Melissa Kelley of Portage spends the afternoon back-to-school shopping with her children, Connor, 13, and Samantha, 16. Melissa is a breast cancer survivor who has utilized the services of WMCC's Survivorship Clinic.

At WMCC we consider someone a cancer survivor at “the moment of diagnosis and for the balance of life” (1). Cancer diagnosis and treatment can impact:

• Health behaviors
• Physical and emotional well-being
• Sexuality
• Personal finances
• Professional and personal identity

There are more than 13 million cancer survivors in the United States (2). As cancers are found earlier and treatments improve, this number will continue to grow. To meet the needs of survivors in our community, we have developed the WMCC Survivorship Clinic.

Our clinic is for survivors who have finished treatment but are still adjusting to life after cancer. We address fatigue, anxiety, weight, sexual changes, and a host of other issues. At your visit, you will meet with our team which includes:

• Medical oncologist
• Nurse practitioner
• Social worker
• Dietitian
• Genetic counselor

Communication between you, your oncologist, and your primary care provider is vital. We use the treatment summary and survivorship care plan as tools for sharing information. At your visit, we will go through your treatment summary which details:

• Diagnosis
• Surgery
• Chemotherapy
• Radiation
• Your medical providers

We will also go over your survivorship care plan which includes:

• Possible effects of your treatment
• Follow up for your specific cancer
• Routine preventive care
• Advice for healthy living

After treatment is a great time to focus on healthy living. Lifestyle plays a key role in cancer prognosis. The following have been linked with a higher risk of cancer coming back and of dying from cancer in people with common cancers (3):

• Obesity
• Inactivity
• Poor nutrition
• Smoking

We will work with you to create a plan for a healthier way of life which can lower your risk for cancer coming back or a new cancer in the future. Lifestyle guidelines for cancer survivors include (4, 5):

• Maintain a healthy weight
• Eat 5 servings of fruits and vegetables per day
• Limit processed foods and red meats

- continued on page 3
WMCC Welcomes New Providers

SUNIL NAGPAL, MD
Medical Oncologist

Medical School
Maulana Azad Medical College
New Delhi, India

Residencies
University of Delhi
New Delhi, India
McLaren Regional Medical Center
Flint, MI

Fellowship
Hematology & Oncology
Michigan State University

Dr. Sunil Nagpal has practiced medicine for more than 20 years including 14 years in academic medicine, teaching physicians and medical students. Most recently, he served as Clinical Associate Professor of Medicine/ Michigan State University at the McLaren Cancer Institute in Flint. Dr. Nagpal is board certified in internal medicine, hematology and medical oncology. His clinical interests are lung cancer and blood cancers including leukemia, lymphoma and multiple myeloma.

TINA GARCIA, RN, MSN, CPNP
Program Coordinator/Hemophilia Clinic

Tina Garcia comes to WMCC from Helen DeVos Children’s Hospital in Grand Rapids where she was a pediatric nurse in the hematology/oncology unit. Prior to that, she spent nine years as a pediatric nurse practitioner in pediatric gastroenterology at Bronson Methodist Hospital in Kalamazoo. Garcia also has experience caring for pediatric bone marrow transplant patients through an outpatient program at Cincinnati Children’s Hospital. She earned a Bachelor of Science and a Master of Science in Nursing from the University of Michigan.

ROSS TISRON, NP-C
Medical Oncology

Ross Tison returns to WMCC after six years away to resume his role as a certified nurse practitioner in medical oncology. Most recently, he cared for patients at Borgess Extended Care in Kalamazoo and at Borgess/Pipp Hospital in Plainwell in the long term acute care unit. Tisron, who has 27 years’ experience in nursing including eight years as a nurse practitioner, earned a Bachelor of Science degree from Central Michigan University and a Master of Science in Nursing from Michigan State University.

TOLGA TUNCER, MD
Director, Neuro Oncology Clinic

Medical School
University of Ankara
School of Medicine
Ankara, Turkey

Residency
University of Istanbul
Istanbul, Turkey

Fellowships
Radiation Oncology
Ohio State University
James Cancer Hospital
Columbus, OH

Radiation Oncology
University of Alabama at Birmingham
Birmingham, AL

Neuro Oncology
Barron Neurological Institute
St. Joseph’s Hospital & Medical Center
Phoenix, AZ

Hematology & Oncology
University of Arizona—Arizona Cancer Center
Tucson, AZ

Born in the US and raised in Ankara, Turkey, Dr. Tuncer has cared for cancer patients for 18 years and is the Director of WMCC’s Neuro Oncology Clinic. He is board certified in internal medicine and neuro oncology and board eligible in hematology and medical oncology. Dr. Tuncer’s clinical interests include primary and secondary brain tumors, metastatic central nervous system tumors, lung cancer and cervical cancer.
How Radiation Defeats Cancer

I am often asked, “What is radiation?” Or for that matter, “What is radiation oncology?” Good questions!

First, it helps to know what cancer is. Cancer is cells or a clump of cells that have lost their ability to die off naturally. They keep growing, and as they do, they push normal tissue out of the way, or sometimes invade normal tissue. Tumor cells can sometimes get in to the bloodstream and start to grow in places that are far away from the original tumor, such as the lungs or liver or bones.

Radiation basically is invisible energy. It is directed at tumors or an area where we think tumor cells may be living, and it injures the cells, so when they try to divide, they die off. Some normal cells may get in the way of the radiation beams, but they are able to repair themselves, while tumor cells cannot repair themselves because they already are abnormal. Radiation oncologists are doctors who treat cancers with high energy beams of radiation. Our goal is to kill off the cancer while sparing normal tissue as much as possible.

The field of radiation oncology has an interesting history. It began in 1895 when Wilhelm Roentgen at the University of Wurzburg discovered x-rays. Not only was radiation oncology born on that day, but so was the field of radiology. Antoine Becquerel then discovered radioactivity in Paris in 1896 and Marie and Pierre Curie isolated radium, a radioactive substance, in 1898, which was used to treat cervical cancer for at least the next 50 years. Skin cancers and breast cancers were the first to be treated with this new form of treatment. It is believed that the first case of cancer treated with radiation in the United States was a breast cancer patient in January of 1896. In 1901, the first textbook of radiology was published. It contained 63 pages on radiation oncology. By 1901, radiation therapy was being used to treat Hodgkin’s disease, ovarian cancer, esophageal and cervical cancer.

In 1952, a formal training program was created for radiation oncologists. Two of the first residents in those early days were Dr. Frank Wilson and Dr. Roger Byhardt. I am proud to say that during my residency in the early 2000’s, I was able to train under both of these pioneers of radiation oncology. Dr. Wilson was my Department Chairman at the Medical College of Wisconsin and Dr. Byhardt was a professor at the same institution. The changes in technology that have been seen during the past 50 years, and even the last 10, are amazing. As always, the goal of radiation therapy is to treat the tumor and minimize short- and long-term side effects as much as possible.

Linda Grossheim, MD
Director, WMCC Radiation Oncology Program

Patient Satisfaction Update

We continue to receive great feedback from our Press Ganey patient satisfaction surveys. To all the patients who have provided feedback, we are incredibly thankful. The direct feedback we receive is very important to our process improvements. Based on the results, we have made several changes to improve our patient satisfaction with each patient visit. While some improvements will take time to implement, we hope you have seen an increase in efficiency with our telephone system and ability to reach staff in a timely manner. As I stated in the last letter, we will be implementing a new pager system. The pager system (like many outpatient surgery areas use) will help us communicate more effectively with our patients and ensure each of our patients is transitioned to the next appointment seamlessly. The new system will also allow us to track the waiting time between each appointment. We are also working on improvements around scheduling to help ease the burden of scheduling appointments, tests, and referrals. Again we want to thank those who have provided feedback through the Press Ganey survey!

Survivorship

Continued from page 1

- Support groups in the community
- Counseling resources

As our clinic expands, we will be seeing survivors of all cancer types. For now, we see survivors of breast, gynecologic, and colorectal cancers. If you are interested in being seen at the Survivorship Clinic, contact your oncologist or nurse coordinator to request a referral. For questions about the Survivorship Clinic, call 269-384-8620 or email survivors@wmcc.org.

1. www.cancer.gov
In March 2004, I was diagnosed with invasive breast cancer. By the end of that month, I learned that the cancer had metastasized to several bones. I had stage IV breast cancer! My WMCC oncologist, Dr. Marcia Liepman, communicated with my husband and me in a manner that was both direct and kind. She encouraged us to go to the University of Michigan for a second opinion from a breast cancer specialist/oncologist. We did that and the plan Dr. Liepman had suggested was supported. That was more than nine years ago! Yes, I still have metastatic breast cancer but it has been well managed, has not spread to new sites and the side effects have been manageable. If you saw me on the street, you would not guess that I have cancer.

The first year was stressful. This diagnosis was a lot to adjust to. Now, my stress is not much more than any other woman in her 60’s has to deal with.

The Rev. Pamela J. Breakey is a retired Episcopal priest and social worker. She lives in Dowagiac.

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Parking Update

If you’ve had trouble finding a place to park while visiting WMCC, we have some good news to report.

We are in the process of purchasing the parking lot adjacent to our center—directly to the north—from Downtown Kalamazoo Incorporated. Once we close on the property, we will spend 2-3 weeks fixing, leveling and repaving the lot for patient and staff parking. In addition, we will create a new driveway that connects Lot 16 with our main parking lot. That should make it easier for you and your caregivers to park while you’re here.

We are also in the process of purchasing a second parcel nearby, and that will be designated for patient parking as well. We’ll share more details when they become available.

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Upcoming Community Events

Bronson LakeView Hospital
24th Annual Grape Lake 5k Run/Walk
Maple Lake, Paw Paw
Saturday, September 7
 Begins: 8:00 am
More information: 269-657-1326
Email: mcconnem@bronsonhg.org

Pink Saturdays
Free mammograms in October for uninsured women
40-64 years of age in eight counties:
Allegan, Berrien, Branch,
Calhoun, Cass, Kalamazoo,
St. Joseph & Van Buren
Appointment phone line opens
Tuesday, September 3rd
1-800-873-0649

5th Annual Fall Color Cruise/Ovarian Cancer Awareness Day
Kalamazoo River Valley Trail
Markin Glen County Park, Kalamazoo
Sunday, October 13th
 Begins: 12 noon
More information: 269-373-5073
Email: krvt@kalcounty.com

Leukemia & Lymphoma Society
Light the Night Walk
Bronson Park, Kalamazoo
Saturday, October 19th
 Begins: 5:00 pm
More information: 616-957-1840, ext. 203
Email: brenda.zwyghuizen@lls.org

American Cancer Society
Making Strides Against Breast Cancer
Arcadia Creek Festival Site, Kalamazoo
Saturday, October 19th
 Begins: 10:00 am
More information: 269-349-8710
Email: StridesSouthwestMichigan@cancer.org
Partners in Healing
WMCC & LIVESTRONG at the YMCA

West Michigan Cancer Center is pleased to partner with the YMCA of Greater Kalamazoo for LIVESTRONG at the YMCA conditioning classes. This free, 12-week program meets twice a week for 90 minutes at the Portage YMCA. ‘Y’ staff who are specially trained to work with cancer survivors use traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. These trainers understand that each participant comes into the program with different physical challenges and lifestyle goals. They offer individualized attention and an approach to recovery that targets the areas you need to rebuild. There’s no competition—you’ll take it at your own pace.

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration. You’ll need a medical release from your doctor to participate. To register, contact Trish Harrison at the Portage YMCA at 269-324-9622, ext. 435 or email tahar@kzooymca.org

**call your nurse directly**

Each month we send out patient satisfaction surveys through a company called Press Ganey (see page 3). The comments we receive help us determine what we’re doing right and where we can improve as we strive to deliver the best possible care. For those who have been able to complete a survey, we thank you!

In response to feedback we’ve received regarding our phone system, we’ve made changes we’re confident will help you reach a nurse more quickly. Patients and caregivers are now able to call their doctor’s medical oncology nurse liaison directly with any nursing-related issues. It is important to note that these lines are only available during regular business hours which are Monday – Friday from 8am – 5pm. Your call will be returned no later than the following business day.

- **Dr. Bailey**
  Beth Holtz, Nurse Liaison
  269-384-8671

- **Dr. Chandana**
  Cindy Keyes, Nurse Liaison
  269-373-7496

- **Dr. Heggie**
  Remie Mills, Nurse Liaison
  269-373-0119

- **Dr. Kaluza**
  Snezana Koshar, Nurse Liaison
  269-373-0147

- **Dr. Liepman**
  Wendy Baker, Nurse Liaison
  269-384-8657

- **Dr. Payne**
  Kathy Bulson, Nurse Liaison
  269-373-7494

- **Dr. Nagpal**
  Cecelia Morrisson, Nurse Liaison
  269-373-7476

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  Kathy Bulson, Nurse Liaison
  269-373-7494

- **Dr. Rafi**
  Teresa VanderSloot, Nurse Liaison
  269-384-8636

- **Dr. Tuncer**
  Judy Nettleton, Nurse Liaison
  269-384-8688

Please note that if your call is urgent in nature, such as severe side effect management issues, please dial 382-2500 option 2, then option 4, to reach our phone triage line for immediate assistance. Do not leave urgent patient messages on the nurse’s line.

In addition, it is important to continue to use the phone guide options for all non-nursing related calls. For your convenience, the test results line and the prescription refill request line are still available to you. For quickest response times, we encourage you to continue to use these lines for these types of requests. Scheduling, billing, and medical records are also available by choosing the appropriate option as outlined below.

**Medical Oncology Phone Guide**

Call 269.382.2500 and then dial
Infusion Room Scheduling: 2, 1, 1
All Other Scheduling: 2, 1, 3
Test Results: 2, 2, 1
Prescriptions: 2, 3, 1
Phone Triage Nurse: 2, 4
Billing: 7 / Medical Records: 8

Photo courtesy Chris McGuire Photography
Tai Chi®
When
TRON
Pre-registration required.
art experience is necessary.
Buday, MEd, ATR-BC, a board
process as a tool for expression,
promote healing. Participants will
anxiety and stress as a way to
has the potential to reduce
Research shows that art therapy
Massage during their shift and may not be
note: Massage therapists serve
therapy services are accessible
During your visit at
Gentle massage by our skilled
Priority to patients in treatment
patients and their loved ones.
The WMCC Survivorship Clinic is
The program is designed to
The goal of the small group
is to help participants
build muscle mass and strength,
and improve functional ability.
The Look Good Feel Better Program provides free
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.

Look Good
Feal Better
When
4th Monday of every month
August 26
September 23
October 28
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

Look Good Feel Better
Sponsored by the American Cancer Society

When
TRON

Pre-registration required.

When
TRON

When
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PWC
Schaeffer Ware Fund
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Susan G. Komen SW Michigan
The Quinn School of Irish Dance
Trowbridge United Methodist Church
Trust
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United Way of Battle Creek and Kalamazoo
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Katherine and Ronald Lull
Ms. Marilyn I. Machan
Mr. Morris R. Salisbury
Mr. and Mrs. Dennis S. Sherman
Pete and Lou Weyenberg
In Memory of Carol Schmittler
Mr. Mike Alaga
Mr. Bruce Green
Mark and Becky Gregory
Mr. Lance Vechinski
In Memory of Ann Sierzenga
Ms. Joyce Rodgerson Klein
In Memory of Helen Simon
Mr. Thomas J. Simon
In Memory of Lillian Spohn
Ms. Judith A. Fitzsimmons
Carl and Jeanette Sikkenga
In Memory of Sheila Stafford
Mr. Robert Stafford
In Memory of Mildred Stanley
Chuck and Beverly Haines
Portage Girl Scout Troop Makes Generous Donation

WMCC’s popular coffee cart recently got a yummy boost, thanks to a caring group of area Girl Scouts! Moorsbridge Elementary Girl Scout Troop #80306 donated 48 boxes of cookies to the cart which is packed every day with refreshments for patients and their caregivers while they visit the center.

The troop, which has 14 members, takes a vote every year to decide on an organization that would benefit from a cookie donation. One of the girls had a family member treated here, and remembered how nice it was to get goodies from the coffee cart.

The girls came up with a novel pitch to get folks to purchase boxes of Girl Scout cookies to donate: they put signs up at their retail booths stating: On a diet? Donate your cookies to the Cancer Center coffee cart!

Thank you, Girl Scout Troop #80306! Your kind donation touched the hearts (and stomachs!) of countless patients and caregivers.
Part One—Trips of a Lifetime

In January of this year, I journeyed to Bomet, Kenya for my third medical mission trip in as many years. I spent a month and a half at Tenwek Hospital, helping train surgery residents and medical students to care for the people of their country. Originally, when I made the decision to travel overseas to volunteer my services, I was hit with questions and concerns by many well-meaning people. What about getting sick? What about HIV? Doesn’t Africa have more HIV/AIDS than anywhere? Will it really help? Can one person make a difference? Isn’t it better to just send money and let African leaders decide how to use it? Why can’t you just find something meaningful to do here in our country? All great questions! I decided that, yes, the trip was worth all the risks and that by sharing my skills with other doctors, I was making a difference.

Part Two—a Little Background

I have never been an animal lover. In fact, maybe more of an animalphobe. Which is why going to Africa was never on my life “to do list”...until 2007 when I met Dr. Carol Spears. Carol is a general surgeon who is now on staff at Tenwek Hospital in Kenya. I had heard about Tenwek back in the 90s as a medical student. It sounded interesting, primitive, you know—the usual images that brings up. Hot, miserable, parasite infested conditions...great.

Part Three—the Payoff

Then, when Carol shared the initial vision to train African surgical residents to later continue work in their own countries through the PAACS program (Pan African Academy of Christian Surgeons), I was intrigued. There had never been a gynecologic oncologist at Tenwek. Finally, the time came when I had completed my training and passed all of my board exams and I went on my first trip to Tenwek in October 2011. At that time, I was working in a group practice on the west coast. Little did I know how much my life would change and that a move to a new part of the country was yet to come, ultimately as a result of taking this first risk. I joined WMCC, in part, because of the support I receive to make these annual journeys. My colleague, Dr. Anna Hoekstra, has agreed to care for all of my patients while I am gone. There aren’t many cancer centers that that would allow a physician to leave for a month a half each year to travel halfway around the world. So, in closing, I am grateful to Dr. Hoekstra and the entire WMCC team for its support.
WMCC Main Number
269.382.2500

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“Everybody took great care of her”. – Shawn Hotrum

Kalamazoo man dedicates golf outing to late wife who was WMCC patient

Shawn Hotrum says he will never forget the wonderful care that his late wife, Wendy, received from WMCC staff when she was battling breast cancer five years ago. “The cancer center was a haven for her at that time”, said Shawn. “Everyone showed compassion and helped ease her pain”, he adds. Sadly, Shawn lost his wife in the fall of 2008. However, her spirit of determination and his appreciation of the care she received sparked him to act. “I wanted to come up with a small way to give back and help others who are dealing with the disease”, declared Shawn. Has he ever. Over the past five years, Shawn and a dedicated group of volunteers have organized the Wendy Hotrum Memorial Golf Outing at Eastern Hills Golf Course, raising more than $8,000 for WMCC’s Patient Care Services Program.