

# BMT Program Newsletter

Volume 1, Issue 1

Summer 2007

[www.marrows.org](http://www.marrows.org)  
 Help save a life!!



Join or encourage others to join the National Marrow Donor Program to register as a volunteer donor for people in need! For more info, visit the above website!

## Welcome to the First Issue of our BMT Newsletter!

From the desk of  
*Tom Shea, MD:*

This newsletter has been created to provide a link between patients, caregivers and the entire UNC BMT Team! Whether you're preparing for transplant, currently experiencing transplant or already on the other side, we want to hear from you! Issued quarterly, our newsletter is designed to be a forum for all members of our BMT family.

We're looking for patients and/or family members to contribute stories they'd like to share with others. We'll have members of the BMT Team author columns of interest. And we're always open to suggestions along the way! If you'd like to send your thoughts, please forward to [ssharf@unch.unc.edu](mailto:ssharf@unch.unc.edu)  
 Let's keep in touch!



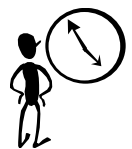
Team Members at the November 2006 Donor Drive in the Outer Banks

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### Did you know.....

UNC has performed over 1,000 transplants since the program first started in 1992?



### Websites of Interest

[www.bmtinfonet.org](http://www.bmtinfonet.org)

\* Includes emotional support & links to other organizations for patients and families



## BMT Reunion Set for May 3, 2008

**SAVE THE DATE!** Our 2nd Bone Marrow Transplant Reunion picnic has been scheduled for Saturday May 3, 2008 at the Union Grove Methodist Church in Chapel Hill. For those of you who attended the reunion in 2004, this is the same facility we had the

picnic at last time. Our next newsletter will have more information regarding the time and directions....but plan to attend this great event! Our attendance at the last reunion was wonderful and proved a great chance to catch up with your friends, family and the BMT

Team Members. If you'd like to join in the planning of this event, contact Betty Hinshaw @ 966-8968 or [bhinshaw@unch.unc.edu](mailto:bhinshaw@unch.unc.edu)

If you would like to be included in the slide show to be viewed during the picnic, email your pictures to: [ssharf@unch.unc.edu](mailto:ssharf@unch.unc.edu)

## Update on the SECU Family House

The big earth-moving machines have arrived, the site has been graded, and footings have now been poured at the 6.2-acre site at 123 Old Mason Farm Road. SECU Family House will begin to take shape as walls go up and framing begins this spring and early summer. The construction schedule calls for the entire facility to be "dried in" by late summer, with finish work continuing inside through most of December.

Resolute Building Company plans to turn over the keys in mid-December, and the hope is to open the house to guests in January or February 2008. Stay tuned to the Web site for more details as construction continues and the capital campaign comes to a successful conclusion. A huge thanks to all who have gotten us this far! It won't be too much longer before we

have affordable housing and support services available to families in crisis from all over NC! For more information:

[www.familyhouseatunch.org](http://www.familyhouseatunch.org)



## November Outer Banks Donor Drive a Huge Success!

Ten members of the UNC Bone Marrow Transplant and Hematologic Malignancy programs traveled to the inaugural Outer Banks Marathon on November 10, 11th, and 12th to hold a Bone Marrow Donor Drive for the National Marrow Donor Program (NMDP). With funding from UNC Hospitals and the support of the race organizers and residents of the Outer Banks, the Drive was held in the Dare County Convention Center which also served as race

headquarters. The Drive and the marathon were both huge successes with enrollment of 226 new donors and nearly 4000 participating runners. Hats off to Debbie Covington, Betty Hinshaw, and Sam Sharf, transplant coordinators; Barbara Kok, BMT clinic nurse; Bobbi Marks, administrative director, UNC Oncology Services; Andrew Sharf, quality assurance specialist; Drs. Tom and Kathy Shea and to John and Kathyne Strader for their

hard work in making this a fun and successful trip.

Drives such as this help add to the donor pool of the National Marrow Donor Program for any patient who may need an unrelated donor transplant.

**Left to Right:** Dr. Tom Shea, director of the UNC Bone Marrow Transplant and Hematologic Malignancy programs; Transplant Coordinator Betty Hinshaw; Senator Marc Basnight; UNC physician's assistant John Strader; Transplant Coordinators Debbie Covington and Sam Sharf; BMT Clinic RN Barbara Kok.



## Coordinator's Corner: Welcome Pat Odell, RN, BSN, CCTC!

The UNC BMT Program is excited to announce the addition of Pat Odell to the Nurse Coordinator Team! Pat joins Debbie Covington, Betty Hinshaw and Sam Sharf in the role of navigating our patients through the process of transplant preparation. Pat's career highlights are impressive. Her previous nursing roles include Critical Care Manager at Durham Regional and Liver

Transplant Coordinator here at UNC. She worked in a Case Management role that first introduced her to the world of BMT. "I was fascinated by it, and when this position became available, it was the perfect opportunity to enter the field."

Pat will be working primarily with Dr. Don Gabriel as well as the Pediatric BMT Program.

Welcome back to UNC, Pat!



Pat Odell, RN, BSN, CCTC  
BMT Nurse Coordinator



## "Team in Training" Update — Go Jenni Davis!



Cheers and accolades to Jenni Davis for her Team in Training efforts! Jenni pitches for Kelly Kivette on Mondays as the Recreational Therapist on the BMTU. Tuesdays through Fridays, Jenni is the Pediatric Hematology/Oncology Recreational Therapist and gets to know our pediatric population before they come over to the BMTU here. Jenni is preparing for the Walt Disney Team in Training Triathlon to be run on September 23rd! This is an Olympic length event, so she will be swimming 1 mile, then biking 36 miles, then running 6.2 miles. While Jenni has worked in the BMTU for almost two years, and with pediatric hematology/oncology patients for more than ten years, the story begins prior to Jenni's work with patients. In college she had a good friend, Chene, who had Hodgkin's Disease. Chene received a bone marrow transplant, and that experience changed Jenni's life. Through the TNT triathlon, Jenni can be a part of the cure. Since 1988, Team in Training participants have raised 700 million dollars for the Leukemia Lymphoma Society & Jenni is hoping to contribute \$4000 in pledged funds to help as well! If you'd like to help Jenni reach her goal or check out her training progress, please visit her website at:

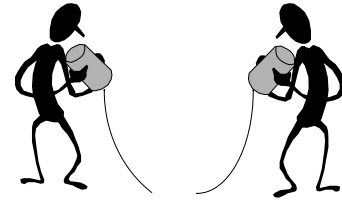
<http://www.active.com/donate/tntenc/JenniDavis>

## Join UNC's Team for the *Light the Night* Event on September 8th!



Calling all walkers!! *Light the Night* is an annual event that helps raise funds toward finding a cure for leukemia, lymphoma and myeloma. Anyone can take part, and this year's event will be held on Saturday, September 8th in Raleigh. UNC Team Captain (& BMT Clinical

Research Coordinator) Julia Whitley invites you to join our team to bring help & hope to thousands of people battling every day! For more info, please contact Julia at: [whitleyj@med.unc.edu](mailto:whitleyj@med.unc.edu) or visit the *Light the Night* website at: [www.lightthenight.org/nce](http://www.lightthenight.org/nce)



## Be a Transplant Patient Liaison!

Would you like to speak with a potential transplant recipient who's interested in hearing from someone who's "been there?" We are looking for post-transplant patients who would be interested in sharing their experience with a fellow patient who's currently considering transplant. Whether you've undergone an autologous or allogeneic transplant, your first-hand knowledge and understanding of the process could be incredibly helpful to others. There is nothing like hearing what the event was like from someone who has already been through it! As requests come in from patients, we would connect you with a person who's considering a similar transplant to what you have had. This would be done only with your and their permission to exchange phone numbers and/or e-mail addresses. If you'd like to be placed on a list of volunteers, please contact Debbie Covington, Transplant Coordinator, at 919-966-0297 or [dcovingt@unch.unc.edu](mailto:dcovingt@unch.unc.edu)

## Help Prevent Graft-vs-Host Disease—Use that Sun Screen!!

Did you know that sun exposure can increase the severity of Graft-vs-Host Disease (GVHD)? For those transplant recipients who have received cells from another person, called an allogeneic transplant, GVHD is a potential complication that can be life-threatening. Exposure to the sun without adequate protection can make Graft-vs-Host Disease of the skin worse, and it can cause it to appear for the first time in those who have never had it before.....

### SLIP! SLOP! SLAP! YOUR SKIN

Summer's sun is in full effect and so are its damaging rays!! Now is really the time to protect your skin from the sun. All patients who have received certain chemotherapies should be cautious in the sun as it can make your skin more light sensitive, resulting in rash and irritation. The American Cancer Society (ACS) recommends following these tips to prevent sun exposure

and sunburns (regardless of your skin color):

- **SLIP** on a shirt (lightweight cotton with long sleeves)
- **SLOP** on sunscreen with an SPF 15 or greater
- Reapply sunscreen hourly and after sweating
- **SLAP** on a hat and sunglasses
- Avoid sun exposure, especially between 10 AM and 4PM when the sun's rays are most direct
- Seek shade whenever possible if outdoors
- Move the parties & picnics indoors

We want you to enjoy your summer with family and friends, not battling skin GVHD or a bad skin rash. Your family should follow these tips, too. Sun protection is important for everyone and also prevents skin cancer.

For more on the ACS's *Slip! Slop! Slap!* Sun Protection Campaign, log on to: [http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_6X\\_SLIP!\\_SLOP!\\_SLAP!\\_51.asp?sitearea=&level=](http://www.cancer.org/docroot/CRI/content/CRI_2_6X_SLIP!_SLOP!_SLAP!_51.asp?sitearea=&level=)

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### TELL US YOUR STORY!

Would you like to be featured in a future issue of the BMT Newsletter? Please call or email Sam at 919-966-7516 or [ssharf@unch.unc.edu](mailto:ssharf@unch.unc.edu)