



West Michigan Cancer Center
& INSTITUTE FOR BLOOD DISORDERS

A Borgess Bronson Collaboration

Breast Cancer Resource Guide

The WMCC Breast Cancer Resource Guide is printed on an annual basis. Resources which list a phone number and/or web address should be contacted to confirm current availability.

WMCC Patient Care Services

West Michigan Cancer Center & Institute for Blood Disorders (WMCC) is committed to providing you with comprehensive services to meet many of your needs. Listed below are free services to help you and your loved ones.

Cancer Information

Free cancer resources are available in libraries located in our lobbies. Pamphlets in the libraries address diagnosis education and community resources. For more resources, visit our website at www.wmcc.org and click Treatment / Supportive Resources.

Financial Counseling

Call (269) 373-0130 or (269) 373-0146 to speak with a patient financial counselor regarding questions relating to:

- Financial assistance including medical bills, medication co-pays and out-of-pocket expenses
- Applications for healthcare.gov and/or Medicaid/Medicare
- Insurance and/or authorizations
- Possible diagnosis specific grant funding (coordinated with social work)
- Social Security & disability inquiries

For billing assistance, please call (269) 382-2500 and ask for the Billing Department

Medical Social Work

Call (269) 384-8629, (269) 384-8686 or (269) 373-7446 for the licensed clinical social work team regarding brief counseling for education, support, and referrals including/relating to:

- Transportation
- Coping and adjustment, grief and loss (of old self)
- Crisis intervention
- Durable Power of Attorney for Health Care
- Medical travel/lodging concerns
- Support groups/patient programming
- Talking to loved ones & children
- Anxiety/depression
- Basic needs
- End of life issues
- Medical marijuana
- Community resources

Nutrition Services

Call (269) 373-0109 or (269) 384-8678 to contact our registered dietitians for nutrition support regarding:

- Treatment side effect management (poor appetite, dry mouth, mouth sores, hydration, diarrhea, constipation, neutropenic precautions)
- Eating properly during treatment
- Questions about vitamins and supplements
- Unintentional weight loss due to treatment
- Tube feedings
- Survivorship: eating well for cancer prevention

Wellness Programming:

The WMCC Survivorcise™ Program is free of charge for WMCC patients with physician approval. For information, call (269) 384-8674 or email survivorcise@wmcc.org

For information on the LIVESTRONG at the YMCA program (Portage YMCA), contact Rebecca Lillie at livestrong@kzooyymca.org or (269) 345-9622.

The social work team can also provide you with other community wellness opportunities such as tai chi, yoga, and massage therapy upon request. Please email them at: socialwork@wmcc.org

Volunteer Services

Volunteers are considered the heart of West Michigan Cancer Center & Institute for Blood Disorders. Our compassionate volunteers include our greeters/security, coffee cart attendants (offering free snacks and beverages for patients and caregivers throughout the building), comfort cart attendants or 'hosts' (offering warm blankets, reading material, games, DVDs and friendly conversation to our infusion guests) and pet therapy dogs. For more information regarding volunteer services, please contact our volunteer coordinator at (269) 373-7434.

Breast Cancer Support Groups for Southwest Michigan

Please note: the groups listed below are peer run community support groups and are not affiliated with the West Michigan Cancer Center & Institute for Blood Disorders. Schedules are subject to change and patients are encouraged to contact group leaders to confirm meeting date and time.

Allegan County

Just Ours Breast Cancer Support Group. Education-based group. Meets the 4th Tuesday of every month at the Ascension Borgess-Pipp Hospital. Social hour at 6:00 pm, meeting from 6:30 pm-8:30 pm. Contact Barbara Armstrong (269) 388-8829.

Calhoun County

One Day at a Time Breast Cancer Survivors Group. Meets the last Thursday of the month at Bronson Battle Creek Hospital at 6:00 pm. Contact Diane (269) 274-5084 or e-mail: survivors@comcast.net. *For holiday months (i.e. Nov., Dec.), please call to confirm meeting times, as they may change.

Women and Cancer Support Group. Meets the last Tuesday of each month from 6:00-8:00 pm at the Ricketson Building in Marshall. Contact Julie Hammond, RN Navigator at Oaklawn Hospital (269) 789-3962.

Cass County

Wings of Hope Breast Cancer Survivors Group. Meets the 4th Tuesday of every month at 6pm at 309 Dewey St. in Dowagiac. Contact Pam: (269) 423-2726.

Kalamazoo County

Cancer Hope Connections. This group is for patients with ANY type of cancer and caregivers of cancer patients. Meets at 7pm on the 1st and 3rd Thursday of every month at Centerpointe City Church, 326 West Cork St, Kalamazoo. Call: (269) 389-9713 or visit CancerHOPEConnections.org.

Sisters of Strength women's support group for all ages, all stages, all cancers. Email sholderbaum5@aol.com for more information. Usually held in or near Parchment.

Sisters in Survival Breast Cancer Support Group. For survivors and newly diagnosed. Meets the 2nd Monday of every month at 6:30 pm. Contact Nancy M. for further information: (269) 668-5423.

Kent County

Young Survivors of Breast Cancer Support Group. Meets the 3rd Tuesday of every month from 6:00 -7:30pm at Gilda's Club. Call (616) 453-8300 or visit www.gildasclubgr.org/calendar/ to register.

Men Supporting Women with Breast Cancer. For men whose significant other attends the Young Survivors of Breast Cancer Support Group (above). Meets the 3rd Tuesday of every month from 6-7:30pm at Gilda's Club. Call (616) 453-8300 or visit www.gildasclubgr.org/calendar/ to register.

Breast Cancer Support Group. Meets the 2nd and 4th Tuesdays of every month from 6:00-7:30pm at Gilda's Club. Call (616) 453-8300 or visit www.gildasclubgr.org/calendar/ to register.

Breast Cancer Support: by Telephone and Online

Some people prefer to get support either by phone or online. There are many non-profit organizations that offer support groups by phone, mentoring by phone (where you are matched up with someone who has had a similar diagnosis or treatment), support help lines, crisis lines, and more. These services are usually available for patients, as well as caregivers.

If you are looking for support and prefer not to go to in-person meetings, contacting one of these organizations may be helpful to you. We recommend asking about the credentials of the counselors, and how they would be able to assist cancer patients.

Listed below are organizations WMCC has utilized for counseling support for cancer specific services for patients and caregivers.

After Breast Cancer Diagnosis (ABCD): Helpline and support through mentoring. Call (800) 977-4121 or visit www.afterbreastcancerdiagnosis.com.

American Cancer Society (ACS): Numerous support programs and services for patient and caregivers, including breast cancer mentoring program Reach to Recovery. Go to www.cancer.org/treatment/supportprogramsservices/index or call (800) 227-2345.

Cancer Care: A non-profit organization with fully licensed clinicians to assist with coping with cancer. Services available in English and in Spanish (*Tambien disponible en espanol*). Call (800) 813-HOPE (4673) or visit www.cancercare.org.

Cancer Care's General Patient Support Group: a 12-week telephone support group for anyone who has been diagnosed with cancer and is currently receiving a form of active treatment. Call (800) 813-HOPE (4673) or visit www.cancercare.org.
Cancer Care's Metastatic Breast Cancer Patient Support Group: an ongoing telephone group for people diagnosed with stage IV breast cancer who are currently receiving a form of active treatment. Call (800) 813-HOPE (4673) or visit www.cancercare.org.

Cancer Hope Network: Provides free and confidential one-on-one support by phone to cancer patients and caregivers. Call (800) 552-4366 or visit www.cancerhopenetwork.org

Cancer Support Community: A support helpline for crisis, information and support by licensed mental health professionals, many of which are licensed in oncology. Online support also available. Call (888) 793-9355 Monday-Friday 9:00 am-9:00 pm or visit www.cancersupportcommunity.org.

Group Loop Cancer Support Community: An online community to support kids and teens who want to connect with other kids and teens with a loved one with cancer, or have cancer themselves. They can make friends, use email, participate in 24-hour live discussion boards, instant messaging, video journaling and blogs. Visit www.grouploop.org.

Imerman Angels: Imerman Angels can put you in touch with someone who has already been through a similar cancer experience, helping create a supportive relationship. Connecting cancer fighters, survivors, and caregivers. Call (877) 274-5529 or visit imermanangels.org. Services available in English and in Spanish (*Tambien disponible en espanol*).

Livestrong: A non-profit organization that provides support through every step of the cancer journey. They offer free, personalized services in English or Spanish. (*Tambien disponible en espanol*): (855) 220-7777.

Living Beyond Breast Cancer (LBBC): They offer peer counseling and have a Survivor's Helpline. Call (888) 753-LBBC (5222) or visit www.lbbc.org/Learning-From-Others/Breast-Cancer-Helpline.

Metavivor: Online resources to support individuals living with metastatic breast cancer. Visit www.metavivor.org/support/finding-a-support-program.

Sharsheret: A non-profit organization that offers support and resources for young women and their families, of all Jewish backgrounds, facing breast cancer. Call (866) 474-2774 or visit www.sharsheret.org.

Susan G. Komen: They offer support groups that provide information, education, and emotional support. Some groups are led by professionals, others are more informal. For more information call (877) GO-KOMEN (465-6636) or visit ww5.komen.org/BreastCancer/SupportGroups.html.

Young Survival Coalition: Offers peer mentoring for younger women with breast cancer from fellow survivors. Call (877) 972-1011 or visit www.youngsurvival.org/survivorlink.

4th Angel: They offer a mentoring program with free, one-to-one outreach and support from someone who has successfully made the same journey you are about to begin. Call (216) 445-8734 or (866) 520-3197 or visit www.4thangel.org.

WMCC Wellness Programs: LIVESTRONG at the YMCA and Survivorcise™

Stress is normal in everyday life. When a diagnosis of cancer is involved, it can significantly increase.

According to the Mayo Clinic: “Stress is a normal psychological and physical reaction to the ever-increasing demands of life. Surveys show that many Americans experience challenges with stress at some point during the year.

In looking at the causes of stress, remember that your brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones to fuel your capacity for a response. This has been labeled the “fight-or-flight” response.

Once the threat is gone, your body is meant to return to a normal relaxed state. Unfortunately, the nonstop stress of modern life means that your alarm system rarely shuts off.

That’s why stress management is so important. Stress management gives you a range of tools to reset your alarm system.

Without stress management, all too often your body is always on high alert. Over time, high levels of stress lead to serious health problems. Don’t wait until stress has a negative impact on your health, relationships or quality of life. Start practicing a range of stress management techniques today.”

LIVESTRONG at the YMCA Cancer Survivorship Program

(Registration required, for stage 0 to stage IV patients)

<http://www.kzooyymca.org/livestrong>:

LIVESTRONG at the YMCA is a 12-week health and wellness program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. The class meets 2 times per week and a physician’s clearance is required.

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability.

The program is designed to strengthen and support survivors on the road to recovery after their treatment regimens.

For information on schedule and eligibility, please contact (269) 345-9622 or livestrong@kzooyymca.org. Some evening classes are available.

Survivorcise™

(Registration required, for stage 0 to stage III patients)

Survivorcise™ is a group exercise class which meets twice a week for 12 weeks offered by the West Michigan Cancer Center & Institute for Blood Disorders in collaboration with the YMCA and Ascension Borgess Health & Fitness Center. Men and women cancer survivors are eligible to participate if they have been treated for cancer within the past five years and are not currently receiving chemotherapy and/or radiation.

For information on schedule, eligibility and registration, please contact Kellie Kooi at (269) 384-8674 or email survivorcise@wmcc.org. Classes are in the afternoon only.

Counseling Resources for Southwest Michigan

Coping with a life threatening illness such as cancer or a blood disorder can be extremely difficult for patients and caregivers. Emotional and mental health is an essential part of handling the stress of illness, fear, anxiety, and worry of the unknown.

Counseling or therapy is often recommended by WMCC providers, and is viewed as an important part of the healing process. If you would like to discuss counseling options in the community specific to your needs, please ask you to speak with a WMCC social worker. Call (269) 384-8629, (269) 384-8686 or (269) 373-7446 for the social work team. Or, call our main number (269) 382-2500 and ask to speak to a social worker.

Another option is to discuss counseling with your insurance provider, or search for a provider (psychologist) on your insurance's website. They can provide you with a list of "in network" mental health professionals. WMCC respects the patient's right to choose their provider.

If you or a loved one is considering self-harm, or harming others as a result of emotional strain, go to your local emergency room immediately.

Breast Cancer Local and National Resources

Coping with a breast cancer diagnosis can be overwhelming and difficult to process at times. There are many local and national resources available to you and your family for emotional support, education, and financial support. Below is a list of breast cancer specific resources for you to consider. A “(\$)” next to any resource indicates there may be grant assistance funds available to offset the cost of treatment. If you have any questions or need assistance, please contact the WMCC Social Services Department at 269-384-8686.

ORGANIZATION	BRIEF DESCRIPTION:
Advanced Breast Cancer Community www.advancedbreastcancercommunity.org	Information, tools and support regarding Advanced Breast Cancer.
After Breast Cancer Diagnosis (ABCD) (800) 977-4121 www.abcdbreastcancersupport.org	Information, support through mentoring, resources and helpline.
American Cancer Society (800) 227-2345 www.cancer.org	Resources on learning about cancer, staying healthy, finding support, exploring research, transportation assistance through the Road to Recovery program, peer support through the Reach to Recovery program and more.
Breast Cancer.org www.breastcancer.org	Resources on understanding breast cancer diagnosis, treatments and side effects, nutrition, exercise, sex and intimacy, lowering your risk, discussion boards.
Breast Cancer Charities of America (\$) (936) 231-8460 www.thebreastcancercharities.org	Information on nutrition, exercise, social support and emergency financial assistance.
Breast Cancer Freebies (\$) https://breastcancerfreebies.com	Offers information on obtaining freebies (i.e. wigs, hats, make-up, retreats, financial assistance (\$), scholarships, medication)

ORGANIZATION	BRIEF DESCRIPTION:
Breast Cancer Support www.bcsupport.org	Online support group with discussion boards on surgery, chemo, cancer recurrence, genetics, young survivors and more.
Cancer Care Co-Payment Assistance Foundation (\$) (866) 552-6729	Assistance with co-pays for chemotherapy and targeted treatment drugs.
Casting for Recovery 888-553-3500 www.castingforrecovery.org	Free fly fishing retreats for female breast cancer patient at any age and any stage of treatment or recovery.
Catherine H. Tuck Foundation (\$) info@catherinefund.org http://catherinefund.org	For women and men in active treatment for breast cancer. Financial assistance for non-medical expenses for things like rent, utilities, transportation for treatment, childcare during treatment, and food.
Flat and Fabulous http://www.flatandfabulous.org/	Support and empowerment for women to embrace life without reconstruction after mastectomy.
Inflammatory Breast Cancer Foundation 866-944-4223 www.eraseibc.com	Information on current IBC research, educational information, resources.
Just In Time (215) 977-7777 www.softhats.com	Soft hats for women with hair loss.
Kristy Lasch Miracle Foundation (\$) 412-872-4125 www.kristylasch.org	Provides financial assistance for medical-related expenses to women under the age of 30 living with breast cancer.
Living Beyond Breast Cancer (LBBC) (888) 753-LBBC (5222) www.lbbc.org	Information and support including Breast Cancer Helpline, calls answered 9am-9pm Monday-Friday.

ORGANIZATION	BRIEF DESCRIPTION:
Metastatic Breast Cancer Information & Support www.advancedbc.org	Information and support for patients, family members and friends regarding metastatic breast cancer.
My Hope Chest Foundation (727) 642-4243 www.myhopechest.org	Funding for reconstructive surgery for uninsured and under-insured breast cancer survivors.
National Breast Cancer Coalition (800) 622-2838 www.breastcancerdeadline2020.org	Information, research, advocacy training.
Pink Daisy Project (\$) info@pinkdaisyproject.com http://pinkdaisyproject.com	Provides short term financial assistance for women under 45 who are within 3 months of breast cancer treatment or reconstruction by offering gift cards for groceries, restaurants and gas.
Pink Fund (\$) (877) 234-PINK (7465) http://thepinkfund.org	Short-term financial aid for basic living expenses such a health insurance premiums, mortgage or rent payments, car payments, car insurance or utilities.
Pink Link (877) 234-7465 www.pink-link.org	Online database providing community and support resources.
Sisters Network, Inc (866) 781-1808 www.sistersnetworkinc.org	A national African American breast cancer survivorship organization offering information and resources.
Pink Ribbon Riders Patient Assistance Program (\$) www.pinkribbonriders.com	Provides direct financial assistance to both women and men diagnosed with breast cancer. Note: financial assistance is LIMITED for residents of Michigan.

ORGANIZATION	BRIEF DESCRIPTION:
Remember Betty (\$) http://rememberbetty.com/grant-application/	You do not need to be in active treatment to be considered or assistance.
Susan G. Komen (877) 465-6636 www.komen.org	Information on facts & stats, risk factors, diagnosis, treatment, research, survivorship, assistance & support, advocacy, Komen Breast Care Helpline, and more.
TLC Direct (800) 850-9445 www.tlcdirect.org	Wigs, other hair loss products, mastectomy products.
Young Survival Coalition (877) 972-1011 www.youngsurvival.org	For young women facing breast cancer. Resources, connections and outreach.

Wig Resources for Southwest Michigan

As hair loss is a potential side effect of some treatment, below you will find a list of wig resources available to you. Wigs may be discounted or reimbursed through some insurance companies with proper documentation from your oncologist (i.e. prescriptions for a cranial prosthesis). **Please get prior authorization from your insurance provider first.** You can find TLC catalogues with wig information in the lobbies of the WMCC. Visit www.ebeauty.com for information on obtaining a free wig. The American Cancer Society (800-227-2345) has additional wig resources available as well.

BERRIEN COUNTY

- **Berrien County Cancer Service:** 3900 Hollywood Rd, St Joseph, MI 49085. (269) 429-3281. No appointment necessary. They have a large selection of free wigs available.
- **Studio 1:** 2540 Paulmar Ave, St. Joseph, MI 49085. (269) 428-3400. Appointments are required for free consults with a licensed cosmetologist. Hundreds of wigs in stock (ranging from \$199 and up). Some donated wigs are available in the Angel's Closet (free); payment plans also accepted.

CALHOUN COUNTY

- **The Hair Shed Natural Woman:** 502 Main Street. Battle Creek, MI 49014 (269) 962-8729
Please contact Ron for details.

CASS COUNTY

- **Cleopatra's Hair Hut:** 136 N. Rowland Street, Cassopolis, MI, 49031. (269) 445-2686. No appointment necessary. They offer a selection of free wigs, hats and scarves for CASS COUNTY residents ONLY. Wig maintenance is also a free service provided.

KALAMAZOO COUNTY

- **Beautifully Unique:** (269) 312-8733. No appointment necessary, free wigs available when donations are in stock. Various mastectomy resources as well.
- **Eve Salonspa:** 7117 S. Westnedge, Portage MI 49002. (269) 327-4811. Call ahead to make an appointment with their wig specialist. All wigs are ordered and a second appointment is scheduled for fitting/styling when the wig is delivered.

VAN BUREN COUNTY

- **Urban Studio Salon and Spa:** 518 Quaker Street, South Haven, MI 49090. (269) 637-6821. Appointments are preferred. Free wigs available when donations are in stock.

Cleaning Services

Cleaning for a Reason

Cleaning for a Reason is a non-profit organization that offers free house cleaning to individuals who are going through cancer treatment for any type of cancer. This includes one general housecleaning per month for two consecutive months. Please visit their website for more information: <http://cleaningforareason.org/> or call (877) 337-3348.

Breast Prosthetics, Bras & Medical Equipment for Southwest Michigan

Some patients may need special bras, camisoles, or inserts post-surgery. There are a number of local businesses available to help. Please make sure to contact your insurance provider to inquire about coverage for prosthetics. Note: you may also find other providers and resources online.

Beautifully Unique

www.beautifullyunique.us

Specializing in mastectomy, lymphedema, chemotherapy and radiation products.
(269) 312-8733

Lending Hands of Michigan

lendinghandsmi.org

FREE medical equipment loan program for Allegan, Cass, Calhoun, Kalamazoo, St. Joseph, and Van Buren counties. Loan equipment (wheel chairs, walkers, crutches, shower stools, bedside tables, commodes, safety rails, dressing aids, etc) for up to 7 months.

2403 Helen Ave
Portage, MI 49002
(269) 567-4381

**There are loan closets throughout MI. For a closet near to you please go to www.loanclosets.org/michigan for more information.*

TLC Direct

(800) 850-9445
www.tlcdirect.org

Wigs, other hair loss products, mastectomy products.

Wright & Filipis – must have appointment

<http://www.firsttoserve.com>

**You will need a prescription from your surgeon or medical oncologist if using your insurance. They offer post-surgical bras and garments, prosthetics, orthotics, custom mobility products and accessibility solutions.*

Portage, MI	(269) 226-2617
Battle Creek, MI	(269) 979-5760
Grand Rapids, MI	(616) 249-1807

Airway Oxygen - Home Medical Equipment & Supply

Kalamazoo Office: (269) 372-2444

*go to www.airwayoxygeninc.com for other locations throughout MI.

CareLinc – Home Medical Equipment & Supply – must have appointment

*You will need a prescription from your surgeon or medical oncologist if using your insurance.
They offer post-surgical bras and garments, and more:

Kalamazoo/Portage location: (269) 329-1422 or (800) 236-9528

*go to www.carelinmed.com for more locations.

Healthy Eating

Many cancer patients ask for direction on food and diet. WMCC has registered dietitians on staff for nutrition support regarding help with weight management, eating properly during treatment, treatment side effect management (poor appetite, dry mouth, mouth sores, hydration, diarrhea, constipation, neutropenic precautions), questions about vitamins and supplements, tube feedings, eating well for cancer prevention, and more.

Call 269-373-0109 or 269-384-8678 if you would like to speak with one of our registered dietitians directly.

Diet During Treatment: Grocery List

Unfortunately, and *fortunately*, there is no 'prescribed diet for cancer'. Still, the best thing you can do for your body throughout the course of treatment is provide it with a variety of **fresh fruits and vegetables, whole grains, lean proteins, and healthy fat.**

<p>FRUITS & VEGETABLES</p> <ul style="list-style-type: none">• Bananas• Avocados• Strawberries• Potatoes & Sweet Potatoes• Tomatoes• Spinach• Apples• Broccoli• Asparagus• Blueberries• Oranges• Carrots• Green Beans & Asparagus	<p>WHOLE GRAINS</p> <ul style="list-style-type: none">• Oatmeal• 100% Whole Grain Bread, English Muffins, Pasta, Crackers, & Tortillas• Quinoa• Brown Rice• Farro	<p>PROTEIN</p> <ul style="list-style-type: none">• Beans• Chicken• Turkey• Fish• Eggs• Cheese, Milk, Yogurt• Peanut Butter
	<p>FAT</p> <ul style="list-style-type: none">• Olive, Canola, & Coconut Oil• Nuts: Walnuts, Almonds, Cashews, Peanuts• Avocado• Peanut Butter	<p>DRINKS</p> <ul style="list-style-type: none">• WATER• 100% Juice• Coffee & Tea

Guidelines on Nutrition & Physical Activity
for Cancer Prevention from the American Cancer Society:

1. Maintain a healthy weight throughout life
 - Balance caloric intake with physical activity
 - Avoid excessive weight gain throughout the lifecycle
 - Achieve and maintain a healthy weight if currently overweight or obese

2. Adopt a physically active lifestyle
 - Adults: engage in at least 30 minutes of moderate-to-vigorous physical activity, above usual activities, on 5+ days of the week. 45-60 minutes of intentional physical activity are preferable.
 - Children & Adolescents: engage in at least 60 minutes per day of moderate-to-vigorous physical activity at least 5 days per week.

3. Consume a healthy diet, with an emphasis on **plant sources**
 - Choose foods and beverages in amounts that help achieve and maintain a healthy weight
 - Eat five or more servings of a variety of vegetables and fruits each day
 - Choose whole grains in preference to processed (refined) grains
 - Limit consumption of processed and red meats

4. If you drink alcoholic beverages, limit consumption
 - Drink no more than one drink per day for women or two per day for men

Food: Dirty Dozen

Going organic can have its benefits... it can also have its cost. Organic produce does not necessarily have more nutrients in it, but it can be beneficial because it has less pesticides. Since organic produce tends to be more expensive, it's important to pick and choose which organic foods to buy.

'DIRTY Dozen' – Buy these fruits and veggies organic when possible:

Apples, Blueberries (domestic), Celery, Grapes (imported), Kale/collard greens, Lettuce, Nectarines (imported), Peaches, Potatoes, Spinach, Strawberries, Sweet bell peppers.

'CLEAN 15' – These fruits and veggies are lowest in pesticides:

Asparagus, Avocado, Cabbage, Cantaloupe (domestic), Corn, Eggplant, Grapefruit, Kiwi, Mangoes, Mushrooms, Onions, Pineapples, Sweet peas, Sweet potatoes, Watermelon.

Soy and Breast Cancer

The American Institute for Cancer Research recently reviewed the evidence regarding consuming soy foods, and concluded that soy is safe to eat for breast cancer patients. Previously, there was concern regarding the consumption of soy in breast cancer patients because soy contains isoflavones. Isoflavones are a group of compounds that are classified as types of estrogen, and high blood levels of estrogen are linked to increased breast cancer risk. Studies in mice suggested that isoflavones led to breast cancer cell growth. However, scientists have now discovered that humans metabolize isoflavones differently than mice, and isoflavones do not increase estrogen levels in humans. The results of six recent human studies and one major meta-analysis show that **there is no basis for advising breast cancer patients not to consume soy foods.**

In summary, it is safe for women to consume a moderate amount of soy defined as one to two standard servings daily of whole soy foods such as tofu, soy milk, and edamame.

A serving is equivalent to:

1 cup of soy milk

3 ounces of tofu

1/4 cup of soy nuts

1/2 cup of shelled edamame

Sugar and Cancer

Sugar feeds ALL cells in our bodies. Our bodies need glucose, or simple sugar, for energy. It is a good idea to limit sugar because eating too much sugar can increase your insulin levels, leading to diabetes as well as a number of other health issues. Excess insulin can encourage cancer cells to grow more. You do not need to avoid every bit of sugar in your diet. Some of the best sources for healthy complex carbohydrates such as fruit, whole grains, and legumes are the foods that appear to fight cancer best. Too much sugar can cause weight gain. Obesity has been linked to cancer.

Simple Sugars – these are the sugars you should limit. They have no “nutritional value,” meaning they are not significant sources of protein, fiber, vitamins, or minerals:

- Soda
- Sweets such as cake, cookies, pie
- Sugar cereals
- Juice drinks
- Refined grains such as white bread, white pasta, white rice

Complex Carbohydrates – these are the foods that break down to glucose while providing necessary nutrients:

- Fruits
- Vegetables
- Beans/legumes
- Whole grains such as wheat bread, wheat pasta, brown rice

Ways to limit simple sugar in your diet

- Read labels. Look for sugar, glucose, honey, corn syrup, fructose, maltose, dextrose.
- Drink water in place of fruit drinks or soda. Add a splash of 100% juice to sparkling water.
- Have a piece of fruit when craving something sweet.
- Use ½ of the sugar called for in recipes.
- Choose canned fruits packed in juice rather than syrup.
- Instead of fruit flavored yogurt, mix fresh fruit into plain yogurt.
- Choose whole grain breads, pastas, and crackers in place of white.
- Snack on popcorn in place of pretzels.

Phytochemicals

Phytochemicals are the components that give plants color, odor, and flavor. In your local grocery store you should be able to find an abundance of local fresh fruits and vegetables. Not only does seasonal produce taste better, it is loaded with a variety of nutrients, including phytochemicals.

Benefits

When we eat phytochemicals, research has shown that they:

- Stimulate the immune system
- Prevent some substances from turning into a carcinogen
- Reduce inflammation
- Prevent DNA damage
- Repair damaged DNA
- Reduce cancer-causing damage to cells
- Slow the growth rate of cancer cells
- Help regulate hormones

Helpful Hints

- Eat a variety of fruits, vegetables, whole grains and legumes.
- The more color, the better. Each color represents a different nutrient and phytochemical.
- Stick to food! Supplements may not be as well absorbed. Large doses of many supplements can be harmful and interfere with your treatment. Talk to your dietitian about your supplements.

Sources

If you are wondering if you are getting phytochemicals in your diet, take a look at the color of your fruits and vegetables. Below is a guide to the different phytochemicals and where they are found in the diet.

Carotenoids	Red, orange and green fruits and vegetables	May inhibit cancer cell growth; may improve immune response
Flavonoids	Apples, citrus fruits, onions, soy beans/products, coffee, and tea	May inhibit inflammation and tumor growth; may aid in immunity
Indoles and glucosinolates	Cruciferous vegetables (broccoli, cabbage, collard greens, kale, etc.)	May block carcinogens; limit production of cancer-related hormones; prevent tumor growth
Inositol	Bran from corn, oats, rice, rye and wheat, nuts, soy products	May slow cell growth
Isoflavones	Soybeans and soy products	May inhibit tumor growth and production of cancer-related hormones
Isothiocyanates	Cruciferous vegetables (broccoli, cabbage, collard greens, kale, etc.)	May detoxify carcinogens, block tumor growth, and work as antioxidants
Polyphenols	Grapes, berries, citrus fruits, apples, whole grains, peanuts	May prevent cancer formation, prevent inflammation and work as an antioxidant
Terpenes	Cherries, citrus fruit peel, rosemary	May slow cancer cell growth, improve immune function, work as an antioxidant

*Note that these are potential benefits that can be achieved from these phytochemicals. ALWAYS talk to your healthcare team about any supplements you are taking. Note that mega-doses of many vitamins and minerals can actually be harmful.

Transportation Resources

Consistent and reliable transportation is a very important part of your treatment. The resources listed below are available to help you meet your transportation. If you have questions about any of these programs, please contact the WMCC Social Services Department at (269) 384-8686, (269) 373-7446 or (269) 384-8629.

American Cancer Society Road to Recovery: This volunteer-based program is for all cancer patients and requires at least 4 business days' notice. Patients must be ambulatory and get in/out of a vehicle without assistance or have a caregiver with them. Contact the call center at (800) 227-2345 to discuss your request.

Metro County Connect: (269) 337-8858. This is for individuals of any age in Kalamazoo County for medical and non-medical related transportation, Monday-Saturday from 6:00 am-10:00pm. Reduced fares may be available.

Shepherd's Center Escort Transportation: This program is volunteer-based, available to seniors over the age of 60 in Kalamazoo County and is limited to 2 rides/week, Monday through Thursday, 8:00 am-4:00 pm. Patients must be ambulatory. Suggested \$10 donation for volunteer drivers. Please call for more information: (269) 383-1122.

South County Community Services: (269) 649-2901. Volunteer drivers provide transportation Monday-Friday for adults 60+ in the Fulton, Schoolcraft, Scotts and Vicksburg areas for medical appointments. Donations are accepted. At least a week's notice is needed to set up ride assistance.

Van Buren Public Transport: (269) 427-7921. Provide some out-of-county transportation for appointments in Kalamazoo and St. Joseph. Appointments must be set up (up to 14 days) in advance as reservations fill up quickly. \$10 one-way for seniors, students and individuals with disability. \$20 one-way for general public.

PrideCare Ambulance: (269) 366-3058. For non-emergency or emergency transportation services throughout Kalamazoo, Berrien, Cass, Barry and Van Buren counties. In county rate of \$60 one way, \$90 roundtrip. Out of county: additional \$2/mile to destination. This service is an out-of-pocket expense; some discounts apply with a membership.

Life EMS Ambulance: (269) 349-4411. For non-emergency or emergency transportation services anywhere in southwest Michigan. This service is an out-of-pocket expense; some discounts apply with a membership. Please contact them to inquire.

Traditional Medicaid: Contact your Department of Human Service worker at your county office. Your worker can request the Community Ride Coordinator (CRC) to get involved in coordinating your care.

Traditional Medicaid: Contact your Department of Human Service worker at your county office.

Allegan County: (269) 673-7700

Berrien County: (269) 934-2000

Calhoun County: (269) 966-1284

Kalamazoo County: (269) 337-4900

Van Buren County: (269) 621-2800

Barry County: (269) 948-3200

Branch County: (517) 279-4200

Cass County: (269) 445-0200

St. Joseph County: (269) 467-1200

Aetna Medicaid: 1-800-947-2133. At least 3 business days' notice is required. Mileage reimbursement is .32 cents/mile, set up is required. Transportation options for weekend appointments. Please call for more information and to ask about eligibility.

BCCCNP (Breast and Cervical Cancer Control Navigation Program) Medicaid: If you are in Kalamazoo, Allegan, Berrien, Branch, Calhoun, Cass, St. Joseph or Van Buren Counties, please call the Southwest Michigan BCCCNP Office at (888) 243-4087 or (269) 373-5213 to inquire.

Complete Health Medicaid: (877) 564-5905. Transportation to medical appointment is available Monday through Friday, 8am-5pm. 3 business days' notice is required. (Mileage reimbursement is not available.) Please call for more information and to ask about eligibility.

McLaren Medicaid: (888) 327-0671, press 1, then 1, then 7 when prompted. At least 2 days' notice is required. Mileage reimbursement is .23 cents/mile, set up is required. Please call for more information and to ask about eligibility.

Meridian Medicaid: (800) 821-9369. Transportation to medical appointment is available Monday through Friday, 8am-6pm. 3 business days' notice is required. Mileage reimbursement is .42 cents/mile, set up is required. Please call for more information and to ask about eligibility.

Molina Healthcare of Michigan: (866) 712-1063. At least 3 business days' notice is required. Mileage reimbursement is .36 cents/mile, set up is required. Please call for more information and to ask about eligibility.

Priority Health Choice: (888) 975-8102, press 2 as a member, then press 2 again for transportation. At least 3 business days' notice required. Transportation can be scheduled up to 2 weeks in advance. Mileage reimbursement is .36 cents/mile, set up is required. Please call for more information and to ask about eligibility.

United Healthcare Community Plan Medicaid Transportation Line: (877) 892-3995 or (866) 535-0137. At least 3 business days' notice is required to arrange transportation. Mileage reimbursement is .42 cents/mile, set up is required. Please call for more information and to ask about eligibility.

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