



The newsletter for patients, employees and friends of Karmanos Cancer Institute at McLaren Flint | October 2015



CONNECTING TO CARE

Resources for your journey with cancer

What's New for October?

ALL WORKSHOPS AND MATERIALS ARE PROVIDED FREE OF CHARGE.

- October 5 - 16** Lilly Oncology on Canvas Exhibit throughout the Flint Campus and Hospitality House
- October 6** Us TOO Prostate Cancer Support Group. Guest Speaker will be medical oncologist David Eilender, MD
- October 7** Stop Smoking Workshop
- October 10** Making Strides Against Breast Cancer Walk, Downtown Flint (information on page 3)
- October 12** Create an Exploding Box with art therapist Gail Singer at the Flint Institute of Arts
- October 13** Advanced Care Planning Workshop
- October 14** Women's Cancer Support Group. Join art therapist Gail Singer in a session of Meditation and creating Sand Mandalas. (see image on page 2)
- October 15** Look Good...Feel Better
- October 15** Multiple Myeloma Support Group
- October 17** National Mammography Day
- October 21** Stop Smoking Workshop
- October 21** Please join artist Rebecca Andrus in creating Painted Folk Symbols. (Details on Page 2)
- October 26** Create an Accordion Book Page with art therapist Gail Singer at the Flint Institute of Arts



Exploding Box by Tania Littlely



R. Andrus "Painted Folk Art"

QUOTE OF THE MONTH

"We must accept finite disappointment, but never lose infinite hope."

- MARTIN LUTHER KING, JR.

Support Groups

Women's Cancer Support Group Second Wednesday each month 3:00 – 4:30 p.m.

The Women's Cancer Support Group is open to any woman with cancer. The monthly meetings focus on Self-Care. Karmanos Cancer Institute at McLaren Flint - Garden Level Conference Room

US TOO Prostate Cancer Support Group First Tuesday of each month 7:00 p.m.

Hospitality House, 3170 Beecher Road, Flint
For further information visit ustoo.org or call (810) 877-0199.

Stop Smoking Workshop First & Third Wednesday of each month 3:00 - 4:30 p.m.

Karmanos Cancer Institute at McLaren Flint
4100 Beecher Rd., Flint
RSVP to: (810) 342-5370.

Multiple Myeloma Support Group Third Thursday of each month 6:30 - 8:00 p.m.

McLaren Hospitality House
Conference Center
3170 Beecher Road
Flint, MI 48532
For more information, please contact Starr & Carl Fittante @ (810) 820-1592 or Flintsgl@IMFSupport.org
Website: flint.support.myeloma.org

Look Good...Feel Better! Third Thursday of each month 12:30 – 2:30 p.m.

Free makeup and skincare sessions for women who are undergoing treatment. Meets at Karmanos Cancer Institute at McLaren Flint, 4100 Beecher Road. To sign up, call American Cancer Society at 1 (800) 227-2345.

New Tomorrows Grief Support Group Free ongoing grief education and support for anyone who has experienced the loss of a loved one. For information call (810) 496-8625.



Sand Mandala

What is Art Therapy?

- personal fulfillment
- self expression
- copng with stress
- life enhancement
- healing
- strengthening self confidence
- creative freedom
- satisfaction

Please join art therapist Gail Singer at the following FREE workshops. While the workshops and materials are provided free of charge, please RSVP to Gail Singer, LPC, ATR, at (810) 342-4206.

NO PRIOR ART TRAINING OR BACKGROUND IN EITHER ART OR CRAFT IS NECESSARY JUST A WILLINGNESS TO PLAY, CREATE, AND EXPLORE.

October 12 Join art therapist Gail Singer at the Flint Institute of Arts (FIA). This month, we are creating an Exploding Box. (see image) Held at the Flint Institute of Arts at 1120 Kearsley Street in Flint, from 1 – 4 p.m. Please meet us in front of the gift shop.



Exploding Box by Tania Littlely

October 21 Please join guest artist Rebecca Andrus of the FIA in creating a painted Folk Symbol on an embroidery hoop (see image). Held at the Karmanos Cancer Institute, 1400 Beecher Road, Flint, MI in the Garden Level Conference Room from 10 – 11:30 a.m.



R. Andrus "Painted Folk Art"

October 26 Join art therapist Gail Singer at the Flint Institute of Arts, where we will create an "Accordion Book Page" in an Altered Book. Held at the Flint Institute of Arts 1120 East Kearsley Street, Flint, from 1 – 4 p.m." Please meet us in front of the gift shop.



Accordion Pages by Dick Blich

If you, or someone you know, would like to be added or removed from the Cancer Institute newsletter mailing list, please contact Gail Singer @ (810) 342-4206. The information needed is the person's first and last name and their full mailing address – street number, street name, city, and zip code.

Traveling Art Exhibit Now on Display

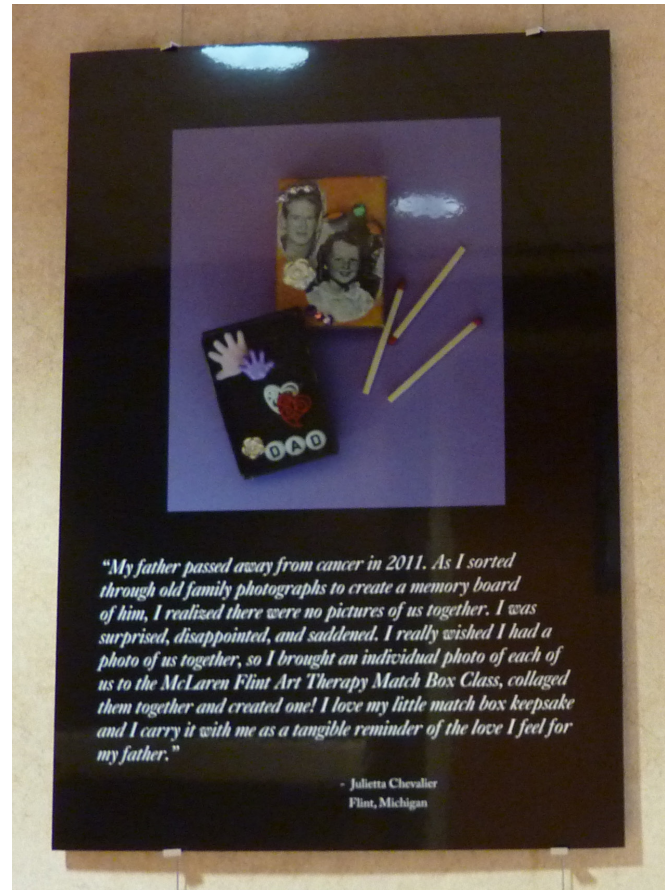
“There are millions of untold cancer stories happening every day. In 2004, Lilly Oncology, the National Coalition for Cancer Survivorship (NCCS), and members of the global cancer community came together to launch Oncology on Canvas®, an art competition that gives people living with cancer—and those who care for them—a way to tell their stories through creativity and bring comfort and support to others by sharing their cancer journeys.” - From the Lilly Oncology on Canvas website.

From October 5 through October 15, a number of these awe inspiring and soul stirring images will be on display throughout the Karmanos Cancer Institute’s Flint Campus as well as the Hospitality House. Please take the time to walk through the exhibit at your leisure and read the amazing stories that accompany each image.

If this exhibit stirs your desire to create your own response to your or your loved one’s journey through cancer, please make a free appointment with our own art therapist and counselor Gail Singer (810) 342-4206.

If you or your loved one are interested in submitting a piece of artwork for consideration in the Lilly Oncology on Canvas exhibit, there is a call for entries available on their website @: <http://www.lillyoncology.com/support-resources/lilly-oncology-on-canvas.html>

You do not need to be a professional artist to create artwork or enter their competition.



Does Your Family Know Your Wishes?

Making a plan for future medical care is important.

Your family, friends and doctors need to know how to best care for you if you are too sick to let them know. Attend a Free Advanced Care Planning Workshop to learn more and to schedule a free one-on-one appointment to help with completing legal documentation.

Monthly workshop sessions are held every second Tuesday from 10 – 11:00 a.m.

at McLaren Community Medical Center at
1314 South Linden Road in Flint Township, 48532.

RSVP one week prior to each session by calling (810) 342-2546 or emailing yhyc@mclaren.org.



Radiation Oncology Treatment Team

*Submitted by K. Devisetty, MD,
Radiation Oncology and K.
Bannister, RN, OCN*

Last month we introduced you to some member of the Radiation Oncology team. This month, we are introducing you to other members of our wonderful staff:

Radiation Therapists

Radiation therapists work with radiation oncologists to administer your daily radiation treatment under the doctor's prescription and supervision. They maintain your daily treatment records and regularly check the treatment machines to make sure they are working properly.

Radiation therapists go through a two- to four-year educational program following high school or college. Our radiation therapists are certified by the American Registry of Radiologic Technologists.

Medical Physicists

Qualified medical physicists work directly with the radiation oncologist during treatment planning and delivery. They oversee the work of the dosimetrist and help ensure that complex treatments are properly tailored for each patient. Medical physicists are responsible for developing and directing quality control programs for equipment and procedures. Their responsibility also includes making sure the equipment works properly by taking precise measurements of the radiation beam and performing other safety tests on a regular basis.



KCI Flint dosimetrists are (from left): Sue Putnam, Doug Vaughn, Pete Grimonte, and Joanna Price

Medical physicists follow college with additional graduate training in medical physics to receive a master's or doctoral degree.

Dosimetrists

Dosimetrists carefully calculate the dose of radiation prescribed by your radiation oncologist to make sure the tumor gets the prescribed dosage. Using computers, they work to develop a number of treatment plans that can best destroy the tumor while sparing the normal tissue. Since treatment plans are often very complex, dosimetrists work with your radiation oncologist and medical physicist to develop a treatment plan that is right for you.

Many dosimetrists start as radiation therapists and then, with intensive training, become dosimetrists. Dosimetrists are certified by the Medical Dosimetrist Certification Board.

For the full article, please go to: <http://rtanswers.org/treatmentinformation/treatmentteam/index/>







October

CANCER CARE BEYOND THE CLINICAL

All programs are held at the HOSPITALITY HOUSE at McLAREN, 3170 Beecher Road, Flint, MI 48532

2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 T 10 AM	2	3 N 2 PM
4 ☾	5 Z 12 PM	6 M 12 PM Y 1 PM "Us Too" support 7 PM	7 Z 1 PM B 2 PM	8 T 10 AM	9	10 N 2 PM
11	12 Z 12 PM	13 M 12 PM Y 1 PM ●	14 Z 1 PM B 2 PM Multipal Myeloma support 6:30 PM	15 T 10 AM	16	17 N 2 PM
18	19 Z 12 PM	20 M 12 PM Y 1 PM ☽	21 Z 1 PM B 2 PM	22 T 10 AM	23	24 N 2 PM
25	26 Z 12 PM	27 M 12 PM Y 1 PM ○	28 N 11 AM B 2 PM no 1 PM zumba	29 T 10 AM	30	31 no 2 PM nutrition

 Nutrition
  Tai Chi
  Yoga
  Zumba Gold
  Bible Study
  Meditation

RSVPs are appreciated. To register or for more information, please call (810) 820-9800
 all classes are complimentary to anyone who has ever been touched by cancer

Pink Hat Sales to Benefit Making Strides

You can support Making Strides Against Breast Cancer AND show your team pride by purchasing a pink Karmanos Cancer Institute ball cap. During October, caps can be purchased for \$15 each at the Radiation and Surgical Oncology Reception Desk while supplies last.



Get Your Pink On!

For a small cost of \$15.00,
you can help us in the fight against breast cancer
(and look stylish doing it)!

Making Strides walks gives us the power to make a real difference
in the battle to end breast cancer
Because silence won't finish this fight...action will
Not only are you helping those who are currently fighting the disease,
you're helping everyone who hopes to never hear the words
"You have breast cancer"

To order your hat or to join our team, please contact
Karin Starick at
karin.starick@mclaren.org
or
(810) 342-4524

Making Strides Against Breast Cancer Walk is part of October's Breast Cancer Awareness Month.

When: October 10, 2015
Time: 10:00 a.m.
Where: Flint DDA Flat Lot
412 S. Saginaw St., Flint, MI

For more information, please view their website at
www.makingstrideswalk.org
or call (810) 733-3703.

Breast Cancer Screening

Submitted by *S. Singla, MD, MRCSEd., M.Sc. Surgical Oncologist*

The American Cancer Society estimates that nearly 234,190 new cases of breast cancer will be diagnosed and nearly 40,730 deaths will be reported in 2015 in the United States. The average lifetime risk for developing breast cancer in an American woman is nearly one in seven. Many studies have shown that regular screening for breast cancer has reduced the rate of women dying from breast cancer by approximately 45%.

Breast cancer screening is performed using a number of examinations and tests. These include:

A. Breast examination by self

The individual examines own breasts for any irregularities including lumps, bumps, changes in the shape or size of breast, nipple discharge or retraction or any abnormal breast tissue thickening. There has been a persistent controversy regarding the benefits of self-exam as no study to date has been able to show the benefit in reducing the rate of breast cancer deaths. As a result, most organizations no longer aggressively encourage women to perform self-exam. However, because this exam is free and can be performed easily, we do not discourage individuals from performing regular self-exam as it can still detect some cancers.

B. Clinical Examination by a health professional

The individual undergoes a physical examination of breasts performed by a health professional. Traditionally, the annual physical examination has always been well perceived by both patients as well as health care professionals. However, some recent studies



have questioned the utility of annual breast examination in reducing cancer related deaths in women who regularly undergo mammography. Until more data become available, we continue to encourage breast examination by a health professional.

C. Mammography

Mammography is the diagnostic examination of the breast using low-dose x-rays. Annual screening using a mammogram has been shown to significantly reduce the number of women dying from breast cancer, especially in the age group of 40 years and older. Newer techniques such as digital mammography are more sensitive and have increased the detection rates of breast cancer further.

D. Ultrasound

Ultrasonography uses high-frequency sound waves to create images of blood vessels, tissues, fat and glands of the breast. It is often used to evaluate breast abnormalities that are found during mammography or the clinical exam. Ultrasound has been found

to be quite helpful in patients with dense breasts or patients who need discerning solid versus cystic masses. In practice, ultrasound is used selectively in patients that need additional imaging or screening.

E. MRI

Magnetic resonance imaging (MRI) is a diagnostic procedure that utilizes magnetic field to provide three-dimensional images of the breast. MRI has been shown to detect cancers earlier in patients who have inherited risk for developing breast cancer. It is also used selectively in high-risk patients including young patients with dense breasts, and in cases where mammography is equivocal. Since the risk for developing breast cancer is dependent on many factors such as familial history or genetic predisposition, the guidelines for breast cancer screening need to be individualized to suit the needs of an individual based on his/her risk for developing breast cancer.

Different Types of Bottled Water



Submitted by Emily Kuberski, Registered Dietician

- **“Purified” means the water** — from any viable source, even, say, a municipal water supply — has been filtered or distilled to remove impurities such as chlorine and other elements that affect taste.
- **Spring water** comes from an underground formation that flows naturally to the surface
- **Artesian water** is tapped from an underground aquifer that’s under pressure.
- **Although spring and artesian** are often more expensive and have chic packaging, they do not offer any

benefits beyond, perhaps, a special taste and status appeal.

- **Mineral water** is defined as having 250 parts per million dissolved solids naturally present (no minerals may be added) and must originate from a protected underground source. Most of these waters are so mineral-rich that drinking them can significantly boost your intake of the nutrients, especially calcium and magnesium, which many people lack.
- **Coconut water** comes from the inside of the young green fruit and, unlike coconut milk, has no fat. If you want a change of pace flavor-wise, and you take into account the 45 calories it has per cup (if you get the unsweetened variety), it can be a good way to change things up. But there is nothing magical about it. What it can claim to be is a lightly sweet liquid with a somewhat nutty taste that hydrates as well as water and provides a significant dose of potassium. You could also hydrate and replenish your potassium (plus get other nutrients and filling fiber) by drinking a cup of water and eating a small banana.

- **Maple water** is the liquid (sap) from the maple tree that is usually boiled down to make a syrup. In its unconcentrated form, it is clear and has a subtle sweetness, plus some minerals, for about 20 calories per cup. There isn’t enough research to back the many claims about its health benefits, including the “cleansing” power, but it is thought to be delicious, if expensive, at \$4 for a small bottle, and, like coconut water, a healthy way to switch things up taste-wise.
- **Alkaline water** has a pH greater than 7 and is new to the grocery isles. The trend stems from a popular but unfounded theory that if we consume too much water that is on the acidic side (which tap water often is), we wind up acidifying our body and compromising our health in myriad ways. The fact is, our body’s pH is maintained in a tight range, thanks to our kidneys and other buffering systems, and there is no substantial research to show that drinking more acidic water does any harm per se.

LOOKING FOR HELP?

Let Us Introduce You To...

Jean Battles, LMSW, ACSW

Medical Social Worker

(810) 342-3847

- › Individual counseling
- › Community referrals
- › Help acquiring resources
- › Consultation and coordination
- › Problem solving
- › Financial resource information

Kristin Chevrette, RN, OCN, BSN

Oncology Nurse Navigator

(810) 342-3850

- › Clarify medical concerns, questions and information
- › Referral to community resources
- › Liaison between physician offices
- › Coordination of medical appointments

Emily Kuberski, RD

Registered Dietitian

(810) 342-3823

- › Provides nutritional counseling and information specific to each cancer patient
- › Supplemental nutritional assistance

Gail Singer, MA, LPC, ATR

Art Therapist & Licensed Professional

Counselor

(810) 342-4206

- › Individual counseling and/or art therapy-in office or during chemotherapy
- › Group sessions at the Flint Institute of Arts, during the women’s cancer support group, and at monthly art workshops at Karmanos Cancer Institute at McLaren Flint
- › Continuing support after treatment ends

Karla Byce, BHSA, HIT

Patient Accounts Coordinator

(810) 342-3803

Help with questions regarding:

- › Financial help options regarding medical costs
- › Referrals to Medicaid advocates



CANCER INSTITUTE

Wayne State University

McLAREN FLINT

(810) 342 3800

mclaren.org/cancer



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