

CONNECTING TO CARE

Resources for your journey with cancer

MAY 2023

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

WHAT'S NEW FOR MAY?

All workshops and materials are provided free of charge. See page 2 for additional information.

Page 2 **Emotional Support Programs**

Page 3 **Proton Therapy
Saved Woman's Sight**

Page 4 **Resources**

QUOTE OF THE MONTH

**"You define your own life. Don't let other people write your script."
– Oprah Winfrey**



CANCER INSTITUTE

Wayne State University



FLINT

SUPPORT GROUPS

CANCER EDUCATION AND WELLNESS GROUP

ONLINE – First and third Wednesday of each month from 1:00 - 2:00 pm

This group is open to any person who has been touched by cancer. To RSVP or for more information, please contact Anna Glasstetter, BSN, RN, nurse navigator, at anna.glasstetter@mclaren.org.

US TOO PROSTATE CANCER SUPPORT GROUP

Karmanos Cancer Institute

To RSVP or for more information, please contact Nicole Cygnar, proton healthcare navigator, at nicole.cygnar@mclaren.org.

MULTIPLE MYELOMA SUPPORT GROUP

ONLINE – Third Thursday of each month 6:30 - 8:00 pm

Meetings held September through June

For more information, call (810) 820-1592 or email Flintsgl@IMFSupport.org.
Website: flint.support.myeloma.org

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.

BIBLE STUDY

Meets weekly on Wednesdays at 1:00 pm

McLaren Hospitality House

To RSVP or for more information, please contact the McLaren Hospitality House at (810) 820-9800.



Please join us for our free art therapy program for families touched by cancer. This includes all cancer fighters, survivors, previvors, caregivers, and their friends/family (ages 18+). Expect to meet individuals within our community who are seeking emotional support, creativity, and education.

Art Therapy is a visual form of expression used to promote self-discovery, externalize emotions, and reduce stress. Group and one-on-one art therapy sessions are offered each week. No art experience is needed to participate.

Expect to use basic art materials in class to enhance the therapeutic experience. If you do not have basic art supplies at home, we can provide them for you. If you are interested in joining, please contact Erin Simonetti, Registered Art Therapist.

- Individual art therapy sessions
- Group art therapy sessions (in person and online)

Healing Through Art is supported by Genesee Health System, Stella & Frederick Loeb Charitable Trust, Diagnostic Radiology Associates of Flint, P.C., The Gayar Foundation, Flint Institute of Arts, and generous donations from the community.

To learn more about Healing Through Art, go to karmanos.org/flintarttherapy, or contact:

Erin Simonetti, M.Ed., ATR

Registered Art Therapist and Health Coach

erin.simonetti@mclaren.org

(810) 342-4206



PROTON THERAPY SAVED WOMAN'S SIGHT

When Catherine Loss noticed she was having trouble breathing out of her left nostril, she went to her doctor, and he told her it was probably just allergies.

Not long after, Catherine's lymph nodes felt swollen and irritated, so her doctor sent her to an ear, nose, and throat specialist.

"In the back of my mind, when the neck thing started, I knew something was going on, and it was more serious than allergies," Catherine said.

It was.

A CT scan revealed Catherine had a tumor behind her nose. It was nasopharyngeal cancer.

After aggressive treatment with chemotherapy and radiation, a PET scan and a MRI revealed no sign of the disease.

Catherine breathed a sigh of relief, but not even a year later, she noticed something between the corner of her left eye and left nostril. She thought it could be a plugged tear duct; however, a MRI exam revealed the cancer was back.

"I had to go through this again," said Catherine, "and I thought, oh, my, I don't know if I can."

Treating Catherine's cancer with radiation this time would be a bit more complicated. Catherine's radiation oncologist told her he feared she might lose her vision if she had traditional radiation. He asked her if she would be willing to visit Dr. Hesham Gayar at the McLaren Proton Therapy Center.

She quickly agreed to go, but learning she needed more radiation devastated her.

"When I first went in to get set up for treatments, I couldn't breathe, so I thought I was going to die on the table," she said. "All those memories made me afraid."

Those fears were overwhelming, but Catherine said Dr. Gayar and his staff put her at ease when they explained proton therapy is much less invasive than traditional radiation.

"They told me it would be okay," Catherine said, "they're all just wonderful people. It's like you are not in this yourself. It's like they're on this journey with you."

Proton Therapy uses advanced Pencil Beam Scanning (PBS) technology to deliver higher radiation doses to more targeted areas, sparing healthy tissue, lowering the risk of secondary cancers, and reducing side effects.

"My entire team and I are pleased to have the proton technology. It allows us to treat solid tumors precisely and safely in sensitive locations where conventional treatment will unnecessarily spill radiation to surrounding critical organs and tissue," said Dr. Gayar.

Catherine said she had a completely different experience with proton therapy. Now she wants to urge other cancer patients to look into it.

"Check on proton," Catherine said, "if you're able to have that type of radiation, it'll be a better experience."

While she had heard of proton therapy before, Catherine thought it was for prostate cancer only; however, it can treat several forms of cancer.

"Especially these days when treatments are better than they have been in the past, patients are looking for a cure or a treatment that will allow them to continue to live a full life," Dr. Gayar said. He also noted hundreds of patients are having tremendous success at the McLaren Proton Therapy Center.

Catherine had seven weeks of proton therapy coupled with chemotherapy. She tolerated the proton therapy well, with minimal side effects.

Catherine now shows no signs of cancer. Best of all, McLaren doctors were able to spare her vision. She has a new lease on life, including some advice for others, "Live life to the fullest and spend time with the grandkids."

Call **(855) MY-PROTON** to schedule a consultation. To request more information about proton therapy, visit mclaren.org/protontherapy.



CONNECTING ANY CANCER ANY STAGE ANY AGE ANYWHERE IN THE WORLD

HOW WE HELP CANCER FIGHTERS, SURVIVORS, AND PREVIOUSORS

Through our personalized matching process, people diagnosed with cancer are connected with someone who has faced a similar cancer situation (a Mentor Angel). While each cancer experience is unique, Mentor Angels are matched by similar age, gender, and diagnosis, providing cancer fighters the opportunity to ask personal questions and receive support from a peer familiar with the situation who can offer empathy in a way others cannot.

HOW WE HELP CANCER CAREGIVERS AND LOVED ONES

Imerman Angels connects those caring for – or grieving – the loss of a loved one with Caregiver Mentor Angels who can help provide support and comfort throughout their journeys. A loved one may be a family member (such as a child, parent, spouse, sibling, or grandparent) or a friend who has survived or currently has cancer.

OUR SERVICE IS FREE FOR EVERYONE

Visit imermanangels.org

Click the “Request Support” link on our website and fill out the registration form. You can also call us at **1-866-IMERMAN** (463-7626).

LOOKING FOR HELP?

Let us introduce you to...

Erin Simonetti, MEd, ATR

Registered Art Therapist
(810) 342-4206

- Individual art therapy in office and online
- Group art therapy sessions offered online
- Continuing support after treatment ends

Christine LaMay

Patient Accounts Coordinator for Radiation Therapy
(810) 342-3803

- Help with questions regarding financial options and medical costs
- Insurance verification
- Help with insurance education

Dawn Renee Kleinschrodt

Patient Accounts Coordinator for Proton Therapy
(810) 342-3837

Drita Nukulovic, RN

Proton Research Nurse Navigator
(810) 342-5674

- Clarification of medical concerns and information
- Referral to community resources
- Liaison between physician offices

- Coordination of medical appointments

Nicole Cygnar, RT (R) (T)

Proton Patient Navigator
(810) 342-3875

Jamie Spicko, MS, RD

Registered Dietitian
(810) 342-3823

- Nutritional information specific to each cancer patient
- Supplemental nutritional assistance

Carrie Haneckow, BSN, RN

(810) 342-4848

Anna Glasstetter, BSN, RN

(810) 342-5687

- Oncology Nurse Navigators
- Clarification of medical concerns and information
- Referral to community resources
- Liaison between physician offices
- Coordination of medical appointments

Additional Karmanos Cancer Institute at McLaren Flint Resources

Lisa Priestap, PT, MSPT

Robin Doak, OTRL, CLT

Emily Carvill, MA CCC-SLP

Cancer Rehabilitation Specialists
(810) 342-5350

- Physical, occupational, and speech therapy for cancer-specific disability
- Evaluation of physical dysfunction
- Improvement of overall physical disability
- Patient education on the benefits of exercise throughout cancer care
- Evaluation and treatment of speech, cognitive function, and swallowing difficulties

Chris Hurley, LPN

Central Intake Manager
McLaren Homecare Group
(810) 323-5974

- Home health care
- Palliative care
- Hospice services
- Medical supplies and equipment
- Home infusion services

Ashley Cosenza, MS

Karmanos Cancer Genetic Counseling Service
Certified Genetic Counselor
Phone: (810) 342-3854
Fax: (810) 342-3855

Email: genetics@karmanos.org

Website: karmanos.org/genetics



CANCER INSTITUTE

Wayne State University



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If you or someone you know would like to be added or removed from the Cancer Institute Newsletter mailing list, please contact Erin.Simonetti@mclaren.org.

The information needed is the person's first and last name and their full mailing address: street number, street name, city, and zip code.

(810) 342-3800
karmanos.org/flintcancer

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