Fecal occult blood test

Research has shown that

or

of colorectal cancer may be:

Clinical Trials

questions you may have regarding current or upcoming trials.

For additional information on Open Trials, visit www.echoassociates.org

Oncologists. They will be happy to answer any appointment with one of the ECHO Associates of participating in a clinical trial, please make an interest in exploring the possibilities for nearly 20 years.

Offering comprehensive cancer care services

Services offered:

- Full Service Chemotherapy & Hematology Treatment Suite
- In-house Laboratory Testing
- Research and Clinical Trial Programs
- Resource Area
- Nutritional Counseling
- Psychological Counseling
- Complementary Therapy
- Genetic Counseling

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Who’s at risk? Research has shown that people with certain risk factors are more likely than others to develop colorectal cancer. Some factors could include:

Age: Colorectal cancer is more likely to occur in people as they get older. The average age at diagnosis is in the mid-60’s.

Colorectal polyps: Polyps are growths on the inner wall of the colon or rectum. Finding and removing polyps may reduce the risk of colorectal cancer.

Family history of colorectal cancer: Close relatives with a history of colorectal cancer are somewhat more likely to develop this disease themselves.

Genetic alterations: Changes in certain genes increase the risk of colorectal cancer. Hereditary nonpolyposis and Familial adenomatous polyposis are two types of genetic colon cancer.

Personal history of colorectal cancer: A person who has already had colorectal cancer may develop colorectal cancer a second time. Also, women with a history of cancer of the ovary, uterus (endometrium) or breast are at a somewhat higher risk of developing colorectal cancer.

Ulcerative colitis or Crohn’s disease: A person who has had a condition that causes inflammation of the colon for many years is at an increased risk of developing colorectal cancer.

Diet: Studies suggest that diets high in fat (especially animal fat) and low in calcium, folate and fiber may increase the risk of colorectal cancer.

Symptoms of colorectal cancer may be:

- A change in bowel habits
- Diarrhea or constipation
- Blood (bright red or dark) in stool
- Stools that are narrower than usual
- General abdominal discomfort
- Unexplained weight loss
- Constant tiredness
- Nausea and vomiting

Screening for cancer before a person has symptoms can help doctors find polyps or cancer early. Finding and removing polyps may prevent colorectal cancer. The following tests are used to detect abnormalities in the colon. Your doctor will recommend what will be best for you.

- Fecal occult blood test
- Colonoscopy
- Double-contrast barium enema
- Digital rectal exam

Early detection is the key towards curing colorectal cancer. Today, many medications and antibodies have shown extremely positive results. This is a very exciting time in colon cancer research, with lab concepts showing great clinical promise.

Special thanks to Dr. Dinesh Kapur, ECHO Associates Oncologist, for graciously submitting this article as our guest physician.
It is with great pride and pleasure that I write this inaugural ECHO Cancer Foundation update. In each of our newsletters, this section will bring you up to date as to what is new and exciting at The ECHO Cancer Foundation. Since this is our first edition, let me introduce myself and the Foundation.

I am Laura Stevenson-Flom, the Executive Director of The ECHO Cancer Foundation. The Foundation was created in May 2000 to help provide various types of support to those in our community who have been diagnosed with cancer. The doctors at Eastern Connecticut Hematology & Oncology recognized that cancer patients and their families might be better equipped to cope with their disease if offered supportive and ancillary services. The establishment of The ECHO Cancer Foundation was their way of meeting those needs. The seed money to launch The Foundation was provided by personal donations from the community who are touched by cancer or any other serious blood related disease.

Beacons of Hope
The ECHO Volunteer Program

The ECHO Volunteer Program, Beacons of Hope, is a vital part of the ECHO Cancer Foundation. Many of our volunteers are patients, survivors and family members of both present and past cancer patients. This group provides companionship and hospitality to patients and family during their office visits. For a cancer patient, sometimes besieged with masses of information, having someone other than a doctor or nurse who has had a similar experience may be reassuring and helpful to both the patient and the volunteer.

Objectives of the ECHO Volunteer Program

- Help patients, family and caregivers find their strength by making resources available to them.
- Team with other community organizations in providing cancer related services.
- Forge a volunteer network for cancer patients, survivors, family, friends and caregivers.

A Volunteer Must Possess:

- The willingness to respect patient privacy within the ECHO setting
- A caring and compassionate heart
- Flexibility in dealing with a diverse public
- Effective listening skills
- Knowledge of available resources
- A healthy attitude of self care

For information on volunteering please contact Laura at 860-886-8362 ext. 289

Mission

The ECHO Cancer Foundation is a unique, 501(c)3 organization dedicated to providing hope, support, guidance, education and complementary therapies to patients, family members and caregivers who have been touched by cancer or any serious blood related disease.

News and Events

A Special YOGA Class for Cancer Patients

Working with the body's natural healing processes, we:

- Gently energize
- Access support
- Gradually build strength and flexibility
- Deeply rest and relax

The class is focused on very gentle moving, stretching, breathing and relaxing. This class has been specially designed for people who are undergoing chemotherapy and/or radiation therapy as well as recovering from cancer. We will mostly do postures to support of chairs. Anything we do can be modified even further if necessary to match a participant's needs. Sessions will be a very gentle experience, focused on sustaining, nourishing and supporting the body, mind and spirit. The deep relaxation unique to yoga is a strong factor in optimizing the body's natural healing processes.

Visit www.echocancerfoundation.com for more information.

How to Give

The ECHO Cancer Foundation programs and services are made possible by generous individual and corporate tax-deductible donations.

Levels of Giving

10,000. – 50,000. Benefactor

5,000. – 9,999. Patron

2,500. – 4,999. Platinum Light

1,000. – 2,499. Golden Light

500. – 999. Silver Light

100. – 499. Bronze Light

10. – 99. Circle of Light

The ECHO Cancer Foundation is a 501 (c) 3, non-profit organization. To make a memorial or honorarium donation please contact The Foundation Office at 860-886-8362 Ext. 289 or email: laurasf@echocancerfoundation.com

Employee Profile

Ruth Skillings

My name is Ruth Skillings, “Girl Friday” of Eastern Connecticut Hematology & Oncology, affectionately known as “Dr. Ruth”. I have worn many hats over the past 18 years from receptionist, billing clerk, insurance claim specialist, supply clerk, medical assistant, conference coordinator, ambassador and first lady. I continue to function as many of these things, but my “real job” now is medical records administrator. Still, if anything gets lost or needs doing, I am called upon to find it or fix it. Whether a report is lost, some office supply needed, or a Xerox machine is on the fritz, the next common refrain is, “Where’s Dr. Ruth?”

I started working for Dr. Slater in 1986 to fill in temporarily as a receptionist. That turned out to be permanent, and I’m still here! Back then, we only had one part time nurse, treating 4 to 6 patients a day. I can’t believe how far we’ve come since then. We now have Drs. Jaga, Dhami, Kapur, Bulgaru, one nurse practitioner, and 7 R.N.’s, all helping to make up a full support staff of 41.

I am very proud of being part of ECHO. I have witnessed first hand the compassion, dedication and expertise of all my co-workers. In some small way, I’ve sensed that a great majority of our patients have been appreciative of our efforts in an otherwise overwhelming experience. I have been personally and professionally gratified by those whose lives I’ve touched and who have touched mine. I hope to remain in these roles for many years to come.

Holiday times usually find me dressed in our generous costume, roaming the hallways, spreading cheer and well wishes. Should you notice me, please stop to say, “Hello Dr. Ruth!”