

# They wear many hats-fathers, professionals, volunteers

(From reports by Linda Brogan, Helen Farrell and Kitty Taylor)

There are lots of men at the medical center who are fathers — and good ones at that.

Being a good father is time consuming. Yet some medical center fathers who are also busy professionals have made the time to actively participate in a wealth of local volunteer activities.

Three such professionals are Drs. William Bradford, Robert Habig and Craig Tisher.

Bradford is an associate professor of

pathology and assistant professor of pediatrics. He has served as associate dean for undergraduate medical education from 1974-1978.

As he prepared to relinquish his duties as associate dean, the Davison Society presented him with a plaque (April 28, 1978) "in appreciation for outstanding and dedicated service as associate dean of students."

Awards from students are especially important to him, and he said: "It is a privilege to serve as associate dean. I think we have the best medical students

in the country."

Bradford is 1978 president of the Y.M.C.A. where he coaches in Little League, t-ball and basketball. He also has served as head of the program committee of the Y.M.C.A.

Bradford was inspired as a youth by an adult who cared, and he has made working with young people a high priority in his life. He has two children, both active in sports.

Habig is deputy director of Duke Hospital Laboratories. He was a key volunteer during volunteer service week

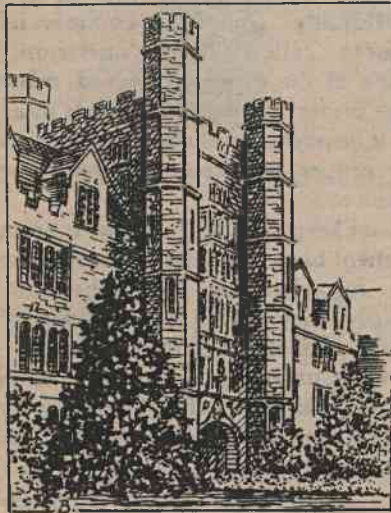
this year in Durham.

He devotes a lot of his time to scouting, having worked as a Durham cub master for Lion's Club Pack 17 for the past three years.

"I was a cub and then a boy scout when I was a youngster," Habig said. "So I believe in it as an activity. I know that scouting is good for kids."

He spends one vacation week each summer working with the Cub Scout Day Camp and will serve as director of the day camp this summer.

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DURHAM, N.C.

# She prescribes good food for cancer patients

By Michelle F. Robertson  
Staff Writer

## Comprehensive Cancer Center

Since most of us were very young children, we've been bombarded with all sorts of helpful admonishments on how to maintain good health. "Eat your peas. They're good for you," is an all too familiar phrase in most families — a call to arms which parents use to teach their children good eating habits.

The passing of time often dulls these early childhood lessons, until people are faced with the stark reality of illness or

disease. For the person with cancer, this is especially important. And there's a young woman in the medical center who's determined to see that her patients realize that.

So every weekday morning about 8 a.m. Pat Custer, R.D., clinical dietitian in the Department of Dietary Services, begins her trek through the orange, blue, red and green zones of the hospital corridors to visit her patients. All of them have some form of cancer and all of them could benefit from a better nutritional state.

The rapidly multiplying cells of a cancerous tumor are in constant competition with the rest of the body for the nutrients provided by food, Custer explained. Usually the cancer is the winner, devouring many of the body's essential nutrients as it grows.

The side effects of many cancer treatments — nausea, diarrhea, stomatitis (mouth ulcers) and anorexia (loss of appetite) — rob a patient's nutritional reserves even more, she said.

Custer said studies have shown that patients respond better to treatment if

they can maintain a good nutritional balance. And that's what she tries to help them do.

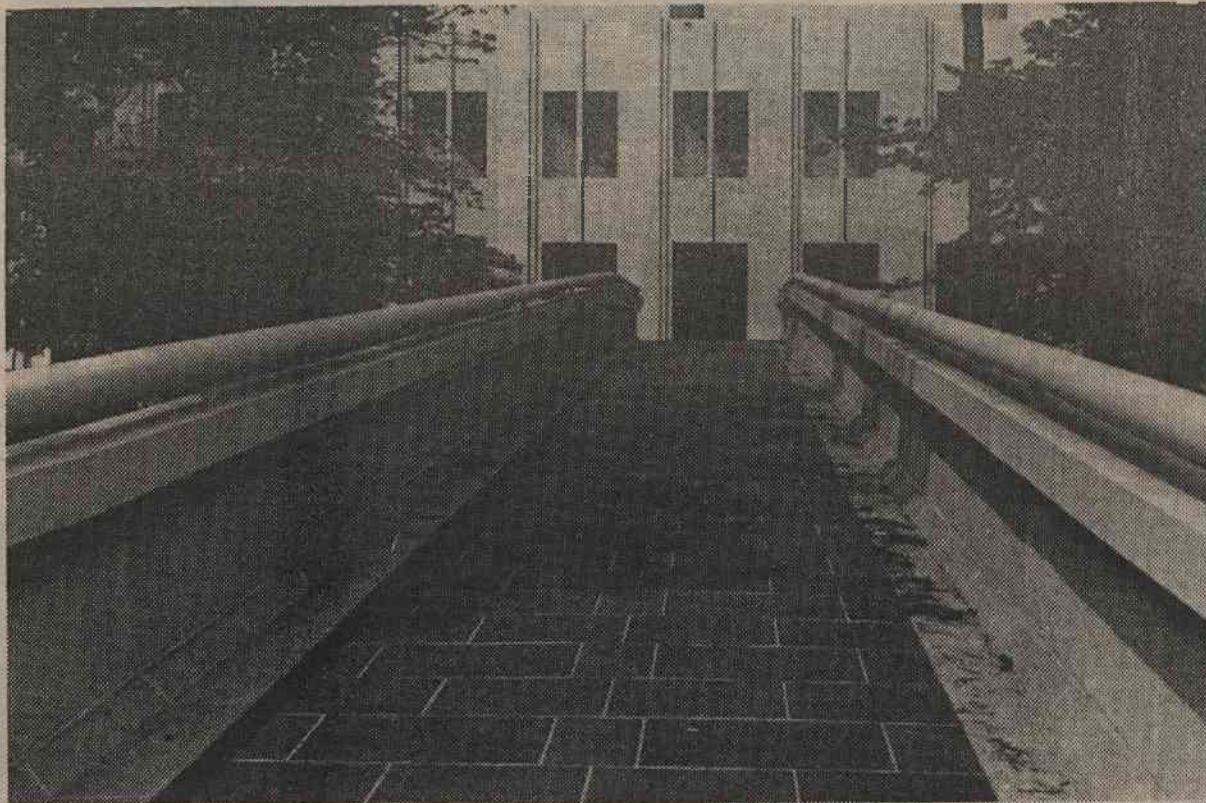
Perhaps the most important thing a patient can do for himself is be conscious of the problems of maintaining his weight during the course of the disease and treatment and do everything he can to help maintain it, she explained.

Often what Custer prescribes seems too simple to be that important.

"Lack of good nutrition is a problem but there are simple things that can be done," she said. "Most of what needs to be done is to modify the consistency of the diet so that it is softer and easier to swallow, and increase the calories."

She recommends such high protein, high caloric foods as milkshakes, custards and puddings. Soft, non-acidic foods such as macaroni and cheese, chicken noodle soup or any creamed soup are also highly recommended.

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**EMPTY NOW, BUT NOT FOR LONG**—The ramp leading up to the main entrance of the Edwin A. Morris Clinical Cancer Research Building is quiet and empty now, but the building will soon see plenty of activity. Radiation therapy in the sub-basement began treating patients June 5, and one of the first was 4-year-old Tekisha Faison (photo at right), getting acquainted with Dr. Lowell Miller, director of the Division of Radiation Therapy. The Morris Building's ambulatory clinics will open June 26, and inpatients will be admitted on July 5. See related photo on page 3. (Photos by Parker Herring)

