There are encouraging developments to report in the treatment of blood cancers. Some patients are experiencing better outcomes from therapies that are more targeted and less toxic.

For decades, chemotherapy was and remains the standard of care for leukemia, lymphoma and multiple myeloma. However, recently, researchers have discovered an alternative that is producing good results in some patients. It’s called oral targeted therapy.

These oral targeted therapies are the result of a rapid expansion in research. We are gaining a better understanding of the specific characteristics that result in the development of cancer. For example, enzymes called tyrosine kinases cause cells to grow and multiply. The most common enzymes which are involved have been identified for some subtypes of cancer. Drugs which inhibit these enzymes have been developed and, in general, they are small molecules which enter the cell and bind to the enzyme, resulting in decreased enzyme function and decreased cancer growth.

Oral targeted therapy—what is it?
- It is a treatment given orally, usually in pill form.
- It is targeted, meaning it inhibits a cancer’s specific genes, proteins, or the tissue environment that contributes to cancer growth and survival.
- Not all tumors have the same targets, so doctors may run tests to match a cancer with the most effective treatment.
- A number of targeted therapies are now approved to treat cancer, and many more are being tested in clinical trials.
- Although targeted therapies are a promising way to personalize and improve cancer treatment, resistance to treatment often develops and side effects do occur.

According to a recent study published in the Journal of Clinical Oncology, the introduction of oral targeted therapies is showing the potential to eliminate the role of chemo in the treatment of some blood cancers.

For example, Imbruvica and Zydelig are new targeted therapies approved by the FDA in 2014 for chronic lymphocytic leukemia (CLL). Both agents block the B-cell receptor pathway, interrupting critical signaling required for leukemia cell growth and survival. These drugs are very effective in CLL and could potentially replace chemoimmunotherapy completely for some patients. They are taken orally in a pill form and associated with fewer side effects than traditional cytotoxic agents. They are currently given to certain patients whose cancer has recurred and sometimes in combination with chemotherapy. Now, because of positive results, they are being studied as first-line treatments for CLL and for additional types of cancer.
**WMCC Welcomes New Provider**

**TIM NICASE, NP-C**, has joined our medical oncology team. Most recently, Nicase was a clinical nurse educator in the medical oncology unit at Borgess Medical Center. He also worked in orthopedics, neurology and mental health at Borgess and at Battle Creek Health System. A graduate of the Western Michigan University Bronson School of Nursing, Nicase earned a Master of Science in Nursing as an Adult/Geriatric Nurse Practitioner from Walden University.

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**WMCC Partners with WMU On Cancer Class**

WMCC physicians, mid-level providers, nurses, social workers, genetic counselors, volunteers and patients are going back to school this fall.

They will be teaching a four week class series about cancer through the Osher Lifelong Learning Institute (OLLI) at Western Michigan University. The course, “Cancer in the 21st Century: The Biology, the Battles and the Breakthroughs” will begin on Tuesday, September 8th at 6:30 pm and will be held in WMCC’s Continuing Education Room at 346 W. Michigan in Kalamazoo (across the street from the Center, above First National Bank). Each class is two hours in length and will be held weekly through Tuesday, September 29th.

WMCC Volunteer Dave Chadderdon suggested the class to Deb Chesney, WMCC Volunteer Coordinator, who embraced the idea. “WMCC and OLLI are two wonderful organizations where I volunteer my time and efforts”, said Chadderdon. “I’m really excited the there is this opportunity for collaboration and mutual benefit. OLLI appreciates this opportunity to collaborate with WMCC.”

The course will provide a comprehensive look at cancer—from its biology to the discovery of genetic links & family history that are influencing treatment. Additional topics to be covered include prevention & screening, medical, radiation and gynecologic oncology, psychosocial impact of cancer, alternative therapies, clinical research and breakthroughs in a rapidly changing treatment landscape.

WMCC Director of Social Services, Samantha Carlson, LMSW, OSW-C, ACHP-SW is excited to offer the class to the community. “Each class will begin with a patient perspective, providing a powerful segue to that evening’s presentation”, said Carlson.

OLLI was developed to provide intellectual and cultural learning experiences for mature adults in an informal and stimulating environment. The program is funded in part by a grant from the Osher Foundation, which has supported lifelong learning institutes at colleges and universities across the US. It is named for Bernard Osher, an American philanthropist. The grant money is used to help pay some of the program’s costs and keep it affordable.

The course is open to adults age 50 and older who have a desire to learn. The cost is $40 for OLLI members (annual membership is $35) and $80 for non-members. Early Bird registration for OLLI members opens on August 11th and opens on August 25th for non-members.

For more information, contact Marybeth Peters at WMCC at 269-373-7450 or email mpeters@wmcc.org.

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**Upcoming Wellness Dates**

Available at no charge to patients newly-diagnosed, in treatment and up to three years’ post-treatment. Check wmcc.org for specific dates and times.

**Cooking Class**

Date: Thursday, August 6
Time: 4:30 – 6:00 pm
Place: WMCC 3rd Floor Multi Purpose Room
Theme: ‘Veg to Table, Preparing delicious vegetables’
Register: 269-373-0109 or email nutrition@wmcc.org

**Healing Yoga**

Date: Every Monday – Drop In
Time: 5:00 – 6:15 pm
Place: WMCC 3rd Floor Multi Purpose Room
Information: 269-373-0109 or email nutrition@wmcc.org

**Livestrong at the Y**

Date: Begins late August on Mondays & Wednesdays
Time: 6:00 pm
Place: YMCA
2900 W. Centre Ave.
Portage
Register: 269-324-9622, ext. 435 or email Trish Harrison at taharr@kzooymca.org

**Look Good Feel Better**

Date: Monday, July 27 or Monday, August 24
Time: 5:30 – 7:30 pm
Place: Bronson Advanced Radiology Services
524 South Park St
Kalamazoo
Register: 800-227-2345 (American Cancer Society)

**Tai Chi**

Date: Every Tuesday
Time: 5:30 – 6:30 pm
Place: WMCC 3rd Floor Lobby Area
Register: 269-373-0109 or email nutrition@wmcc.org
HATS OFF TO DEDICATED VOLUNTEERS

CALL YOUR NURSE & SCHEDULER DIRECTLY

**Medical Oncology**

<table>
<thead>
<tr>
<th>Physician</th>
<th>Nurse Liaison</th>
<th>Phone</th>
<th>Scheduler/MA</th>
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<tr>
<td>Dr. Bailey</td>
<td>Beth H.</td>
<td>269-384-8671</td>
<td>Heidi D.</td>
<td>269-373-0122</td>
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<tr>
<td>Dr. Chandana</td>
<td>Cindy K.</td>
<td>269-373-7496</td>
<td>Stephanie R.</td>
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<td>Dr. Kaluza</td>
<td>Snezana K.</td>
<td>269-373-0147</td>
<td>Beckie B.</td>
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<tr>
<td>Dr. Hameed</td>
<td>Erica P.</td>
<td>269-384-8604</td>
<td>Nicole M.</td>
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<tr>
<td>Dr. Liepmann</td>
<td>Wendy B.</td>
<td>269-384-8657</td>
<td>Cindie M.</td>
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<tr>
<td>Dr. Nagpal</td>
<td>Robin K.</td>
<td>269-373-7467</td>
<td>Charity C.</td>
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<tr>
<td>Dr. Omaira</td>
<td>Anne P.</td>
<td>269-373-7469</td>
<td>Chris P.</td>
<td>269-384-8692</td>
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<tr>
<td>Dr. Park</td>
<td>Kyle P.</td>
<td>269-384-8644</td>
<td>Alechea C.</td>
<td>269-384-8662</td>
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<tr>
<td>Dr. Rani</td>
<td>Teresa V.</td>
<td>269-384-8636</td>
<td>Amber H.</td>
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<tr>
<td>Dr. Grossheim</td>
<td>Remie M.</td>
<td>269-373-7426</td>
<td>Jill S.</td>
<td>269-373-7428</td>
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<tr>
<td>Dr. Radawski</td>
<td>Nick M.</td>
<td>269-384-8616</td>
<td>Jill S.</td>
<td>269-373-7428</td>
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<tr>
<td>Dr. Schroyer</td>
<td>Pam R.</td>
<td>269-373-7444</td>
<td>Jill S.</td>
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**Gynecologic Oncology**

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<td>Dr. Caffrey</td>
<td>Eleanor B.</td>
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<td>Heidi R.</td>
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<tr>
<td>Dr. Hoekstra</td>
<td>Grace C.</td>
<td>269-373-7466</td>
<td>Kathleen C.</td>
<td>269-384-8669</td>
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For urgent needs, call the Phone Triage Line at 269-585-6711

**Additional Support**

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<td>Social Work</td>
<td>269-382-2500</td>
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<td>Dietitian</td>
<td>269-382-2500</td>
<td>Test Results &amp;</td>
<td>269-585-6710</td>
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<td>Infusion Scheduling</td>
<td>269-585-6712</td>
<td>Prescription Refill Line</td>
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<td>Medical Records</td>
<td>269-585-6714</td>
<td>Volunteer Services</td>
<td>269-373-7434</td>
</tr>
<tr>
<td>Phone Triage Line</td>
<td>269-585-6711</td>
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We have many volunteers who knit hats for patients who have lost their hair as a result of their treatment. One volunteer, Pat Westrick, has knitted more than 300 hats and donated them to us. Thanks to Pat and all of the wonderful people who use their talents to make life a little better for our cancer patients.

**WMed: Our Partner in Care**

The Western Michigan University Homer Stryker M.D. School of Medicine and the West Michigan Cancer Center & Institute for Blood Disorders have developed a very close relationship to improve education and medical care in the Kalamazoo region. Over the last several months, since the medical school opened with its inaugural class, you may have noticed more young students and residents within WMCC. This is the result of expanded medical education in Kalamazoo. West Michigan Cancer Center & Institute for Blood Disorders is serving as the division of medical hematology/oncology and radiation oncology for the new medical school. Cancer Center physicians have been involved with teaching the first year’s class, providing basic science and clinical lectures. In addition, we provide electives for first year students to become familiar with the clinical activities of cancer care. So far, these clinical electives have been very popular among the first year medical students. The faculty of the cancer center also provides a Journal club for the students to further their interest in hematology, medical oncology and radiation oncology.

In addition, we have a large number of residents rotating through the WMCC as part of their medical education. In general, there are always one or two residents rotating with our medical staff.

We are extremely enthusiastic and committed to our new, expanded teaching responsibilities. As a leading center for care, it’s important that we prepare the next generation of physicians to provide the kind of care we all want in the future. Please welcome these physicians in training when you see them. They are our future.
These gifts were given between October 28, 2014 and June 10, 2015.
Now that summer is here, use these easy swaps for a more nutrient-dense diet.

**Choose popcorn instead of pretzels**
Popcorn contains fiber while pretzels are lacking in any nutritional value. Three cups of air-popped popcorn contains just 80 calories. Drizzle with some olive oil or melted coconut oil for some healthy fat.

**Choose veggies and hummus instead of chips and dip**
Chips and dip satisfy a salty, crunchy craving but come with saturated fat and rarely fill you up. Veggies provide a similar crunch and hummus gives you a creamy dip while also giving you filling fiber and some protein. Add a dash of salt, if desired.

**Choose oatmeal instead of cold cereal**
Most cold cereals are lacking in fiber and don’t keep you full for longer than an hour. Oatmeal is a hearty grain that contains a good amount of fiber and some protein to fuel your morning. Top it with some nuts, cinnamon, and a drizzle of honey.

**Choose coconut oil instead of butter**
Coconut oil is a great substitute for butter in baking. While both are saturated fats, coconut oil contains medium-chain triglycerides which have been shown to have health benefits. Use it in its solid form when creaming with another ingredient.

**Choose sparkling water instead of pop**
Pop is a source of empty calories. There is no nutritional value. Sparkling water is a good alternative when you are craving carbonation. Try a zero-calorie naturally sweetened option such as La Croix the next time you are craving something sweet to sip on.
Jim Bennett has a need for speed and nothing in the world including cancer is going to change that. The 62 year old Galesburg man recently returned to auto racing, a lifelong passion, following treatment for prostate cancer. “I decided that I wasn’t going to let cancer steal my joy”, declared Bennett. “After my first race this season, I felt like a new man with a bounce in my step”.

Bennett drives super mini cup race cars in the Great Lakes division. “Super cup race cars are nearly exact, scaled-down replicas of NASCAR cup cars and can run up to 100 miles per hour”, he said. “This creates a high sense of excitement for the drivers and the fans”.

Bennett wondered if he would ever return to the race track after learning last summer that he had prostate cancer. “I decided that I wasn’t going to let cancer steal my joy”, declared Bennett. After his radiation treatments ended, Bennett had a chance encounter with Tim Phillips, owner of TNT Motorsports in Otsego. That owner of TNT Motorsports in Otsego. That meeting, he says, paved the way for his return to the track. The racing circuit includes approximately eight tracks in southwest Michigan and northern Indiana and Bennett loves the travel and the camaraderie he shares with the two dozen other drivers in his class. During a recent race at Angola Motor Speedway, Bennett ran a 50 lap feature event. “I thought I would be tired at the end of the race, but to my surprise, I felt good”, he said. “We started with 26 cars and I finished in 15th place so this has been a huge learning curve for me but I love the challenge!”

As far as his cancer treatment is concerned, Bennett gets blood work every three months and a chemo shot every six months and that regimen will continue for the next two years, per his oncologist’s instructions. Currently, he is feeling pretty good and his energy level is up. “I’m living life every day and loving it”, he said.

When you make a charitable donation you want to be certain that your money is used responsibly and has an impact. You may have heard recently about four national organizations that were collecting millions of dollars in donations in the name of cancer and were essentially a scam. This is a good reminder for all of us to make sure we know and trust the organizations we donate to.

The West Michigan Cancer Center & Institute for Blood Disorders (WMCC) relies on generous donations in order to successfully fulfill our vision of delivering exceptional, comprehensive and integrated care to patients throughout Southwest Michigan. When you make a donation to WMCC you can be certain:

• 100% of your donation will be used locally right here in Southwest Michigan.
• Your donation will directly impact patients at WMCC, cancer research in Southwest Michigan, or community cancer prevention education in our community.
• Your donation is tax deductible to the fullest extent allowed by law and WMCC is an honorable steward of your gift.

Patients are at the center of our work at WMCC and we make sure that they are at the center of donations through initiatives such as our Patient Care Services Program. Each day this program provides direct assistance to patients and their families. Whether it’s improving a patient’s quality of life, aiding in the healing process, or providing a warm cup of coffee and cookie in the waiting room, the Patient Care Services Program is a beacon of hope for patients. Here are two stories of real WMCC patients helped through the program:

A World War II veteran was diagnosed with advanced cancer. He is also the primary caregiver for his wife who has a severe long-term health issue. WMCC was able to coordinate a family meeting to discuss the patient’s needs and his need for extra help in caring for his wife. Moreover, WMCC was able to get Veteran’s Affairs to provide in-home assistance with cleaning and meal prep. WMCC also provided the man with transportation to and from his treatment appointments at WMCC. These services, along with the increased support from his family, have eased his burden considerably.

Your donation can help more patients like these two. Please consider making a donation to WMCC with the envelope included in this newsletter.

For more information about charitable donations including information about including West Michigan Cancer Center & Institute for Blood Disorders in your estate plans, please contact Jessica Hermann-Wilmarth, Director of Development, at 269-373-0129 or jwilmarth@wmcc.org.
WMCC Partners With South Haven Health System To Provide Expanded Cancer Care

West Michigan Cancer Center & Institute for Blood Disorders (WMCC) is pleased to announce the opening of an affiliate clinic at South Haven Health System.

"South Haven Health System is excited to partner with West Michigan Cancer Center & Institute for Blood Disorders in providing oncology care to the communities we serve", said Joanne Urbanski, President/CEO, South Haven Health System. "Through such partnerships people can receive the care they need right here in South Haven.

Beginning July 1, WMCC Medical Oncologist Keith Bailey, MD, will travel one day per week to South Haven to serve cancer patients there. "We thank the dedicated staff at South Haven Health System for their efforts to work with us to continue providing state-of-the-art cancer care in the Van Buren County area", said Joseph Mirro, MD, CEO/CMO of West Michigan Cancer Center.

WMCC is a collaboration of Borgess Health and Bronson Healthcare Group.