

# BERRIEN COUNTY CANCER SERVICE NEWSLETTER

www.bccancerservice.org

In honor of the committed service of Olove Colcord, R.N.



## THE MISSION OF THE BERRIEN COUNTY CANCER SERVICE:

To provide compassionate in home skilled nursing care and supportive resources for those affected by cancer or related illnesses in Southwest Michigan.

August 2014

(269) 429-3281

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The **BERRIEN COUNTY CANCER SUPPORT GROUP** is a group for patients, family members and care givers. Come share successes, feelings, fears and practical methods of coping with the physical and emotional aspects of living with the diagnosis of cancer.

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### The Flower of Friendship

Life is like a garden  
And Friendship like a Flower  
That blooms and grows in beauty  
With the sunshine and the shower . . .

And lovely are the blossoms  
That are tended with great care  
By those who work unselfishly  
To make the place more fair . . .

And, like the Garden blossoms,  
Friendship's Flower grows more sweet  
When watched and tended carefully  
By those we know and meet . . .

And, like sunshine adds new fragrance  
And raindrops play their part,  
Joy and sadness add new beauty  
When there's Friendship in the heart . . .

And, if the seed of Friendship  
Is planted deep and true  
And watched with understanding  
Friendship's Flower Will Bloom For You



# BCCS Bulletin Board

## 8<sup>th</sup> Annual Blender Open and Aimee Sims Memorial Volleyball Tournament

Come join the fun with a co-ed 2 on 2 Beach Volleyball Tournament at Silver Beach, St. Joseph on Sunday, August 24<sup>th</sup>. The volleyball captains' meeting will start at 8:30am with the play beginning at 9am. There is a registration fee of \$20 per team if registered by August 20 or \$25 after that date. If you play volleyball or just enjoy watching, you will have a fun filled day with the activity. This volleyball tournament is in memory of a wonderful lady named Aimee Sims and will help others who currently have cancer through the Berrien County Cancer Service.



### “Cars for Cancer”



A HUGE THANK YOU to Brian Jannert for the awesome “Cars for Cancer” Classic Car show at the Bridgman Festival was took place on July 12. This car show was part of the Bridgman Festival and with all the proceeds going to BCCS to enable us to support those with cancer in our local community. The cars were amazing and the Spectator’s Choice winning car can be viewed on the Facebook page: Cars for Cancer. There was a lot of fun with a dunk tank, raffle items and a homemade chocolate chip cookie challenge. In case you were wondering between Renee’ and Nancy whose cookies won, we’ll just say that BCCS was the winner of the Cars for Cancer Classic Car Show. Look for the car show again next year at the Bridgman Festival (2<sup>nd</sup> weekend in July)...plans are underway to make it even better!

### Eau Claire Cherry Festival Corn Hole Fun!

A BIG THANK YOU to Kirk Hansen of Niles for organizing the 3<sup>rd</sup> annual Corn Hole Tournament at the Eau Claire Cherry Festival on July 4<sup>th</sup>. In case you don’t know what a Corn Hole Tournament is, it looks like a bean bag toss but has specific rules. There were 4 teams participating with the proceeds benefitting the Berrien County Cancer Service. Check out the Berrien County Cancer Service Facebook page to view the bags being tossed. Join us for the fun next year. Great job Kirk!

### *Striking Out Breast Cancer!*

It was a total team effort with Lakeshore, Coloma, St. Joseph, and Bronson Ladies Softball Varsity coming together to play softball in a “Striking Out Breast Cancer” game. Each team wore breast cancer uniforms donated by Honor Credit Union, while they enjoyed playing together for a common goal. There were t-shirt sales, baked goods, and other items sold to support the fight against cancer. At the banquet to celebrate the teams and games, Coach Dock from Lakeshore presented a check to the Berrien County Cancer Service for \$2,252.50! We appreciate and extend a HUGE THANK YOU to all the players, coaches, families and friends who gave of their hearts to help those with cancer. Also, a congratulations to the Lakeshore Ladies Softball Varsity players for being the Michigan Division 2 State Champions. Thank you again, Lakeshore, Coloma, St. Joseph, and Bronson Girls’ Varsity Softball teams for an awesome endeavor with “Striking Out Breast Cancer”!



## Liver Cancer

**Definition of liver cancer:** Primary liver cancer is cancer that forms in the tissues of the liver. Secondary liver cancer is cancer that spreads to the liver from another part of the body.

**Estimated new cases and deaths** from liver and intrahepatic bile duct cancer in the United States in 2014:

- New cases: 33,190
- Deaths: 23,000

It's common for cancer to spread (*metastasize*) to the liver from the colon, lungs, breasts, or other parts of the body. When this happens, the disease is not liver cancer. Instead, the cancer in the liver is named for the *organ* or the *tissue* in which it began. For example, colon cancer that spreads to the liver is *metastatic* colon cancer. It is not liver cancer.

In the United States, metastatic cancer in the liver is far more common than primary liver cancer.

People with metastatic cancer in the liver have different treatment options than those with primary liver cancer. Treatment depends mainly on where the cancer started.

### The Liver

The liver is the largest organ inside your *abdomen*. It's found behind your ribs on the right side of your body.

The liver does important work to keep you healthy:

- It removes harmful substances from the blood.
- It makes *enzymes* and *bile* that help digest food.
- It also converts food into substances needed for life and growth.

The liver gets its supply of blood from two vessels. Most of its blood comes from the *hepatic portal vein*. The rest comes from the *hepatic artery*.

### Symptoms

Early liver cancer often doesn't cause symptoms. When the cancer grows larger, people may notice one or more of these common symptoms:

- Pain in the upper abdomen on the right side
- A lump or a feeling of heaviness in the upper abdomen

- Swollen abdomen (bloating)
- Loss of appetite and feelings of fullness
- Weight loss
- Weakness or feeling very tired
- Nausea and vomiting
- Yellow skin and eyes, pale stools, and dark urine from *jaundice*
- Fever

These symptoms may be caused by liver cancer or other health problems. If you have any of these symptoms, you should tell your doctor so that problems can be diagnosed and treated as early as possible.

### Diagnosis

If you have symptoms that suggest liver cancer, your doctor will try to find out what's causing the problems.

You may have one or more of the following tests:

- **Physical exam:** Your doctor feels your abdomen to check the liver, *spleen*, and other nearby organs for any lumps or changes in their shape or size. Your doctor also checks for *ascites*, an abnormal buildup of fluid in the abdomen. Also, your skin and eyes may be checked for signs of jaundice.
- **Blood tests:** Many blood tests may be used to check for liver problems. One blood test detects *alpha-fetoprotein* (AFP). High AFP levels could be a sign of liver cancer. Other blood tests can show how well the liver is working.
- **CT scan:** An *x-ray* machine linked to a computer takes a series of detailed pictures of your liver and other organs and blood vessels in your abdomen. You may receive an injection of *contrast material* so that your liver shows up clearly in the pictures. On the CT scan, your doctor may see tumors in the liver or elsewhere in the abdomen.
- **MRI:** A large machine with a strong magnet linked to a computer is used to make detailed pictures of areas inside your body. Sometimes contrast material makes abnormal areas show up more clearly on the picture.
- **Ultrasound test:** The ultrasound device uses sound waves that can't be heard by humans. The sound waves produce a pattern of echoes as they bounce off internal organs. The echoes create a picture (*sonogram*) of your liver and other organs in the abdomen. Tumors may produce echoes that are different from the echoes made by healthy tissues.

## Biopsy

A *biopsy* usually is not needed to diagnose liver cancer, but in some cases, the doctor may remove a sample of tissue. A *pathologist* uses a microscope to look for cancer cells in the tissue.

The doctor may obtain tissue in one of several ways:

- **A needle through the skin:** The doctor inserts a thin needle into the liver to remove a small amount of tissue. CT or ultrasound may be used to guide the needle.
- **Laparoscopic surgery:** The *surgeon* makes a few small *incisions* in your abdomen. A thin, lighted tube (*laparoscope*) is inserted through the incision. The laparoscope has a tool to remove tissue from the liver.
- **Open surgery:** The surgeon can remove tissue from the liver through a large incision.

## Staging

If liver cancer is diagnosed, your doctor needs to learn the extent (stage) of the disease to help you choose the best treatment. Staging is an attempt to find out whether the cancer has spread, and if so, to what parts of the body.

When liver cancer spreads, the cancer cells may be found in the lungs. Cancer cells also may be found in the bones and in lymph nodes near the liver.

When cancer spreads from its original place to another part of the body, the new tumor has the same kind of abnormal cells and the same name as the primary tumor. For example, if liver cancer spreads to the bones, the cancer cells in the bones are actually liver cancer cells. The disease is metastatic liver cancer, not bone cancer. It's treated as liver cancer, not bone cancer. Doctors sometimes call the new tumor "distant" or metastatic disease.

To learn whether the liver cancer has spread, your doctor may order one or more of the following tests:

- **CT scan of the chest:** A CT scan often can show whether liver cancer has spread to the lungs.
- **Bone scan:** The doctor injects a small amount of a *radioactive* substance into your blood vessel. It travels through the bloodstream and collects in the bones. A machine called a scanner detects and measures the *radiation*. The scanner makes pictures of the bones. The pictures may show cancer that has spread to the bones.
- **PET scan:** You receive an injection of a small amount of radioactive sugar. The radioactive

sugar gives off signals that the PET scanner picks up. The PET scanner makes a picture of the places in your body where the sugar is being taken up. Cancer cells show up brighter in the picture because they take up sugar faster than normal cells do. A PET scan shows whether liver cancer may have spread.

Treatment options for people with liver cancer are surgery (including a liver *transplant*), *ablation*, *embolization*, *targeted therapy*, *radiation therapy*, and *chemotherapy*. You may have a combination of treatments.

## Treatment

The treatment that's right for you depends mainly on the following:

- the number, size, and location of tumors in your liver
- how well your liver is working and whether you have cirrhosis
- whether the cancer has spread outside your liver

Other factors to consider include your age, general health, and concerns about the treatments and their possible side effects.

At this time, liver cancer can be cured only when it's found at an early stage (before it has spread) and only if people are healthy enough to have surgery. For people who can't have surgery, other treatments may be able to help them live longer and feel better. Many doctors encourage people with liver cancer to consider taking part in a *clinical trial*. Clinical trials are research studies testing new treatments. They are an important option for people with all stages of liver cancer.

Your doctor may refer you to a specialist, or you may ask for a referral. Specialists who treat liver cancer include surgeons (especially *hepatobiliary* surgeons, *surgical oncologists*, and *transplant surgeons*), *gastroenterologists*, *medical oncologists*, and *radiation oncologists*. Your health care team may also include an *oncology nurse* and a *registered dietitian*.

Your health care team can describe your treatment choices, the expected results of each, and the possible *side effects*. Because cancer therapy often damages healthy cells and tissues, side effects are common. Before treatment starts, ask your health care team about possible side effects and how treatment may change your normal activities. You and your health care team can work together to develop a treatment plan that meets your needs.

## **Surgery**

Surgery is an option for people with an early stage of liver cancer. The surgeon may remove the whole liver or only the part that has cancer. If the whole liver is removed, it's replaced with healthy liver tissue from a donor.

You and your surgeon can talk about the types of surgery and which may be right for you.

## **Removal of part of the liver**

Surgery to remove part of the liver is called partial *hepatectomy*. A person with liver cancer may have part of the liver removed if lab tests show that the liver is working well and if there is no evidence that the cancer has spread to nearby lymph nodes or to other parts of the body.

The surgeon removes the tumor along with a margin of normal liver tissue around the tumor. The extent of the surgery depends on the size, number, and location of the tumors. It also depends on how well the liver is working.

As much as 80 percent of the liver may be removed. The surgeon leaves behind normal liver tissue. The remaining healthy tissue takes over the work of the liver. Also, the liver can regrow the missing part. The new cells grow over several weeks.

It takes time to heal after surgery, and the time needed to recover is different for each person. You may have pain or discomfort for the first few days. Medicine can help control your pain. Before surgery, you should discuss the plan for pain relief with your doctor or nurse. After surgery, your doctor can adjust the plan if you need more pain control.

It's common to feel tired or weak for a while. Also, you may have diarrhea and a feeling of fullness in the abdomen.

The health care team will watch you for signs of bleeding, infection, liver failure, or other problems.

## **Liver transplant**

A liver transplant is an option if the tumors are small, the disease has not spread outside the liver, and suitable donated liver tissue can be found.

Donated liver tissue comes from a deceased person or a live donor. If the donor is living, the tissue is part of a liver, rather than a whole liver.

While you wait for donated liver tissue to become available, the health care team monitors your health and provides other treatments.

When healthy liver tissue from a donor is available, the transplant surgeon removes your entire liver (total hepatectomy) and replaces it with the donated tissue. After surgery, your health care team will give you medicine to help control your pain. You may need to stay in the hospital for several weeks. During that time, your health care team monitors how well your body is accepting the new liver tissue. You'll take medicine to prevent your body's *immune system* from rejecting the new liver. These drugs may cause puffiness in your face, high blood pressure, or an increase in body hair.

NCI.gov

# **Bike Ride Thank You**

Our 19<sup>th</sup> Annual Bike Ride was a huge success on June 22! We had 198 bike riders with 36 volunteers that gave more than 217 hours of their time. This raised \$19,176.32 to support those with cancer and related diseases in our local area. A BIG THANK YOU to all who participated whether a bike rider, sponsor, volunteer, or donor! A SPECIAL THANK YOU to Lakeland HealthCare for being our Title Sponsor. All of our wonderful sponsors are listed on the yellow page of this newsletter. We also want to give Mike Jones of Cycle & Fitness of St. Joseph special recognition for supporting our bike ride year after year with the bike raffle, bike repair support, and as a community sponsor.



# *In Loving Memory*

**During June 2014, Memorial Donations were generously made by and for the following people**

**In Memory of Joseph E. Blake**

Brian Ziebart, St. Joseph  
Ruth Stanton, St. Joseph  
Gerald Smith, Fairview, PA

**In Memory of Randy Collier**

Marie Arend, St. Joseph

**In Memory of Milt Van Drunen**

Debra & James Panozzo, Stevensville

**In Memory of Mr. Doug Fast**

Blossomland Learning Center, Berrien Springs

**In Memory of Rosemary Heckathorn**

Hannah Noble, Three Oaks

**In Memory of Ed & Eleanor Pierscinski**

Greg & Connie Hanson, Stevensville

**In Memory of JoAnn Pullen-Bruni**

Kathy Karnik, St. Joseph  
Barbara Lane, Benton Harbor  
Fred Busse & Linda Stanley, Niles  
Florentino and Luzviminda Aquino, South Bend, IN

**In Memory of JoAnn Pullen-Bruni (Cont)**

Michelle Unger, West Bloomfield  
Leora Godfrey, Bloomington  
Jessy Jim & Cathy Oprea-Rockhill, Dowagiac  
Beth Borson, West Bloomfield  
Earl Hansen, Berrien Center  
Neil Coulston, Niles  
Jennifer Salmon, South Bend, IN  
Agnes Farr, Niles  
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Bruce & Janey Waterhouse, Niles

**In Memory of Cindy Shelton**

Harry & Martha Gossett, St. Joseph  
Kathleen Karnik, St. Joseph  
Jane Leatz, Benton Harbor  
Roger Wilschke, St. Joseph  
John & Kathy Paustian, Benton Harbor

**In Memory of Reno Anthony Zarantenello**

Passaro, Kahne & Taylor Law Office, Benton Harbor

Berrien County Cancer Service sends our sincere sympathy to all those who have recently lost loved ones. We thank all of our generous donors. Your donations are very much appreciated and will help cancer patients in Berrien County.

Thank you.

**Thought For the Day**

*We are continually faced by great opportunities brilliantly disguised as insoluble problems.*

*Lee Iacocca*

*Please Consider...*

Looking Ahead

**BCCS SUPPORT GROUP – Stevensville**

August 5 & 19 – 1:30 p.m.  
September 2 & 16 – 1:30 p.m.

**BCCS SUPPORT GROUP – Niles**

August 12 & 26 – 1:30 p.m.  
September 9 & 23 – 1:30 p.m.

**OSTOMY SUPPORT GROUP – Stevensville**

August 19 – 1:30 p.m.  
September 16 – 1:30 p.m.

**RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
August 14 – 5:30 p.m.  
September 11 – 5:30 p.m.

**OSTOMY SUPPORT GROUP**

Lakeland Regional Medical Center  
August 14 – 6:00 p.m.  
September 11 – 6:00 p.m.

**DATES TO REMEMBER IN AUGUST**

- August 1 – Lung Cancer Day
- August 3 – National Kids Day
- August 5 – National Underwear Day
- August 7 – Purple Heart Day
- August 8 – Odie Day
- August 9 – National Garage Sale Day
- August 12 – World Elephant Day
- August 15 – Best Friend’s Day
- August 18 – Cupcake Day
- August 21 – Senior Citizens Day
- August 24 – Go Topless Day
- August 25 – National Second Hand Wardrobe Day
- August 28 – Crackers Over the Keyboard Day
- August 29 – Individual Right’s Day
- August 31 – Pony Express Day

**Newsletters available online**

Our newsletters are available on our website:  
[www.bccancerservice.org](http://www.bccancerservice.org). If you would like to be removed from this mailing list, please call our office at 269-429-3281 or send us an e-mail: [staff@bccancerservice.org](mailto:staff@bccancerservice.org).

Berrien County Cancer Service, Inc., is a non-profit organization funded primarily by the United Way, private donations and fund-raisers. We receive no Medicare, Medicaid or other insurance payments. To continue our free services to Berrien County cancer patients, we need your help. Any donation is greatly appreciated.

Donations to our General Fund will help balance our current budget. Donations to our Endowment Fund will help guarantee that the Cancer Service will be available for as long as needed. Your contribution to our non-profit 501(c)(3) corporation is tax deductible – an acknowledgment and receipt for tax purposes will be sent.

Donations can be made in honor of someone or in memory of a loved one. In these instances, we would also like to send acknowledgment to the honoree or next-of-kin so please provide that information when making your donation.

\_\_\_\_\_ General Fund \_\_\_\_\_ Endowment Fund

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

OR

In Memory of \_\_\_\_\_

Please send notification of my gift to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

*Thank you for your generosity!*

Berrien County Cancer Service, Inc.  
7301 Red Arrow Highway  
Stevensville, MI 49127

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our readers & hope you enjoy it.

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**CANCER SUPPORT GROUP** – Stevensville Office  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month - 1:30 p.m.

**Berrien County Cancer Service, Inc.**

7301 Red Arrow Highway  
Stevensville, MI 49127  
Phone: (269) 429-3281 or (269) 465-5257

**RAINBOWS OF HOPE GROUP- St. Joseph**  
2<sup>nd</sup> Thursday of each month – 5:30 p.m.

**Marie Yeager Cancer Center**  
Ward and Kinney Room  
3900 Hollywood Road  
St. Joseph, MI 49085  
Phone: (269) 556-7114

**CANCER SUPPORT GROUP** – Niles  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month – 1:30 p.m.

**Niles Senior Center**

1109 Bell Road  
Niles, MI 49120  
Phone: (269) 429-3281

**OSTOMY SUPPORT GROUP**  
2<sup>nd</sup> Thursday of each month – 6:00 p.m.

**Lakeland Regional Medical Center**  
Community Room  
1234 Napier Ave.  
St. Joseph, MI 49085  
Phone: (269) 983-8804