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## More to McLaren

### Comprehensive cancer care covers more than you may realize

Cancer touches thousands of lives in our community. Each year in Genesee County, approximately 2,500 people are diagnosed with some form of cancer.

Cancer is a disease that can have a ripple effect, affecting both the physical and emotional health of the patient and affecting the lives of their family and friends as well.

Karmanos Cancer Institute at McLaren Flint has developed its comprehensive program to address the many needs of cancer patients and their caregivers.

By embracing technological and scientific advances in treatment and a multidisciplinary approach to care, we provide a full continuum of care with more treatment options and many sources of support through every step of the cancer journey.

For more than 30 years, the cancer program at McLaren Flint has cared for residents of Genesee, Lapeer and Shiawassee Counties. In recent years, enrichments to the clinical expertise and treatment technology have attracted people from outside the area. Our accomplishments include being the most awarded cancer program in mid-Michigan for Quality and Patient Safety.

Through Karmanos Cancer Institute being a member of McLaren Health Care, patients have expanded local access to more clinical trials and oncologic specialists. Inside you can learn more about exciting developments in cancer care now available close to home, and hear from patients how our comprehensive program has made a difference in their lives.



CANCER INSTITUTE

Wayne State University

McLAREN FLINT



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[www.mclaren.org/flintcancer](http://www.mclaren.org/flintcancer)



The background image is a composite. The top left shows an elderly couple, Al and Patricia Mann, sitting on a white porch railing. Al is in the foreground, wearing a light blue short-sleeved button-down shirt and glasses, looking towards the camera. Patricia is behind him, also wearing glasses and a striped shirt. The top right shows a surgical team in an operating room. Two surgeons, Dr. Tolutope Oyasiji and Dr. Smit Singla, are wearing blue scrubs, surgical masks, and caps, focused on a procedure. A large surgical light is visible above them.

## Specialists bolster scope of local care

### ***Freeland couple grateful for specialized surgical care at McLaren Flint***

Al and Patricia Mann's 2016 calendar is peppered with appointments that have kept them on the move since the year began. Al suffered a gallbladder attack on Christmas Day, which led to the discovery of a cancerous tumor seated deep in his esophagus. Due to its location and the tissue type, treating Al required a more complex surgery that only a limited number of surgeons are qualified to perform. Fortunately, the addition of two such surgical oncologists to Karmanos Cancer Institute at McLaren Flint proved to be a 'win win' situation for Al.

The best course of treatment for Al was to receive a month of radiation and six chemotherapy treatments to attack and shrink the tumor before surgery. On June 23, Dr. Tolutope Oyasiji, assisted by his partner Dr. Smit Singla, performed a minimally invasive esophagectomy; whereby the esophagus and a portion of the stomach are removed laparoscopically.

"When I met with Dr. Oyasiji, he was very concerned with how I was feeling and explained exactly what was going to happen," said Al. "He discussed my case with a team of specialists to have a consensus on the best way to treat my cancer, and called the physicians involved with my care in Saginaw to let them know how things were going. He made a point to keep the communication flowing, not leaving anything to chance."

Al was impressed with his first experience at McLaren Flint, "The nurses and staff were outstanding, and went beyond what they had to do to help me."

Just three weeks after surgery, Al and Patricia's lives have settled back into a more normal pace. And the best bit of news... the treatment was a success.

*"In our practice, we emphasize a compassionate, empathetic approach in the management of cancer."*

— Tolutope Oyasiji, MD (left)

*"My life has been touched by cancer. I know what it is like to be confronted with a diagnosis of cancer."*

— Smit Singla, MD (right)



## I cancer treatment

**Smit Singla, MD**, and **Tolutope Oyasiji, MD**, joined the Karmanos Cancer Institute at McLaren Flint in July 2015, following their completion of fellowship training in complex general surgical oncology at Roswell Park Cancer Institute in Buffalo, New York. They are the only specialists in Genesee and surrounding counties to be board certified in surgical oncology.

Dr. Singla's life was personally touched by cancer, and this experience shaped his desire to pursue a career in medicine. His dedication and talents are to be credited for completing the many years of training required to become a surgical oncologist. He completed general surgery residency training at The University of Pennsylvania and Temple University Hospital in Philadelphia and The Royal College of Surgeons of Edinburgh, United Kingdom. Dr. Singla and his wife live in Grand Blanc with their two children.

"In our practice, we emphasize a compassionate, empathetic approach in the management of cancer," said Dr. Oyasiji. "We follow scientific, evidence-based practice and use a minimally invasive approach whenever possible. Ultimately, our patients are the center of all cancer treatment given."

Dr. Oyasiji completed residency in general surgery at The Royal College of Surgeons in Ireland and the Yale New Haven Hospital of the Yale University School of Medicine in New Haven, Connecticut. Dr. Oyasiji and his wife live in Grand Blanc with their three children.

Drs. Singla and Oyasiji specialize in malignancies of the gastrointestinal tract, soft tissue (melanoma and sarcoma), peritoneum, endocrine, and breast. Their minimally invasive approach includes laparoscopic and robotic surgery. For patients with advanced cancers, when traditional therapy ceases to be a good option, regional therapy may be an option to help extend or improve the quality of life.

Hyperthermic Intraperitoneal Chemotherapy - or HIPEC - is one such regional therapy now available in the area, only at McLaren Flint. The

*Smit Singla, MD, assisted by Tolutope Oyasiji, MD, performed the first HIPEC procedure in the region.*

treatment targets cancer involving the lining of the abdominal cavity. HIPEC is the second part of a two-part procedure. First, all visible tumors within reach in the abdominal cavity are removed. Then the surgeons administer the HIPEC therapy by bathing the abdominal cavity with a heated chemotherapy solution. This surgical procedure enables the solution to

be administered directly to the affected area, bypassing the drug's effects to the bloodstream and the rest of the body.

## Women's Specialty Services heightened with addition of gynecologic oncologist

**Gunjal Garg, MD**, a specialist in Gynecologic Oncology, has recently joined the medical staff at McLaren Flint. Dr. Garg is the only fulltime gynecologic oncologist practicing in Genesee County. She treats all gynecologic cancers and has extensive training in minimally invasive surgery, robotic surgery, complex gynecologic procedures, including extended pelvic resections, and pelvic reconstructive surgery. Her expertise bolsters women's cancer specialty services for the community.



Gunjal Garg, MD

She is board certified in Obstetrics and Gynecology and board eligible in Gynecologic Oncology. Dr. Garg completed a residency in Obstetrics and Gynecology at Wayne State University/Detroit Medical Center and a fellowship in Gynecologic Oncology at Washington University in St. Louis.

A major focus of Dr. Garg's work is understanding the mechanisms of development of chemoresistance in ovarian cancer. In addition, she is interested in developing novel therapeutics for women diagnosed with ovarian cancer.

*"My philosophy is to provide quality care in a compassionate manner."*

— Gunjal Garg, MD

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## Extraordinary service is a hallmark of McLaren Medical Oncology

Patients who receive chemotherapy, either through infusion or oral medications, may experience side effects from the body's reaction to the medication.

"We can help most of our patients through our Walk-in Clinic with hydration, IV therapy, or nausea medication," said **T. Trevor Singh, MD**, medical oncologist with Singh & Arora Oncology/Hematology P.C., located within the Karmanos Cancer Institute in Flint. "As long as we've been here, I tell all of my patients to come in and see us if they are not feeling well. We want to ease as much of the burden of cancer treatment as possible and keep them feeling well through their treatment. We are as much about 'high service' as 'high tech.'"

Current options in cancer fighting drugs offered at the office, as a result of advances in the drug industry, have become much more sophisticated in the last decade. Now many chemotherapy treatments are available through oral medications, eliminating the need for some to receive treatment connected to an IV station in the office for several hours. Targeted therapy is changing the norm of chemotherapy as well, with drugs or other substances designed to identify and attack specific types of cancer cells with less harm to normal cells.

Providing tools for the long term health of patients prompted the creation of the survivorship program, implemented in 2015 for breast, lung and colon cancer patients. In coordination with the radiation oncology office, the medical oncology team presents a survivorship care plan to each patient upon completion of their treatment. The plan includes a detailed summary of their diagnosis, treatment, and guidelines for reducing their risk of reoccurrence. The plan also includes resources and tips for dealing with long term side effects and provides a schedule of follow up care.



T. Trevor Singh, MD

*Medical oncology nurses, like Suzanne McKay, RN, stay close to their patients to make sure they are feeling well and comfortable during IV chemotherapy treatment.*



## Complementary resources encourage health and happiness

Providing a comprehensive approach to cancer care includes encouraging a healthy diet and body to enhance recovery and help reduce stress. At McLaren Flint, all patients have access to wellness classes. Empowering patients with complementary and educational resources allows them to become active participants in their health and healing.

Flint resident Deserie Fendt surprised even herself when she decided to step out of her comfort zone, and give Zumba a try.

Diagnosed and treated for her cancer in 2008, she no longer needed to go back to Karmanos Cancer Institute at McLaren Flint except for routine follow up visits. However, she continued to enjoy reading the monthly cancer newsletter which lists helpful resources. When she found out about the variety of classes offered for current and former patients like herself, she thought about giving one a try. After some encouragement from her family, friends and even a stranger in her dentist office, the self-described homebody took the plunge and decided to try Zumba.

"I knew I needed to tone up," said Deserie. "My mom says move it or lose it. I guess I decided to move it."

Deserie and her boyfriend, Jeff, were the only people in the class when they began in January. Since then attendance has grown and giggling is a common sound during the class.


"I giggle when I can't keep up with (Kimberly, the instructor), and I'm not the only one giggling so I know I'm not alone." Deserie and Jeff haven't missed a class since the first time they came, with the exception of one exceptionally snowy day.

"I guess I keep coming back because Kimberly has a friendly attitude. She just wants us to move. I'll keep coming as long as she keeps teaching."

Wellness classes including Zumba, tai chi, yoga, and meditation are offered at no cost to anyone who has been treated for cancer through McLaren Flint. Deserie agrees that it has made a difference for her health.

"It has kept the weight off and given me a positive attitude, and it gets me out of the house."

Classes are held at the Hospitality House at McLaren. Please call (810) 820-9800 for the class schedule or to register to attend a class.



*Cancer survivor Deserie Fendt, 56, loves the friendly atmosphere of McLaren's Zumba class, and fun-loving instructor Kimberly Warchol-Smith (pictured behind Fendt).*



## ***Mt. Morris man benefits from treatment advances***

If given the choice, there are plenty of other things Brad Grim would rather be doing this summer than going through treatment for colorectal cancer. But since his diagnosis in May, the 43-year-old and his wife, Wendy, have had to adjust their plans to focus on his health. Fortunately, his treatment experience so far has had a few nice surprises.

"I thought I would be sick and sore from radiation and that chemotherapy would make my hair fall out," said Brad while taking off his baseball hat to reveal a thick head of curly hair. "I don't seem to have the signs like nausea, hair loss and sores on my skin. I just feel tired more often."

Although side effects vary for each patient, advances in radiation oncology and chemotherapy medicines have lessened the physical reactions to treatment for many. Brad's first course of chemotherapy was delivered through a small portable unit that looks like a cell phone pouch on a shoulder strap. This unit allows him to receive constant intravenous therapy without having to spend hours in the medical oncology office for treatment.

His course of radiation does require him to come to Karmanos Cancer Institute at McLaren Flint several days a week for one month. Radiation treatment is painless, but requires the patient to hold still for the duration of the treatment, which lasts about 15 minutes on average. Brad gave the radiation therapists at Karmanos high praise for helping to making the experience as pleasant as possible.

### ***Progressive, well-equipped radiation treatment program***

Besides the front line staff that sees patients every day, there is a team of scientists at work behind the scenes. The Radiation Oncology Department is constantly assessing new technology and treatment techniques. Combining superb clinical care with a comfortable atmosphere can ease the anxiety of treatment.

Three sophisticated linear accelerators resembling a CT or MRI unit, are housed in contemporary suites. Patients receiving radiation therapy lie on a treatment table in a prescribed position, often using custom molded supports, while the accelerator rotates around the body delivering a three dimensional dose of radiation at modulated intensities to attack and shrink the tumor while sparing as much normal tissue as possible. Even with the size of the tumor changing during treatment, the radiation can be delivered to the exact shape of the tumor with an accuracy within millimeters.

**For more information on McLaren's Radiation Oncology program, call (810) 342-3800.**

*"The staff here is excellent. The nurses have been outstanding. The (radiation therapists) always make sure I am comfortable. A lot of my job as a sanitation engineer is customer service, so I notice how they have very good customer service skills. They take good care of me."*  
— Brad Grim

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## Easing the burden of coping with cancer

When Clio resident Wanda Smith was diagnosed with breast cancer earlier this year, it wasn't the first time she received the news, but it was her first time facing it without the support of her spouse. Sadly, after her initial diagnosis in 2005 and successful treatment, her husband succumbed to cancer in 2014.

Faced with treatment again, Wanda was reunited with the breast patient navigator at Karmanos Cancer Institute at McLaren Flint. Their conversation revealed that Wanda found it increasingly difficult to make ends meet with medical costs and the growing expense of keeping up her home. Jean Battles, the cancer program's medical social worker, was brought in to help.

"A large tree had fallen on my house and caved in part of the roof," said Wanda. "I have a big yard with a long driveway and knew I wouldn't be able to mow my yard and plow myself out in the winter. I also had a large electric bill, and I just wasn't able to take care of everything on my income."

Jean was able to find solutions to relieve some of her financial stress and clear obstacles that may have prevented her from receiving the care she needed and having a warm, safe home to recover in. A one-time \$500 donation from the *Ever Living Tree Fund* administered through the McLaren Foundation, along with assistance from other resources made it possible to have a service plow her driveway in the winter and take care of her electric bill and the roof repair.

Wanda completed treatment this Spring which included surgery, radiation and chemotherapy. She reflects on her experience with gratitude.

"They not only helped me financially, they helped me mentally," she recalls. "The people here feel like family and I feel safe when I am here. Maybe it sounds funny to some people but I looked forward to my treatment days because this is a good place to be."



*"It just took a lot of stress away. I am very grateful for all of the support. When you have cancer it is scary, especially on my own."*  
— Wanda Smith (at right), pictured with Jean Battles, medical social worker

### Support Services

Patients at Karmanos Cancer Institute at McLaren Flint have access to the following support specialists and services:

**Medical Social Worker** provides:

- individual counseling
- community referrals
- help acquiring resources
- consultation and coordination
- problem solving
- financial resource information

**Art Therapist and Licensed Professional Counselor** provides:

- individual counseling and/or art therapy in office or during chemotherapy
- group sessions at the Flint Institute of Arts, during women's cancer support group, and monthly art workshops at the Cancer Institute
- continuing support after treatment ends

**Patient Account Coordinator for Radiation Therapy** assists with questions regarding:

- medical cost help options
- referrals to medicaid advocates

**Registered Dietitian** provides:

- nutritional information specific to each patient
- supplemental nutritional assistance



## Services available

### Diagnostic Services

- Digital mammography
- Computer-aided detection systems
- MRI
- PET/CT
- 64-slice CT- scan
- Ultrasound
- Fluoroscopy
- Nuclear medicine

### Surgical Oncology Services

- Minimally invasive techniques: endoscopic, laparoscopic and robotic-assisted

### Complex Procedures

- Specialized regional therapy:
  - HIPEC
  - ILI/ILP for in-transit melanoma
  - Radiofrequency ablation and microwave ablation
  - Transarterial Chemoembolization (TACE)

### Radiation Oncology Services

- External beam radiotherapy services
- Brachytherapy (internal radiation therapy services)
- Clinical trials

### Medical Oncology Services

- Targeted therapy
- Clinical trials
- Genetic counseling
- Biologic therapy
- Chemotherapy
- Hormonal therapy

### Multidisciplinary Conferences

### Complementary Therapies

- Art therapy
- Nutritional therapy
- Physical, speech and occupational therapy
- Wellness programs:
  - Yoga
  - Meditation
  - Tai Chi
  - Zumba Gold
  - Cooking class
  - Bible study

## Cancer care specialists

### Surgical Oncology

Smit Singla, MD, MRCSEd  
Tolutope Oyasiji, MD, MRCSI  
Jeneen Hinkle, NP

### Gynecologic Oncology

Gunjal Garg, MD

### Radiation Oncology

Hesham Gayar, MD  
Jack Nettleton, MD  
Kiran Devisetty, MD  
Erin Burke, NP

### Medical Oncology

T. Trevor Singh, MD, FACP  
Madan Arora, MD  
David Eilender, MD  
Sandeep Grewal, MD

## Most awarded cancer program in mid-Michigan for Quality and Patient Safety

Providing the best cancer care incorporates advanced therapy, a full spectrum of support services, and participation in future-shaping research; all joined to create a measurable quality care program. Karmanos Cancer Institute at McLaren Flint is accredited by the following organizations for meeting high standards of quality care and patient safety:



American College of Radiology - Radiation Oncology Practice



American Society of Clinical Oncology, Quality Oncology Practice Initiative



American College of Radiology - Breast Imaging Center of Excellence



National Accreditation Program for Breast Centers



American College of Surgeons - Commission on Cancer



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