

Elizabeth Katz portfolio:

- Chemotherapy Infusion brochure
- Jewish News article
- Karmanos Cancer Institute News Release
- January edition of Karmanos Hope magazine



### General Information Chemotherapy Class

We strongly encourage you to attend a free pre-chemotherapy class. This 90-minute class provides patients and caregivers with general information about chemotherapy treatment and ways to manage your care. To register, please call **1-800-KARMANOS** (800) 527-6266 or ask the scheduler to register you at the time of your clinic visit.

### CLASSES ARE OFFERED:

- Mondays 2-3:30 p.m. (in Farmington Hills)**
- Tuesdays 11 a.m.-12:30 p.m. (in Detroit)**
- Thursdays 10-11:30 a.m. (in Detroit)**

### Bone Marrow Transplant Chemotherapy Class

Bone marrow transplant chemotherapy classes are scheduled and provided by the staff in the Dresner Clinic.

If you are unable to attend any of the class offerings, please call (313) 576-9288 to speak with one of our educators.

**Barbara Ann Karmanos  
Cancer Institute**  
4100 John R  
Detroit, Michigan 48201

**Lawrence and Idell Weisberg  
Cancer Treatment Center**  
31995 Northwestern Highway  
Farmington Hills, MI 48334

**1-800-KARMANOS**  
(1-800-527-6266)  
or visit [karmanos.org](http://karmanos.org)



**CANCER INSTITUTE**  
Wayne State University

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**KARMANOS SPECIALISTS**

# CHEMOTHERAPY INFUSION

**What to Expect**



**Barbara Ann Karmanos**  
**CANCER INSTITUTE**  
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## An Introduction to Chemotherapy

Although each patient's situation is unique, the following guidelines will help you understand the process of receiving chemotherapy. Many different departments and people are involved in preparing your chemotherapy specifically for you. The steps involved in the chemotherapy process may take several hours. We take these steps to make sure your chemotherapy is ordered, prepared and given in the safest way possible. Plan to spend at least half the day, if not the whole day at Karmanos Cancer Institute on treatment days. During your first appointment in the infusion clinic, your nurse will explain approximately how long your infusion will take.

### Quick Tips about Chemotherapy

#### ✓ PLAN FOR A LONG DAY THAT MAY INCLUDE:

- Lab tests
- A doctor visit
- Chemotherapy infusion if your lab tests are okay.

#### ✓ TRANSPORTATION

- Have someone drive you to and from your infusion appointment.

#### ✓ FOOD

- Eat before coming (unless you were told not to eat). Bring snacks, lunch and beverages.

#### ✓ MEDICATION

- Take your usual medicines as prescribed.

#### ✓ VISITORS

- You may have up to two visitors with you during your chemotherapy infusion. Visitors must be 14 years old or older.



## Chemotherapy takes time because YOUR SAFETY IS OUR NUMBER ONE PRIORITY

The chart below will help you to understand **What to Expect** during your chemotherapy appointment

<b>LAB TESTS</b>	<ul style="list-style-type: none"> <li>• Blood will be drawn to check blood counts at each visit.</li> <li>• Lab tests take about one hour to be processed.</li> <li>• Your chemotherapy cannot be prepared until lab tests are completed and results are reviewed by a registered nurse.</li> </ul>
<b>ASSESSMENT/ CLINIC VISIT</b>	<ul style="list-style-type: none"> <li>• Your vital signs and your weight will be measured at each visit.</li> <li>• Most chemotherapy doses are based on your height and weight.</li> <li>• Based on your assessment and lab results, the doctor/team or infusion nurse will determine if you meet the criteria to receive your chemotherapy.</li> </ul>
<b>ORDER REVIEW</b>	<ul style="list-style-type: none"> <li>• Your treatment orders will be reviewed by two pharmacists to make sure the drugs, doses and schedule are correct for you.</li> </ul>
<b>CHEMOTHERAPY PREPARATION</b>	<ul style="list-style-type: none"> <li>• Your chemotherapy dose is prepared just for you by specially trained technicians and pharmacists — there is no "one size fits all" dose.</li> <li>• Preparing chemotherapy can take up to an hour. Some drugs are frozen and have to be thawed; some are powders that have to be mixed with fluid.</li> <li>• Since chemotherapy is 'made to order,' it cannot be prepared ahead of time. Although this may mean a longer wait time, the careful attention given to preparing each dose makes sure it is safe for you.</li> </ul>
<b>PHARMACIST DOSE CHECK</b>	<ul style="list-style-type: none"> <li>• Once your chemotherapy is prepared, a second pharmacist checks it to make sure the drug and dose match the doctors orders.</li> <li>• Your chemotherapy is then delivered to the infusion area.</li> </ul>
<b>CHEMOTHERAPY INFUSION</b>	<ul style="list-style-type: none"> <li>• Every chemotherapy drug is checked by two nurses before it is given to you.</li> <li>• Your nurse will monitor your response to chemotherapy.</li> <li>• During your infusion, <b>if you feel different in any way, tell your nurse right away.</b></li> </ul>





# Help Is Now Closer

Patient with rare cancer finds care, support at Karmanos' Weisberg Center.

ELIZABETH A. KATZ  
SPECIAL TO THE JEWISH NEWS

ABOVE: Jeff Levinson, center, is flanked by two of his friends, Howard Katz, left, and Marc Rosenzweig. All three men are members of Karmanos' Men's Networking Group, which provides support and information for men who have been diagnosed with cancer.

For many cancer survivors who have been cured of their disease, there is often worry that the disease will return.

Jeff Levinson, 57, of Bloomfield Township has gone through two bouts of Solitary Isolated Plasmacytoma, a rare condition that reveals itself as a single plasma tumor mass in the bones or soft tissue. It is often a precursor to multiple myeloma, a cancer of the plasma cells diagnosed in 25,000 to 30,000 people per year in the United States.

His first bout occurred in the T7 vertebra between his shoulder blades in 2006. Symptoms included back pain, and he received radiation to eliminate the tumor. His second bout occurred in 2014, this time affecting his C2 vertebra, one of the spinal bones in his neck. Two weeks into that series of radiation treatments, his affected vertebra literally crumbled.

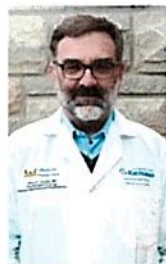
"The surgeon told me you are at risk of a fatal spinal cord injury if you don't get surgery," Levinson said. That surgery included the insertion of titanium rods into his neck so that his head would be supported. As a result of the surgery, Levinson cannot turn his head left to right though he can move his head up and down.

Currently, though, Levinson said the only medication he's on is a cholesterol pill.

"I'm pretty healthy right now," Levinson said. "I exercise. I'm always grateful for where I am healthwise."

Levinson is a patient of Jeffrey Zonder,

M.D., leader of the Myeloma and Amyloidosis Multidisciplinary Subteam at the Barbara Ann Karmanos Cancer Institute in Farmington Hills. Zonder not only treats solitary isolated plasmacytoma and multiple myeloma, but other rare cancers including amyloidosis and light chain deposition disease (conditions in which abnormal proteins are deposited in various bodily organs, leading to organ compromise and failure). He also treats patients with non-Hodgkin's lymphoma and some leukemia patients.



Dr. Jeffrey Zonder

Zonder, who usually sees patients at Karmanos' Detroit location, is now seeing patients each Monday at Karmanos' Lawrence and Idell Weisberg Cancer Treatment Center in Farmington Hills.

"I see Dr. Zonder every three months," Levinson said. "I think he is very thorough. He looks at the big picture and he's very patient-centered. I can't speak highly enough about the care I've received from Karmanos. The staff there has a great touch."

Levinson said he also has received considerable help from various support groups at Karmanos, including the Men's Networking Group at Weisberg, which meets the first and third Tuesday of every month from 6-7:30 p.m. A spouses' support group also meets at the same time.

"There is a wonderful camaraderie with these gentlemen who are living with cancer," Levinson said. "We laugh, tell jokes, have fun and talk about treatments. I'm glad I attend."

Zonder mentions that he refers his patients to many of the supports groups at Karmanos and other organizations that help people with hematologic malignancies.

"Patients receive benefits such as talking with others who have had similar experiences," Zonder said. "They gain a different perspective on their disease and are able to vent. They can compare and discuss treatment plans with others and can gain education within the group and through speakers who come to the groups."

Levinson also credits Karmanos' Oncology Social Worker Kathleen Hardy, who he describes as warm, compassionate and kind, and his wife of 32 years, Ina, with supporting him through his treatments.

"Ina has been a wonderful emotional support," he said. "She was my chauffeur for 10 months while I couldn't drive, and Ina really despises driving. When I received the green light to drive again, she threw the keys at me and hung up her chauffeur's hat. But she still goes to my oncology appointments with me. We're there as a team."

As of right now, Levinson is on surveillance with Zonder for any new tumor that may develop.

"I don't consider myself cancer-free. I don't know if I'll ever be cancer-free," Levinson said. "Do I think about the cancer? Yes. But if it comes back, I'll be ready. I'll say, let's go at it." ♦

To learn more about Karmanos' support groups at the Weisberg Cancer Treatment Center, contact Kathleen Hardy at (248) 538-4712. Elizabeth A. Katz is the external marketing and communications manager at Karmanos Cancer Institute.





## CANCER INSTITUTE

Wayne State University

**MEDIA CONTACT: Elizabeth Katz, 313-576-8043 or cell, 586-484-1272**

**FOR IMMEDIATE RELEASE  
Oct. XX, 2016**

### **Kathleen “Kay” Carolin named Chief Nursing Officer for Karmanos Cancer Hospital**

DETROIT -- Kathleen “Kay” Carolin, RN, BSN, MSA, has been named Karmanos Cancer Hospital’s Chief Nursing Officer, effective October 1. She will report directly to Justin Klamerus, M.D., MMM, interim hospital president.

In this new role, Carolin oversees and directs both inpatient and outpatient oncology nursing and oversees our ambulatory clinics and operation, as well as having oversight for the inpatient units and staff.

“Kay is highly qualified and well-prepared for her new role,” said Dr. Klamerus. “She has excellent clinical skills and has a thorough understanding of the challenges facing healthcare today. I can’t think of anyone better suited for the position than Kay and we are so pleased that she will continue the tradition of outstanding oncology nursing for the benefit of our patients.”

Carolin began her career in 1978 as an intensive care staff nurse at Harper Hospital. After holding various administrative and supervisory positions at Harper, Carolin joined the Karmanos Cancer Center in 1997 as manager of Patient Care Services in the Blood and Bone Marrow Stem Cell Transplant Program.

She progressed to other positions of greater responsibility through the years at Karmanos and has contributed to the leadership of nearly every department.

“As someone who has been with Karmanos for many years, I’ve gained a great deal of job satisfaction from working with my colleagues here who are equally committed to providing the best cancer care,” Carolin said. “I look forward to maintaining the excellence that Karmanos is known for in patient care.”

Carolin graduated from the Harper Hospital School of Nursing, earned a Bachelor of Science in Nursing from Wayne State University, and a Master of Science Administration from Central Michigan University. She resides in Grosse Pointe Woods with her husband Fred.

#### **About the Barbara Ann Karmanos Cancer Institute**

*Located in mid-town Detroit, Michigan, the Barbara Ann Karmanos Cancer Institute, a subsidiary of McLaren Health Care, is one of 47 National Cancer Institute-designated comprehensive cancer*

*centers in the United States. Karmanos is among the nation's best cancer centers. Through the commitment of 1,000 staff, including nearly 300 physicians and researchers on faculty at the Wayne State University School of Medicine, and supported by thousands of volunteer and financial donors, Karmanos strives to prevent, detect and eradicate all forms of cancer. Its long-term partnership with the WSU School of Medicine enhances the collaboration of critical research and academics related to cancer care. Gerold Bepler, M.D., Ph.D., is the Institute's president and chief executive officer. For more information call 1-800-KARMANOS or go to [www.karmanos.org](http://www.karmanos.org).*



JANUARY 2018

### 3 Managing the Cost of Cancer

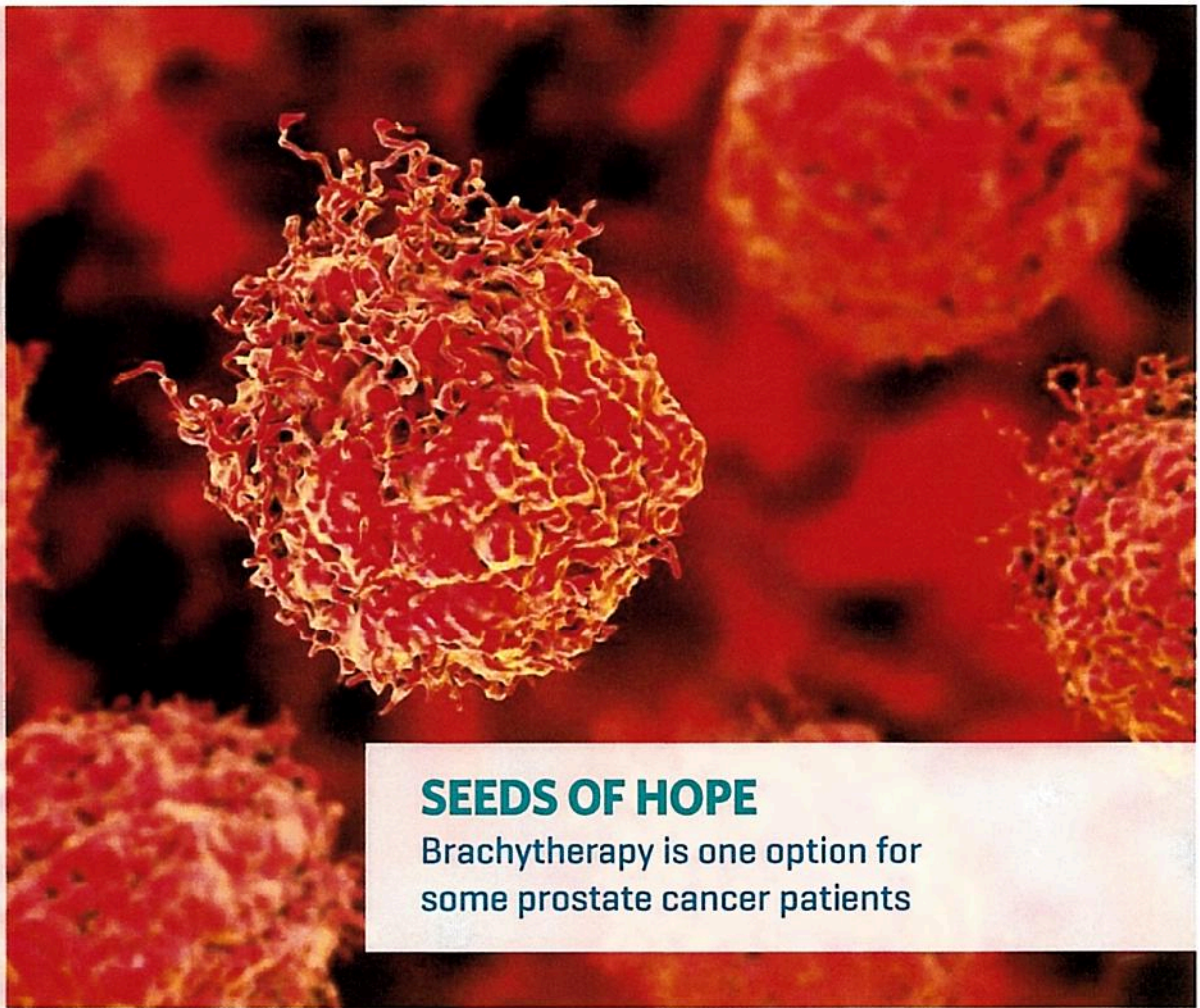
There are ways to avoid financial hardship

### 4 Keeping Cancer in the Cold

Cryoablation uses freezing temperatures to destroy tumors

### 6 The Uplifting Power of Exercise

Patients of all abilities reap the benefits



## SEEDS OF HOPE

Brachytherapy is one option for some prostate cancer patients

Aside from skin cancer, prostate cancer is the most common cancer for men. About one in seven men will be diagnosed with the disease in their lifetime, and prostate cancer is the third leading cause of cancer death in American men, according to the American Cancer Society (ACS).

The good news is that more men are surviving prostate cancer as treatments improve. Today, more than 2.9 million men in the United States diagnosed with the disease are alive today, the ACS reports.

Surgery and radiation are traditional ways of treating prostate cancer. But another option — prostate seed implants — has emerged as a powerful tool to defeat the disease and preserve quality of life.

“Prostate seed implants are a form of brachytherapy — a procedure that involves placing radioactive material inside the body,” says Neal Bhatt, M.D., a Karmanos Cancer Institute radiation oncologist who treats patients at the Clarkston, Mt. Clemens and Port Huron sites.

“In many cases, internal radiation can be more effective than external radiation for treating prostate cancer. Brachytherapy minimizes radiation exposure to surrounding organs. And because the prostate isn’t surgically removed, brachytherapy may be the best way to preserve the patient’s sexual function.”

In low-dose brachytherapy, a physician implants a permanent strand of 60 to 100 tiny radioactive “seeds” into the prostate. These seeds may also be loose. Low-dose brachytherapy is performed at Karmanos’ Detroit, Mt. Clemens, Clarkston, Port Huron, Flint, Bay City and Petoskey locations.

Prostate brachytherapy has been a treatment approach to prostate cancer for more than 30 years. The treatment has grown more popular again with the advent of computer-based planning.

“Prior to performing brachytherapy, an ultrasound is utilized to image the prostate. These images are used to create a customized plan specific to a man’s prostate to treat the cancer,” Dr. Bhatt says.



# WELCOME



Dear readers,

Happy New Year from the Barbara Ann Karmanos Cancer Institute. We are pleased to bring you the latest in cancer news and the innovative technology and support services we offer to cancer patients, their caregivers and loved ones.

In this edition, you'll read several stories about Karmanos cancer survivors who are alive today thanks to our specialists who are highly trained on the latest technology. That includes Madeline Thulin of Garden City, Mich., who was successfully treated for liver cancer through cryotherapy, a non-invasive procedure that essentially freezes a cancer tumor to eliminate it.

You'll also read about former lung cancer patient Thelma Heathcott of Shelby Township, Mich., who took part in one of Karmanos' many clinical studies offered throughout the Karmanos Cancer Institute network and is today cancer-free.

We also offer stories about the financial burden of cancer treatments and strategies for how a person can alleviate some of those burdens; the health benefits of exercise while going through cancer treatment; and why taking part in a support group is so beneficial to body, mind and spirit for patients and those who love and care for them.

As Michigan's largest cancer treatment network, we truly offer our patients hope. As editor of Karmanos' Hope magazine, I hope you find this magazine's content educational and inspiring.

**ELIZABETH KATZ**  
EXTERNAL MARKETING & COMMUNICATIONS MANAGER  
KARMANOS CANCER INSTITUTE

## Karmanos HOPE

January 2018

### ABOUT KARMANOS

The Barbara Ann Karmanos Cancer Institute, a McLaren Health Care subsidiary, is one of only 49 National Cancer Institute-designated comprehensive cancer centers in the United States. Federal designation as a comprehensive cancer center is the pinnacle of translational oncology research.

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## Cancer support groups help patients cope and heal

Patients can sometimes feel alone on their cancer journey, but the experience doesn't have to be isolating.

The Karmanos Cancer Institute offers a wide variety of cancer support groups for patients, survivors and their families. Groups are offered in most of the communities where Karmanos has a presence, from Detroit to Petoskey and Bay City to Lansing.

Cancer-related support groups range from those addressing breast cancer, brain cancer, prostate cancer and blood cancer, among other cancers, to more general support groups that address cancer survivorship issues, caregiver support, or helping those dealing with grief. Many of the groups throughout the Karmanos network are open to everyone, not just those being treated at a Karmanos facility.

By sharing their cancer stories and emotions with a support group, attendees begin to feel more connected with others, says Kathryn Candela, LMSW, oncology social worker at the Karmanos Cancer Institute at McLaren Macomb, Ted B. Wahby Cancer Center in Mt. Clemens.

"Support groups allow patients to share their experiences, thoughts and feelings," says Candela, who facilitates a women's group called Sisters of Support. "Participants learn they're not alone. By joining a supportive group, people become part of something bigger than themselves and their cancer diagnosis."

Support groups typically meet monthly and have anywhere between 10 and 20 members. Sisters of Support began as a group for breast cancer patients and survivors. It has since expanded to include any cancer type.

"Some Sisters of Support members are in active treatment and focus on controlling their disease, while others are in remission," says Candela. "A whole new perspective comes with a cancer diagnosis. It changes a person's routine radically and the emotions can be overwhelming. As members actively share their stories with the group, they help each other work through their feelings and learn different coping skills."

Candela adds that she hopes to launch a men's support group in the future. She said that it will most likely start as a men's group for all cancers, and then possibly split off into an additional prostate cancer-only support group.

Support groups also play an important role in the healing process, Candela says.

"If not managed in a healthy way, anxiety can impact our physical well-being," she says. "When we give people a chance to express their emotions in a healthy and safe environment, a tremendous amount of healing can take place emotionally, spiritually and physically."

**Support groups at Karmanos are free and available to cancer patients, survivors, family members and the public. To learn more about support groups available at a Karmanos location near you, call 1-800-KARMANOS (1-800-527-6266) or visit [karmanos.org](http://karmanos.org)**



# MANAGING THE COST of Cancer Treatments

THERE ARE WAYS TO AVOID FINANCIAL HARDSHIP

**C**ancer impacts every area of a patient's life. It can also create financial problems.

To better understand the economic consequences of cancer survivorship, Karmanos Cancer Institute has recently launched a five-year study of both white and African-American survivors in metro Detroit. A \$729,000 American Cancer Society grant supports the project.

Theresa Hastert, Ph.D., assistant professor in the Department of Oncology at Karmanos and Wayne State University School of Medicine, is leading the study, which includes adults diagnosed with breast, colorectal, lung or prostate cancer since 2013.

"As treatments improve, we're seeing an increase in the number of cancer survivors," Dr. Hastert says. "But patients without adequate financial resources are at increased risk of having lasting debt. Survivors who experience financial hardship are five times more likely to limit treatment in some way—they consciously forgo treatment, skip doctor appointments, or fail to fill their prescriptions."

The diverse survivor base will also help Dr. Hastert and her research team see whether economic burdens differ by race and socio-economic status.

"We want to determine the biggest predictors of financial hardship," Dr. Hastert says. "That will help us identify the most serious burdens experienced by diverse cancer survivors and the best way to address those problems."

## PROVIDING PRACTICAL SOLUTIONS

While most cancer patients have health insurance, many are underinsured, says Kathryn Smolinski, MSW, JD, director of the Legal Advocacy for People with Cancer Clinic and

assistant clinical professor at Wayne State University Law School.

"They may have high co-pays or high out-of-pocket costs for things that aren't covered," she said. "Most patients rely on their employment as their primary income source. If a patient's job becomes jeopardized, paying for treatment becomes a big issue."

Oncology social workers are very knowledgeable about community and government resources that can help patients manage costs, Smolinski says.

Karmanos Cancer Institute locations in Clarkston, Detroit, Farmington Hills, Lansing, Lapeer, Mount Clemens, Petoskey and Port Huron have oncology social workers on staff. Other Karmanos sites that may not have dedicated oncology social workers can still provide general social work services to cancer patients.

Smolinski adds that patients should review their insurance coverage and ask their oncology social worker to help identify sources of financial assistance. These actions should be part of the patient's treatment plan.

"Social workers can help patients by advocating on their behalf with landlords, mortgage lenders or utility companies. It's never a good idea to let bills pile up," she says.

## CONTACT US

For more information about Karmanos' social work services, call **1-800-KARMANOS** [1-800-527-6266] or visit [karmanos.org](http://karmanos.org).





# KEEPING CANCER *in the Cold*

CRYOABLATION USES FREEZING TEMPERATURES TO DESTROY TUMORS



**MADELINE THULIN**

**A**fter Madeline Thulin of Garden City, Mich., had a successful surgery for renal cancer, she hoped she was done with cancer for good. But a follow-up exam told a different story.

"I had surgery for renal cancer in 2011," says Madeline, 64. "Two years later, I learned I had liver cancer. I just about passed out when I got the news."

Madeline's doctor referred her to Karmanos Cancer Institute in Detroit, where she began chemotherapy in early 2014. Still, the liver tumor grew to nearly 4.5 centimeters within a year. She then met with Karmanos' Interventional Oncologist Hussein D. Aoun, M.D., who suggested image-guided cryoablation—something very different from traditional surgery.

"Cryoablation is a minimally-invasive procedure that uses extremely cold temperatures to destroy and treat tumors," Dr. Aoun says. "Under imaging guidance, we insert small needles through the skin into tumors, then create a lethal iceball to treat the targeted mass. The temperature at the center of the freeze approaches -140 degrees Celsius. Once the tumor freezes, the cells die and the body attacks and destroys the tumor. We also extend the frozen area one centimeter beyond the tumor to make sure the iceball covers all margins of the mass."

Doctors use cryoablation to treat localized kidney, liver and lung tumors, as well as soft tissue tumors (in areas such as the chest, abdominal and bone). Since cryoablation numbs surrounding nerves, the procedure is virtually painless. With no incisions, there is no scarring. Patients recover more quickly than after traditional surgery and typically resume regular activities within a day.

"The procedure is very effective, with more than a 90 percent success rate in most locations," Dr. Aoun says. "In the kidney, we have approximately a 97 percent success rate. Risks include bleeding and infection but they're relatively rare at less than five percent."

In April 2015, Dr. Aoun performed the first of two cryoablation procedures on Madeline's tumor. He then performed a second cryoablation on her that September to destroy residual cancer cells. Two years later, Madeline is feeling great with no new or recurring disease.

"Both procedures were incredible—I didn't feel anything and went home the next day," Madeline says. "I feel very blessed. Never give up when facing this kind of adversity. Stay strong, keep fighting and smile as much as you can. Most importantly, trust your caregiver. I'm exceptionally grateful to Dr. Aoun and his staff, who were always very courteous and treated me like family."

## LEARN MORE

Visit <https://www.facebook.com/karmanoscancer/videos> to view a "Facebook Live" conversation with Dr. Aoun about cryoablation techniques and outcomes.



# Life-Saving SCIENCE

## HOW A CLINICAL STUDY HELPED A PATIENT CATCH LUNG CANCER EARLY

A chance encounter with a poster promoting a lung cancer study just may have saved Thelma Heathcott's life.

For several years, Thelma received treatments for a platelet disorder from Salman Fateh, D.O., an oncology hematologist at the Karmanos Cancer Institute at McLaren Macomb, Ted B. Wahby Cancer Center in Mount Clemens. During one visit, Thelma spotted a sign promoting the INHALE (Inflammation, Health and Lung Epidemiology) clinical study, which examined the factors contributing to lung disease.

More than 4,000 current and former smokers across eight sites in the Karmanos network participated in the five-year study—including Thelma. As of now, the study has concluded new patient recruitment.

"I volunteered as a way to help others," says Thelma, 75, of Shelby Township, Mich. "Dr. Fateh said it was free and a simple thing to do. I figured I had nothing to lose."

INHALE participants received a low-dose CT lung screening, a procedure used to determine if patients have lung disease. CT scans can identify small nodules and other lung abnormalities, including early-stage lung cancer.

Thelma had quit smoking 14 years before entering the study and never had symptoms typical of lung disease. So she was stunned to receive an urgent call from her primary care doctor within a few days of her scan.

"She said I had lung cancer and told me to make an appointment with a specialist right away," Thelma says. "I never had that kind of shock before."

Thelma was promptly referred to Dr. Fateh. He said the disease was caught at an early stage and had not been in Thelma's lung long enough to cause symptoms.

"Any cancer diagnosis for a patient, just hearing the word itself, can be devastating," Dr. Fateh said. "But if there is any optimism associated with a diagnosis, it's that it was discovered so early."

Thelma had surgery to remove a small portion of her left lung containing the tumor and some surrounding tissue to see if the cancer had spread. The biopsy came back negative, and Thelma recovered quickly without needing radiation or chemotherapy.

Best of all, Dr. Fateh told Thelma during a recent follow-up appointment that she's cancer-free.

"We had an incredible advantage in catching the disease early," Dr. Fateh said. "With early detection, we can take a very proactive approach favorable to the patient."

Grateful for the care she received, Thelma has encouraged friends and family to volunteer for clinical studies at Karmanos.

"I tell them the study was painless and well worth the time, because you don't know what's hiding inside you," Thelma says. "Had I not taken the test, I might not be here today."



DR. SALMAN FATEH AND THELMA HEATHCOTT

Photo by David Jones

## PARTICIPATE IN A STUDY

Clinical studies available through the Karmanos network examine new cancer-fighting drugs, surgical methods, diagnostic tests or prevention methods.

Studies are currently open for breast, gynecologic, lung, pancreatic, prostate and rectal cancers, as well as brain metastases, multiple myeloma and a biobank protocol, where researchers collect diseased tissue for study.

To learn if a clinical study is right for you, call **1-800-KARMANOS** (1-800-527-6266) or visit [karmanos.org](http://karmanos.org).



# The Uplifting Power OF EXERCISE

PATIENTS OF ALL ABILITIES REAP THE BENEFITS

Is it okay for cancer patients to exercise while undergoing treatment? The answer is a resounding “yes,” says Katherine Schaefer, a licensed yoga instructor, massage therapist and Reiki master.

“Exercise activates the muscles, circulates fluids throughout the body, and helps maintain strength and flexibility,” says Schaefer, who leads yoga classes and offers massage and Reiki therapy at Karmanos Cancer Institute’s Lawrence and Idell Weisberg Cancer Treatment Center in Farmington Hills. “Exercise also helps relieve feelings of anxiety and depression.”

With physician approval, patients can pursue a variety of activities, from walking, jogging and yoga to tai chi and strength training. And exercises can be adapted for patients with limited mobility, Schaefer says.

“Movement is important for all patients, including people in a wheelchair or hospital bed,” she says. “A little exercise can go

a long way. Just be sure to exercise in moderation and listen to your body. Pain or fatigue are signals that you need to back off a little bit. It’s important to work on your flexibility and strength, but don’t pursue it as if you’re entering a competition.”

Schaefer says it’s important to exercise daily—just don’t do the same activity each day.

“A variety of exercises not only keeps us from getting bored with our workout routine, it also promotes healing and better overall body function,” she says.

People in Schaefer’s yoga classes often tell her how exercise has impacted them.

“Exercise gives patients the confidence to actively participate in their health management,” Schaefer says. “They often feel more calm and relaxed after exercising—the activity lifts their spirits. And they enjoy the support and camaraderie of the other class members.”

Perhaps the biggest benefit of exercise is helping patients reconnect with themselves, Schaefer says.

“A lot of patients disconnect mentally from their bodies after experiencing pain or undergoing surgery,” she says. “Exercise is an opportunity to connect with the essence of who you are.

“It’s very fulfilling to receive a positive response from people going through difficulties related to cancer. Offering exercise classes is just one way Karmanos treats the whole patient, not just the disease.”

Always consult your doctor before beginning an exercise program. For more information about the benefits of exercise, visit the American College of Sports Medicine website at [acsm.org](http://acsm.org).



KATHERINE SCHAEFER, LICENSED YOGA INSTRUCTOR, MASSAGE THERAPIST AND REIKI MASTER, GUIDES KARMANOS CANCER PATIENT LINDA MYERS IN A YOGA CLASS HELD AT THE INSTITUTE’S WEISBERG CANCER TREATMENT CENTER IN FARMINGTON HILLS.

Photo by Sean P. Cook

## CONTACT US

For more information about a cancer diagnosis or treatment, call **1-800-KARMANOS** [1-800-527-6266] or visit [karmanos.org](http://karmanos.org).



## SEEDS OF HOPE

*Continued from page 1*

"During the procedure itself an ultrasound probe is used to create a multidimensional view of the prostate gland on several TV screens. These images are used to place the needles while a computer continues to calculate and make the physician aware of the best spacing. The seeds are like batteries—their radiation charge slowly dies over time."

High-dose brachytherapy is another internal radiation technique. Instead of implanting seeds, the physician inserts 15 to 25 hollow temporary catheters into or next to the prostate, and then use a machine attached to the hollow catheters to deliver a high dose of localized radiation. The physician removes the catheters after the procedure.

High-dose brachytherapy is offered at Karmanos' Detroit, Mt. Clemens, Clarkston and Flint locations.

"The low-dose method is a one-time procedure, while the high-dose method requires two to four visits," Dr. Bhatt says. "Depending on the size of the tumor and the disease location, patients can decide which method they prefer. High-risk patients may have seeds along with external radiation to keep the cancer from spreading."

Prostate seed implants do not require incisions, so patient discomfort is usually minimal. Most patients are treated in the morning, discharged a few hours later and resume their regular activities within a day.

"The most common side effect is a temporary irritation of the urinary stream," Dr. Bhatt says. "But patients can manage this by drinking plenty of water or taking medication."

The best prostate cancer candidates for brachytherapy are patients at low or very early intermediate risk, Dr. Bhatt says. And success rates are exceptional for both low and high-dose techniques.

"There are lots of treatment options for prostate cancer. It's important that patients explore them with a multidisciplinary team of cancer experts, because each treatment has unique side effects. After consultation, we can tailor your treatment toward your lifestyle."

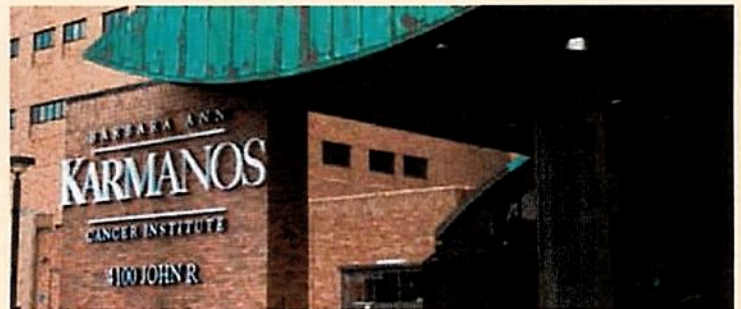
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CANCER DIAGNOSIS OR TREATMENT,  
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**Karmanos Cancer Institute in Detroit,  
Farmington Hills offers**

## OPEN HOUSE TOURS

***The Barbara Ann Karmanos Cancer Institute's  
Detroit and Farmington Hills locations are holding  
open door tours. We hope you'll join us.***

Learn more about our National Cancer Institute comprehensive cancer center designation; our state-of-the-science cancer research partnership with Wayne State University's School of Medicine; our 13 multidisciplinary teams, which focus on treating the approximately 200 types of cancer; our clinical trials program, which is one of the largest in the country; and our variety of support services.



**- TOUR DATES INCLUDE -**

February 7, 2018 from 8-9 a.m.

August 7, 2018 from 5:30-6:30 p.m.

Karmanos Cancer Institute  
Main Campus

4100 John R • Detroit, MI 48201

*Complimentary valet parking will be offered at main campus.*



**- TOUR DATE -**

May 9, 2018 from 4-5 p.m.

Karmanos' Lawrence and Idell  
Weisberg Cancer Treatment Center

31995 Northwestern Highway • Farmington Hills, MI 48334

***Please RSVP one week in advance to  
Denise Lowe at [313] 576-8110 or  
email [lowed@karmanos.org](mailto:lowed@karmanos.org).***





## CANCER INSTITUTE

Wayne State University

Mail Code: NCO6MC

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Questions or comments:  
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### Meet Karmanos' cancer specialists

Karmanos Cancer Institute physicians are specialists in treating all types of cancer, both common and rare. In fact, we like to say at Karmanos, 'Cancer is all we do.' New and potential patients can familiarize themselves with our doctors through our "Meet Our Cancer Specialists" video series.

The videos accompany the physician profiles on Karmanos.org, which provide detailed information about their areas of expertise, research interests and educational background. Currently there are more than 40 videos that have been posted, with doctors from Karmanos Cancer Institute in Detroit, Farmington Hills, Port Huron and Bay City. This project is ongoing and many videos are currently in production.

Videos are attached to the physician detail pages at karmanos.org. They can also be viewed at <http://bit.ly/2mLnLQT>



### BARBARA ANN KARMANOS CANCER INSTITUTE TREATMENT LOCATIONS

3140 West Campus Drive  
Bay City, MI 48706

43097 Woodward Ave., Suite 100  
Bloomfield Hills, 48302

5680 Bow Pointe Dr.  
Clarkston, MI 48346

4100 John R  
Detroit, MI 48201

31995 Northwestern Hwy  
Farmington Hills, MI 48334

4100 Beecher Road, Suite A -  
Radiation Oncology, Suite B -  
Medical Oncology  
Flint, MI 48532

918 N. Center Avenue  
Gaylord, MI 49735

2901 Stabler  
Lansing, MI 48910

1540 Lake Lansing Road, Suite 103  
Lansing, MI 48912

1295 Barry Drive, Suite B  
Lapeer, MI 48446

1080 Harrington Blvd.  
Mt. Clemens, MI 48043

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