

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.

June 2012

(269) 429-3281

VOLUME XXI ISSUE VI

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.

.....

MY DAD'S DINNER PAIL

Preserve the old kettle, so blackened and worn;
It belonged to my father before I was born
It hung in a corner beyant on a nail—
"Twas the emblem of labor, my dad's dinner pail."

It glistened like silver, so sparkling and bright;
I am fond of the trifle that held his wee bite;
In summer or winter, in snow, rain or hail,
I've carried that kettle, my dad's dinner pail
When the bell rang for mealtime my father'd come down—
He'd eat with the workmen about on the ground;
He'd share with the laborer and he'd go bail,
You would never reach the bottom of dad's dinner pail.

If the day should be rainy my father'd stop home,
And he'd polish his kettle as clane as a stone;
He'd joke with my mother and me he would whale
If I put a finger on dad's dinner pail.

There's a place for the coffee and also for bread,
The corned beef and pastries, and oft it was said:
"Go fill it with porter, with beer or with ale;"
The drink would taste sweeter from dad's dinner pail

Author: Edward Harrigan



United Way
of Southwest Michigan

A person should have enough education so he doesn't have to look up to anyone. He should also have enough to be wise enough not to look down.

Many Patients with Cancer Need Better Treatments for Pain

Inadequate pain treatment in patients with cancer remains a significant problem and appears to be more frequent among minorities, according to a new study. The findings were published online April 16 in the *Journal of Clinical Oncology*.

Dr. Michael Fisch of the University of Texas MD Anderson Cancer Center and his colleagues surveyed more than 3,000 patients with invasive forms of breast, prostate, lung, and colorectal cancer who were likely to have pain. The patients were treated at academic medical centers and community-based hospitals.

More than two-thirds of patients reported pain or requiring analgesics for pain control at their initial oncology appointment. Based on reported pain levels and the type and/or dose of prescribed pain medication, the researchers found that one-third of these patients received inadequate treatment for their pain.

Approximately 40 percent of patients who experienced moderate to severe pain did not receive the proper pain medication, and 20 percent of patients with severe pain received no pain medication. In surveys done after follow-up visits with their oncologists 4 to 5 weeks later, patients reported little improvement in pain management. One month is a fairly short follow-up period, the authors acknowledged, as effective pain management usually requires monitoring and adjustments.

Minority patients were nearly twice as likely as white patients to receive inadequate pain treatment, the researchers found. The disparity in adequate pain treatment among minority groups could be due to multiple factors, they wrote, including communication problems and patient trust issues, as well as "system issues," such as drug availability.

In addition, patients with earlier stages of cancer reported inadequate pain management at different time points after diagnosis. This indicates not only that patients with early-stage cancers need better pain management, but that

the medical profession should better characterize pain symptoms and identify pain sources, noted Dr. Wortia McCaskill-Stevens of NCI's Division of Cancer Prevention (DCP) and a co-author of the study.

"This study is a stepping stone to better evaluation of pain," she said, noting that doctors adhere more closely to other treatment guidelines than to pain management guidelines.

"Only one in six responding medical oncologists [in the study] reported frequent referrals to specialists in either pain or palliative care," wrote Drs. Martin Stockler and Nicholas Wilcken in an accompanying editorial. "Clearly more work is needed, perhaps in medical school, but certainly in residency and fellowship programs."

This is an issue that goes beyond physicians, noted Dr. Ann O'Mara, head of palliative care research in DCP and a co-author of the study. Nurses and other health care staff should also receive more training in this area, she advised.

Further reading: "Survey of Oncologists Suggests Lack of Progress in Cancer Pain Management"

More Chemotherapy May Help after Initial Treatment for Childhood Leukemia Fails

A small percentage of children diagnosed with acute lymphoblastic leukemia (ALL) responds poorly to initial chemotherapy. When this initial treatment, called induction therapy, fails to induce a complete clinical remission, most leukemia experts would recommend an allogeneic stem cell transplant. However, a new study suggests that at least some of these children may do better if they receive additional chemotherapy rather than a stem cell transplant.

Reporting their findings in the April 12 *New England Journal of Medicine*, the researchers noted that doctors can cure 8 in 10 children newly diagnosed with ALL. But certain subgroups of patients tend to do worse than others. For instance, patients whose cancers do not go into complete clinical remission after 4 to 6 weeks of induction therapy are at high risk for poor outcomes.

To determine the optimal treatment for these patients, the researchers analyzed data on more than 44,000 children who participated in

ALL clinical trials around the world. Of these children, 1,041 had cancers that responded poorly to induction therapy. Most of these patients went on to have a stem cell transplant, but some received only additional chemotherapy.

A subset of the children whose cancers did not respond to induction therapy unexpectedly showed better long-term survival with chemotherapy alone than with stem cell transplantation. These children were younger than age 6, had precursor B-cell ALL rather than T-cell ALL, and had no other high-risk clinical or genetic features.

More than 70 percent of the children in the subgroup that received additional chemotherapy rather than a stem cell transplant survived at least 10 years, which was more than twice the survival rate of the entire group of patients who did not respond to induction therapy.

“This study tells us that the failure of induction therapy should no longer be considered an automatic indication for a bone marrow transplant,” said co-author Dr. Ching-Hon Pui, chair of the St. Jude Children’s Research Hospital department of oncology. “[But] a 72 percent survival rate is still not acceptable, and we need to find better ways to treat these patients,” he added.

The study also demonstrates “the power of large collaborative efforts to discover important new insights into disease,” said Dr. Karen Rabin of Baylor College of Medicine, who wrote an accompanying editorial. The benefit of chemotherapy for these patients emerged only after 14 research groups on three continents combined their results.

For Older Patients with Leukemia, Low Doses of Gemtuzumab Improve Survival

In a randomized trial, patients aged 50 to 70 with previously untreated acute myeloid leukemia (AML) who received the targeted therapy gemtuzumab ozogamicin (Mylotarg) in addition to standard chemotherapy lived longer than patients who received standard chemotherapy alone. These results, published online in *The Lancet* on April 4, counter some earlier studies that indicated that the drug was ineffective and too toxic.

Gemtuzumab received accelerated approval for AML from the Food and Drug Administration (FDA) in 2000, but the confirmatory clinical trial required for full approval showed that the drug did not improve survival and increased toxicity, including the risk of treatment-related death. The manufacturer, Pfizer Inc., voluntarily withdrew the drug from the general market in 2010, though clinical trials have continued.

In the current trial, which was conducted by the Acute Leukemia French Association, the researchers used a lower dose given over 3 days during chemotherapy instead of a higher dose given over 2 days to reduce side effects. In the study, 139 patients received standard chemotherapy with the drugs daunorubicin and cytarabine, and 139 received standard chemotherapy plus gemtuzumab ozogamicin.

The addition of low, fractionated doses of gemtuzumab ozogamicin improved overall survival and event-free survival (time to relapse, death, or assessment that the disease is not responding to treatment). After 2 years of follow-up, event-free survival was 41 percent for the patients who received gemtuzumab ozogamicin and 17 percent in the control group. Overall survival 2 years after treatment was 53 percent in the gemtuzumab ozogamicin group and 42 percent in the control group.

Although patients in the gemtuzumab ozogamicin group were more likely to experience side effects, particularly more-persistent reductions in white blood cells and platelets, deaths during treatment did not differ significantly between the two groups.

“The use of fractionated lower doses of gemtuzumab ozogamicin allows the safe delivery of higher cumulative doses and substantially improves outcomes in patients with acute myeloid leukemia,” wrote the authors.

“These results are quite important if confirmed [in additional trials],” commented Dr. Wyndham Wilson of NCI’s Center for Cancer Research, who was not involved in the research. Few advances have been made in the treatment of older patients with AML in recent years, he added, and effective new drugs are badly needed.

Trivia

What chemical element's symbol is Pb?

Silver
Lead
Plutonium
Gold
Tin

(Answer on Page 7)

Cream Cheese Frosting

Ingredients:

9 oz. cream cheese, softened
1 tbsp. butter, softened
1 tsp. vanilla extract
1 3/4 cups confectioners' sugar, sifted

Directions:

Mix all the ingredients in a bowl and beat with an electric mixer. If necessary, add milk to attain spreading consistency

Broccoli, Cheese & Rice Casserole

Ingredients:

1 cup uncooked instant rice
1/2 cup chopped onion
1/4 cup fat-free milk
4 oz. light processed cheese, cubed
2 tbsp. butter, softened
2 (10 oz.) pkg. frozen chopped broccoli, thawed and drained
1 (10 3/4 oz.) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted

Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients in a large bowl, and spoon into a 2-quart casserole. Bake at 350 degrees for 45 minutes.

Crispies

Recipe submitted by Nadine Kerns

Ingredients:

1 cup butter
1 cup sugar
1 cup brown sugar
1 cup oil
1 large egg
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon vanilla
1 cup oatmeal
1 cup shredded coconut
1 cup chopped pecans
1 cup Rice Krispies
3 1/2 cups flour

Directions:

Mix together butter, sugar, brown sugar and oil until fluffy. Add egg, salt, baking soda and vanilla until mixed. Add oatmeal, coconut, pecans, Rice Krispies and flour. Roll in balls and put on cookie sheets. Flatten with fingers or fork. Bake at 350° for 12-15 minutes or less until brown.

In Loving Memory

During April 2012, Memorial Donations were generously made by and for the following people

In Memory of Bill Blue

Lillian & Linda Blue, Eau Claire

In Memory of Ernest D. Chesser

Donald David Brooks, Buchanan

In Memory of Cora Field

Wally & Dolores Lyon, Stevensville

In Memory William Gatchell Jr.

Ed & Bonnie Aber, Benton Harbor

In Memory of Robert L. Heward

Evelyn L. Heward, Bridgman

In Memory of Maria J. Humes

Mary L. Gregory, Bridgman

In Memory of August Kubish Jr.

Georgia Sikich, Benton Harbor

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Leanore Sadler, St. Joseph

In Memory of Jude Lekan

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Julia & Jodi Ballard, Benton Harbor

Claribel Damaske, St. Joseph

Bill Damaske, St. Joseph

Dolores & Jeanette Fester, Benton Harbor

Erwin & Dorothy Hasse, Benton Harbor

Eleanor Hildebrand, St. Joseph

L. Ross & Dona Julian, St. Joseph

Laura & David Parsons, St. Joseph

William & Jill Rauh, Benton Harbor

Jane Wilson, Stevensville

In Memory of Laura Lippert

Bernice Burbach, Sodus

Vern & Sherry Holle & Family,

Leslie & Darren, Becky & Jim Tom & Kelly, Eau Claire

Mike & Suzanne Jones, Stevensville

Jerry & Patsy Kremers, Eau Claire

Judy Lambrecht & Family, Benton Harbor

Louise M. Lausman, Stevensville

Reinhard & Donna Lippert, Benton Harbor

Leanore Sadler, St. Joseph

Marilyn Schmaltz, Baroda

Keith & Ryka Shaffer, Dayton OH

Stevensville American Legion Auxiliary Unit 568

Pamela Tomlinson, Baroda

In Memory of Kenneth Metzger

Donald & Colette Metzger, Stevensville

In Memory of Sheila Olin

Darlene & Leslie Cutter, Grand Rapids

Vicki Florin, Stevensville

In Memory of Eleanor Pierscinski

Linda & Paul Adam, St. Joseph

Cynthia Washburn Ahearn, St. Joseph

Baldwin & Associates, St. Joseph

Deborah L. & Bruce Becker, Coloma

Sharon & Gary Cooper, Temperance

Deborah Craig, Stevensville

Erik & Irene H. Fiskars, St. Joseph

Elizabeth & Michael Garey, St. Joseph

Ronald & Roberta Guertel, St. Joseph

Michael & Claudia Hanley, St. Joseph

Scott L. Hanson, Laurie Hanson & Family, Baroda

Rosalie R. Krause, St. Joseph

LeValley Chevrolet Buick GMC Truck Inc., Benton Harbor

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Michael D. Marrs, Stevensville

Wayne & Joanne Merritt, St. Joseph

Dennis & Pamela Moore %

Justin & Sarah Ingram, Stevensville

Mrs. V. Panutich, Naples FL

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Dorothy J. Thar, St. Joseph

In Memory of Robert J. Prierer

Elizabeth D. Koebel, Baroda

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In Memory of Doris Rice

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Barbara & William Rice, St. Joseph

In Memory of Don Rupley

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Cindylou Ferris, Minneapolis MN

George & Virginia Jaeger, St. Joseph

Dawn & Ronald Knuth, Berrien Springs

Nancy & Scott Merrill, St. Joseph

Marian J. & Martin Migala, Berrien Springs

Joseph & Diane Petlick, St. Joseph

Nancy Poelker, Stevensville

Christine Preston, Kalamazoo

Opal Raymer, St. Joseph

In Loving Memory (cont')

During April 2012, Memorial Donations were generously made by and for the following people

In Memory of Don Rupley (cont')

James & Mary Riccioni, Benton Harbor
Mr. & Mrs. William Rickel, St. Joseph
Jennifer & Bart Rowland, Cincinnati OH
Susan E. Thompson, Stevensville
Judy & Richard Timm, Coloma
Joan S. Ubele, St. Joseph
Jane & Charles Wilson, Stevensville
Keith & Deborah Yeske, St. Joseph

In Memory of Richard Sandstedt

Charles & Tresa Gustine, Benton Harbor

In Memory of Edward Sieber

Frank Nehring, St. Joseph

In Memory of Jim Vaughn

Niles Shrine Club

In Memory of Mary Lou Ward

Patricia A. Hill, Benton Harbor

In Memory of Rosemary P. Werner

Donald & Colette Metzger, Stevensville

In Memory of Louise Ann White

Robert F. White, St. Joseph

In Memory of Art Zache Sr.

Mary Ann Engler, Benton Harbor
Christine E. Martin, Paw Paw
Ruthann Miller, Stevensville
Curt & Debbie Rohdy, Dowagiac
Carl & Rosemary Wright, Paw Paw
Marcia Wright, Paw Paw
Mr. & Mrs. Henry Zacha,
Jack Zacha, Jim & Phillis Zacha, 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.

Berrien County Cancer Service Bike Ride June 24, 2012

(Sign up sheet on next page)

Not able to ride a bike?

Why not sponsor one of our BCCS riders!

*Call 269-429-3281
for details*



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

June 5 & 19 – 1:30 p.m.

July 3 & 17 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

June 12 & 26 – 1:30 p.m.

July 10 & 24 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

June 19 – 1:30 p.m.

July 17 – 1:30 p.m.

RAINBOWS OF HOPE – St. Joseph

Marie Yeager Cancer Center

June 14 - 5:30 p.m.

July 12 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

June 14 – 6:00 p.m.

July 12 – 6:00 p.m.

Man to Man – Prostate Support Group

Trinity Center, St. Joseph

June 19 – 6:30 p.m.

July 17 – 6:30 p.m.

DATES TO REMEMBER IN JUNE

June 1 – Donut Day

June 2 - **NATIONAL CANCER SURVIVORS DAY**

June 5 – World Environment Day

June 8 – Banana Split Day

June 10 – Children’s Sunday

June 12 – National Peanut Butter Day

June 14 Career Nurse Assistants Day

June 14 Flag Day

June 17 – Fathers Day

June 20 - Summer Begins

June 21 – Recess At Work Day

June 23 - Public Service Day

June 4 – Full Moon – 7:12 a.m.

June 19 – New Moon 11:02 a.m.

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!

Answer to Trivia:
Lead

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

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Connie Demler, R.N.	Susan Lerke, R.N.
Carrie Klint, R.N.	Marilyn Dopp, R.N.
Ruth Walker, R.N.	

OFFICE STAFF:

Julie Koch (Accounting Manager)
Claudia Brister (Office Manager)
Henrietta Hein

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

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

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 Rd.
St. Joseph, MI 49085
Phone: (269) 556-7114

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

MAN TO MAN – Prostate Support Group

3rd Tuesday of each month – 6:30 p.m.

Trinity Center

619 Main Street (use Main entrance)
St. Joseph, MI 49085
Phone: (800) 465-5244