Preventing and Screening for Cancer in Southwest Michigan

Throughout 2012, the West Michigan Cancer Center and its community partners have significantly stepped up cancer screening and prevention activities in the region. We are a leading force behind the Cancer Control Coalition of Southwest Michigan (formerly Kalamazoo County Cancer Control Coalition) and currently have two major initiatives underway. I would like to update you about each. I also want to inform you about a new program that has just kicked off.

**Research Study—Cancer Prevention Study-3**

Over the past three months, WMCC joined owner hospitals Borgess & Bronson along with the YMCA of Portage and Davenport University in a massive effort to enroll Southwest Michigan residents in Cancer Prevention Study-3 (CPS-3). Sponsored by the American Cancer Society, CPS-3 is a long-term, national study of 300,000 Americans between the ages of 30-65 to better understand how to prevent cancer and save lives. The results of the Southwest Michigan enrollment were nothing short of amazing! Our goal was to enroll 320 people, based on the population of our region, and we ended up recruiting 581! While cancer patients were unable to enroll in the study, we know that many of you put the word out and recruited caregivers and friends to participate in your honor. Thank you for helping us to achieve the best possible representation in the study from our area.

**Breast Cancer Screening/Pink Saturdays**

The Pink Saturdays mammogram screening program has been in existence for almost six years. This year, the program is larger than ever. Through a coalition of healthcare providers in eight Southwest Michigan counties, we provided 1,800 free mammograms to uninsured women. We accomplished this with the help of a large grant from Susan G. Komen for the Cure and from in-kind contributions. We identified 9 women with early-stage breast cancer. Throughout the history of the program—including this year’s event—we have provided more than 7,800 free mammograms and identified approximately 28 women with early-stage cancer. Pink Saturdays has given these women a diagnosis earlier and a better chance of becoming survivors.

This year, the program focused on reaching a larger number of minority women in the community. Although Hispanic women have the lowest rate of breast cancer, they are often diagnosed at a later stage of disease and are cured less often. African-American women have a slightly lower rate of breast cancer than Caucasian women, but have a...
A Season of Hope

Give Back to WMCC All Year Long!

Over the holiday season it is WMCC’s tradition to honor and celebrate cancer patients and their families as well as renew our commitment to the fight against cancer through our Season of Hope campaign. However, our dedication to our patients and to providing life-saving care and social services continues every day of the year. In Southwest Michigan, we strive to be the epicenter of community activism to reduce the cancer burden. You can help WMCC, our doctors, and our staff to more effectively serve our patients and community when you make a monthly gift to WMCC.

The WMCC Hope Circle is a special group of our most dedicated monthly supporters. A group of caring people just like you who decide to give back to WMCC throughout the year.

Reliable, consistent monthly support allows WMCC to take on new projects, with the knowledge that we will have the funding to see them through, and also allows us to respond to urgent patient and community needs. Your gift will be a tangible reminder that, in the face of cancer, our community unites in support, in hope.

Here is how it works:

• You determine the amount (no amount is too small) of your monthly donation.
• Your credit card is charged on the 15th of each month (or the first business day after if the 15th is a Saturday or Sunday), and you’ll receive an email confirmation when charged.
• Each January, you’ll receive an annual giving statement, which can be used for tax purposes.
• Your donation amount can be changed or canceled at anytime.

To become a monthly donor, simply fill out the enclosed envelope with a note about your desired monthly gift amount.

For more information please contact Jessica Hermann-Wilmarth, Director of Development, at 269-373-0129 or by email at jwilmarth@wmcc.org.

Preventing and Screening

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death rate from breast cancer almost twice as high as white women. This poor prognosis is a result of social, economic and biological factors. This year, Pink Saturdays reached out to these two minority groups and a larger percentage of minority women were screened.

Colon Cancer Screening/Blue Ribbon Days

2012 saw the creation of a new colon cancer awareness and screening program called Blue Ribbon Days. The program was extremely successful, providing 57 free colonoscopies to underserved individuals, worth more than $133,000 in free medical care. In addition, 100,000 people in the region learned more about their risk for colon cancer through a comprehensive public relations and advertising campaign. Blue Ribbon Days was honored by the Michigan Cancer Consortium with a ‘Spirit of Collaboration Award’. The award is a result of a dedicated partnership of 18 providers including hospitals, physicians and not-for-profit organizations. The Blue Ribbon Days program also received a $50,000 grant from the Michigan Cancer Consortium. This grant will help us expand our activities next year to reach even more people!

Lung Cancer Screening

Lung cancer is the second most common cancer in both men and women. However, it is the leading cause of cancer deaths for both men and women. In fact, more women die of lung cancer than die of breast cancer each year. Lung cancer is usually found at an advanced stage, making surgery and chemotherapy less effective. Recent studies have demonstrated that in high risk individuals who have smoked for a long time, a low dose spiral CT scan is effective in identifying lung cancer at an earlier stage and reducing death from lung cancer. The West Michigan Cancer Center is leading an initiative in the region to inform smokers of the risk and help them obtain low dose spiral CT scans. You will be hearing more about this in the near future.

Sincerely,

Joseph Mirro, MD
President and CEO/CMO

Billboard at the corner of Park and Water Street in Kalamazoo.
Renovations Aimed At Improving Patients’ Experience

You’ve ‘pardoned our dust’ for eight months and now we are happy to report that our major building renovation project is almost complete! All four floors of the Cancer Center have been updated to serve you better. Here are the highlights:

- **First Floor:** Four new private lab drawing stations, five private scheduling/registration stations, new dressing rooms and three additional exam rooms
- **Second Floor:** Major infusion room expansion with eight additional chemotherapy chairs and increased space around each individual chair for greater privacy
- **Third Floor:** 13 new exam rooms for a total of 21
- **Lower Level:** New home of WMCC Survivorship Clinic; Expanded laboratory

The reconfiguration of our existing space helps us meet the latest HIPAA (Health Insurance Portability and Accountability Act) requirements set forth by the government. If you’ve been in our building ‘before and after’, you’ve also probably noticed the addition of nine security doors between waiting areas and treatment rooms.

We have also undergone some unexpected growth in patient volume so we will be adding staff to accommodate the need.

**Where is my provider?**

All the construction forced our doctors and mid-level providers into a game of musical chairs. Some have relocated to a new floor. In case you haven’t visited us recently, here’s a list of providers by floor:

1st Floor: Radiation Oncology—Drs. Salvador Espinoza, Linda Grossheim, Vera Nigrin and Jeffrey Radawski; Physician Assistants John Green and Tricia Miedema.

2nd Floor: Medical Oncology—Drs. Glen Heggie, Sanja Kaluza, Marcia Liepman; Physician Assistant Jill Noack and Nurse Practitioner Kelly Smith.

3rd Floor: Medical Oncology—Drs. Keith Bailey, Sree Chandana, Wendy French, Kirk Payne and Bennett Yu. Gynecologic Oncology—Drs. Angela Caffrey and Anna Hoekstra; Physician Assistant Julie DiGiovanni.

Lower Level: Nurse Practitioner Becky Jones, Registered Dietitians Rebecca Leitow and Rachel Norman and Licensed Medical Social Workers Samantha Rowland and Megan Putz.

*Subject to change, check with registration.
Sanja Kaluza, MD MPH, joined WMCC after completing a hematology/oncology fellowship at Michigan State University in East Lansing. Dr. Kaluza received her medical degree from Karl Franzens University in Graz, Austria and completed her residency at the University of Arizona at Tucson. Dr. Kaluza is board eligible in medical oncology and oversees our new Survivorship Clinic. As Clinic Director, her focus is to develop and implement long term care plans for cancer survivors in collaboration with WMCC social workers, dietitians, genetic counselors and financial counselors. She is fluent in three languages—English, German and her native language, Bosnian/Croatian/Serbian.

Bennett Yu, MD, is WMCC’s new Director of Research. Most recently, Dr. Yu served as Director of Oncology Research at the Peninsula Cancer Center at Peninsula Regional Medical Center in Salisbury, Maryland. He is a graduate of the University of Michigan Medical School and finished his residency at Albany Medical Center Hospitals in Albany, New York. In addition, he completed a fellowship in hematology at the University of Virginia in Charlottesville and in medical oncology at the National Cancer Institute in Bethesda, Maryland. Dr. Yu is board certified in internal medicine, hematology and medical oncology.

Jeffrey D. Radawski, MD earned a BSE in Nuclear Engineering from the University of Michigan before heading to the Michigan State University College of Human Medicine, where he earned his medical degree. Dr. Radawski completed an internship at Riverside Methodist Hospital in Columbus, Ohio and a residency at Ohio State University in Columbus. He is board eligible in radiation oncology. Dr. Radawski has expertise in prostate brachytherapy, stereotactic radiosurgery/radiotherapy, image-guided radiotherapy and intensity modulated and 3D conformal radiotherapy.

Becky Jones, ANP-BC, is a board certified Adult Nurse Practitioner who works in our Survivorship Clinic with Dr. Sanja Kaluza. Jones received a Bachelor of Science in Nursing degree from Johns Hopkins University in Baltimore, Maryland. She received a Master of Science in Nursing and a Master of Public Health from Emory University in Atlanta, GA.

Rebecca Leitow, RD, is a Registered Dietitian and graduate of Western Michigan University. After completing a dietetic internship at WMU, Leitow provided nutrition care to patients at the Family Health Center. She also worked for Sodexho at Borgess Medical Center and the WMU School of Medicine.

Rachel Norman, RD, is also a Registered Dietitian. Before coming to WMCC she provided nutrition education to patients at Fresenius Medical Care in Miami, Florida and at Medical Network One in Rochester, Michigan. Norman is a graduate of Miami University in Oxford, Ohio. She completed her dietetic internship at Central Michigan University.
Complimentary Program Schedule
These services and classes are provided free of charge to patients who are newly diagnosed or currently in active treatment, thanks to the generous support of our community.
Check wmcc.org for specific dates and times.

Art as Healing
Dates: January 2013, Dates to be announced
Time: Tuesdays, 3:00-4:30 pm
Location: Borgess VNA Home Health
348 N. Burdick
Kalamazoo

The creative process of art offers an active way to respond to the experience of coping with cancer. Art can be a vehicle to express all the emotions that accompany cancer. Please join us in this bi-weekly, six-session course to explore the possibilities. Open to patients in treatment or recently recovering. No prior art experience is required. Space is limited and you must commit to attending the majority of the six sessions. Sponsored generously by Borgess VNA. To register or for more information contact Kathleen M. Buday, Expressive Arts Coordinator at Borgess VNA Home Health & Hospice at 269-343-1396 or email kathleenbuday@borgess.com

Cooking Class
Dates: Thursday, January 24, 4:30 – 6:00 pm
Location: 3rd Floor Multi Purpose Room

Warm up this winter by learning how to make a variety of delicious soups and stews. In this class, you’ll learn how to make three different soups using heart healthy ingredients. Our staff dietitians will guide you through the sometimes intimidating process of making a hearty winter soup while discussing various ingredients and preparation methods. Call 269-373-0109 to reserve your spot as space is limited to 10 people (current patients, survivors, and caregivers).

Fitness Room
Time: Monday - Friday, 5:00 am - 6:00 pm
Group Orientations: Fridays, 2:00 pm
Location: Lower-Level Fitness Room

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

Healing Fitness – Livestrong with the YMCA & WMCC
Time: January 2013
Location: Lower-Level Fitness Room

This eight-week program is a collaborative effort with the Livestrong Foundation and the YMCA. This class is exclusively for cancer survivors currently in treatment or recently out of treatment (three years or less). Survivors have an opportunity to acclimate to the “new normal” utilizing exercise and wellness techniques to alleviate fatigue, build strength, and endurance. Livestrong certified trainers provide a structured class teaching safe technique for cancer survivors. Registration and medical release is required. For further information or to register, call (269) 373-7446.

Look Good, Feel Better
Dates: 4th Monday of the month, 5:30 – 7:00 pm
Location: Lower-Level Conference Room

This program provides information and cosmetic advice to women battling cancer. This training includes hands-on instruction on makeup, skin care, wigs, turbans, scarves and nail care. Cosmetics are provided for your personal makeover by the American Cancer Society. Call the ACS at 269.349.8719 to register.

Survivorship Information Session
Open to all breast cancer survivors
Dates: Tuesday, January 15 5:30 – 6:30 pm
Wednesday, February 13, 5:30 – 6:30 pm
Location: Lower-Level Conference Room

The WMCC Survivorship Clinic is a team-based approach (dietitian, nurse practitioner, genetic counselor, social worker) designed to help cancer survivors discuss and address issues following treatment that will improve their quality of life. Any breast cancer survivor interested in learning more about survivorship should attend. Please register by calling Becky Jones, NP (269) 384-8677. For more information about the WMCC Survivorship Clinic, visit our website: www.wmcc.org/survivors

Tai Chi
Classes resume February 2013

Introductory tai chi class open to cancer survivors currently in treatment to promote balance, strength, flexibility, and stress management. Tai chi techniques can improve symptoms of fatigue during treatment, and in the several months following treatment. Limited space. Must register by calling (269) 373-7446.

Quit Smoking

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

Yoga
Classed resume February 2013

Introductory yoga class is open to cancer patients currently in treatment to promote balance, strength, flexibility, and stress management. Yoga techniques can improve symptoms of fatigue and promote energy during treatment, and in the several months following treatment. Bring a yoga mat, large firm pillow and blanket.

For more information on any of the classes listed, call 269.373.7446 or send an email to wellness@wmcc.org.
For all classes at West Michigan Cancer Center, please park in the Radisson ramp, and we will validate your ticket. If the class begins at 5:00 pm or later, feel free to park in our main lot.
Tell Us Your Story...

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

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

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

Name: ____________________________________
Address: __________________________________
City: ______________________________________
State: ___________________ Zip: _____________
Phone: _________________________________
Email: ___________________________________

Stories can also be submitted by email to story@wmcc.org

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

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

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

Please only share my story with ________________________________
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Signature: ___________________________ Date: _________________

Print Name: __________________________

I am: □ Patient □ Caregiver □ Family Member
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