Support Groups and Events

The Froedtert & MCW Cancer Network offers support groups and sponsors events of interest to brain tumor patients and their families. For more information about our support groups, please visit froedtert.com, or call 414-805-3666 or 800-272-3666 (unless otherwise noted).

**Brain Tumor Support Group**
The Brain Tumor Support Group is for patients and family members who are looking for information and encouragement. Meetings are designed for open discussion of concerns related to brain tumors with many sessions featuring speakers who focus on a variety of topics specific to this disease.

**Cancer Caregivers Support Group**
This support group is for friends, family members or others caring for people with cancer. It promotes open communication of feelings, as well as providing relaxation and stress relief. Various topics of interest to the caregiver are also presented. (This group is made possible by donations to Froedtert Hospital Foundation.)

**Epilepsy Support Group**
This support group is open to people with epilepsy, their family members and caregivers. Each month, a guest speaks on topics of interest related to seizures.

**Brain Stem**
Froedtert & the Medical College of Wisconsin Brain and Spine Tumor Program

The Froedtert & the Medical College of Wisconsin Brain and Spine Tumor Program

Be Heard, Be Validated, Be Educated

The Small Stones Wellness Center offers ongoing services and classes that promote wellness, all at low or no cost to our patients. These include:

- Yoga
- Tai Chi
- Guided meditation
- Exercise
- Oncology massages
- Reiki
- Oncology facials and skin care consultations
- Makeup consultations
- Acupuncture
- Custom hair and wig services

(Funding for Small Stones Wellness Center services and products is made possible by generous donations to Froedtert Hospital Foundation.) All or some of these services can be found at four Froedtert & MCW locations:

**Small Stones Wellness Center**
Defining Wellness During and After Cancer Treatment

Maggie Lausten, Aesthetic Wellness Coordinator, Small Stones Wellness Center

**Weekly Services**

- **Brain Stem**
- **Epilepsy Support Group**
- **Cancer Caregivers Support Group**

**Resources**

- **Brain Stem**
- **Epilepsy Support Group**
- **Cancer Caregivers Support Group**

**Address**

Froedtert Hospital (6600 W. North Ave.)

**Contact**

414-805-3666 (unless otherwise noted).

**THE BRAIN STEM VIA E-MAIL**

If you prefer to receive this newsletter electronically, go to froedtert.com, Health Resources, Publications and subscribe to My Health News. My Health News is a monthly e-newsletter delivering information about health topics you choose. Be sure to check the “cancer box” to receive the latest issue of The Brain Stem. You can also view or print The Brain Stem any time by visiting froedtert.com/brainstem and choosing the Patient Resources page.

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Seizures have become “Hollywoodized” to the lay public, meaning all seizures are perceived as “grand mal,” whereby a person falls, stiffens and shakes. This will dismiss stereotypes, discuss seizure classification, describe seizure types and discuss the care for different types of seizures.

Seizures are divided into two categories—partial and generalized. A partial seizure is an electrical disturbance in one area of the brain. A generalized seizure involves electrical changes in both hemispheres of the brain. A person with a brain tumor may develop partial seizures, depending on the location of the tumor. There is a possibility the seizure may begin in one part of the brain, then move to the entire brain, causing a secondary, generalized tonic/clonic seizure.

Partial Seizures

During a simple partial seizure, a person remains conscious (does not lose awareness). Some may experience a warning seizure, also called an aura. This may be an unusual taste, smell or noise, dizziness, nausea, visual changes or sensations. There may be rhythmic motor movement localized to a limb.

Complex partial seizures include loss of consciousness. Commonly, the person may do repetitive, nonpurposeful movements such as lip smacking, chewing or fiddling with clothes. The patient may or may not talk and may stare. When a person is having a partial seizure, try to be calm, keep him or her safe and contained in one room. Avoid touching him or her if possible. Re-orient the person when the seizure ends. A person who has had a complex partial seizure will not recall the episode. A person who has had a seizure that alters consciousness may not legally drive in Wisconsin for 90 days.

Generalized Seizures

Absence seizures (old terminology was petit mal) are characterized by brief lapses of consciousness. They last from just seconds to up to half a minute. A person will stop and stare and his or her eyes may deviate upward. Myoclonic seizures involve sudden, shock-like muscle contractions that jerk the arm bilaterally. Atonic seizures (old terminology was drop attack) are a sudden loss of muscle tone. A person who has an atonic seizure while standing will fall. Tonic/clonic seizures (old terminology was grand mal) are probably the most familiar type of seizure. The person becomes rigid, falls and utters a high-pitched cry. A person may stop breathing, leading to cyanosis (blue color of skin and lips), may have urinary incontinence and the person may bite his or her tongue. If a person is having this type of seizure, protect the head, and place on his or her side to avoid an aspiration. Never place objects in the patient’s mouth. A person who has had a tonic/clonic seizure may be confused for hours or may want to sleep. If this type of seizure lasts longer than five minutes, or if the person sustains an injury, medical intervention is necessary. Since seizures can be one of the main symptoms of a brain tumor, it is important for patients to understand seizures. Closely follow your physician’s recommendations regarding seizures and when to contact your physician or get medical attention.

Chasing Chad Supports Brain Tumor Research

In 2009, Chad Bordwell was diagnosed with a brain tumor. He was a 36-year-old loving husband, father of three young girls and an avid runner who had just completed his ninth marathon. To show their support, his friends formed Chasing Chad, an organization that raises awareness about brain tumors and money for brain tumor research. Members pledged to complete the equivalent of a marathon (26.2 miles) of physical activity in December 2009. Chad was thrilled with the support and asked the group to use their enthusiasm to help raise money for brain cancer research and to support others affected by the disease. He said, “I just want to figure out a way to beat this thing, if not for me, then for others.”

Sadly, Chad passed away later that December, but his family and friends continue to live true to his vision. Every year, Chasing Chad hosts a variety of fundraising events, including a tailgate party at a Milwaukee Brewers baseball game, a spinning indoor cycling event, a 5K run/walk and an annual casino night gala. These events help them remember Chad, a dynamic and inspirational business colleague, friend and family member, while raising funds for brain tumor research. To date, the organization has donated about $30,000 for brain tumor research at Froedtert & MCW Froedtert Hospital. In addition, Chasing Chad provides books such as, “Navigating Life with a Brain Tumor,” which physicians with the Froedtert & MCW Cancer Network provide to newly diagnosed patients. Chasing Chad also offers financial assistance to individuals undergoing brain cancer treatment. To request financial assistance, patients can contact brainchasingchad.org for more information.

Family members of Chad Bordwell and directors of Chasing Chad recently visited Froedtert Hospital to present a $30,000 donation from 2016 fundraising activities. At the hospital, they met José Palarmos, a second year Medical College of Wisconsin medical student, who received a summer research fellowship from Chasing Chad to participate in brain tumor research in the laboratory of Kathleen M. Schmainda, PhD, Vice-Chair of Imaging at the Medical College of Wisconsin. They also toured the Elekta Unity MR-linac, a high-field MR-guided linear accelerator. Researchers at the Froedtert & MCW Clinical Cancer Center at Froedtert Hospital campus are studying the MR-linac for its potential in treating brain tumor patients, among other applications.

The Froedtert & MCW Cancer Network is the only cancer program in the Midwest and one of just seven in the world that will offer MR-guided radiation therapy with Elekta Unity for patient treatment.
Gamma Knife Advances Increase Precision

Joseph Bovi, MD, Radiation Oncologist

Focused, high-dose radiation is considered for some patients who have cancerous or noncancerous tumors in the brain. An effective, nonsurgical technology for delivering this type of treatment is called Leksell Gamma Knife® radiosurgery.

“The Gamma Knife system is unparalleled in its ability to deliver a high dose of radiation to a target within the patient’s brain while sparing surrounding normal brain tissue,” said Joseph Bovi, MD, radiation oncologist.

Now, a new version of the Gamma Knife system allows physicians to provide even more personalized therapy.

“The Perfexion™ system includes additional tools for our physicians to provide even more personalized therapy. Now, a new version of the Gamma Knife system allows tissue,” said Joseph Bovi, MD, radiation oncologist.

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These events help them remember Chad, a dynamic and inspirational business colleague, friend and family member, while raising funds for brain cancer research in the laboratory of Kathleen M. Schmainda, PhD, Vice-Chair of Imaging Research and Robert C. Olson, MD, Professor in Radiology. They also toured the Elekta Unity MR-linac, a high-field MR-guided linear accelerator. Researchers at the Froedtert & MCW Cancer Network is the only cancer program in the Midwest and one of just seven in the world treating brain tumor patients, among other applications.

Hi, my name is Linda Allen. I am the Program Coordinator, Comprehensive Epilepsy Program.

Recognizing Seizures

Linda Allen, BSN, RN

Seizures have become “Hollywoodized” to the lay public, meaning all seizures are perceived as “grand mal,” whereby a person falls, stiffens and shakes. This article will dismiss stereotypes, discuss seizure classification, describe seizure types and discuss the care for different types of seizures.

Seizures are divided into two categories – partial and generalized. A partial seizure is an electrical disturbance in one area of the brain. A generalized seizure involves electrical changes in both hemispheres of the brain.

A person with a brain tumor may develop partial seizures, depending on the location of the tumor. There is a possibility the seizure may begin in one part of the brain, then move to the entire brain, causing a secondary, generalized tonic/clonic seizure.

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Complex partial seizures include loss of consciousness. Commonly, the person may do repetitive, nonproductive movements such as lip smacking, chewing or fiddling with clothes. The patient may or may not talk and may stare.

When a person is having a partial seizure, try to keep him or her safe and contained in one room.

Small Stones (continued from cover)

Menomonee Falls
Cancer Care Center at Community Memorial Hospital campus
262-856-7272

Milwaukee
Clinical Cancer Center at Froedtert Hospital campus
414-805-0998

West Bend
Kraemer Cancer Center at St. Joseph’s Hospital campus
262-836-7275

New Berlin
Mooreland Reserve Health Center
262-788-7440

Tumor Research (continued from page 2)

Chad’s friends and family invite others to join in their mission to promote, raise awareness and provide financial and other support to benefit the research and treatment for brain tumors. Their signature fundraising event, the Chasing Chad Casino Night Gala, is tentatively scheduled for Friday, Sept. 22. This fundraiser will feature casino games and other entertainment, a silent auction, door prizes, hors d’oeuvres, a buffet dinner and a fun evening for everyone. Details are available at chasingchad.com.
Support Groups and Events

The Froedtert & MCW Cancer Network offers support groups and sponsors events of interest to brain tumor patients and their families. For more information about our support groups, please visit froedtert.com, or call 414-805-3666 or 800-272-3666 (unless otherwise noted).

**BRAIN TUMOR SUPPORT GROUP**
The Brain Tumor Support Group is for patients and family members who are looking for information and encouragement. Meetings are designed for open discussion of concerns related to brain tumors with many sessions featuring speakers who focus on a variety of topics specific to this disease.

**YOUNG ADULT ONCOLOGY GROUP**
Children’s Hospital of Wisconsin offers the Young Adult Oncology Group for cancer survivors (on and off treatment) ages 18 to 99. This group provides survivorship support, education and social activities.

**CANCER CAREGIVERS SUPPORT GROUP**
This support group is for friends, family members or others caring for people with cancer. It promotes open communication of feelings, as well as providing relaxation and stress relief. Various topics of interest to the caregiver are also presented. (This group is made possible by donations to Froedtert Hospital Foundation.)

**EPILEPSY SUPPORT GROUP**
This support group is open to people with epilepsy, their family members and caregivers. Each month, a guest speaks on topics of interest related to seizures.

**CALENDAR**

- **Brain Tumor Support Group**
  Third Tuesday of each month
  Froedtert & MCW Clinical Cancer Center at Froedtert Hospital campus
  Meets monthly; times and locations vary.
  For information, please see the listing in the Hope Clinic at the Clinical Cancer Center, or call 414-805-3666 or 800-272-3666.

- **Cancer Caregivers Support Group**
  Fourth Tuesday of each month
  Froedtert & MCW Clinical Cancer Center at Froedtert Hospital campus
  Conference Room J, Lobby Level
  Various speakers are offered.

- **Young Adult Oncology Group**
  Meets monthly; Dates and times vary.
  Sponsored by Children’s Hospital of Wisconsin, the Medical College of Wisconsin and the Clinical Cancer Center.
  More information: Kristin Bingen, 414-955-4148 or kbingen@mcw.edu.

**Small Stones Wellness Center**
Defining Wellness During and After Cancer Treatment

Maggie Lausten, Aesthetic Wellness Coordinator, Small Stones Wellness Center

Cancer diagnosis and treatment often change the way people look and feel. This can affect how a person copes with the illness. The Froedtert & the Medical College of Wisconsin Small Stones Wellness Center supports healing by helping patients enhance appearance, learn about wellness, address stress with relaxation techniques and boost self-esteem. Skilled and compassionate wellness professionals provide one-on-one services to help people who have cancer look and feel their best.

- **Relaxation Services**
  - Oncology facials and skin care consultations
  - Oncology massages
  - Custom hair and wig services
  - Makeup consultations
  - Acupuncture
  - Custom hair and wig services

(Funding for Small Stones Wellness Center services and products is made possible by generous donations to Froedtert Hospital Foundation.)

All or some of these services can be found at four Froedtert & MCW locations:

- Froedtert Hospital
- Froedtert Hospital North Tower
- Froedtert Hospital South Tower
- Froedtert Hospital Eau Claire

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