Medical Oncology & Infusion Services Transitioning to Partner Hospitals

You may have recently heard news regarding changes planned for West Michigan Cancer Center & Institute for Blood Disorders (WMCC). With this article, we hope to clarify the news and explain what patients and caregivers can anticipate moving forward.

Our partner hospitals—Borgess and Bronson—have created a plan to strengthen the delivery of cancer care in the communities we serve. To accomplish this goal, they are moving medical oncology and infusion services to our partner hospitals by January 2021. Since the full transition will not occur for more than two years, patients currently undergoing treatment will not experience any changes or disruption of care. WMCC will continue to provide you with excellent care and customer service you have come to expect.

What this means for medical oncology and infusion services
When medical oncology and infusion services move to our partner hospitals, the benefit to you, the patient, will begin to take shape. There will be better care coordination between your medical oncology providers and other members of your care team. This includes your primary care physician and specialists. Your providers will be able to communicate with each other more easily. For example, information in your personal electronic health record will be integrated and easier to access in a central location by all members of your care team, within the health system of your choosing.

What this means for radiation, surgical & gynecologic oncology services
If you currently receive radiation, surgery or gynecologic oncology services at WMCC, your care will continue as usual. All of these services will remain at WMCC. Both hospitals are steadfast in their partnership with WMCC to provide and grow these services at the current site. One example of their firm commitment to the center’s future and the community is the installation this past spring of a new, multi-million dollar radiation treatment machine (see the story on page 3).

Communication during the transition
Once the changes begin to take place, we will make sure to keep you and your family informed. We will provide plenty of notice well in advance of changes involving medical oncology and infusion services. You can count on us to make sure any changes we make are in the interest of improving care coordination and services you receive from us.
Meet Our Three New Providers

West Michigan Cancer Center & Institute for Blood Disorders (WMCC), a collaboration ofAscension Borgess and Bronson Healthcare Group, is pleased to announce the addition of three providers.

CASEY HAY, MD, is a gynecologic oncologist with 7 years’ experience in clinical medicine. Dr. Hay earned her medical degree from the Michigan State University College of Human Medicine in East Lansing and completed her residency in obstetrics and gynecology at Maine Medical Center in Portland, Maine. Following her residency, she completed a fellowship in gynecologic oncology at Magee-Womens Hospital of UPMC in Pittsburgh, Pennsylvania. Dr. Hay is board eligible in obstetrics and gynecology and gynecologic oncology. Her clinical focus is minimally invasive surgery and comprehensive care for women with gynecologic malignancies including cancer of the ovaries, uterus, cervix, fallopian tubes, vulva and vagina.

IMAN MOHAMED, MD MPH, is a medical oncologist with 33 years’ experience in clinical medicine. Dr. Mohamed earned her medical degree at Kuwait University in Kuwait City, Kuwait and a Master of Public Health degree through Northwest Ohio Consortium of Public Health Programs with a focus on health education. After obtaining specialty training at the Royal College of Physicians in London (UK), she completed residency at St. Joseph Mercy Hospital in Pontiac and a fellowship in medical oncology at William Beaumont Hospital in Royal Oak. Dr. Mohamed is board certified in internal medicine and medical oncology. Her clinical focus is breast cancer of all stages in addition to offering consultations in cancer genetics and risk reduction. Dr. Mohamed also sees patients for general hematology and oncology consultations.

MUHAMMAD USMAN, MD, is a hematologist and medical oncologist with 7 years’ experience in clinical medicine. Dr. Usman earned his medical degree at Baqai Medical University in Karachi, Pakistan. He completed his residency at Detroit Medical Center through the Wayne State University School of Medicine and a fellowship in hematology and oncology at Karmanos Cancer Institute in Detroit. Dr. Usman is board certified in internal medicine and board eligible in hematology and medical oncology. His clinical focus is benign hematology, hematologic malignancies including lymphoma, leukemia, myeloma and general oncology.

Update on Controlled Substances

Changes in Prescribing Opioids and Other Controlled Substances for Patients

The Centers for Disease Control (CDC) issued new guidelines for prescribing opioids, or pain medicine, to patients in December 2017. Michigan passed a new law that put more rules in place when prescribing controlled substances. Many insurance companies have limited the number of opioids that a patient can be prescribed.

What are Opioids?
Opioids are a group of drugs used for treating pain. They are derived from opium, which comes from the poppy plant.

Common Opioids
- Codeine
- Hydrocodone (Vicodin, Hycodan)
- Morphine (MS Contin, Kadian)
- Oxycodeine (Oxycontin, Percocet)
- Hydromorphone (Dilaudid)
- Fentanyl (Duragesic)

Other Controlled Substances
- Alprazolam (Xanax)
- Clonazepam (Klonopin)
- Diazepam (Valium)
- Lorazepam (Ativan)

Who is impacted by the new guidelines?
Any patient who is prescribed an opioid (pain medication) or other controlled substance, either short or long term.

What does this mean?
During your treatment at WMCC, you will be asked to sign a pain safety agreement. In addition, your physician will be required to run a MAPS (Michigan Automated Prescription System) report to ensure that you have not been prescribed other controlled substances elsewhere that would interfere with your new prescription.

Why are these rules being made?
They hope to address the opioid crisis in our country. Some medicine can be addictive. It is important to make sure that patients know the risks and are only prescribed what is needed. These extra steps help make sure patients aren’t prescribed and paying for more than what they need.

Where can I find out more information?
If you would like to know more about how this affects you and your medicine, ask your doctor. For more information about the new guidelines, visit www.cdc.gov.
Patients Benefit from Addition of Second TrueBeam™ Treatment Machine

WMCC has invested in a second, state-of-the-art radiation therapy treatment machine to improve patient care and outcomes. The TrueBeam™ linear accelerator is advanced technology that radiation oncologists describe as a breakthrough in the field. This image-guided system delivers treatments faster with pinpoint accuracy and precision.

“TrueBeam™ has provided us additional tools to treat cancers, giving us options and latitude when they are needed to benefit patients,” said Jeffrey Radawski, MD, WMCC radiation oncologist. “For example, normal breathing can alter patients’ anatomy for cancers of the breast, lung or upper abdomen. With TrueBeam™, we are better able to target tumors in these locations that move due to breathing. We can also instruct patients on certain breathing patterns to minimize radiation to healthy tissues such as the heart.”

Treatments with TrueBeam™ are not only precise and powerful but also fast. Treatments that once took 30 to 60 minutes can now be completed in half the time, in some cases. This provides a more comfortable experience for the patient with less time lying immobilized on a hard surface. “TrueBeam™ features a six degrees of freedom table, which minimizes the need for patient repositioning, further reducing treatment time,” said Mazen Mislmani, MD, WMCC radiation oncologist. Faster delivery also allows for reduced chances of tumor motion during treatment. That helps protect nearby healthy tissue and critical organs.

“TrueBeam™ is a real game changer that enables us to treat even the most challenging cases with unprecedented speed and precision,” said Michele Fortner, Director of Radiation Oncology at WMCC. “We are also able to treat more patients per day which is a significant benefit to the Southwest Michigan community where the demand for cancer services continues to grow.”

WMCC’s Director of Physics, Paul Jursinic, PhD, continues to be excited with the technology. “This technology lets us bring a wider spectrum of advanced radiotherapy treatment options to many more patients,” said Dr. Jursinic. “It represents an advance in our treatment accuracy with a decrease in the time needed for treatments. This is an enhancement in our ability to help people fight cancer.”

Survivorship Care Plans for Breast Cancer Patients

If you have completed treatment for breast cancer at WMCC this year, you will receive a comprehensive survivorship care plan within six months. Your primary care provider will also receive a treatment summary and customized survivorship care plan.

The survivorship care plan will provide you with:

- A summary of your care, from diagnosis through treatment
- Contact information for your treatment team
- Information on long-term effects related to treatment
- Specific follow up recommendations to help you live with, through & beyond cancer
- Information to identify and cope with fear, depression & anxiety
- A guide to lifestyle choices – diet, exercise and weight management in survivorship

For more information about our survivorship care plans, contact WMCC Nurse Practitioner Becky Jones at 269-384-8677 or email bjones@wmcc.org.

Support for our breast cancer survivorship plans is made possible through a grant from Susan G. Komen Michigan.
New! ‘Skip’ the Registration Line

From now on, for certain appointments, you can ‘skip the line’ of the 1st floor registration desk and go directly to your destination to check in. Our goal is to save you time and get you where you need to go more quickly.

When you can check in directly to the floor of your appointment

- When you come for a chemo, infusion or shot appointment (and your labs were completed at least one day ahead of time), you can report directly to the 2nd floor to check in.
- When you come for an office visit (without labs), you can report directly to the 1st floor registration desk.

When you can ‘self check-in’

- When you come for a radiation therapy treatment, you can check yourself in at the kiosk on the first floor. Instructions are posted on the wall. If you need assistance, just ask a volunteer or staff member.

When you can’t skip the line

- When you are coming here for the first time for an office visit consult, you must register at the 1st floor registration desk.
- When you are getting labs drawn, you must check in at the 1st floor registration desk.

CALL YOUR NURSE DIRECTLY

Monday through Friday – 8:00 am to 5:00 pm

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<tr>
<th>Medical Oncology</th>
<th>Nurse Liaison</th>
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<tr>
<td>Physician</td>
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<tr>
<td>Dr. Berger</td>
<td>Cindy K.</td>
<td>269-373-7496</td>
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<tr>
<td>Dr. Bivins</td>
<td>Anne H.</td>
<td>269-373-7402</td>
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<tr>
<td>Dr. Hameed</td>
<td>Erica P.</td>
<td>269-384-8604</td>
</tr>
<tr>
<td>Dr. Issa</td>
<td>Sherri T.</td>
<td>269-384-8671</td>
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<tr>
<td>Dr. Mohamed</td>
<td>Cindy K.</td>
<td>269-373-7496</td>
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<tr>
<td>Dr. Nagpal</td>
<td>Cynthia E.</td>
<td>269-373-7467</td>
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<tr>
<td>Dr. Omaira</td>
<td>Anne P.</td>
<td>269-373-7469</td>
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<tr>
<td>Dr. Rafi</td>
<td>Heather M.</td>
<td>269-384-8636</td>
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<tr>
<td>Dr. Thakur</td>
<td>Brenda B.</td>
<td>269-373-0107</td>
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<tr>
<td>Dr. Tokala</td>
<td>Karen R.</td>
<td>269-384-8638</td>
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<tr>
<td>Dr. Usman</td>
<td>Heather M.</td>
<td>269-384-8636</td>
</tr>
<tr>
<td>Affiliate Nurse</td>
<td>Remie M.</td>
<td>269-373-0119</td>
</tr>
<tr>
<td>Navigator</td>
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<tr>
<td>Oral Chemo</td>
<td>Snezana K.</td>
<td>269-373-7494</td>
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<td>Physician</td>
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<tr>
<td>Dr. Mislmani</td>
<td>Beth S.</td>
<td>269-384-8685</td>
</tr>
<tr>
<td>Dr. Radawski</td>
<td>Tabitha P.</td>
<td>269-384-8616</td>
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<tr>
<td>Physician</td>
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<tr>
<td>Dr. Hoekstra</td>
<td>Grace C.</td>
<td>269-373-7466</td>
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<tr>
<td>Dr. Hay</td>
<td>Sarah T.</td>
<td>269-373-8637</td>
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<tr>
<td>Dr. Mize</td>
<td>Sarah T.</td>
<td>269-384-8637</td>
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<tr>
<td>Dr. Bivins</td>
<td>Anne H.</td>
<td>269-373-7402</td>
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<tr>
<td>Physician</td>
<td></td>
<td></td>
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<tr>
<td>Dr. Munene</td>
<td>Eleanor B.</td>
<td>269-384-8663</td>
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<th>Hemophilia Clinic</th>
<th>Nurse Liaison</th>
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<tr>
<td>Physician</td>
<td></td>
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<tr>
<td>Dr. Usman</td>
<td>Jennifer L.</td>
<td>269-373-0106</td>
</tr>
<tr>
<td>Dr. Usman</td>
<td>Nancy L.</td>
<td>269-373-7479</td>
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Additional Support

Department/Phone

- Billing 269-585-6713
- Dietitian 269-382-2500
- Genetic Counseling 269-384-8683
- Infusion Scheduling 269-585-6712
- Medical Records 269-585-6714
- Phone Triage Line 269-585-6711
- Social Work 269-382-2500
- Test Results & Prescription Refill Line 269-585-6710
- Volunteer Services 269-373-7434

For urgent needs during regular business hours, call the Phone Triage Line at 269-373-7472

AFTER HOURS
After 5 pm on weekdays, weekends & holidays Call 269-382-2500
Our answering service will contact the on-call doctor and he or she will return your call as soon as possible.

UPCOMING WELLNESS DATES

Available at no charge to patients newly-diagnosed, in treatment and up to three years’ post-treatment.

Livestrong at the Y

12-week session

- Date: Begins January 15, 2019
- Time: 10:00 pm – 11:15 am
- Place: YMCA, 2900 W. Centre Ave., Portage, MI
- Register: Trish Harrison, taharr@kzooymca.org or 269-459-4881

Survivorcise

12-week sessions, select one

- Session 1
  - Date: January 8 – March 28, 2019
  - Time: 1:00 – 2:00 pm
  - Place: Bronson Athletic Club, 6789 Elm Valley Dr., Kalamazoo
- Session 2
  - Date: April 9 – June 24, 2019
  - Time: 1:00 – 2:00 pm
  - Place: YMCA, 1001 W. Maple Street, Kalamazoo
- Session 3
  - Date: July 2 – September 17, 2019
  - Time: 1:00 – 2:00 pm
  - Place: YMCA, 2900 West Centre Ave., Portage

Survivewise Cooking Class

- Date: Once per month on Thursdays
- Place: Kalamazoo Valley Community College
- Register: 269-373-0109
As intense cancer treatments like chemotherapy and radiation come to an end, survivors are faced with multiple post treatment changes as well as opportunities to adopt healthy behaviors. Exercise is essential to address these concerns in cancer survivors. The American College of Sports Medicine published these specific exercise guidelines for cancer survivors in 2012:

- Engage in regular physical activity.
- Avoid inactivity and return to normal daily activities as soon as possible following diagnosis.
- Aim to exercise at least 150 minutes per week.
- Include strength training exercises at least 2 days per week.

Only 1/3 of cancer survivors meet these physical activity recommendations. Exercise has many benefits for cancer survivors including decreased risk of cancer returning and improved quality of life and well-being.

The West Michigan Cancer Center and Institute for Blood Disorders in collaboration with our community partners at the YMCA, Borgess Health and Fitness Center, and Bronson Athletic Club created Survivorcise™ in the Fall of 2015 to increase physical activity among cancer survivors in our community. Survivorcise™ is a free 12 week exercise program for cancer survivors who have completed cancer treatment within the past 5 years. Each 12 week session meets twice a week for 1 hour and is held at a community exercise facility including YMCA in Portage and Kalamazoo, Borgess Health and Fitness Center, and Bronson Athletic Club.

The class consists of 10 to 12 cancer survivors led by exercise trainers familiar with the needs of the cancer survivor population. The Survivorcise™ exercise trainers receive education on cancer, its side effects, and the exercise recommendations for cancer survivors. Each class follows a similar pattern incorporating core, cardiovascular, and strength activities. During the 12 week period one class includes a visit from a WMCC registered dietitian to discuss cancer prevention through nutrition.

Results from Survivorcise™ are very encouraging. Participants have ranged in age from 26 to 88 years old. Survivors of many different cancer types have participated including breast cancer (44%), gynecologic cancers (17%), lymphoma (10%), prostate (8%), brain (5%), and other cancers. Upper body strength improved in 96% of participants. Lower body strength improved in 98% of participants. Balance improved in 46% of participants.

Aerobic capacity measured by laps walked on a track improved in 86% of participants. Quality of life was measured through completion of a survey before beginning Survivorcise™ and after completion of the 12 week session. Participants reported significant improvements in strength (64%), stress (43%), weight (56%), adjusting to the new normal (39%), depression (34%), fatigue (45%), mood (30%), pain (32%), and lymphedema (25%) after completing Survivorcise™.

Registration is required as well as medical clearance from your oncologist and primary care provider. For more information and to start the registration process, email Survivorcise@wmcc.org or contact Kellie Kooi at 269-384-8674. See list of upcoming classes below:

- 4/9/2019 to 6/24/2019 YMCA Maple St
- 7/2/2019 to 9/17/2019 YMCA Portage

References:
In Memoriam of Walter Chingo
Mr. and Mrs. Richard D. Lingbeek

In Memory of James Cleveland
Ms. Vickie Newman

In Memory of John Conner
Mr. and Mrs. James J. Bueltel
Mr. and Mrs. Kevin L. Drummond
Ms. Kimberly Kramer
Ms. Kerry McLeod

In Memory of David Cox
Ms. Andrea Lutz

In Memory of Paula “Kay” DeVito
Mr. and Mrs. Richard A. Beatty
Ms. Theresa Bishop
Ms. Carla Bland
Ms. Betty L. Blum
Dr. and Mrs. George G. Bruzza
Butler Toweson & Payseno PLLC
Phil and Joan Carey
Mr. Paul Coonrod
Ms. Judy DeBoer
Ms. Eleanor DeVito
Mr. and Mrs. Gregory T. Deward
Mr. Jack Flipse
Mr. and Mrs. John Foldesi
Ms. Ellen Griffith
Ralph and Jane Holewa
Mrs. Dorothy Y. James
Ms. Mary D. Jennings
Ms. Cindy Kalvin
Paula Klok
Carlene and Leo Korchak
Mr. and Mrs. Mark Laning
John and Joanne Lawrence
Mr. and Mrs. Larry Lovely
Ms. Joy H. Minor
Ms. Pauline Moon
Mr. Mark Obreiter
Ms. Barbara J. Owens
Mr. and Mrs. Donald Parfet
Mr. and Mrs. Robert Pelfresne
Mr. and Mrs. William J. Plochocki

In Memory of Marilyn Jacobs
Jan R. Dolbee
Ms. Linda L. Frost
Mr. and Mrs. Mike Himmel
Ms. Joann C. Simonson

In Memory of Bob Jones III
Ms. Jacqueline Ladwein

In Memory of Randy Klok
Mrs. Jean Adam
Ms. Susan Ashley
Richard & SueAnn Coffinger
Mrs. Sandra De Jong
Robert and Daine Dekker
Mr. James DeWolf

Ms. Janis French
Ms. Diane H. Fuller
Mr. Daniel Hageman
Ms. Donna Hansen
Max and Ann Hausermann
James and Joyce Heystek
Mr. and Mrs. Keith P. Hill
Mr. Edward Horvath
Ms. Lynn Hoyt
Mr. Richard Hruska
Janet and John Hutchinson
Mr. Jerome Johnson
Ken and Kathy Klok
Ms. Linda C. Massura
Ms. Sue Mcdonnell
Mr. and Mrs. Dale Miller
Mr. and Mrs. James Oram
Mr. William Reid
Shambaugh & Sons, LP
Ms. Sherry A. Smith
Ms. Barbara Steffler
Mr. and Mrs. Eugene Wood

In Memory of Michael D. Leversee
Mr. and Mrs. Jim B. Auvil
Mr. and Mrs. Raymond Becker
Ms. Micki Brodie
Mr. and Mrs. Tony Chipman
Mr. and Mrs. Robert L. Fisher
Ms. Kathleen Fleece
Mr. and Mrs. Richard D. Fry
Ms. Stephanie L. Green
Mrs. Lonnie Harrison
Ron and Judy Kohler
Ms. Nancy Morsman
Mr. and Mrs. Craig Nemeth
Mr. and Mrs. Richard Schipper Jr.
Bob and Linda Westrate
Charles and Patricia Willis

In Memory of Robert MacDonald
Ms. Patricia Shumair

These donations were given between May 22, 2018 and October 16, 2018.
Located on the 1st floor lobby

Hours: Monday through Friday / 9:00 am to 5:00 pm

We carry a variety of over the counter (OTC) medications including:

- Ibuprofen (Motrin, Advil)
- Acetaminophen (Tylenol)
- Loperamide (Imodium)
- Lidocaine patches (Aspercreme)
- Vitamins
- Hand lotion
- Pill splitters
- Smoking cessation patches
- And many more items

Stop by the pharmacy to see if we have what you need.
We can also special order items not in stock.
November Cancer Awareness Spotlight: Lung Cancer & Pancreatic Cancer

A risk factor is anything that affects your chance of getting a disease such as cancer. Different cancers have different risk factors. Some risk factors, like smoking, can be changed. Others, like a person’s age or family history, can’t be changed. But having a risk factor, or even many risk factors, does not mean that you will get the disease. And many people who get the disease may have few or no known risk factors.

**Lung Cancer**

**Risk factors you can change**

Tobacco smoke
Smoking is by far the leading risk factor for lung cancer. About 80% of lung cancer deaths are thought to result from smoking. The risk for lung cancer among smokers is many times higher than among non-smokers. The longer you smoke and the more packs a day you smoke, the greater your risk.

Secondhand smoke: If you don’t smoke, breathing in the smoke of others (called secondhand smoke or environmental tobacco smoke) can increase your risk of developing lung cancer. Secondhand smoke is thought to cause more than 7,000 deaths from lung from lung cancer each year.

Exposure to radon, asbestos and other cancer-causing agents in the workplace
Carcinogens (cancer-causing agents) found in some workplaces that can increase lung cancer risk include:

- Radioactive ores such as uranium
- Inhaled chemicals such as arsenic, beryllium, cadmium, silica, vinyl chloride, nickel compounds, chromium compounds, coal products, mustard gas, and chloromethyl ethers
- Diesel exhaust

The government and industry have taken steps in recent years to help protect workers from many of these exposures. But the dangers are still there, so if you work around these agents, be careful to limit your exposure whenever possible.

**Risk factors you cannot change**

- Previous radiation therapy to the lungs
- Air pollution
- Personal or family history of lung cancer

**Pancreatic Cancer**

**Risk factors you can change**

Tobacco use
Smoking is one of the most important risk factors for pancreatic cancer. The risk of getting pancreatic cancer is about twice as high among smokers compared to those who have never smoked. About 20% to 30% of pancreatic cancers are thought to be caused by cigarette smoking. Cigar and pipe smoking also increase risk, as does the use of smokeless tobacco products.

Overweight and obesity
Being overweight is a risk factor for pancreatic cancer. Very overweight (obese) people are about 20% more likely to develop pancreatic cancer. Carrying extra weight around the waistline may be a risk factor even in people who are not very overweight.

Workplace exposure to certain chemicals
Heavy exposure at work to certain chemicals used in the dry cleaning and metal working industries may raise a person’s risk of pancreatic cancer.

**Risk factors you cannot change**

- **Age** - The risk of developing pancreatic cancer goes up as people age. Almost all patients are older than 45.
- **Gender** - Men are slightly more likely to develop pancreatic cancer than women.
- **Race, family history and inherited genetic syndromes also may play a role**
  
  - **Race** - African Americans are slightly more likely to develop pancreatic cancer than whites.
  - **Family history** - Pancreatic cancer seems to run in some families. In some of these families, the high risk is due to an inherited syndrome (explained below). In other families, the gene causing the increased risk is not known.
  - **Inherited genetic syndromes** – Gene changes may cause as many as 10% of pancreatic cancers.
West Michigan Cancer Center & Institute for Blood Disorders has been granted a three-year/full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC). The program is administered by the American College of Surgeons. Accreditation by the NAPBC is given only to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance. During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease.

A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease. Receiving care at a NAPBC-accredited center ensures that a patient will have access to:

- Comprehensive care, including a full range of state-of-the-art services
- A multidisciplinary team approach to coordinate the best treatment options
- Information about ongoing clinical trials and new treatment options
- Quality breast care close to home.

For more information about the National Accreditation Program for Breast Centers, visit their Web site at www.accreditedbreastcenters.org.


We are pleased to announce that we are partnering again this year with Family & Children’s Services to provide holiday meals and gifts to three local families in need through our specially designated Giving Tree.

Beginning Monday, November 26th, our beautifully decorated Giving Tree will stand tall on the second floor of our center, across from the reception desk. The tree will feature dozens of gift tags. We invite you to join us in selecting a tag, fulfilling the stated wish, and returning a wrapped gift to the Giving Tree by Monday, December 17th. Our Giving Tree gifts will be delivered to Family & Children’s Services on Wednesday, December 19th. Please join us in making this holiday a special one for families experiencing difficult circumstances.

**Step 1. Choose a tag from the Giving Tree.**

**Step 2. Purchase gift item and wrap.**

**Step 3. Tape upper portion of Giving Tree nametag to package.**

**Step 4. Return wrapped gift to WMCC by Tuesday, December 18, 2018.**

Thank you for caring!
Quilters Create Exhibit for WMCC

All four floors of our center have never looked more vibrant and colorful, thanks to the incredible talents and generosity of the Kalamazoo Log Cabin Quilters Guild.

Nearly 100 members of the guild created beautiful customized quilts exclusively for WMCC’s Art in Healing program. Art in Healing began more than a decade ago to integrate the visual arts with the healing environment of WMCC through ongoing exhibitions by local artisans.

The Kalamazoo Log Cabin Quilters Guild formed in 1979 with six members and has grown to around 220. “We are a very diverse group of people of all ages,” said Lynne Hall, Guild President. “We come from all walks of life, possess various levels of experience and love to encourage and assist new quilters.”

The group meets monthly at an area church and provides motivation and educational opportunities for its members. “We have several small groups who meet weekly or monthly to work on projects, exchange ideas, share patterns and create ‘friendship’ quilts for each other,” added Hall. “We enjoy making items for charities in our community and surrounding areas.”

Some of the quilts on display were sewn to honor friends and loved ones who have faced cancer. Others were stitched by members who have battled cancer themselves. All of the quilts will remain on display through 2019 and then be donated to WMCC patients through a free raffle in early 2020.
We are pleased to provide our WMCC patients with the Medfusion® Patient Portal, self-service online tools that let you interact with our practice where and when it fits your busy schedule.

- Ask a nurse
- Request appointments
- Pay bills online
- Receive lab results and office updates
- Submit non-urgent health questions
- Access from your mobile device

To create an account, call us at 269-373-7497 or stop by our front desk.