Survivorship Event Focuses on Diet & Exercise

“Now that I’m a cancer survivor, what should I be eating?” “What about exercise—is it beneficial and safe?” “Can either of these activities help prevent my cancer from coming back?” Questions like these—about the role of diet and exercise in maintaining good health and preventing a cancer recurrence—drew more than 200 survivors and caregivers to our 3rd annual survivorship event in September at Borgess Medical Center’s Lawrence Education Center.

Keynote speaker, Dr. Cynthia Thomson, a registered dietitian and Director of the Canyon Ranch Center for Prevention & Health Promotion at the University of Arizona Cancer Center in Tucson, outlined a ‘Survivor’s Guide to Cancer Fighting Foods’. She explained that a diet rich in fresh and plant-based foods including fruits, vegetables and nuts, along with regular, moderate exercise like walking can translate to significant improvements to one’s health.

“Don’t wait, don’t hesitate”, said Dr. Thomson. “A cancer diagnosis is an opportunity for behavior change. Set realistic, incremental goals and start slowly—for example, walking five to 10 minutes a day and building up from there”, she added.

Medical Oncologist/Hematologist Dr. Sanja Kaluza, who heads WMCC’s survivorship program, says studies have consistently shown that exercise improves patients’ physical and mental health. “For example, in one study, regular, moderate exercise was associated with a lower risk of invasive cancer in postmenopausal women”, said Dr. Kaluza. “In another study of colorectal cancer patients, exercise was shown to actually extend lives. The research has also pointed to benefits for people with cancers of the pancreas, prostate, endometrium and kidney as well as leukemia”, she added.

People who are overweight or obese face an increased risk for cancers of the esophagus, liver, kidneys, colon, gall bladder, pancreas, and ovaries as well as advanced prostate, endometrial and breast cancers. WMCC Nurse Practitioner Becky Jones has a message for patients. “Taking charge of healthy food choices and striving to be active every day are ways our cancer survivors can empower themselves to live a healthy life beyond their cancer diagnosis. Lifestyle changes can have big impacts on weight, fatigue, and even cancer risk”, said Jones.

We want to thank everyone who attended our September event and filled out a program evaluation. Your comments and suggestions for future programs will help us plan our 2017 event!
WMCC Welcomes New Providers

MITCHELL Z. BERGER, MD MMM CPHQ, joins WMCC as Chief, Division of Medical Oncology and Hematology.

Dr. Berger attended Duke University in Durham, NC, where he received a Bachelor of Science degree in Zoology and Psychology. He completed a Master of Medical Management from Tulane University’s School of Public Health and Tropical Medicine in New Orleans, LA. Dr. Berger received his medical degree at the UMDNJ Robert Wood Johnson Medical School in Piscataway, NJ and his residency training at the University of Alabama Hospitals in Birmingham. He completed a fellowship in medical oncology at Memorial Sloan-Kettering Cancer Center in New York, NY. He is also a Certified Professional in Healthcare Quality (CPHQ)

In his new role, Dr. Berger oversees medical oncology and hematology care at WMCC’s main campus as well as our six affiliate sites in Allegan, Dowagiac, Marshall, South Haven, Sturgis and Three Rivers. He is board certified in internal medicine and medical oncology.

KWABEA AGBLEY, MS PA-C, is a physician assistant in our radiation oncology department. Agbley earned a Bachelor of Arts in Biology from Cardinal Stritch University in Milwaukee, WI and a Master of Science in Physician Assistant Studies from the University of Saint Francis in Fort Wayne, IN. Her responsibilities include working directly with each of the physicians in pre and post radiation management of patients.

REBECCA CARTER, FNP-C, is a nurse practitioner in our medical oncology department. Carter completed a Bachelor of Science in Nursing from Western Michigan University. She earned a Master of Science in Nursing and Family Nurse Practitioner certification from Frontier Nursing University in Hyden, KY. Carter’s responsibilities include seeing and evaluating hematology and medical oncology patient consultations.

A Call for VOLUNTEERS

Volunteers are considered the heart of WMCC. As a group, they are caring, dedicated men and women of all ages who offer simple but valuable gifts: a warm smile, a tender touch, listening ear, a heartfelt willingness to help. Volunteers lovingly and generously give of themselves as they serve in a variety of capacities. In fact, you often hear them say they receive more than they give.

Are you interested in volunteering? We are in need of security and host volunteers. Please contact Volunteer Coordinator, Deb Chesney at 269-373-7434 or go to our website @ www.wmcc.org and click on ‘volunteer’
Cancer Fighting Nutrition  By Samantha Cabala, RD, WMCC Registered Dietitian

APPLES
Season: September-January
Health Benefits: Good source of fiber, which has been shown to lower the risk of colorectal cancer and prevent excessive weight gain, which is linked to increased risk for 10 different types of cancer; also a good source of vitamin C, which helps strengthen the immune system.
How to Eat: Rinse in cool water and pat dry before eating; eat raw or cooked. Dip in peanut butter for a delicious snack or dessert; bake into breads, muffins, cobblers, or crisps; bake into stuffing or sauces for a sweet addition to a savory dish.

DATES
Season: Year-round
Health Benefits: Excellent source of fiber, a vital component of a balanced diet. May also reduce one’s risk and/or impact of abdominal cancer. Dates are also a healthy, natural source of sugar and other essential vitamins & minerals, such as calcium, iron, vitamin A, and vitamin K.
How to Eat: Raw, blended into smoothies, or processed and used as a sweetener in baked goods.

Healthy Five-Ingredient (+1) Granola Bars
1 heaping c. packed dates, pitted
1/4 c. maple syrup, agave nectar, or honey
1/2 c. creamy peanut butter or almond butter
1 c. roasted unsalted almonds, loosely chopped
1 1/2 c. rolled oats
PLU$: personally desired amount of chocolate chips

- Process dates in a food processor until small bits remain, it should form a “dough” like consistency/roll into a ball.
- Place oats, almonds, and dates in a large mixing bowl - set aside.
- Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- Transfer to an 8 x 8 inch baking dish lined with parchment paper.
- Press down firmly until smoothly flattened - this will help them hold together better as well.
- Cover with plastic wrap and let firm up in the fridge or freezer. Remove bars from pan and chop into 10 even bars.

Candied Sweet Potatoes with Apples
3 lbs. sweet potatoes
1 lb. Granny Smith apples
2 medium onions
4 tbsp. unsalted butter
1/4 c. honey
1 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. cayenne pepper

- Preheat oven to 350 F.
- Toss all ingredients in a large bowl to combine. Transfer to a baking dish and bake, stirring occasionally, until potatoes are tender (~ 1 hr.).
- Increase oven to 500 F and bake until liquid evaporates and potatoes are browned (10 to 15 minutes). Serve immediately.

makes about 8 servings
Giving Tree

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.

Our Giving Tree gifts and holiday meals will be delivered to Family & Children’s Services on Wednesday, December 14th. Thank you for helping make this holiday a special one for families experiencing difficult circumstances.

Brightening the Holiday for Three Area Families

WMCC – Growth Spurs Expansion

As you’re probably aware, the West Michigan Cancer Center and Institute for Blood Disorders has undergone very rapid growth over the past five to six years. This double digit growth is a result of multiple contributing factors. In increasing order of their impact, they are: 1) The population increase in our service area of Southwest Michigan; 2) The aging of the American population, predominantly the baby boom generation where in older patients, cancer is more frequent; 3) The growth of our secondary service area which is a direct result of our strength as a cancer center and our increased number of affiliate hospital clinics, and most important, 4) Our success in curing and extending the lives of all the patients we serve.

This growth has reached a critical point and we now need to consider expanding our physical facility. To that end, we have undertaken a strategic planning process: A) To determine how much and what type of additional facilities we need; B) To develop a master site plan to assure we make the most efficient use of the land we own. Two firms, TowerPinkster (a local architectural firm) and Oncology Resource Consultants (a national oncology consulting group) will be working together to help us with the strategic planning process.

This planning process will take approximately 4 months. During this time we will be soliciting input from all of our employees to help us design the future. Of course any planning would be incomplete without seeking the input of our patients and their families. We will be soliciting input and comments from our volunteers and will provide an opportunity for all patients and family members to help us make the best decisions possible. Please let us know if you’re willing to help. You may do so by commenting on your Press Ganey survey or by contacting the volunteer office. If you have specific questions or comments you also may contact me directly.
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In Honor of Amy Seager
Ms. Nell Bradley
Each holiday season WMCC launches A Season of Hope. This campaign raises essential funds so that WMCC can comprehensively serve our patients and community.

A Season of Hope is about honoring and celebrating cancer patients and their families during the holiday season. A Season of Hope is also about hope for a cure. WMCC’s goal is the same as yours—to cure cancer.

Mostly, A Season of Hope is about taking action in honor of all those who have been touched by cancer. Please join us in A Season of Hope by making a donation to WMCC. Your financial contribution will provide direct support to our patients for all the services provided at our center that are not covered by insurance, for charity care for those who do not have insurance, and to our community education and prevention campaigns. You can use the envelope included in this newsletter to make a donation.

Donations to WMCC support a wide variety of cancer support and prevention activities right here in Southwest Michigan. Your donation can:

- **Ensure that no cancer patient is turned away** because of their family’s financial situation.
- **Provide community resources** like cancer prevention education and continuing education for medical professionals.
- **Support WMCC services** such as the social services department, nutrition counseling, the coffee and snack cart, comfort items, and massage and fitness classes for patients.
- **Fund cancer research.** WMCC has open nearly 100 cancer studies each year and has research staff devoted to studying cancer.
- **Provide cancer screenings** for low-income, uninsured individuals.

Please consider making as generous a gift as you can.

This year WMCC is proud to offer car/window cling stickers (picture below) to those who donate to our A Season of Hope campaign. We hope you will proudly hang the sticker on your car or in a window. This sticker is a symbol that we have hope for a cure, and that you donate toward hope for cancer patients. Stickers were mailed out with A Season of Hope campaign letters and will be available at our downtown Kalamazoo center, or by calling the development office.

For more information about donating to WMCC please contact Jessica Hermann-Wilmarth, Director of Development, at 269-373-0129 or by email at jwilmarth@wmcc.org.
Upcoming Changes – Radiation Treatment Machines

The Radiation Oncology department is very pleased to announce the purchase of a new treatment machine. This new, state-of-the-art TrueBeam machine will provide advanced features. It will enable us to deliver daily treatments faster and more comfortably and provide better quality images.

In order to make room for the new machine, we will need to remove one of our existing units. Beginning in December, we will temporarily transition from three machines to two. During this time, as we prepare to install the new machine, our treatment hours will be expanded. We plan to treat patients daily from 6:00 am to 8:00 pm. Please note that our hours will vary, depending on the number of people under treatment.

We appreciate your patience during this transition period. If you have any questions, please let us know.

CALL YOUR NURSE & SCHEDULER DIRECTLY

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<tr>
<th>Medical Oncology</th>
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<tbody>
<tr>
<td>Physician</td>
<td>Nurse Liaison</td>
<td>Phone</td>
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<tr>
<td>Dr. Bailey</td>
<td>Sherri T.</td>
<td>269-384-8671</td>
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<tr>
<td>Dr. Berger</td>
<td>Remie M.</td>
<td>269-373-0119</td>
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<tr>
<td>Dr. Bivins</td>
<td>Anne H.</td>
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<td>Dr. Hameed</td>
<td>Erica P.</td>
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<tr>
<td>Dr. Kaluza</td>
<td>Snezana K.</td>
<td>269-373-0147</td>
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<tr>
<td>Dr. Nagpal</td>
<td>Robin K.</td>
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<td>Dr. Omaira</td>
<td>Anne P.</td>
<td>269-373-7469</td>
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<td>Dr. Park</td>
<td>Nancy W.</td>
<td>269-384-8644</td>
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<td>Dr. Rafi</td>
<td>Heather M.</td>
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<tr>
<td>Dr. Tokala</td>
<td>Karen R.</td>
<td>269-585-6711</td>
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<td>Dr. Grossheim</td>
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<td>Dr. Mislmani</td>
<td>Beth S.</td>
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<td>Dr. Radawski</td>
<td>Nick M.</td>
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<td>Dr. Schroyer</td>
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<tr>
<td>Dr. Hoekstra</td>
<td>Grace C.</td>
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<tr>
<td>Dr. Mize</td>
<td>Sarah T.</td>
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<tr>
<td>Dr. Liepman</td>
<td>Judy N.</td>
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<tr>
<td>Dr. Munene</td>
<td>Eleanor B.</td>
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<tr>
<td>Dr. Park</td>
<td>Jennifer L.</td>
<td>269-373-0106</td>
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<td>Nancy I.</td>
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<td>Social Work</td>
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<td>Test Results, Prescription Refill Line</td>
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<td>Volunteer Services</td>
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For urgent needs, call the Phone Triage Line at 269-585-6711
WMCC Partners With WMU On Cancer Class

WMCC physicians, mid-level providers, nurses, social workers and genetic counselors are going back to school and you’re invited to attend their class.

Our clinical providers will be teaching a three-week class series about cancer through the Osher Lifelong Learning Institute (OLLI) at Western Michigan University. The course, “Cancer Moonshot: What on Earth You Can Do!” will begin on Tuesday, February 21, 2017 at 5:00 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 on three consecutive Tuesdays.

During his 2016 State of the Union Address, President Obama called on Vice President Biden to lead a new, national “Moonshot” initiative to eliminate cancer as we know it. Science is said to be ready for the concerted new effort this $1B initiative will deliver. Cancer is now known to be hundreds of diseases, each with unique features, driving forces, and vulnerabilities to treatments—and scientific understanding of how cancer develops and spreads has improved our ability to intervene and attack it. This three week course will provide a snapshot of cancer in 2017 and teach participants how to obtain valuable resources to understand and seek treatment for a specific cancer diagnosis. The course will also detail how personalized medicine is redefining cancer and its treatment.

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 begins January 4, 2017 and for non-members on January 18, 2017. For more information, contact Marybeth Peters at WMCC at 269-373-7450 or email her at mpeters@wmcc.org. You may also contact the Osher Lifelong Learning Institute at 269-387-4200 or go online at www.wmich.edu/olli.

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.

Survivorcise
12-week session
Date: Begins January 10, 2017 on Tuesdays & Thursdays
Time: 1:00 – 2:00 pm
Place: Bronson Athletic Club
6789 Elm Valley
Oshtemo
Register: 269-373-7434 or email survivorcise@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
12-week session
When: Begins January 24, 2017 on Tuesdays & Thursdays
10:00 – 11:15 am
Place: YMCA
2900 W. Centre Ave.
Portage
Register: email Trish Harrison at taharr@kzooymca.org

Look Good Feel Better
select one session
Date: Monday, January 23
Monday, February 27
Monday, March 27
Monday, April 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
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.

- Request appointments
- Ask a nurse
- Pay bills online
- Renew prescriptions
- 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.