

Center Stage™

A quarterly publication by West Michigan Cancer Center

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Pink Saturdays for the Cure

Pink Saturdays for the Cure, a program to offer free mammograms to uninsured and underinsured women over 40, will return to Southwest Michigan in October. Thirty-two healthcare organizations in eight counties—more than three times as many as last year—have come on board to provide the free screening mammograms to women who meet the program's guidelines. Mammograms will be offered on four consecutive Saturdays, beginning October 4. The cooperative effort was initiated by the West Michigan Cancer Center and the Southwest Michigan Affiliate of Susan G. Komen for the Cure.

The development of Pink Saturdays for the Cure was motivated by the low percentage of eligible women in Southwest Michigan receiving annual mammograms and the importance of early detection and treatment of breast cancer. Breast cancer is the most commonly diagnosed cancer and the second leading cause of cancer-related deaths among U.S. women. There is currently no cure for advanced breast cancer.

The participating mammography facilities in 2008 include Allegan General Hospital, Battle

Creek Health System, Borgess Medical Center (Kalamazoo), Borgess Westside (Kalamazoo), Borgess Pipp Hospital (Plainwell), Borgess Lee Memorial Hospital (Dowagiac), Borgess at Woodbridge Hills (Portage), Bronson Center for Women (Kalamazoo), Bronson Vicksburg Hospital (Vicksburg), Bronson Lakeview Hospital (Paw Paw), Bronson Diagnostics at Woodbridge (Portage), Community Health Center of Branch County (Coldwater), Community Hospital (Watervliet), Lakeland Community Hospital (Niles), Lakeland Center for Outpatient Services

(St. Joseph), Oaklawn Hospital (Marshall), South Haven Community Hospital, South Shore Women's Health Care (St. Joseph), Sturgis Hospital, and Three Rivers Health Hospital. In addition to Susan G. Komen for the Cure, the following medical organizations are also providing support for Pink Saturdays for the Cure: Advanced Radiology Services, PC - Kalamazoo Division, Branch Medical Imaging, Southwest Michigan Breast and Cervical Cancer Control Program (BCCCCP), Coldwater Radiology, - *continued on inside*

West Michigan Cancer Center  Together, we win.

200 North Park Street Kalamazoo, MI 49007-3731 | Phone 269.382.2500 | www.wmcc.org

Pink Saturdays For the Cure

- continued from cover

Kalamazoo Center for Medical Studies
– Michigan State University, Orange Cross
Radiology, Premier Radiology (Kalamazoo),
Radiology Consultants, and West Michigan
Cancer Center.

Free mammograms will be offered on October
4, 11, 18, and 25 at facilities in Allegan, Berrien,
Branch, Cass, Calhoun, Kalamazoo, St. Joseph,
and Van Buren counties. A limited number
of slots will be available during the week at select
facilities. To discuss eligibility and schedule
a mammogram, uninsured and underinsured
women should call toll-free, 800-873-0649.

WMCC Wins Award

Pink Saturdays has been selected as a
recipient of the 2008 Michigan Cancer
Consortium (MCC) Spirit of Collaboration
Award. The award nomination was
submitted by West Michigan Cancer
Center and the Southwest Michigan
Affiliate of Susan G. Komen for the Cure.

*The award is the MCC's highest honor and is
given to member organizations that have done
outstanding collaborative work to significantly
move comprehensive cancer control activities
forward in our state.*

Pink Saturdays for the Cure

Are you over 40?
Uninsured or underinsured?
Call today to schedule your

FREE MAMMOGRAM! in OCTOBER

Allegan, Berrien, Branch, Calhoun, Cass, Kalamazoo,
St. Joseph and Van Buren Counties.

WORKING TOGETHER for a HEALTHIER COMMUNITY

SUSAN G.
KOMEN
FOR THE
CURE
SOUTHWEST
MICHIGAN



Branch Medical Imaging
RADIOLOGY
CONSULTANTS PLC

Call today
to schedule your
FREE MAMMOGRAM
in OCTOBER
1-800-873-0649

Change to Make a Change

Garage sales are typically a lot of work, and that's okay with Richard Schidecker of Kalamazoo. Richard's family—six children and 12 grandchildren—figures the busier they are, the more money they raise for the West Michigan Cancer Center. The family just wrapped up its 2nd annual "Change to Make a Change" garage sale, netting more than \$1,800 for the WMCC Patient Care Services Program. This labor of love is dedicated to the memory of Richard's wife, Donnette, a WMCC patient who passed away from breast cancer at the age of 53 in 2006.

The Schidecker family scoured their own homes for items to sell and collected countless boxes of donations of used goods from friends and strangers alike for the two-day sale. They also received help from local businesses that wanted to support their cause. Norman Foods donated bottled water

and a vehicle to transport items, Goggin Rental came through with 26 tables, and neighbors agreed to let customers park in their driveways. Buyers were even asked if they would round up to the nearest dollar for WMCC, and Richard says most agreed. Richard adds, "Our prices were firm, but we were really cheap to begin with, so most people didn't try to bargain with us because they knew it was for charity."

The Schidecker family is already preparing for next year's sale. They've decided to schedule it in the last weekend in July from now on so that people will "always know when the sale is taking place." The atmosphere will also be decidedly more festive, with plans for a dunk tank and concessions like hot dogs and popcorn.



TomoTherapy Comes to WMCC

For more than 80 years, radiation therapy has been used in cancer care. The primary challenges have remained the same:

- *How can doctors be sure the beam is reaching the tumor as planned?*
- *How can harm to healthy tissue around the tumor be minimized?*

Addressing these challenges in newer, better ways has always entailed adapting a design from a different era. That has led to the development of a new technology called TomoTherapy.

Using TomoTherapy, our radiation oncologists and therapists have the unique ability to:

- *Use daily CT imaging to guide treatment, based on patient anatomy for that day, rather than for last week or last month*
- *Customize delivery for each patient, surrounding the target with highly precise radiation delivered from all angles*
- *Minimize radiation exposure to healthy tissue*
- *If necessary, adapt the treatment plan at any point*

About five years ago, the first patient was treated on a TomoTherapy Hi-Art system. Today, thousands are being treated on more than 150 systems installed in facilities around the world, including West Michigan Cancer Center. This growing community of patients—survivors—is a great source of pride and inspiration.

360° delivery. Conventional machine design allows radiation to be delivered from only a few directions. TomoTherapy's linear accelerator is mounted to a CT scanner-like ring gantry, which means treatments can be delivered continuously, from all angles around the patient. More beam directions give physicians more control in how they plan treatments—and more assurance that dose will be confined to the tumor, reducing the risk of short- and long-term side effects.

Thousands of targeted beamlets. The TomoTherapy Hi-Art treatment system uses a patented multi-leaf collimator (MLC) that divides the radiation beam into beamlets, all aimed at the tumor. Typically, tens of thousands of beamlets are used in a single TomoTherapy treatment session. Powerful software optimizes the contribution of each one to the total tumor dose, minimizing exposure to healthy tissue.

CTTrue™ image guidance for every patient, every day™. The unique ring gantry design facilitates a 360° delivery pattern. Perhaps even more importantly, it integrates true CT imaging that can be used on a daily basis to guide the accurate delivery of each treatment session. No other radiation therapy machine offers this seamless integration of image-guided and intensity-modulated radiation therapy.

Timeline.

The first patient is expected to be treated by early October. By the end of November, the TomoTherapy machine will be fully integrated in WMCC clinical treatments, with an expected treatment load of 25 to 30 patients per day.



Introducing Medical Oncologist Howard Cooper, DO

West Michigan Cancer Center is pleased to announce the addition of Howard Cooper, DO, as Medical Oncologist.

Dr. Cooper graduated from Michigan State University with a Bachelor of Science degree in Physiology and earned his Doctorate from the Michigan State University College of Osteopathic Medicine in East Lansing. He completed an Internal Medicine internship at Mt. Clemens General Hospital and an Internal Medicine residency at Henry Ford Hospital, Detroit. Dr. Cooper received a Fellowship in Hematology and Oncology at the University of Kentucky Medical Center, Lexington.

Board certified in Medical Oncology and Hematology, Dr. Cooper served as a staff hematologist/oncologist at Hackley Hospital in Muskegon prior to his appointment at the West Michigan Cancer Center. He is a member of the American Society of Clinical

Oncology, the American Society of hematology, and the American Osteopathic Association.

Dr. Cooper is a native of Troy, Michigan, is married, and has two children.



Howard Cooper, DO

Special Class Series'

Food for Life Wednesdays, Oct. 15 – Nov. 5

Time: 12:00 pm – 1:30 pm

Location: WMCC 3rd Floor Multi-Purpose Room

This is a four-week class series. Topics include low fat foods, dairy alternatives, planning healthy meals and immune-boosting foods.

Healing Moves 1 Tuesdays, Sept. 9 – Oct. 13

Time: 11:00 am – 12:30 pm

Location: WMCC Lower-Level Conference Room

This six-week class series is designed to help you get moving physically, mentally, and emotionally following a breast cancer diagnosis. Each class will include stretching, walking, exercise tips, and a wealth of healing information, including how adopting a healthy lifestyle may help you reduce your risk of a recurrence.

Healing Moves 2 Tuesdays, Sept. 9 – Oct. 13

Time: 1:00 pm – 2:00 pm

Location: WMCC Lower-Level Conference Room

This six-week class is a continuation of Healing Moves 1 and is designed especially for breast cancer survivors interested in moving themselves to the next level in physical exercise. Class will consist of stretching/strengthening exercises, walking, and relaxation techniques to further enhance healing.

Class registration is required. To sign up, contact Lynne Emons at 269-384-8624 or email lemons@wmcc.org.

Event Calendar

Pink Saturdays for the Cure

FREE mammograms offered on four Saturdays - October 4, 11, 18, and 25 at various facilities in Southwest Michigan. Limited number of slots available. To discuss eligibility and schedule a mammogram call 800-873-0649.

Making Strides Against Breast Cancer

Sponsored by the American Cancer Society
5K Non-Competitive Walk
Saturday, October 11
Arcadia Festival Site, Kalamazoo
Registration: 7:30 am Race Begins: 8:30 am
For more information, call Ann Zoromsky at ACS, 269-349-8719.

Dance for the Cure

Sponsored by Susan G. Komen for the Cure
Saturday, November 1
Kalamazoo Institute of Arts. For more info email komenswmichigan@aol.com or phone 877-KOMENSW.

SW Michigan Breast Cancer Conference

Tuesday, November 11
This event for health care professionals will be held at Kalamazoo Institute of Arts— includes dinner. Electra Paskett, Ph.d, will present “*Health-Related Quality of Life in Long-Term Breast Cancer Survivors.*” Email komenswmichigan@aol.com or phone 877-KOMENSW to make reservations.

Lunch & Learn

Alternative Cancer Treatments

Tuesday, October 28 at 12:00 noon – 1:30 pm
WMCC 3rd Floor Multi-Purpose Room
Featuring Dr. Jasmine May, Naturopathic doctor at the Kalamazoo Center for Healing Arts and Gay Walker, Program Coordinator, Holistic Health Department at WMU. RSVP to Jessica Hermann-Wilmarth, Director of Development, 269-373-0129.



Visit our New Fitness Room

Our fully equipped Fitness Room, located in the lower level of the Cancer Center, is now open to current and former patients. The room has cardiovascular exercise machines and free weights for training. No matter your ability or fitness level, there's something for everyone in the new Fitness Room. An orientation is required. Call Maureen Brown at 269-373-7476 to schedule an appointment.

Fitness Room Hours:

9 am - 5 pm: Patients Only

5 pm - 7 pm: Patients and Employees

**WMCC
Main Number
269-382-2500**

Department	Dial	Department	Dial
All Appointments	21	Gynecologic Oncology	
Medical Oncology		Test Results	223
Test Results	221	Prescriptions	233
Prescriptions	231	Nurse	26
Nurse	24	Medical Records & Billing	3
Radiation Oncology			
Test Results	222		
Prescriptions	232		
Nurse	25		

Class Schedule 2008

Classes listed are offered at no charge to current and former WMCC patients and a caregiver.

Blood Cancers Support Group *This support group is for people diagnosed with any blood cancer, including leukemia or lymphoma.*
Date: Last Tuesday of each month
Time: 5:00 pm – 6:30 pm
Location: Lower-Level
Conference Room

Cooking Class *Monthly topics selected by WMCC Nutritionist Renee Van Wormer, RD, feature foods with significant health benefits. She also shares recipes and samples with participants. Contact Renee at 269-373-0109 to register.*
Dates: 1st Thursday of each month
Time: 4:30 pm – 6:00 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

Conditioning for Life *Strength, balance, and cardiovascular conditioning can cause dramatic improvements in quality of life. When done correctly, a person can reduce pain, increase energy, and improve overall health. The class is led by an exercise physiologist who will help participants adjust the class to fit their ability level. It consists of a dynamic warm up, cardiovascular conditioning, strength training, balance and flexibility training using body weight, bands, and stability balls. For more information, contact Jessica Hermann-Wilmarth at 269-373-0129 or email jwilmarth@wmcc.org.*
Dates: Tuesdays
Time: 4:00 pm – 5:00 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

Gentle and Restorative Yoga *This ongoing yoga exercise program increases general health and stamina, reducing stress and improving strength and balance of all parts of the body. Call 269-373-7446 for more information.*
Dates/Times: Twice weekly
Mondays from 5:30 pm – 6:45 pm
Thursdays from 11:30 am – 12:45 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

Look Good, Feel Better *The Look Good, Feel Better program provides information and cosmetic advice to women battling cancer. This training includes hands-on instruction on makeup, skin care, wigs, turbans, scarves, and nail care. Cosmetics are provided for your personal makeover. Call 269-373-7446 to register. This class is sponsored by the American Cancer Society.*
Dates: 4th Monday of each month
Time: 5:30 pm – 7:00 pm
Location: WMCC Lower-Level
Conference Room

My Time Meditation/Relaxation *This class is open to beginners, as well as to those with more experience. Ongoing weekly guidance in meditation and relaxation, with time for meditation practice. Come weekly or just drop in whenever you can.*
Dates: Thursdays
Time: 5:30 pm – 6:30 pm
Location: WMCC Lower-Level
Conference Room

Patient Support Group *Individuals who have been diagnosed with any type of cancer are invited to gather weekly and share information, experiences, problems and solutions. Led by Cindy Murray, WMCC social worker, this group can help foster a sense of self-esteem and courage to help survivors face the challenges that may lie ahead.*
Date: Wednesdays
Time: 1:00 pm – 2:00 pm
Location: Lower-Level
Conference Room

Pilates Ball Class *Participants will need to bring their own ball. Using a ball as part of a fitness program can accommodate a wide range of difficulty levels, each requiring support from the back and stomach muscles, which help firm up the trunk muscles in the body.*
Date: Wednesdays
Time: 4:00 pm – 5:00 pm Drop-in.
Location: WMCC 3rd Floor
Multi-Purpose Room

Prostate Cancer Support Group *This group meets for support and information regarding prostate cancer. Please call Dr. Morry Edwards, Ph.D., at 269-375-2222 or WMCC at 269-382-2500 to register.*
Date: 3rd Wednesday of each month
Time: 6:30 pm – 8:30 pm

Tai Chi *Tai Chi is an ancient Chinese form of exercise. It is designed to provide relaxation in the process of body conditioning. Call 269-373-7446 for more information.*
Beginners: Wed., 5:30 pm – 6:45 pm
Advanced: Tues., 5:30 pm – 6:45 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

For more information on any of the classes listed, call 269-373-7446 or send an email to socialwork@wmcc.org. For all classes at West Michigan Cancer Center, please park in the Radisson ramp, and we will validate your ticket.

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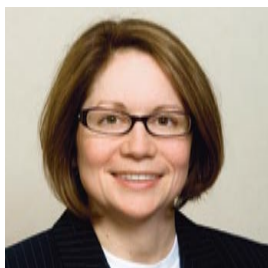
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Linda Grossheim, MD
Radiation Oncologist

Prostate Cancer Radiation Therapy Treatment Options By Linda Grossheim, MD

The prostate gland is an organ, usually the size of a walnut, that is located at the base of the bladder in men. It is estimated that approximately 186,000 men will be diagnosed with prostate cancer in the United States in 2008. From 2001 to 2005, the average age at diagnosis was 68 years of age. Overall, one in six men will be diagnosed with prostate cancer in their lifetime¹. There are several treatment options for men diagnosed with prostate cancer, and this article will briefly review the radiation therapy options. In many cases, surgery is also a treatment option, and a patient's urologist can explain this in detail.

External beam radiation therapy is a treatment option available to most men diagnosed with prostate cancer. This type of treatment consists of several beams of high-energy photons (x-rays) that are directed at the prostate. The x-rays are generated by a machine called a linear accelerator, and the treatment lasts about 15 to 20 minutes, with the patient laying on his back on a treatment table. During this treatment, the

patient will see the machine rotate around him but it will never touch him; he will not see or feel anything (like getting a chest x-ray) because the beams are invisible. This treatment usually consists of 8½ weeks of daily treatment, given Monday through Friday. Side effects during the treatment may include fatigue, diarrhea, increased frequency of urination, and pain and burning with urination. This treatment is appropriate for men diagnosed with any stage of prostate cancer, from low-risk to high-risk. This treatment is sometimes combined with hormone therapy, which consists of injections that are given from one to four months apart for a total of four to twenty-four months.

Prostate seed implant is a treatment option that may be appropriate for patients with low-risk and some patients with intermediate-risk disease. This treatment consists of implanting 60 to 100 tiny radioactive seeds into the prostate. The procedure is done in the operating room under general anesthesia, with both a urologist and a radiation oncologist present. Side effects of this treatment can include pain and burning with urination, increased frequency of urination, and diarrhea, which usually resolve a few months after the implant is done. After approximately six months, the seeds are no longer radioactive, but the dormant seeds stay in the patient for life. Urinary side effects tend to be greater with the seed implant, and bowel side effects

(eg, diarrhea) tend to increase with the external beam radiation. Patients may choose external beam radiation over seed implant because the external beam radiation is not an invasive procedure. Patients tend to choose seed implant over external beam radiation because they do not want to come for treatment every day (Monday through Friday) for 8½ weeks. As stated above, prostate seed implant may not be appropriate for all patients, and consultation with both a urologist and a radiation oncologist can help determine the most appropriate treatment for a particular patient.

1. Ries LAG, Melbert D, Krapcho M, et al. SEER Cancer Statistics Review, 1975-2005, National Cancer Institute, Bethesda, MD



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