Prostate Cancer Screening Controversy – What to Believe? by Kirk Payne, MD

There has been a fair amount of controversy in the news recently regarding PSA screening for prostate cancer. Current PSA tests detect all cancers—both the tumors that require immediate treatment and the slow-growing ones that could be left alone. Millions of US men are screened each year. Of those who are diagnosed with prostate cancer, the vast majority endure unnecessary radiation, surgery and other treatments. To help area healthcare providers sort through the facts, we recently invited a nationally-renowned oncologist to Kalamazoo to address the issue. Dr. Robert Dreicer, Department Chair of Solid Tumor Oncology at the Cleveland Clinic, offered his expertise at a continuing medical education event, sponsored by WMCC, Borgess, Bronson and the Western Michigan University School of Medicine.

To provide a little background, PSA screening was widely adopted in the late 1980s when researchers found that patients with prostate cancer had elevated PSA levels in their blood. The widespread adoption of the PSA test resulted in a dramatic increase in the diagnosis of prostate cancer. At the peak of screening, the number of cases reached 240,000 per year. During the same period, however, there was only a small decrease in the number of men dying of prostate cancer. The death rate declined at a slow pace, and is currently about 29,000 deaths per year. This suggested the over diagnosis and overtreatment of prostate cancer. Careful prospective studies were done but the treatments could not be 'controlled' because the men in the study dictated their own treatment paths. As a result, the conclusions are not uniformly accepted. The studies show that somewhere between 350 and 1,000 men had their prostate treated (through radiation therapy and/or a procedure called prostatectomy) for every man whose death was prevented.

There are significant side effects from the treatment of prostate cancer. As a result, prostate cancer screening guidelines have been revised. It is now recommended that men talk to their doctor about PSA screening including an in-depth discussion of the risks of treatment and over diagnosis before choosing to be tested through PSA. Those men at high risk – specifically those with a family history and/or African-American heritage – are at greater risk and therefore should have this discussion earlier with a physician. Overall, Dr. Dreicer stated that he is not an advocate of PSA screening and feels that the harm done from over diagnosis and the resulting surgery or radiation exceeds the benefit in the population-at-large. However, each man must consider his own risks and benefits and decide if prostate screening using the PSA test is right for them. If you have specific questions, please feel free to discuss them with your physician or contact the Cancer Center.
Eating Healthy on a Budget  by Rebecca Leitow, RD

Sometimes the cost of eating healthy can take a big bite out of the family food budget. We have all heard about the benefits of eating more fruits and vegetables, especially organic. If we choose dairy or meat, we are told to avoid anything with added hormones or antibiotics. The unfortunate reality is these products all cost more. Here are some tips to help you eat healthy while staying within your food budget.

1. **Plan your meals and make a list.**
   Meal planning can help fight the urge to just call for take out. It can also help you incorporate leftovers from the night before. A grocery list can help you avoid impulse buys.

2. **Replace meat with grains or legumes at least once per week.**
   Research has shown benefits to limiting animal products. Grains and legumes are good protein sources that generally cost less than meat. If using canned beans, opt for low sodium and a BPA free can liner.

3. **Make smart choices about organic.**
   If you are unable to purchase all organic foods, try to avoid the “dirty dozen”. This includes: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported) spinach, lettuce, and potatoes.

4. **Fruits and vegetables.**
   They are good for you but are costly. Try to cut down the cost by buying locally grown food at a farmer’s market or join a CSA (Community Supported Agriculture). Consider planting a small garden. Frozen fruits and vegetables can be a good alternative. Avoid pre-washed and pre-cut fruits and vegetables as they do cost more. Once you have the fruits and vegetables home, make a plan. Use the more perishable ones first. They don’t do us any good if they end up spoiled before you eat them!

5. **Cut out the junk.**
   Soda, crackers, chips, and cookies do little for us nutritionally and are expensive.
Anne Cavanagh, MD, leads WMCC’s new Quality of Life program. Dr. Cavanagh works with a team of health care professionals to coordinate specialized medical care for patients in need of relief from pain, fatigue, stress and other difficult cancer side effects. This extra layer of support comes from doctors, nurses and other specialists and is appropriate at any age or at any stage. The goal is to improve the quality of life for both the patient and the family. Patients with special needs may be referred by their WMCC physician.

Board certified in internal medicine and hospice and palliative medicine, Dr. Cavanagh practiced at Bronson Methodist Hospital and Borgess Medical Center for more than 20 years. Most recently she served as Bronson’s Medical Director, Palliative Care. She also cared for patients through Borgess Visiting Nurse and Hospice and was its medical director for two years. Dr. Cavanagh spent 12 years in academic medicine at Michigan State University Kalamazoo Center for Medical Students where she was Clinical Director of Internal Medicine.

West Michigan Cancer Center (WMCC) has been home to the Community Clinical Oncology Program (CCOP) since we opened our doors in 1994. The CCOP program brings researchers together with local physicians to conduct high quality clinical studies that result in better care for cancer patients and people at risk for cancer.

Within the past year, WMCC resubmitted an application to continue the National Cancer Institute (NCI) grant which supports this activity. Recently, we received our score and it was in the outstanding range. This score indicates we will receive funding again for this grant and will be able to continue important research. The center believes research is critically important to everything we do. It provides patients with what may be better and new drugs. It allows our patients to make a contribution to future patients by joining studies overseen by WMCC staff to learn the best treatments. Clinical research is also important in that it helps set the scientific standard of care and improves the quality of care we provide our patients. Our staff and patients have an opportunity to contribute to medical knowledge as it develops. Our doctors can then immediately implement the new treatment in their practice.

During the past six months, we reorganized the administrative structure for CCOP to allow more doctors to become involved. Regular meetings are held to support study entry. We have also been opening more protocols (studies) for more types of cancer. Surgeons, pathologists and radiologists from Borgess and Bronson are becoming involved in these studies and working more closely with the cancer center.

If you are eligible for a clinical trial, we will explain all the details to you so you can weigh your options. The decision is entirely up to you. Joining a clinical trial does not change your rights and you can leave a clinical trial any time you wish, even after enrolling. Likewise, if you choose not to enroll, you retain all your rights and privileges as a patient and will receive the best available treatment.

Again, before you receive any treatment, all the risks and benefits of the research study will be explained to your satisfaction.

If you have any questions about protocol eligibility, please feel free to contact one of our protocol nurses.
Tell Us Your Story...

Every cancer patient, caregiver, and family member has a unique story to tell.

You can share your story as a way to offer thanks to a West Michigan Cancer Center staff member, doctor, or volunteer.

You can share your story so that your experience can impact recently diagnosed people, families of a cancer patient, or donors looking to support a worthy cause.

Name:__________________________________________
Address:________________________________________
City:______________________________________________
State:__________________________ Zip:_________________
Phone:___________________________________________
Email:___________________________________________
Stories can also be submitted by email to story@wmcc.org

Return to: West Michigan Cancer Center
Attn: Development
200 North Park Street
Kalamazoo 49007

I give my permission for the West Michigan Cancer Center to share my story in educational materials, on their website, in the newsletter, and/or in promotional or fundraising materials.

Please credit me as: ______________________________________
(Example: Jane Smith or Jane)

Please only share my story with _____________________________
__________________________(person/department)
at the West Michigan Cancer Center.

Signature:___________________________ Date:___________________________

Print Name:___________________________

I am:  ■ Patient   ■ Caregiver   ■ Family Member
I would like to shower praise on all the employees of West Michigan Cancer Center. I am continuing to get care and it is always a great visit. – Duane D.

ACS considers all patients to be survivors from the day of diagnosis! Any survivors or caregivers who are interested in participating in the below listed survivor activities can register online or call the office at 269-349-8710.

Patient Satisfaction Update by Bridget VandenBussche, Quality & Risk Manager

We are consistently receiving a good number of responses to our Press Ganey patient satisfaction surveys. To all of you who have received the survey and have taken the time to respond and return it, we are incredibly thankful. The direct feedback we receive is crucial to moving forward with process improvements. The feedback has given us a much broader view of where crucial improvements are needed. It has also given us a good look at what we are doing well and how we need to mimic our success stories throughout the organization.

Every comment and score is reviewed by our multi-disciplinary team, dedicated to raising patient satisfaction. While some of the changes we need to make will take time, please know that we take each response seriously. For example, based on feedback thus far, we have been actively working on our phone system. We hope you have already noticed significant improvements to our phone tree and your ability to reach appropriate staff in a timely manner. Also, based on comments we’ve received, we will be trialing and implementing a new pager system. The pager system (similar to those used at outpatient surgery centers) will help us communicate more effectively with patients to ensure that each one is transitioned to the next appointment seamlessly. The new system will also allow us to track waiting times between appointments. We hope the data tabulated within the pager system will help us increase your satisfaction and shorten your time spent at the Cancer Center. Again we want to thank those who have participated and we hope we continue to get feedback from you!

“I would like to shower praise on all the employees of West Michigan Cancer Center. I am continuing to get care and it is always a great visit”. – Duane D.
**Art as Healing**

**When**
4 Sessions
Every other Monday
May 6 to June 17

**Time**
3:00 pm – 5:00 pm

**Place**
Reverence Home Health & Hospice
348 N. Burdick, Kalamazoo

**Register**
Reverence Home Health & Hospice at 269-552-0712
Email: kathleen.buday@reverencehomehealth.org

Research shows that art therapy has the potential to reduce anxiety and stress as a way to promote healing. Participants will learn ways to use the creative process as a tool for expression, exploration and discovery. 4-session class led by Kathleen Buday, MEd, ATR-BC, a board certified art therapist. No previous art experience is necessary. Pre-registration required.

**Chair Massage**

**When**
4 Sessions
Every other Monday
May 6 to June 17

**Time**
3:00 pm – 5:00 pm

**Place**
Reverence Home Health & Hospice
348 N. Burdick, Kalamazoo

**Register**
Reverence Home Health & Hospice at 269-552-0712
Email: kathleen.buday@reverencehomehealth.org

Gentle chair massage by our skilled massage therapists can provide comfort during your visit at WMCC. Patients with blood disorders/cancer may benefit from eased muscle tension and increased blood flow. A benefit of massage for caregivers includes stress reduction. Massage therapy services are accessible in the 3rd floor lobby. Please note: Massage therapists serve patients in the infusion area during their shift and may not be available for immediate request. Thank you for your patience.

**Cooking Class**

**When**
Monday – Friday

**Time**
9:30 am – 10:30 am

**Place**
WMCC Lower Level Fitness Rm
200 North Park Street
Kalamazoo

**Register**
WMCC at 269-373-0109 or email nutrition@wmcc.org

This eight-week program is a collaborative effort with the LIVESTRONG Foundation and the YMCA. This class is exclusively for cancer survivors currently in treatment or recently out of treatment (three years or less). Survivors have an opportunity to adjust to their “new normal” through exercise. Certain wellness techniques can help alleviate fatigue, build strength, and endurance. LIVESTRONG-certified trainers provide a structured class and teach safe technique for cancer survivors. Registration and medical release is required.

**Fitness Room**

**When**
Monday – Friday

**Time**
9:00 am – 6:00 pm

**Place**
WMCC Lower Level Fitness Room
200 North Park Street
Kalamazoo

**Register**
WMCC at 269-373-0109 or email nutrition@wmcc.org

WMCC has its own fitness room, open to patients in active treatment and those up to three years’ post-treatment. Orientation required. Sign up in the fitness room – located on the lower level (Sheet is on table). If you’re unable to attend a group orientation session, just let us know. Request forms are available in the fitness room in a basket. Complete the information and we’ll give you a call.

**Healing Fitness**

**When**
Choice of 8 week session
Mon., April 15 – June 10
Wed., April 17 – June 12

**Time**
9:30 am – 10:30 am

**Place**
WMCC Lower Level Fitness Rm
200 North Park Street

**Register**
WMCC at 269-373-0109 or email nutrition@wmcc.org

This eight-week program is a collaborative effort with the LIVESTRONG Foundation and the YMCA. This class is exclusively for cancer survivors currently in treatment or recently out of treatment (three years or less). Survivors have an opportunity to adjust to their “new normal” through exercise. Certain wellness techniques can help alleviate fatigue, build strength, and endurance. LIVESTRONG-certified trainers provide a structured class and teach safe technique for cancer survivors. Registration and medical release is required.
HEALING YOGA

When
8 week session
Mondays
April 29 – June 24
No session on Memorial Day May 27

Time
5:15 pm – 6:30 pm

Place
WMCC 3rd Floor
Multi Purpose Room
200 North Park Street
Kalamazoo

Register
WMCC at 269-373-0109
or email
nutrition@wmcc.org

This introductory yoga class is open to cancer patients who are currently in treatment or up to three years’ post-treatment. Yoga can help promote balance, strength, flexibility and stress management. It can also help decrease symptoms of fatigue and help raise energy levels, especially during treatment and in the months that follow. Bring a yoga mat, large firm pillow, and blanket.

Look Good... Feel Better

LOOK GOOD FEEL BETTER
Sponsored by WMCC and the American Cancer Society

When
Monday, May 20

Time
5:30 pm – 7:00 pm

Place
WMCC Lower Level Conference Room
200 North Park Street
Kalamazoo

Register
American Cancer Society at 1-800-227-2345
or email
nutrition@wmcc.org

The Look Good Feel Better Program provides free information and cosmetic advice to women battling cancer. This training includes hands-on instruction on makeup and skin care. Cosmetics are provided for your personal makeover. Caregivers are welcome to attend, but only patients will receive a kit.

Survivorship Information Session

SURVIVORSHIP INFORMATION SESSION

When
Wednesday in each month
May 1
June 19
July 17
August 21

Time
5:30 pm – 6:30 pm

Place
WMCC Lower Level Conference Room
200 North Park Street
Kalamazoo

Register
WMCC at 269-384-8677
or email
survivors@wmcc.org

The WMCC Survivorship Clinic is a team-based approach to help breast cancer survivors improve their quality of life. Through the clinic, patients have access to social workers, registered dietitians, a nurse practitioner and genetic counselor to discuss and address issues following treatment. Any breast cancer survivor interested in learning more about survivorship is invited to attend this informational session.

Tai Chi

TAI CHI

When
Every Tuesday

Time
5:30 pm – 6:30 pm

Place
WMCC 3rd Floor Multi Purpose Room
200 North Park Street
Kalamazoo

Register
WMCC at 269-373-0109
or email
nutrition@wmcc.org

Tai chi can be extremely beneficial to cancer patients during treatment. This introductory class can help you to safely improve balance as well as provide strength and flexibility, reduce stress, lower blood pressure and increase energy. No previous experience is necessary. If Kalamazoo Public Schools close, tai chi will be cancelled.

Quit Smoking

QUIT SMOKING END TOBACCO USE FREE HELP

WMCC is proud to partner with community healthcare advocates and providers to educate patients and caregivers about the health risks of tobacco use. Free quit smoking classes are posted regularly at www.quitsmokingkalamazoo.org.

ON THE PHONE
1-800-227-2345
American Cancer Society
1-800-QUIT-NOW
(1-800-784-8669)
Michigan Tobacco Quit Line

ON THE WEB
www.quitsmokingkalamazoo.com

• Health facts and figures
• Do-it-yourself quit smoking tools
• Free local quit smoking classes
• Ask your healthcare team for more information
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In Memory of Steven Tyler
Kathryn and Steve Barry
Bill and Linda Becker
Mr. and Mrs. Roger T. Becker
Ric and Linda Brown
Ms. Dorothy L. Callander
Mr. John T. Conner
Mr. Richard C. Donovan
Dr. and Mrs. Glen Douglass
T.P. and Helen Emerson
Ms. Joanne L. Ganger
Ms. Anne B. Gust
Ms. Emily S. Halte
Mr. and Mrs. Timothy R. Harding
Henry and Mary Jo Hawk
Ms. Sonia Hill
Mr. and Mrs. Howard D. Kallward
Ms. Jennifer Kneir
Mr. and Mrs. Rashmi Kothari
Blaine and Barbara Lam
Mrs. Barbara Malaney
Ms. Maureen O’Brien
Helen Osterwald
Mrs. Aaron B. Riker
Ms. Barbara J. Rody
Ms. Suzanne Rran
Ms. Mary Swanson & Mr. William Eichelberg
Ms. Mary Ellen Takeda
Joshua and Pamela Weiner

continued on next page
Whatever your circumstances or financial ability, there are a variety of planned gifts, all of which will make a difference in the fight against cancer. Planned gifts often receive special tax benefits and include gifts through your estate, gifts of principal that pay you income for life, gifts of retirement plan assets, or real property. Planned gifts can be tailored to meet your current and future needs and may provide you with significant tax savings and other benefits.

Examples of some common planned gifts include:

- **Bequests** — Giving by bequest costs nothing now, yet it may give you a great deal of satisfaction to know that your future gift will live on. A gift through your will or trust is entirely free from federal estate taxes. You may make a bequest now and retain the ability to change it at any time.

- **Gift of Securities** — Gifts of publicly traded securities that have appreciated in value allow you to claim a charitable deduction for the full market value of the securities on the date the gift is made. You pay no capital gains tax on the appreciation.

- **Retirement Plan Beneficiary** — If you leave retirement plan assets in your estate, those assets are subject to income taxes. This can reduce the amount that normally would be passed to family members/heirs by up to 35 percent. Consider these gift options: 1. Designate WMCC as the primary beneficiary for a percentage of your retirement plan assets, 2. designate a specific amount to be paid to us before the remainder is divided among family beneficiaries, or 3. make WMCC the contingent beneficiary to receive the balance only if your loved one, as the primary beneficiary, doesn’t survive you.

Your lawyer or tax accountant can help you set up planned gifts or you can contact WMCC directly. For more information about planned gifts please contact Jessica Hermann-Wilmarth, Director of Development at 269-373-0129 or by email at jwilmarth@wmcc.org.

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**WMCC Main Number**

269.382.2500

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You may pay your bill online at MyWMCC, our secure, patient portal on our website. Visit www.wmcc.org, click on the MyWMCC link and follow the instructions.
Sunday, May 19
11:30 am to 3:30 pm
Arcadia Festival Site
in Downtown Kalamazoo

Information
Phone: 877-566-3679
Email: info@komenswmichigan.org
Web: www.komenswmichigan.org

Free skin cancer screenings
Schedule an appointment by calling
ACS at 269-349-8710

Wednesday, May 15
9:00 am to 12 noon
Van Buren/Cass District Health Department
57418 CR 681, Hartford, MI

Wednesday, May 22
9:00 am to 12 noon
Kalamazoo Dermatology
6100 Newport Road #100, Portage, MI

Thursday, May 23
1:30 pm to 4:30 pm
Three Rivers Specialty Clinic
711 S. Health Parkway, Three Rivers, MI