

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 free skilled home nursing services, equipment, information and supplies at cost for cancer patients and their families in Berrien County.



February 2014

(269) 429-3281

VOLUME XXII

ISSUE II

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.

Life's Little Gifts

Sometimes life brings a lamp of gold,
And puts it in our hands to hold,
Sometimes she brings a step toward fame
And leaves it somewhere near our name.

Sometimes she brings true love to share
With someone who was waiting there,
Sometimes she brings strength anew
To finish tasks that we must do.

But the greatest of the gifts she brings
Is a heart within that always sings,
No matter what its fate may be
A heart that's glad, a heart that's free.

A heart that knows if raindrops fall
The marigold will then grow tall,
A heart that takes what comes each day
And makes the most of it some way.

Content to feel a higher power
Rules over every single hour,
A heart that knows as time goes by
It must not ask just how or why.

When life walks swiftly by its doors,
And gives a fellow traveler more,
A heart that knows some good shall come
Not as it seems to come to some,
But slowly surely from above
In God's own time by His own love!

Mrs. David Covington

BCCS Bulletin Board

Would you like to receive your newsletter via EMAIL?

We are now able to send your BCCS newsletter via email!

You are welcome to continue to receive it in the mail, but if you would like to have it emailed, please send us a note with your email at staff@bccancerservice.org.

Another option is reading our email at our website: bccancerservice.org.

There you will find a "Newsletter" tab on the top blue ribbon.

Again, you can always receive the newsletter in your mailbox!

PENNIES FOR PATIENTS™

This year we will be celebrating our **25th Annual PENNIES FOR PATIENTS™ DAY!** Let's celebrate our silver anniversary with extra silver. Wouldn't it be exciting to exceed our top amount!

Come join us on Thursday, May 8, 2014. Our Stevensville office will be open from 6:00 a.m. until 6:00 p.m. so if you are an early bird or not, we have a time for you! If you have never joined us for PENNIES FOR PATIENTS™ DAY then come and see the excitement of tens of thousands of pennies along with refreshments and fun.



There will also be a Niles location on Main and 3rd Street from 12:00 – 2:00 p.m. with cookies and punch. All the proceeds stay local to help those with cancer in our community. Bring your pennies, silver, and dollars and join us for our **25th Annual PENNIES FOR PATIENTS™ DAY!**

Bike Ride

It's not too early to think about warm weather. Our 19th annual Bike Ride through beautiful Southwestern Michigan will take place on Sunday, June 22, 2014. While it may be a little early to get your bike out, it is not too early to start planning or to register. We are looking for volunteers to help us with the planning and preparation as well as lending a helping hand on the day of the Bike Ride. Call us at 269-429-3281 and find out how you can be a part of this fun event!



Calling all BCCS Volunteers!

National Volunteer Week is a time to celebrate people doing extraordinary things through service. Established in 1974, National Volunteer Week focuses national attention on the impact and power of volunteerism. This year it will be celebrated April 6-12, 2014. **Our 2nd annual Volunteer Appreciation Reception will be held Thursday, April 10, 2014 from 11 a.m. to 3 p.m. Come and join us for food and fun!**



Unusual cancers of childhood are cancers rarely seen in children.

Cancer in children and teenagers is rare. Since 1975, the number of new cases of childhood cancer has slowly increased. Since 1975, the number of deaths from childhood cancer has decreased by more than half.

Unusual cancers are so rare that most children's hospitals might see less than a handful of some types in several years. Because the unusual cancers are so rare, there is not a lot of information about what treatment works best. A child's treatment is often based on what has been learned from treating other children. Sometimes, information is available only from reports of the diagnosis, treatment, and follow-up of one child or a small group of children who were given the same type of treatment.

Many different cancers are covered in this summary. They are grouped by where they are found in the body.

Tests are used to detect (find), diagnose, and stage unusual cancers of childhood.

Tests are done to detect, diagnose, and stage cancer. The tests used depend on the type of cancer. After cancer is diagnosed, tests are done to find out if cancer cells have spread from where the cancer began to other parts of the body. The process used to find out if cancer cells have spread to other parts of the body is called staging. The information gathered from the staging process determines the stage of the disease. It is important to know the stage in order to plan the best treatment. The following tests and procedures may be used to detect, diagnose, and stage cancer:

- **Physical exam and history** : An exam of the body to check general signs of health, including checking for signs of disease, such as lumps or anything else that seems unusual. A history of the patient's health habits and past illnesses and treatments will also be taken.
- **Blood chemistry studies** : A procedure in which a blood sample is checked to measure the amounts of certain substances released into the blood by organs and tissues in the body. An unusual (higher or lower than normal) amount of a substance can be a sign of disease in the organ or tissue that makes it.

- **Biopsy** : The removal of cells or tissues so they can be viewed under a microscope by a pathologist to check for signs of cancer. There are many different types of biopsy procedures. The most common types include the following:
 - **Excisional biopsy** : The removal of an entire lump or area of tissue that doesn't look normal.
 - **Incisional biopsy** : The removal of part of a lump or a sample of tissue that doesn't look normal.
 - **Core biopsy** : The removal of tissue using a wide needle.
 - **Fine-needle aspiration (FNA) biopsy** : The removal of tissue or fluid using a thin needle.
- **X-ray** : An x-ray is a type of energy beam that can go through the body and onto film.
- **CT scan (CAT scan)**: A procedure that makes a series of detailed pictures of areas inside the body, taken from different angles. The pictures are made by a computer linked to an x-ray machine. This procedure is also called computed tomography, computerized tomography, or computerized axial tomography.
- **PET scan (positron emission tomography scan)**: A procedure to find malignant tumor cells in the body. A small amount of radioactive glucose (sugar) is injected into a vein. The PET scanner rotates around the body and makes a picture of where glucose is being used in the body. Malignant tumor cells show up brighter in the picture because they are more active and take up more glucose than normal cells do.
- **MRI (magnetic resonance imaging)**: A procedure that uses a magnet and radio waves to make a series of detailed pictures of areas inside the body. The pictures are made by a computer. This procedure is also called nuclear magnetic resonance imaging (NMRI).
- **Ultrasound exam**: A procedure in which high-energy sound waves (ultrasound) are bounced off internal tissues or organs and make echoes. The echoes form a picture of body tissues called a sonogram. The picture can be printed to be looked at later.
- **Endoscopy** : A procedure to look at organs and tissues inside the body to check for abnormal areas. An endoscope is inserted through an incision (cut) in the skin or opening in the body, such as the mouth or rectum. An endoscope is a thin, tube-like instrument with a light and a lens for viewing. It may also have a tool to remove tissue or lymph node samples, which are checked under a microscope for signs of disease.

- **Bone scan** : A procedure to check if there are rapidly dividing cells, such as cancer cells, in the bone. A very small amount of radioactive material is injected into a vein and travels through the bloodstream. The radioactive material collects in the bones and is detected by a scanner.

There are three ways that cancer spreads in the body. Cancer can spread through tissue, the lymph system, and the blood:

- **Tissue.** The cancer spreads from where it began by growing into nearby areas.
- **Lymph system.** The cancer spreads from where it began by getting into the lymph system. The cancer travels through the lymph vessels to other parts of the body.
- **Blood.** The cancer spreads from where it began by getting into the blood. The cancer travels through the blood vessels to other parts of the body.

Cancer may spread from where it began to other parts of the body.

When cancer spreads to another part of the body, it is called metastasis. Cancer cells break away from where they began (the primary tumor) and travel through the lymph system or blood.

- Lymph system. The cancer gets into the lymph system, travels through the lymph vessels, and forms a tumor (metastatic tumor) in another part of the body.
- Blood. The cancer gets into the blood, travels through the blood vessels, and forms a tumor (metastatic tumor) in another part of the body.

The metastatic tumor is the same type of cancer as the primary tumor. For example, if thyroid cancer spreads to the lung, the cancer cells in the lung are actually thyroid cancer cells. The disease is metastatic thyroid cancer, not lung cancer.

There are different types of treatment for children with unusual cancers.

Different types of treatments are available for children with cancer. Some treatments are standard (the currently used treatment), and some are being tested in clinical trials. A treatment clinical trial is a research study meant to help improve current treatments or obtain information on new treatments for patients with cancer. When clinical trials show that a new treatment is better than the

standard treatment, the new treatment may become the standard treatment.

Because cancer in children is rare, taking part in a clinical trial should be considered. Some clinical trials are open only to patients who have not started treatment.

Children with unusual cancers should have their treatment planned by a team of health care providers with expertise in treating cancer in children.

Treatment will be overseen by a pediatric oncologist, a doctor who specializes in treating children with cancer. The pediatric oncologist works with other pediatric health care providers who are experts in treating children with cancer and who specialize in certain areas of medicine. These may include the following specialists:

- Pediatric surgeon.
- Pediatric hematologist.
- Neurosurgeon.
- Neurologist.
- Neuropathologist.
- Neuroradiologist.
- Radiation oncologist.
- Pediatric nurse specialist.
- Rehabilitation specialist.
- Endocrinologist.
- Social worker.
- Psychologist.

Seven types of standard treatment are used:

Surgery

Surgery is a procedure used to find out whether cancer is present, to remove cancer from the body, or to repair a body part. Palliative surgery is done to relieve symptoms caused by cancer. Surgery is also called an operation.

Even if the doctor removes all the cancer that can be seen at the time of the surgery, some patients may be given chemotherapy or radiation therapy after surgery to kill any cancer cells that are left. Treatment, given after the surgery to lower the risk that the cancer will come back, is called adjuvant therapy.

Radiation therapy

Radiation therapy is a cancer treatment that uses high energy x-rays or other types of radiation to kill cancer cells or keep them from growing. There are two types of radiation therapy. External radiation therapy uses a machine outside the body to send radiation toward the cancer. Internal radiation therapy uses a radioactive substance that is injected into the body or sealed in needles, seeds, wires, or catheters that are placed directly into or near the cancer.

Radiosurgery and proton beam therapy are two kinds of external radiation therapy used to treat childhood cancers:

- Radiosurgery uses special equipment to aim one large dose of radiation directly at a tumor, causing less damage to nearby healthy tissue. It is also called stereotaxic radiosurgery, stereotactic radiosurgery, and radiation surgery. This procedure does not remove the tumor in an operation.
- Proton beam radiation therapy is a type of high-energy radiation therapy that uses streams of protons (small, positively-charged particles of matter) to kill tumor cells.

Chemotherapy

Chemotherapy is a cancer treatment that uses drugs to stop the growth of cancer cells, either by killing the cells or by stopping them from dividing. When chemotherapy is taken by mouth or injected into a vein or muscle, the drugs enter the bloodstream and can affect cancer cells throughout the body (systemic chemotherapy). When chemotherapy is placed directly into the cerebrospinal fluid, a body cavity such as the abdomen, or an organ, the drugs mainly affect cancer cells in those areas. Combination chemotherapy is treatment using more than one anticancer drug. The way the chemotherapy is given depends on the type and stage of the cancer being treated.

Hormone therapy

Hormone therapy is a cancer treatment that removes hormones or blocks their action and stops cancer cells from growing. Hormones are substances that are made by glands in the body and flow through the bloodstream. Some hormones can cause certain cancers to grow. If tests show that the cancer cells have places where hormones can attach (receptors), drugs, surgery, or

radiation therapy is used to reduce the production hormones or block them from working. Hormone therapy with drugs called corticosteroids may be used to treat thymoma or thymic carcinoma.

Biologic therapy

Biologic therapy is a treatment that uses the patient's immune system to fight cancer. Substances made by the body or made in a laboratory are used to boost, direct, or restore the body's natural defenses against cancer. This type of cancer treatment is also called biotherapy or immunotherapy.

Interferon-beta is a type of biologic therapy used to treat nasopharyngeal cancer.

EBV -specific cytotoxic T-lymphocytes is another a type of biologic therapy used to treat nasopharyngeal cancer. White blood cells (T-lymphocytes) that are treated in the laboratory with Epstein-Barr virus are given to the patient to stimulate the immune system and fight cancer.

Watchful waiting

Watchful waiting is closely monitoring a patient's condition without giving any treatment until symptoms appear or change. Watchful waiting may be a treatment option when the tumor is slow-growing or when it is possible the tumor may disappear without treatment.

Targeted therapy

Targeted therapy is a treatment that uses drugs or other substances to identify and attack specific cancer cells without harming normal cells. Tyrosine kinase inhibitors (TKIs) are targeted therapy drugs that block signals needed for tumors to grow. Vascular endothelial growth factor (VEGF) inhibitors are another type of targeted therapy that prevents the growth of new blood vessels that tumors need to grow.

The website of the National Cancer Institute (<http://www.cancer.gov>)

Thought For the Day

Face your deficiencies and
acknowledge them, but do not let
them master you. Let them teach you
patience, sweetness, insight... When
we do the best we can, we never know
what miracle is wrought in our life,
or in the life of another.

Helen Keller

In Loving Memory

During December 2013, Memorial Donations were generously made by and for the following people

In Memory of David Arter

Paul & Barb Baudhuin, Slinger, WI

In Memory of Glen Arter, Jr.

Bob & Connie Demler, Baroda

Inge & Greg Longpre, Stevensville

David & Joni Garlanger, Sodus

Don & Lana Schlipp, Stevensville

George III & Laurie McManus, Benton Harbor

Ken Humes, Stevensville

Jerry Stelling, St. Joseph

Ed Gerger, Benton Harbor

Bob & Joyce Myers, Stevensville

Barbara Guse & Family, Cassopolis

Daniel & Mellierose Schultz, Buchanan

Janis Allen, Benton Harbor

Bruce & Sue Bittenbender, St. Joseph

Jack & M.L. Wagner, Stevensville

Dawn Howley, Stevensville

Bonnie Russom, Dowagiac

R.E. & D.M. Bates, Stevensville

Deb Eversole, Stevensville

Russell & Norma Eftink, St. Joseph

Jeffrey & Diane Chancey, Stevensville

Russ & Edna Olin, Lady Lake, FL

Paul & Barb Baudhuin, Slinger, WI

Darlene Damaske, Stevensville

In Memory of Olove Colcord

Mrs. Lois Peabody, Niles

In Memory of Gaylen Foster

Connie Foster, Stevensville

Lynda Martin, Watervliet

In Memory of Kathleen Krueger

Southwestern Michigan Associates

In Memory of Henry McFadden

Naon Paul, Buchanan

In Memory of Evelyn Merrill

Jack & M. Wagner, Stevensville

In Memory of Lowell Miller

Gordon Miller, Berrien Springs

In Memory of Florine Parker

Joyce M. Vance, St. Joseph

Mary Lou Ziemke, St. Joseph

Rudy & Dorothy Koshar, St. Joseph

Carol Stockman, St. Joseph

In Memory of Juanita Phillips

Brent & Kathleen Jagla, South Bend, IN

Dennis & Julie Gleason, Dowagiac

Mr. & Mrs. Robert Root, Niles

In Memory of Ronald Robaska

Diane McLaughlin, Berrien Springs

Gus & Judy Hinkleman, St. Joseph

Ray & Bonnie Keigley, Berrien Springs

In Memory of Eve Sanchez

Mr. & Mrs. Robert Hayward, St. Joseph

In Memory of William "Sandy" Schiek,

Debbie McCartney, Sodus

In Memory of Michael T. Welihan

Ann Welihan, St. Joseph

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.

In Your Honor

In December 2013, donations were made by and in honor of the following:

In Honor of Tara Deam

Eileen Taylor, Midland, MI

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

February 4 & 18 - 1:30 p.m.

March 4 & 18 - 1:30 p.m.

BCCS SUPPORT GROUP – Niles

February 11 & 25 - 1:30 p.m.

March 11 & 25 - 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

February 18 - 1:30 p.m.

March 18 - 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

February 13 -5:30 p.m.

March 13 - 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

February 13 - 6:00 p.m.

March 13 - 6:00 p.m.

DATES TO REMEMBER IN FEBRUARY

February 1 – Spunky Old Broads Day

February 2 – Ground Hogs Day

February 4 – World Cancer Day

February 6 – Lame Duck Day

February 9 – National Stop Bullying Day

February 11 – Get Out Your Guitar Day

February 12 – Lincoln’s Birthday

February 14 – Valentine’s Day

February 17 – Presidents Day

February 20 Love Your Pet Day

February 22 – George Washington’s Birthday

February 26 World Pistachio Day

February 27 – National Day of Action

Newsletters available online

Our newsletters are available on our website:
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.

Please Consider...

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

RETURN SERVICE REQUESTED

JOIN THE NEWSLETTER VIA EMAIL

Help us save postage, call 269-429-3281
or email us at staff@bccancerservice.org.
If you are not reading the newsletter, you
may contact us to be removed also. We
value our readers & hope you enjoy it.

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
STEVENSVILLE, MI
PERMIT NO. 129



BERRIEN COUNTY CANCER SERVICE, INC. - BOARD OF DIRECTORS:

Dr. Fred Busse ...President	Linda Beushausen	Nancy Gothberg	Sharon Hainer
...V/President	Darlene Hawkins	Jerry Koch	Dr. Gerald Kozuh
Joseph Dick ...Treasurer	Michael Levi	Renee Parnell	JoAnn Pullen-Bruni, R.N.
...Secretary	Jolita Allene Smith	Tim Trine	
*Indicates Honorary	*Dr. Betty Koshy	*Dr. Peter Lai	*Barbara Lane, R.N.
Members	*Dr. Eric Lester	*Dr. Michael Method	*Hannah Noble
	*Dr. Edmund Paloyan	*Rita Reid	*Dr. Michael Rodriguez
	* Eileen Schultz		

NURSING STAFF:

Nancy Church, R.N. Executive Director
Connie Demler, R.N. JoAnn Pullen-Bruni, R.N.
Susan Lerke, R.N. Carrie Klint, R.N.
Ellen Caagbay, R.N.

OFFICE STAFF:

Claudia Brister (Office Manager)
Julie Koch (Accountant)
Henrietta Hein (Newsletter)

CANCER SUPPORT GROUP – Stevensville Office
1st and 3rd 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
2nd 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
2nd and 4th Tuesday of each month – 1:30 p.m.
Niles Senior Center
1109 Bell Road
Niles, MI 49120
Phone: (269) 429-3281

OSTOMY SUPPORT GROUP
2nd 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