



August 2018

Dear Patients, Families and Friends

I write at this time to provide a long overdue update to all of you on where life has taken me since becoming ill in January. To start, I am thankfully doing very well at this point and truly feel blessed to be enjoying life again. Without a doubt, the winter months following diagnosis were difficult. The effects of the cancer itself and the impact of the medications necessary to treat it, took their toll. However, as Spring arrived so too was there evidence that the treatments were positively impacting my cancer. At about the same time my body began to tolerate the treatments and my physical strength slowly began to return.

Over the last three months I have literally been “feeling stronger every day.” I have been able to once again become an active participant in family life and community activities. My appetite has returned as has the majority of weight that I had lost, and I have slowly but surely returned to regular physical exercise. Aside from nuisance chemotherapy side effects which I have become accustomed to, I get up everyday feeling pretty well and I am living life as best I can in my “new state of normal.”

The one piece of the equation that is missing in my “new normal” is all of you and my absence from being able to help all of you has left a tremendous void in my life which saddens me. The last six months have provided me with tremendous insight regarding many things in life and right at the top of the list is how important all of you have been and continue to be to me. I miss all of you greatly. I miss being able to be your pediatrician.

I celebrate that I am feeling well again and am so thankful to all who have provided incredible support for myself and my family over the last six months. The medical treatment that I have received has been tremendous. However, the well wishes, prayers, gifts, meals, plants, artwork and heartfelt notes and messages that I have received from all of you have at critical times provided strength, healing and perspective that no medicine could have given me.

Although things are maintaining a positive trajectory at this time, my family and I take life one day at a time and know that our life with cancer will continue to provide all sorts of challenges. From the bottom of my heart, I thank all of you for continuing to be a part of my life and respectfully ask to keep those prayers and positive thoughts coming—they seem to be working!!

With unmeasurable gratitude and love,

Jim Fragetta

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