

Center Stage™

A quarterly publication by West Michigan Cancer Center

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New Wellness Program at WMCC

West Michigan Cancer Center's Wellness Program is designed to provide current patients and cancer survivors with the support they need to make healthy lifestyle choices. Treatment for cancer can be very hard on your body. Good nutrition, exercise and other healthy behaviors can help your body heal from the physical harm cancer and its treatment may have caused. WMCC's Wellness Program is available thanks to the generous support of our community and a grant from the Lance Armstrong Foundation.

Why participate in the WMCC Wellness Program?

All of us could use inspiration and support to make healthy choices in our lives, but cancer survivors can reap many benefits from participation in a wellness program. Many cancer survivors find that they just feel better if they incorporate healthy behaviors into their daily routine. You may:

- Reduce treatment symptoms. Fitness activity can reduce fatigue and nausea. A healthy diet can boost your immune system. Participation in classes such as yoga can improve your sleep, and much more!

- Reduce your stress.
- Reduce your risk for cancer and other major health problems.
- The Wellness Program is free of charge.

What does the WMCC Wellness Program include?

- Support from WMCC staff: Wellness Program staff will work with you to find the program components that fit your needs

and provide ongoing encouragement to help you meet your goals.

- Exercise classes: On-site classes, including yoga, Tai-Chi, Conditioning for Life, Healing Moves and others (see inside panel for the complete class schedule).
- Nutrition counseling & classes: Our nutritionist will meet with you to help you eat healthy during your cancer treatment and after. Group weight-loss classes will start in November.
- 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

New Wellness Program at WMCC

- continued from front cover

- Emotional well-being and support: Psychologists and on-site support groups are available to support you during your journey through cancer.
- A new fitness room: A fully equipped fitness room is slated to open June 1. Located in the lower level of the cancer center, the fitness room will include cardiovascular exercise machines and free weights for weight training. No matter your ability or fitness level, there will be something for everyone in the new fitness room.
- Educational classes: A variety of educational classes will be offered on a rotating basis. Classes will include topics such as smoking cessation and healthy eating.

How do I participate in the Wellness Program?

- Talk to your doctor, nurse or any WMCC staff member, and tell them you want to sign up for the Wellness Program.
- Call Maureen Brown, Wellness Program Assistant, to enroll, at 269-373-7476.



Give the Gift of the Future

WMCC is committed to fighting cancer and to ensuring that all cancer survivors in South-west Michigan have access to world-class cancer treatment, research and public education in their home community. You can observe this commitment in our Patient Care Services Program, which annually provides more than 4,000 patients with psychological care, transportation, classes, financial assistance and many other services. You also see this commitment in the more than 100 clinical trials conducted at WMCC each year. You see this commitment in our staff, our dedication to new programs and in our constant clinical expansion. You can be a part of this commitment!

The West Michigan Cancer Center Endowment at the Kalamazoo Community Foundation was created to allow us to meet the challenges that come with our commitment to be the very best. Donations to the WMCC Endowment provide for the long-term financial security of our Center. Gifts to the WMCC's Endowment can be in any amount and, thanks to the Michigan Community Tax Credit, are eligible for special tax savings. This law permits a taxpayer to reduce their Michigan Income Tax or Single Business Tax liability by a credit of 50% of the amount contributed to the WMCC Endowment, subject to a maximum credit of:

- Married donors, filing jointly, can receive a 50% tax credit of up to \$200 on a gift of \$400 to a permanent endowment fund.
- A single person can receive a \$100 tax credit on a gift of \$200.



- Michigan businesses have the potential to receive up to a \$5,000 tax credit (not to exceed 5% of total Single Business Tax) on a gift of \$10,000.

Endowment gifts are donations that keep on giving! To give a gift or learn more about the WMCC's Endowment, contact Jessica Hermann-Wilmarth, Director of Development, at 269-373-0129 or email jwilmarth@wmcc.org. Donations can be sent to WMCC, 200 North Park Street, Kalamazoo, MI 49007 (make your checks payable to KCF-WMCC Endowment).



Manual for Clinical Trials Nursing

The just-released, second edition of the "Manual for Clinical Trials Nursing" features writing and editing by our own Joan Westendorp, RN, MSN, OCN. Westendorp, WMCC's Chief Nursing Officer, authored two chapters in the original manual and was asked to help provide updates to the new version. She served as an editor and authored an additional chapter. Joan is the former coordinator of the Clinical Trial Nursing Special Interest Group (SIG) of the Oncology Nursing Society. She began her career in oncology as a staff nurse at Borgess Medical Center and then joined West Michigan Cancer Center when it opened in 1994. Westendorp has more than 20 years of experience in clinical trial nursing.

In the past decade, clinical trials have undergone some important and dramatic advances. The nurse navigator has emerged as an important role. Closer adherence to the requirements set forth in the Declaration of Helsinki has brought about changes in procedures and practices. Around the world, the sheer number of clinical trial registries has increased. Buzzwords such as "transparency" and "disclosure" have spread through the medical community, resulting in a call for more information sharing with regard to ethics and informed consent.

Changes have also taken place in the role of the clinical trials nurse, with a multiplicity of titles, job descriptions, duties, and

educational and professional requirements. Worldwide, the role of the clinical trials nurse has changed even more drastically, with traditional responsibilities being delegated to non-nursing staff.

The second edition of Manual for Clinical Trials Nursing is intended to add clarity and perspective to the rapidly changing landscape of clinical trials nursing. New chapters in this revised and updated edition examine budget, compassionate use of protocol drugs, designing computerized tools to verify eligibility, electronic data capture and much more.

Appendices have also been expanded to include key documents in the ethical treatment of human subjects, such as the Nuremberg Code, the Declaration of Helsinki, and more.

With the oncology research world shrinking, the contribution of international colleagues cannot be overlooked and this new edition includes chapters from contributors hailing from 10 countries outside the U.S. A new chapter discusses the European Union Directive, offering insight into the framework within European nurses operate, and the section with international contributors has nearly doubled from the first edition.

If you are a nurse involved in clinical trials, you need to update your collection with this new edition.

Medical Update on Breast Cancer Treatment By Marcia Liepman, MD

Much of current research is trying to more precisely identify and target the cancer cell. This might lead to less toxic, more effective treatments. There are a few new anticancer drugs. However, current research is trying to understand why older drugs work or fail to work.

A new branch of drug research, called pharmacogenomics, is examining the inherited differences in genes that may control how our bodies handle drug treatment (both positive and negative reactions to drugs) and how drugs may interact. A good example is a commonly used drug for estrogen receptor-positive breast cancers called Tamoxifen. This drug is handled differently by different patients, and a common side-effect, hot flashes, may actually be a sign that the drug is more active

in a given person. In addition, some drugs and supplements may affect its handling by the body.

Two newer drugs are available for the management of advanced breast cancer (breast cancer that has spread or metastasized). One is Ixabepilone (Ixempra™), which is given every three weeks. Side effects include fatigue and lowering of blood counts; it is not a cure, as we do not yet have a cure for breast cancer that has spread to organs or bone.

Another newer drug is Lapatinib (Tykerb), which is useful in women whose advanced breast cancer has HER2/neu (a gene product that is important for cells to grow) on the surface of the breast cancer cells.



the Journey

Art Exhibit at WMCC

Visitors to West Michigan Cancer Center are invited to view our 2008 artists' exhibit titled "The Journey." The works of six area artists are on display throughout the cancer center's four floors. Featured artists are: Tammy Douglas, Judy Finnegan, David Fischer, Doris Miller, Jonathan Morgan and Eve Reid. The exhibit features a variety of media, including handmade paper, pastels, photography, and tempera and oil.

For more information or to schedule a tour, contact Lynne Emons, Marketing Manager, at 269-384-8624 or email lemons@wmcc.org.

What to ask your doctor: medical terminology is complex, and part of the battle is discovering what some words may mean. A good place to start is Scott Hamilton's website, which is rich in information about chemotherapy (www.chemocare.com). Another is the National Cancer Institute's website (www.cancer.gov). Both offer a wealth of information about individual cancer drugs, news on cancer research and information about specific cancer types.



Event Calendar

Saturday, May 31 - Sunday, June 1, 2008

American Cancer Society Relay for Life

11:00 am - 11:00 am

Kalamazoo Air Zoo, Portage

If you're interested in learning more or have questions, please email Ken Greschak at ken.greschak@cancer.org or call 269-349-8719.



Monday, August 25, 2008

BMW Ultimate Drive

This event benefits Susan G. Komen for the Cure.

10:00 am - 5:00 pm

Harold Zeigler BMW

4201 Stadium Drive

Kalamazoo

Saturday, September 6, 2008

WMCC SummerFest

1:00 pm - 4:30 pm

Kindleberger Park, Parchment

Come join us for free food, fun and entertainment. Invitations to patients will be mailed in August.



Highlights from 2008 Susan G. Komen Race for the Cure



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.

Conditioning for Life

Dates: Tuesdays
Time: 4:00 pm – 5:00 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

Strength, balance, and cardiovascular conditioning can have dramatic improvements on 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.

Cooking Class

Dates: 1st Thursday of each month
Time: 4:30 pm – 6:00 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

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.

My Time Meditation/ Relaxation

Dates: Thursdays
Time: 5:30 pm – 6:30 pm
Location: WMCC Lower-Level
Conference Room

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.

Look Good, Feel Better

Dates: 4th Monday of each month
Time: 5:30 pm – 7:00 pm
Location: WMCC Lower-Level
Conference Room

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.

Gentle and Restorative Yoga

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

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.

Pilates Ball Class

Date: Wednesdays
Time: 4:00 pm – 5:00 pm Drop-in.
Location: WMCC 3rd Floor
Multi-Purpose Room

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 that help firm up the trunk muscles in the body.

Tai Chi

Beginners: Wed., 5:30 pm – 6:45 pm
Advanced: Tues., 5:30 pm – 6:45 pm
Location: WMCC 3rd Floor
Multi-Purpose Room

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.

Patient Support Group

Date: Wednesdays
Time: 1:00 pm – 2:00 pm
Location: Lower-Level
Conference Room

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.

Prostate Cancer Support Group

Date: 3rd Wednesday of each month
Time: 6:30 pm – 8:30 pm
Location: Lower-Level
Conference Room

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.

Blood Cancers Support Group

Date: Last Tuesday of each month
Time: 5:00 pm – 6:30 pm
Location: Lower-Level
Conference Room

This support group is for people diagnosed with any blood cancer including leukemia or lymphoma.

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 the West Michigan Cancer Center, please park in the Radisson ramp, and we will validate your ticket.

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Father & Son Tackle Prostate Cancer



Jerry and Bill VanDenBerg

As fathers and sons go, Bill and Jerry VanDenBerg are a tightknit duo. Both are war veterans—Bill, 83, landed with the U.S. 2nd Marine Division at Normandy, France, in World War II; Jerry, 64, served in Vietnam with the U.S. Marine Corps. Both are retired from longtime jobs they enjoyed, have children and grandchildren, and spend quality time together. And now, both men are surviving cancer...together. The VanDenBergs were diagnosed with prostate cancer within two weeks of each other.

Bill was the first to be diagnosed. A visit to his primary care doctor, prompted by a feeling of discomfort, revealed that he had a higher than normal PSA level in his blood—which could indicate cancer. (PSA stands for prostate-specific antigen, which is a protein produced by the

prostate cells.) Bill's initial reaction was one of uncertainty. "At first, I was uptight about it. But then I talked to many people who said that their grandfather had been treated for prostate cancer and lived to be 100."

A few weeks later, son Jerry made his annual visit to the doctor and learned that he, too, had an elevated PSA level. The diagnosis was similar to his dad's: early-stage prostate cancer. "I'm a realist and know that sometimes things happen when you get older, so I tried not to let it worry me", Jerry says.

Bill was referred to Dr. William Dunn, a Radiation Oncologist at WMCC, who recommended treating his cancer with radiation therapy. Meanwhile, Jerry's referring physician recommended that he undergo surgery to cure his cancer. But Jerry changed his mind about the surgery after meeting Dr. Dunn, while accompanying his dad to the Center. Jerry says, "My preference was to avoid surgery, if I could. That is why I made the decision to go with radiation therapy instead."

"Radiation therapy and surgery are shown to have equal outcomes in treating prostate cancer," says Dr. Dunn. "However, surgery is often recommended for younger patients like Jerry because if it fails, radiation can be given as a follow-up."

The VanDenBergs were treated over the course of several weeks. Jerry's appointments were usually around 8:30 am and tather Bill's at 10:30 am. Bill

actually looked forward to coming in to talk to other patients. "I got to know several other guys in the patient waiting room who were going through what I was, and I enjoyed talking with them," he says. "I miss seeing them now."

Jerry says he was very impressed with the WMCC staff. "Everybody there is extremely professional. I couldn't have asked for a better experience," he added.

What Is a PSA Test?

A PSA test is a blood test that doctors use to measure prostate health. A high PSA level can be a sign of an enlarging prostate or prostate cancer.

Understanding Your PSA Level

A PSA level of 1.5 or higher indicates that you may have an enlarging prostate. Your doctor will probably recommend follow-up tests to rule out other diseases and will continue to check your PSA levels regularly to track any unusual or sudden change in levels.

The PSA test is very important to ensure general prostate health, so your doctor may recommend that you have this blood test performed regularly. Speak with your doctor about the results of your PSA test and available treatment options.

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