end! (It sounds kind of messy but fun!)

Dana, we are all so happy you chose Dean Oncology. Your unique view on life and the wonderful care you provide our patients make you such an important part of the team.