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**Spiritual Care**  
Laurel Buwalda: 605-322-3258

**More Information**  
For more information about the Avera Transplant Institute and to view Medical Minutes and interviews with patients and physicians, go to [AveraTransplant.org](http://AveraTransplant.org)
The Reward of Faith: Bone Marrow Transplant
Patient Shares Story of Hope

When Erika Allen looks down into the smiling face of her 8-month-old daughter, Hope, she smiles back as she reflects on the journey – one with many scary chapters – that led to this amazing little person she sees as a gift from God.

“Once you are a survivor of cancer, you never really go back to being who you were before,” said the 35-year-old mother of three. “My husband and I really see Hope as a reward for our faith through all the dark times. God saw us through the cancer, the transplant – and on the other side of that battle, we were blessed with her.”

Allen’s battle began in 2010, and as she reflects on it, she said it was truly like a battle, with many sacrifices and lots of fear. It started when she found a lump in her right underarm while doing a routine self-exam of her breast at her home in Rapid City, where the Allen family makes their home.

“It was in November 2010 when I found a lump, and after an ultrasound, the doctors saw it as a cyst, but I just felt terrible, almost all the time,” Allen said. “I felt anxious all that winter, and in the spring, it had not improved, and I had another ultrasound, a CT scan and a biopsy. That’s when the cancer was confirmed. The prognosis I received was really poor.”

Her care team in Rapid City confirmed that Allen had a rare non-Hodgkin’s lymphoma. When the news was official, the results were what most of us would expect, Allen said. “I was scared to death and the news, to me, seemed like a death sentence,” she said. “My care team recommended that I look into going to Omaha, because there were specialists and the team we would need there. But it seemed so far away. I didn’t really want to go to Omaha.”

The Bone Marrow Transplant Fund through the Avera McKennan Foundation supports programs and services for those receiving transplants and their families. A contribution enhances support for transplant patients by providing educational materials and integrative medicine to promote wellness to the mind, body and spirit.

Gifts to Avera McKennan help perform miracles every day. Your gifts:

• Advance and support health care delivery and patient care.
• Benefit patient programs and services.
• Assist with the cost of patient care services not covered by medical insurance.
• Provide Journey Totes – a binder that serves as a guide and reference along the transplant journey.
• Provide Care and Comfort gift baskets – a useful alternative for patients who cannot receive flowers due to infection risk. Baskets are personalized for the patient’s needs.

The effects of your kindness are profound and far-reaching.

To give to the Bone Marrow Transplant Fund, visit AveraMcKennanFoundation.org or call the Foundation office at 605-322-8900. Thank you.
OTHER OFFERINGS AT THE PRAIRIE CENTER

Renewing Life
Beginning July 11, an eight-week body, mind and spirit educational program is being offered to help people who have had cancer or have been the support for someone going through cancer treatments. It is designed to empower participants to live authentically, view challenging life events as an opportunity for growth, and create plans for renewed living. It is held at the Prairie Center on Wednesdays from 4 to 6 p.m. Call 605-322-1554 to register.

Take Charge of Your Nutrition
Learn to maximize your nutrition and discover ways to manage side effects of treatments. The Avera Cancer Institute has a dietitian available to assist with your nutrition concerns. Call 605-322-7929 to set up an appointment.

Look Good . . . Feel Better
This program is offered to women who deal with the outward side effects of chemotherapy and radiation on hair and skin. It occurs the second Tuesday of the month from 1 – 3 p.m. and the fourth Wednesday of the month from 4 – 6 p.m. Call 605-322-3235 to register.

Spiritual Care
Spiritual Care Services can help an individual sort through complex emotional and spiritual issues. Call Laurel Buwalda, Chaplain at 605-322-3258.

Aromatherapy
Aromatherapy, or use of essential oils, can be a powerful therapeutic tool to offset side effects of treatment. We offer sample oils that can address nausea, pain, insomnia and anxiety. Please inquire with staff. Aromatherapy supplies

Medical Acupuncture
Avera Medical Group Integrative Medicine Sioux Falls offers medical acupuncture and other therapies to help reduce and manage side effects of cancer treatment such as pain, fatigue, anxiety, nausea, neuropathy and dry mouth. The integrative medicine team provides a medical approach to symptom management with use of integrative medicine therapies such as nutrition, herb and supplement guidance, medical acupuncture, aromatherapy, relaxation techniques and lifestyle health coaching. Call 605-322-3241 to schedule an integrative medicine consultation.

Therapeutic Massage
Complimentary hand and foot massages are offered weekly for patients in the Infusion centers, Avera Breast Center and Avera Medical Group Radiation Oncology. See front desk in these areas for current schedule.

Therapeutic massage appointments are offered through the integrative medicine clinic located on first floor. Thirty and 60-minute massages are offered for fees of $45 and $65 respectively. Call 605-322-3241 to schedule an appointment.

Classes in the Mind and Body Studio
These classes use the mind-body approach, focusing on mindfulness, gentle movement, posture, breath and visualization, and are facilitated for all fitness levels. If interested, call 605-322-3241 for a list of class offerings and times.

That’s when she met Kelly, as she said McCaul insisted she call him. “It was a godsend, I really feel God put him in my life,” she said. “He explained everything to me, my husband, Nic, and my mom and dad. He sat with us for two hours during that first meeting. I felt from that instant that he would fight for me. It gave me the hope that I could battle this thing and win.”

Three hours later, she was in an operating room to remove the tumor.

That surgery began the multi-part process that led her to an autologous bone marrow transplant. Autologous means the patient will donate his or her own stem cells to be reinfused. Like most people, she imagined such a process would involve drills into bone and pain. It seemed terrifying, she said.

“Kelly really cared about me and he took the time to explain that this kind of transplant is not like an organ coming from a donor.”

The Avera Transplant team collects stem cells through a process called apheresis. It’s like giving blood, but the team will include chemotherapy to kill cancer cells, and then reinfuse the stem cells to grow healthy blood cells.

Amidst the pre-transplant chemotherapy, the six-day process that was the bone-marrow transplant itself and post-procedure recovery, the many challenges added up. Allen said she never felt alone, even with the travel across South Dakota with her mom and the nights on Avera McKennan Hospital & University Health Center’s third floor, where she recovered as her immune system rebuilt itself after her stem cells were reinfused.

“We all had to fight, but I had many allies in the battle,” she said. “From the gift shop in the Prairie Center to the nurses on 3 East, to Kelly and my other doctors – I felt like they were fighting alongside me.” The transplant took place in 2011, and slowly but steadily she began to get her life back, to regrow her hair and to return to her full-time role as mom to son and daughter, Luke, 9, and Lily, 7.

That’s why when she found out she was pregnant last July, some fear returned, but so too did a sense of success. “Due to the chemotherapy, and all that we’d been through, it was scary – at times terrifying,” Allen said. “But it seemed to be God’s way of saying ‘You have made it through the battle, and this is your gift.’ This was a miracle to me and my family.”

Hope was born in February 2016, and she embodies her name. Allen says her message for those who face the same news is clear: find a doctor who will fight for you, and then together fight fiercely.

“There’s so much to live for and it’s not easy,” she said. “When I look at Hope, I realize all the sickness, the travel, the surgeries – it was all worth it.”
Look Good Feel Better Live!
Virtual Workshops
Look Good Feel Better Live! Virtual Workshops provide you with live instruction, tips and tricks for dealing with appearance-related side effects of cancer treatment during a free one-hour, online workshop from the safety and comfort of your home, office or other self-selected setting.

Live, interactive video chat allows a licensed beauty professional to guide a group of participants through two different sessions:
• Skin care and cosmetics application;
• How to manage hair loss, including the use of wigs, hats and scarf tying

Visit lookgoodfeelbetter.org/alliance-partner-virtual-workshops to register for an LGFB Alliance Skin Care and Makeup workshop, and receive a complimentary Look Good Feel Better makeup kit, in partnership with Look Good Feel Better Alliance member hospitals. Kits for virtual workshops can only be requested via this partner link.

Please register at least two weeks in advance to allow time for kit delivery before the workshop.

The Evidence Is In: Masks Work
The Centers for Disease Control and Prevention (CDC) is calling on Americans to wear masks to prevent COVID-19 spread, citing case studies that show masks work. One such study is listed below:
• Two hair stylists in Missouri saw 139 clients in which some of those showed symptoms of COVID-19, but thanks to universal masking, no clients are known to be infected.

Other items to note are:
• Face masks may meaningfully reduce community transmission of COVID-19 and decrease hospitalizations and deaths.
• Masks prevent illness in health people.
• 10% to 50% of people with COVID-19 are asymptomatic (showing no symptoms), but they can still spread COVID-19.
• COVID-19 is likely spread by speech droplets, even from people with no symptoms. These speech droplets can stay in the air for up to 14 minutes.
• People often wear masks to protect themselves, but think of it as protecting others from respiratory droplets.
• A British study shows that if everyone wears a mask, COVID-19 transmission would be reduced to controllable levels, and, when combined with lockdown efforts, could prevent further waves of the pandemic.

Welcome Roberto Ferro, MD
“It’s rewarding to help people feel better, and assure them that beating a cancer of the blood is very doable because of the treatment measures we have today.”

A diagnosis of a blood cancer or blood disorder is a daunting experience. For reassurance and expertise in the latest treatments, turn to Roberto Ferro, MD, a hematology oncologist who practices at Avera Transplant Institute in Sioux Falls, SD. He serves patients of all ages facing conditions such as leukemia, lymphoma, multiple myeloma and anemia. At Avera, he’s proud to serve patients close to home, either through in-clinic visits or Avera eCARE telemedicine options.

One effective form of immunotherapy treatment that Dr. Ferro offers is called CAR T-cell therapy. A portion of the patient’s blood is removed, and then T-cells are removed from this blood. The T-cells are then modified to fight cancerous cells once they are reintroduced into the body.

In his free time, Dr. Ferro enjoys playing chess, golfing, read about astrophysics, and keeping up with the latest news in medical journals.
Avera Cancer Institute Navigation Center
Get answers to your cancer questions 24/7. Whether you're newly diagnosed with cancer, a current patient or a loved one of someone with cancer, choose the Navigation Center for free information, support and comfort any time of the day. No matter how your life has been touched by cancer, you can get the help you need by calling 888-422-1410.

Call the Navigation Center for:
- Information regarding your diagnosis, treatment, side effects, caregiving, survivorship and more
- Emotional support including coping strategies and connections to counselors, cancer support groups and online support communities
- Assistance with finding insurance specialists and financial resources
- Recommendations for local transportation and lodging
- Access to care providers, medical services and cancer prevention services

TCT (BMT) Connections
The BMT Connections support group will be changed to TCT (Transplant and Cellular Therapy) Connections in the future. Normally, the group meets the second Thursday of every month at 4 p.m., in the Prairie Center; however, due to the pandemic, they were postponed.

Group will resume Oct. 8 at 4 p.m. with some changes and/or restrictions. We at Avera are adhering to the social distancing and masking recommendations by the CDC. The information and restrictions are as follows:
- Group may be limited due to social distancing.
- You must wear a mask at all times in the building.
- You may bring a water bottle and/or beverage with you since there will be no drink or snacks provided.

Transplant Patient Reunion
Due to COVID-19 and the gathering restrictions, the 2020 annual transplant patient reunion that is usually held in September will be cancelled this year. We hope to resume next year.

Oncology Outpatient Therapist
Brenda Ling is focused on helping patients through the emotionally distressing phases of cancer treatment. She understands the unique emotional challenges cancer patients and their loved ones face during treatment and beyond. Ling uses cognitive therapy-based treatments to help patients and their loved ones with a variety of cancer-related concerns:
- Anxiety and fear of recurrence
- Depression
- Family coping
- Relationship issues
- Coping with cancer-related changes and loss of physical function and abilities
- Grief

Call 605-322-3241 to schedule an appointment.
Light The Night Sioux Falls Oct. 1, 2020 is going Virtual

Light The Night is a series of fundraising campaigns benefiting The Leukemia & Lymphoma Society’s (LLS) funding of research to find blood cancer cures. We bring light the darkness of cancer by working to ensure access to treatments for all blood cancer patients. We bring communities together to celebrate those who are fighting the disease and to honor those we have lost.

Each year, friends, families and coworkers form teams to raise money in support of our mission. Fall 2020 will look different as we prioritize the safety of our patients, volunteers, and supporters. With these priorities in mind, we are excited to host our 2020 Light The Night as a virtual event.

We will Light The Night. We will bring light to the darkness of cancer by honoring and remembering those touched by cancer and by rallying VIRTUALLY as a community in support of LLS’s mission.

Now is the time for us to be bigger and more powerful than we’ve ever been before.
• Be The Voice That Speaks Up.
• Be The Hand That Reaches Out.
• Be The Light That Cures Cancer.

For more information and/or to register for the event, visit their website: www.lightthenight.org/events/sioux-falls

PLEASE KEEP US INFORMED
Please notify us at 605-322-3017 or 866-686-1062 if you have an address change so you can continue receiving correspondence from us.