



Cancer Support Group NEWSLETTER

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 2007

(269) 429-3281

VOL XVI 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.

WHEN LOVE COMES

*In my dreams of the future I thought love would be
Like a bolt from the blue when it first came to me;
But you see, I was young, and so how could I know
That love doesn't just happen? It's more apt to grow
From a comradeship sweet or a friendship sincere,
From an interest that's shared, or a smile or a tear.*

*It's a quiet transition. There's never a trace
Of where plain friendship ceases and love takes its place.
No, it doesn't just come like a bolt or a dart:
You may not even know when love captures your heart.*

---reprinted from the Sunshine Magazine

! HAPPY VALENTINE'S DAY !



what matters.™

A new vaccine called Zostavax is available to reduce the risk of shingles (herpes zoster) in people ages 60 and older.

"This vaccine gives health care providers an important tool to help prevent an illness that affects many older Americans and often results in significant chronic pain," says Jesse L. Goodman, M.D., director of the FDA's Center for Biologics Evaluation and Research.

Shingles is a disease caused by the varicella-zoster virus, the same virus that causes chickenpox. After an attack of chickenpox, the virus lies dormant in certain nerve tissue. As people age, it is possible for the virus to reappear in the form of shingles, which is estimated to affect 2 out of every 10 Americans during their lifetimes. Evidence of shingles includes clusters of blisters, which develop on one side of the body and can cause severe pain that may last for weeks, months, or even years after the virus reappears.

Zostavax, a live virus vaccine, has been shown to boost immunity against varicella-zoster virus. This is thought to be the mechanism by which the vaccine protects against zoster and its complications. The vaccine is given as a single injection under the skin, preferably in the upper arm.

Zostavax was studied in about 38,000 individuals 60 and older throughout the United States. Of these people, half received Zostavax, and half received a placebo. All study participants were then followed for an average of three years to see whether they developed shingles and, if they did, how long the pain lasted.

At the conclusion of the study, researchers found that, overall, the vaccine reduced the occurrence of shingles by about 50 percent in people ages 60 and older. It reduced occurrence by 64 percent in those ages 60 to 69.

The vaccine not only prevented approximately half of the cases, but also slightly reduced the duration of pain after the onset of shingles in people who developed the disease despite

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being vaccinated with Zostavax.

The most common side effects in people who received Zostavax were redness, pain and tenderness, swelling at the site of injection, itching, and headache. The percentage of significant adverse events observed in the study did not differ among those who received the vaccine and those who received the placebo.

As part of the vaccine development program, a smaller study was conducted to closely examine the vaccine's safety. In this smaller study, serious adverse events for all age groups were noted more frequently in those who received Zostavax than those who received placebo. Although the FDA has concluded that the available data do not establish that these events are related to the vaccine, the manufacturer will perform a Phase 4 (postmarket) study to provide additional safety information.

Zostavax is manufactured by Merck & Co. Inc., of Whitehouse Station, N.J. ■

**FDA Consumer
The Magazine of the U.S.
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New Vaccine Prevents Cervical Cancer

The Food and Drug Administration has approved Gardasil, the first vaccine developed to prevent cervical cancer and precancerous genital lesions and genital warts due to certain types of human papillomavirus (HPV). The vaccine is approved for use in females ages 9 years to 26 years. Gardasil was evaluated and approved in six months under the FDA's priority review process—a process for products with potential to provide significant health benefits.

HPV is the most common sexually transmitted infection in the United States. The Centers for Disease Control and Prevention estimates that more than 6 million Americans become infected with genital HPV each year and that more than half of all sexually active men and women become infected at some time during their lifetimes. On average, there are 9,710 new cases of cervical cancer and 3,700 deaths attributed to it in the United States each year. Worldwide, cervical cancer is the second most common cancer in women and is estimated to cause over 470,000 new cases and 233,000 deaths each year.

For most women, the body's own defense system will clear the virus, and infected women do not develop related health problems. Some HPV types, however, can cause abnormal cells on the lining of the cervix that can turn into cancer years later. Other HPV types can cause genital warts. The vaccine is effective against HPV types 16 and 18, which cause about 70 percent of cervical cancers, and against HPV types 6 and 11, responsible for about 90 percent of genital warts.

"This vaccine is a significant advance in the protection of women's health in that it strikes at the infections that are the root cause of many cervical cancers," says Acting FDA Commissioner Andrew C. von Eschenbach, M.D. "The development of this vaccine is a product of extraordinary work by scientists as well as by FDA's review teams

to help facilitate the development of very novel vaccines to address unmet medical needs."

Gardasil is given as three injections over a six-month period. Immunization is expected to prevent most cases of cervical cancer due to HPV types included in the vaccine. Females, however, are not protected if they have been infected with the HPV types prior to vaccination. Also, Gardasil does not protect against less common HPV types not included in the vaccine; therefore, regular Pap screening remains critically important to detect precancerous changes in the cervix to allow treatment before cervical cancer develops.

Four studies, one in the United States and three multinational, were conducted in 21,000 women to examine how well Gardasil worked in women ages 16 to 26 by giving them either the vaccine or an inactive injection (placebo). In women who had not already been infected, Gardasil was nearly 100 percent effective in preventing precancerous cervical lesions, precancerous vaginal and vulvar lesions, and genital warts caused by infection with the HPV types against which the vaccine is directed. While the study period was not long enough for cervical cancer to develop, the prevention of these cervical precancerous lesions is believed highly likely to result in the prevention of those cancers.

The studies also evaluated whether the vaccine can protect women already infected with some HPV types included

in the vaccine from developing diseases related to those viruses. The results show that the vaccine is only effective when given prior to infection.

Two studies were also performed to measure the immune response to the vaccine among younger females ages 9 years to 15 years. Their immune response was as good as that found in 16 to 26 year olds, indicating that the vaccine should have similar effectiveness when used in younger females.

The safety of the vaccine was evaluated in about 11,000 individuals. Most adverse experiences in study participants who received Gardasil included mild or moderate local reactions, such as pain or tenderness at the site of injection.

The manufacturer Merck & Co. Inc. of Whitehouse Station, N.J., has agreed to conduct additional studies to further evaluate general safety and long-term effectiveness. Merck also will monitor the pregnancy outcomes of women who receive Gardasil while unknowingly pregnant. Also, the manufacturer has an ongoing study to evaluate the safety and effectiveness of Gardasil in males. ■

For More Information

www.fda.gov/cber/products/hpvmer060806.htm

www.fda.gov/womens/getthefacts/hpv.html

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The Magazine of the U.S.
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Administration
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In Loving Memory

During December 2006, Memorial Donations were generously made by and for the following people:

In Memory of Frank Allee

Veronica Allee, Buchanan
Dolly Billicitz, South Bend IN
Mr. and Mrs. D. Frantz, Buchanan
Mr. and Mrs. J. Goralski, South Bend IN
Mrs. L. Mendlikowski, South Bend IN
Mrs. D. Strychalski and Family, South Bend IN

In Memory of Lloyd Both

Richard and Marilyn Bartz, Berrien Springs
Shirlee Benford, St. Joseph
Rudolph and Dorothy Duschek, St. Joseph
Robert and Marian Fields, St. Joseph
Elwyn Gillette, Scottsdale AZ
Linda M. Korrell, St. Joseph
Edwin and Virginia Radewald, Niles
Cathryn and Agnes Steinke, St. Joseph
Stevensville American Legion Post 568, Inc.
Robert and Joyce Stockman, Stevensville
Char Wenham, St. Joseph
Karen and Thomas Zawacki, Michigan City IN
Joyce Zeilke, St. Joseph

In Memory of Lance Corporal

Jason K. Burnett

Steven Conklin, St. Joseph

In Memory of Chad Butler

Lue Butler, Sawyer

In Memory of Anna Churchill

Hazel Buskirk, Bill and Carla Buskirk,
Bill and Elizabeth Buskirk, and
Robert and Allison Harper, Coloma

In Memory of Barbara Dally

John and Lonna Salnoske, Benton Harbor

In Memory of Christina Dunham

Charles Frandsen, Stevensville

In Memory of Florence Marie Fairbanks

A-1 Auto Salvage Company, Benton Harbor

In Memory of Ianthe Frandsen

Charles Frandsen, Stevensville

In Memory of Michael Gulino

Craig and Lillian Niephaus, Coloma

In Memory of Jack Harroff

Marge and John Yetzke, Watervliet

In Memory of Richard Harroff

Marge and John Yetzke, Watervliet

In Memory of Allen Haughey

F. P. Rosback Company, St. Joseph
Isuzu Motors America, Inc., Cerritos CA

In Memory of Ruth and Ralph Hess

Marge and John Yetzke, Watervliet

In Memory of Evelyn Hill

Kappa Theta Chi Sorority, St. Joseph

In Memory of Lyle Hopkins

Mr. and Mrs. Kenneth A. Burgea, Eau Claire
Deb Charleston, Osceola IN
Barbara J. Hopkins, Eau Claire
Raymond and Caroline Jahnke, Niles
Mary Krugler, Flint TX
Charles and Dorothy Lillie, St. Joseph

In Memory of Robert Iliff

Manfred and Rosalie Miller, Benton Harbor
Watervliet Public Schools
Watervliet South School Staff

In Memory of Marge Jeffery

Kathy, Jim and Forest Burczak, St. Joseph

In Memory of Joyce Jensen

Wayne Jensen, Bridgman

In Memory of Pat Kirk

Donna LaVanway, Bridgman
Veryl Pagels, Eau Claire

In Memory of Larry Klug

Shirley and Robert Akright, Benton Harbor
Emilie and Frank King, Benton Harbor
Rev. Gary and Darlene Miller, Berrien Springs

In Memory of Joyce Laukus

Joyce Kretchman, St. Joseph
Howard and Georgia Merchant, St. Joseph

In Memory of Don Maynard

Carol Thurston, Niles

In Memory of Earl Nemethy

Melba Bestle, Niles

In Memory of Rhoda Olenick

Elmer Olenick, Three Oaks

In Memory of Minnie Plumley

Alma Arent, St. Joseph

In Memory of Clara Pokorny

Fran Konya, St. Joseph

In Memory of Marilou Radke

Kim Knoll, Niles
Thomas Miyata, M.D., St. Joseph
Nancie Oetter, Willowbrook IL
Martha Speer, St. Joseph

In Memory of Gina Rider

Virginia Boyer, Stevensville
Rosalie and Vito Capizzo, Coloma
Anita Decker, Battle Creek
Cindy and Doug Fannin, Watervliet
Mr. and Mrs. Gerald Hand, Niles
Gladys M. Holmes, St. Joseph
Sandra Howader, St. Joseph
Don and June Jackson, St. Joseph
Janet and Stephen Jackson, Lakeland FL
Darrell and Vicky Kennedy, Eau Claire
Margot and Darwin Mason, Hartford
Palabora America Ltd., Kennesaw GA
Arden and Vada Pridgeon, St. Joseph
Roger and Gloria Reeves, Benton Harbor
Daniel and Shelly Shannon, LaGrange IL
Wayne and Janet Skaggs, Benton Harbor
Michael and Susan Topp, Portage

In Memory of Nancy Marie Rohm

William Rohm, Benton Harbor

In Memory of Lindsay Rutter

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In Memory of Beatrice Ann Springer

Burch Springer, Stevensville

In Memory of Claudia Strefling

Roberta Warnke, Buchanan

In Memory of Virginia Szlabick

Olove Colcord, Niles

In Memory of Dr. Clint Wilson

Cheryl Weise, St. Joseph

In Memory of Edward "Bud" Yeske

Helen Yeske, St. Joseph

In Memory of Lucille Yetzke

Marge and John Yetzke, Watervliet

The 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

During December 2006, donations were made by and in honor of the following people:

In Honor of Florence Musgrove

Clare Musgrove, St. Joseph

In Honor of Dr. Peter Lai, Dr. Salvadore Espinoza, and John Hueni

Radiation Oncology Office Staff, St. Joseph

In Honor of James Ruhoff

Vance and Betsy VanderBurg, Niles

Holiday Fund Donations

BCCS has received requests from patients at Holiday time for assistance beyond what our general budget can provide. We established the Holiday Fund to help meet some of these needs. We encourage you to search your heart and add to our Holiday Fund, if you are so moved.

During December 2006, Holiday Fund Donations (both monetary and actual items) were generously made by the following people and groups:

Anonymous Donors
Christ Lutheran Church Adult Choir, Stevensville
Kathy Karnik, St. Joseph
Jerry and Julie Koch, St. Joseph
Barbara Lane, Benton Harbor
Mary Martha Circle, St. Joseph
St. Joseph Lianas
Siham Sayegh, Benton Harbor
Stevensville American Legion Post 568
Strong Women of Faith, Benton Harbor
SW Michigan USBCWBA (Women Bowlers)

If you no longer wish to receive our newsletter, please contact the Stevensville Office by Telephone at 429-3281 or by e-mail: staff@bccancerservice.org.

You may view our newsletter on our website:

bccancerservice.org

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

February 6 & 20 – 1:30 p.m.

March 6 & 20 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

February 13 & 27 – 1:30 p.m.

March 13 & 27 – 1:30 p.m.

UOA SUPPORT GROUP – Stevensville

February 20 – 1:30 p.m.

March 20 – 1:30 p.m.

HEARTY SOUP MIX

This soup mix holds the dry ingredients for a hearty soup which freezes well. Just add water or broth, Lipton's Onion Soup Mix, diced tomatoes, any cooked meat that you like, and salt and pepper to taste. Enough to make four 2 quart containers of soup.

**PRICE: \$3.00 PER PACKAGE
OR 2 PACKAGES FOR \$5.00**

**Available at the Stevensville or Niles
Offices of
The Berrien County Cancer Service.**

DATES TO REMEMBER IN FEBRUARY . . .

February 2nd – *Will Punxsutawney*

Phil see his shadow today?

February 14th – *Happy Valentine's Day!*

February 19th – *Presidents' Day*

! HAPPY VALENTINE'S DAY !

Please Consider...

The 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.

Please remember us during the up-coming holiday season. 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 _____

Donation Amount \$ _____

In Honor of _____

Honoree's Address _____

In Memory of _____

Next of Kin's Address _____

Thank you for your generosity!

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

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

RETURN SERVICE REQUESTED



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OFFICE STAFF: Kathy Karnik (Office Manager) Claudia Brister (Stevensville) Ruth Lagoni (Niles)

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

BREAST CANCER SURVIVORS SUPPORT GROUP

3rd Wednesday of each month - 2:00 p. m.

First Baptist Church

1446 E. Main Street

Niles, MI 49120

Phone: (269) 683-2959

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) 683-7460

CANCER SUPPORT GROUP

2nd Thursday / month - 5:30 - 7:00 p. m.

SPIRITUAL SUPPORT GROUP

4th Thursday / month - 5:30 - 6:30 p.m.

Oncology Care Associates

820 Lester Avenue

St. Joseph, MI 49085

Phone: (269) 985-0029

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