



Cancer Support Group 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.

August 2010

(269) 429-3281 or (269) 683-7460

VOLUME XIX ISSUE VIII

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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Children in the Sun

Run, run, my little ones,
Under the golden sun.

Let your spirits like eagles soar,
Let your laughter like lions roar.

Sing a song so joyous and strong
Borne on the wind the whole day long.

Dance and play on the glad day:
Here no troubles will come your way.

Like the sunrise we'll pretend
That this day will never end.

Dream we'll share together here,
Later pursue them without fear.

Run, run, my little ones,
Under God's golden sun.



what matters.™

Anxiety Disorder

Via: NCI

Anxiety is a normal reaction to cancer. One may experience anxiety while undergoing a cancer screening test, waiting for test results, receiving a diagnosis of cancer, undergoing cancer treatment, or anticipating a recurrence of cancer. Anxiety associated with cancer may increase feelings of pain, interfere with one's ability to sleep, cause nausea and vomiting, and interfere with the patient's (and his or her family's) quality of life. If left untreated, severe anxiety may even shorten a patient's life.

Persons with cancer will find that their feelings of anxiety increase or decrease at different times. A patient may become more anxious as cancer spreads or treatment becomes more intense. The level of anxiety experienced by one person with cancer may differ from the anxiety experienced by another person. Most patients are able to reduce their anxiety by learning more about their cancer and the treatment they can expect to receive. For some patients, particularly those who have experienced episodes of intense anxiety before their cancer diagnosis, feelings of anxiety may become overwhelming and interfere with cancer treatment. Most patients who have not had an anxiety condition before their cancer diagnosis will not develop an anxiety disorder associated with cancer.

Patients are more likely to develop anxiety during cancer treatment if they have any of the following conditions:

- A history of anxiety disorders
- Severe pain
- Anxiety at the time of diagnosis
- Physical disabilities
- Few family members or friends to care for them
- Cancer that is not responding to treatment
- A history of physical or emotional trauma

Central nervous system metastases and tumors in the lungs may cause physical problems with symptoms of anxiety. Treatment with corticosteroids and other medications can worsen feelings of anxiety.

Contrary to what one might expect, patients with advanced cancer experience anxiety due not to fear of death, but more often from fear of uncontrolled pain, being left alone, or dependency on others. Many of these factors can be alleviated with treatment.

Some persons may have already experienced intense anxiety in their life because of situations unrelated to their cancer. These anxiety conditions may recur or become aggravated by the stress of a cancer diagnosis. Patients may experience extreme fear, be unable to absorb information given to them by caregivers, or be unable to follow through with treatment. In order to plan treatment for a patient's anxiety, a doctor may ask the following questions about the patient's symptoms:

- Have you had any of the following symptoms since your cancer diagnosis or treatment? When do these symptoms occur (i.e., how many days prior to treatment, at night, or at no specific time) and how long do they last?
- Do you feel shaky, jittery, or nervous?
- Have you felt tense, fearful, or apprehensive?
- Have you had to avoid certain places or activities because of fear?
- Have you felt your heart pounding or racing?
- Have you had trouble catching your breath when nervous?
- Have you had any unjustified sweating or trembling?
- Have you felt a knot in your stomach?
- Have you felt like you have a lump in your throat?
- Do you find yourself pacing?
- Are you afraid to close your eyes at night for fear that you may die in your sleep?
- Do you worry about the next diagnostic test, or the results of it, weeks in advance?
- Have you suddenly had a fear of losing control or going crazy?
- Have you suddenly had a fear of dying?
- Do you often worry about when your pain will return and how bad it will get?
- Do you worry about whether you will be able to get your next dose of pain medication on time?
- Do you spend more time in bed than you should because you are afraid that the pain will intensify if you stand up or move about?
- Have you been confused or disoriented lately?

Anxiety disorder includes adjustment disorder, panic disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder, generalized anxiety disorder, and anxiety disorder caused by other general medical conditions. Each of these is explained below.

Adjustment Disorder

Adjustment disorder includes behaviors or moods more extreme than expected in a reaction to a cancer diagnosis. Symptoms include severe nervousness, worry, jitteriness, and the inability to go to work, attend school, or be with other people. Adjustment disorder is more likely to occur in cancer patients during critical times of the disease. These include being tested for the disease, learning the diagnosis, and experiencing a relapse of the disease. Many cancer patients can achieve relief from adjustment disorder in several ways, including receiving reassurance from caregivers, exercising relaxation techniques, taking medication, and participating in support and education programs.

Panic Disorder

Patients with panic disorder experience intense anxiety. Patients may suffer shortness of breath, dizziness, rapid heart beat, trembling, profuse sweating, nausea, tingling sensations, or fears of "going crazy." Attacks may last for several minutes or several hours and are treated with medication. Symptoms of panic disorder may be very similar to other medical conditions.

Phobias

Phobias are ongoing fears about or avoidance of a situation or object. People with phobias usually experience intense anxiety and avoid situations that may frighten them. Cancer patients may fear needles. They may also fear small spaces and avoid having tests in confined spaces, such as magnetic resonance imaging (MRI) scans.

Obsessive-Compulsive Disorder

A person with obsessive-compulsive disorder has persistent thoughts, ideas, or images (obsessions) that are accompanied by repetitive behaviors (compulsions). Patients with obsessive-compulsive disorder may be unable to follow through with cancer treatment because they are disabled by thoughts and behaviors that interfere with their ability to function normally. Obsessive-compulsive disorder is treated with medication and psychotherapy. Obsessive-compulsive disorder is rare in patients with cancer who did not have the disorder before being diagnosed with cancer.

Post-Traumatic Stress Disorder

The diagnosis of cancer may cause a person who has previously experienced a life-threatening event to relive the trauma associated with that event. Patients with cancer who have post-traumatic stress disorder may experience extreme anxiety before surgery, chemotherapy, painful medical procedures, or bandage changes. Post-traumatic stress disorder is treated with psychotherapy.

Generalized Anxiety Disorder

Patients with generalized anxiety disorder may experience extreme and constant anxiety or unrealistic worry. For example, patients with supportive family and friends may fear that no one will care for them. Patients may worry that they cannot pay for their treatment, although they have adequate financial resources and insurance. Generalized anxiety disorder may happen after a patient has been very depressed. A person who has generalized anxiety may feel irritable or restless, have tense muscles, shortness of breath, heart palpitations, sweating, dizziness, and be easily fatigued.

Anxiety Disorder Caused by Other General Medical Conditions

Patients with cancer may experience anxiety that is caused by other medical conditions. Patients who are experiencing severe pain feel anxious, and anxiety can increase pain. The sudden appearance of extreme anxiety may be a symptom of infection, pneumonia, or an imbalance in the body's chemistry. It may also occur before a heart attack or blood clot in the lung and be accompanied by chest pain or trouble breathing. A decrease in the amount of oxygen that the blood is able to carry may also make the patient feel as though he or she is suffocating; this can cause anxiety.

Anxiety is a direct or indirect side effect of some medications. Some medications can cause anxiety, while others may cause restlessness, agitation, depression, thoughts of suicide, irritability, or trembling.

Certain tumors may cause anxiety or produce symptoms that resemble anxiety and panic by creating chemical imbalances or shortness of breath.

Treatment

It may be difficult to distinguish between normal fears associated with cancer and abnormally severe fears that can be classified as an anxiety disorder. Treatment depends on how the anxiety is affecting daily life for the patient. Anxiety that is caused by pain or another medical condition, a specific type of tumor, or as a side effect of medication, is usually controlled by treating the underlying cause.

In Loving Memory

During June 2010, Memorial Donations were generously made by and for the following people:

In Memory of Catherine Appel

Kappa Theta Chi Sorority, Linda Heil, St Joseph

In Memory of Marge (Peet) Baker

Frank Nehring, St Joseph

In Memory of Jean (Ackerman) Bauer

Dan & Connie Baber, Buchanan

In Memory of Reatha Coon

Bob & Judy Hall, Paw Paw

Joan S Phillips, St Joseph

Barbara & Bruce Stover, Berrien Springs

Charles & Nancy Worthington, St Joseph

In Memory of George L Dey

Edytha Bowerman, Berrien Springs

Susan B McCulley, Portland ME

Angela Pasula & David Prusa, Stevensville

In Memory of Randy Dortch

Karen S Brohman, Stevensville

Miriam Clark, YMCA, St Joseph

JoAnn Farrell, Stevensville

Laverne H Graves, Pleasantville NJ

Holtec International, Marlton NJ

Carla L Johnson, Bolingbrook IL

Elizabeth Kunkel, St Joseph

Paul, Julie, Mathew & Jonathon Langdon, St Joseph

James & Mary Moran, St Joseph

Elaine Holmes Perkins, Flossmoor IL

Elizabeth Shapleigh

Paul & Mimi Speyerer, Madison MS

St Joseph Public Schools

Mary's Morning Water Aerobics Class, St Joseph

In Memory of Karol Dragomir

The Benton Harbor Lioness Club

Jeanette Fester, President

In Memory of Jack Goetz

Georgia Sikich, Benton Harbor

In Memory of Robert Hauch

Sharon Gatz, Wendy, Amy & Josh, Stevensville

In Memory of Doris Hauch

Robert & Lois Stevens, Pullman MI

In Memory of Don Hersh

Oflia A Kuss, Sodus

In Memory of Walt "Butch" Heyn

Oflia A Kuss, Sodus

In Memory of James Kinst

Reggie & Theresa Richardson, New Buffalo

In Memory of Pat Lefon

Norma Adkerson, St Joseph

Floyd Hayes, Coloma

Bud Martin, St Joseph

Frank Puckett, Benton Harbor

William & Nora Spearritt, Coloma

Don Thorton, Coloma

Larry & Janet Thornton, Coloma

In Memory of Anna Nitz

Donna & Craig Burandt, St Joseph

Frances J Chilton, Benton Harbor

In Memory of Shirley Pantaleo

Doris & Ernie Brohman, Berrien Springs

Connie & Gary Caranci, Berrien Springs

Patricia & Jack Davis, Berrien Springs

Nancy & Richard Knapp, Three Oaks

Betsy Koebel, Berrien Springs

Karen & Robert Koebel, Berrien Springs

Delores & Phil Lindt, Fountain

Barb & George Quiriconi, Berrien Springs

Dorothy Witkoske, Benton Harbor

In Memory of Raymond Radde

Richard & Virginia Kruck, Sodus

In Memory of Kurt Smith

Rosemary Lucker, Benton Harbor

In Memory of Norman Tyus

The Hillside Neighborhood Block Club

In Memory of Theodosia Helen Zabicki

Laurie Holub, Three Oaks

Sharon A Myrkle, Bangor

Pete & Susan A Rahm, New Buffalo

Leo Szejnowski, Carol Stream IL

James Tarantino, St Joseph

Suzanne Wlodarczyk, Lemont IL

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 June 2010, donations were made by and in honor of the following people:

In Honor of Wilma Appel

Kappa Theta Chi Sorority, St Joseph

In Honor of the Marriage of Mr. & Mrs. Joseph Laureano

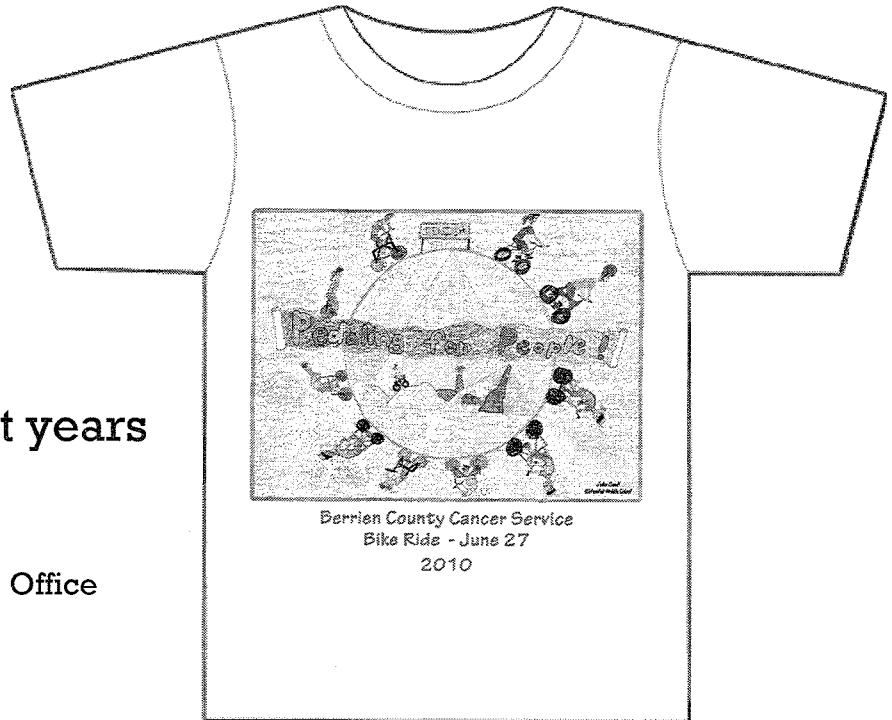
Billie & Dale Nitz, New Troy

In Honor of the Wedding Shower of Mr. & Mrs. Joseph Laureano

Billie & Dale Nitz, New Troy

For Sale:

Bike Ride T-shirts
From 2010 and past years
Adult Sizes
\$10.00 Each
Available in our Stevensville Office

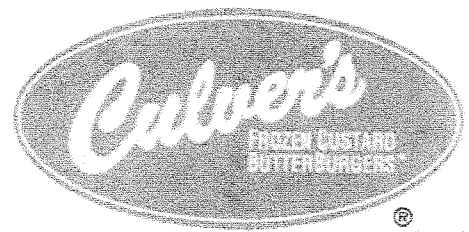


Help us with our United Way Campaign

We have many on-going projects that benefit our United Way Campaign. For sale in our Stevensville office are scrubbies, Hearty Soup Mix, greeting cards, various breast-cancer awareness items, etc. Also, there is our **HEARTS AND STARS** wall where you can honor or remember those special to you. Symbols are available for only a \$1.00 each (larger amounts gratefully accepted). Stop or call today! Help us **Live United**.

For Sale - \$10.00 Each

Used Sun Shelters – white plastic canopy with metal poles.
Approximately 12' x 12'. Stores un-assembled. Four available.
Call our office at 429-3281.



Get Culverized!

And Earn 20% for Your Organization!

You are invited to



With each voucher presented Culver's will donate 20% of your total check (excluding tax) back to:

Berrien County Cancer Service

(Name of Organization)



Hello Berrien County Readers!

I am Ashley Weber of Stevensville, and I'm Southwest Michigan's Pre-Teen for 2010. My platform is childhood cancer, and I would like to help my community by hosting a Culver's Night to support our local Berrien County Cancer Service.

Culver's will donate 20% of your total check to this organization. Please bring the attached coupon and show your support on Tuesday, August 31, from 5:00 to 8:00 p.m.

Don't forget to share the news with your friends and family! ☺

Thanks, and hope to see you there!

Ashley Weber
Southwest Michigan's Pre-Teen 2010

**Join us at
Culver's
Tuesday – August 31
5:00 – 8:00 p.m.**

We are so fortunate to have Ashley's involvement at BCCS. Ashley has recently helped us with our Bike Ride and a Health Fair. She is a delightful young lady who has some fun, new ideas.

Come join us at Culver's – maybe you'll get to meet her!

Thank you, Ashley!

Date Tuesday, August 31

Time: 5:00pm-8:00pm

Location: 4537 Red Arrow, Stevensville, MI

Clip This Voucher and Present to Cashier



Organization: Berrien County Cancer Service

Valid Date: Tuesday, August 31

Amount: _____

A voucher is required with each guest order to receive credit for the sale. Offer only valid on date, time & location indicated above.

Tax is not included.

VALID ONLY AT THE Stevensville, MI LOCATION

Cashier: Please enter the total amount of the check (before tax) in the space provided and attach a copy of the receipt.

Looking Ahead

BCCS SUPPORT GROUP - Stevensville

August 3 & 17 – 1:30 p.m.
September 7 & 21* – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

August 10 & 24 – 1:30 p.m.
September 14 & 28 – 1:30 p.m.

UOA SUPPORT GROUP – Stevensville

August 17 – 1:30 p.m.
September 21 – 1:30 p.m.

RAINBOWS OF HOPE – Stevensville

August 12 – 5:30 p.m.
September 9* – 5:30 p.m.

MASONIC MOTORCYCLE BENEFIT

August 14
Contact: BCCS 269-429-3281

SHAMAN MOTORCYCLE BENEFIT

August 28
Contact: Jessy 269-519-7956

CULVER'S SCOOPIE NIGHT

August 31

DATES TO REMEMBER IN AUGUST

August 1 – Friendship Day
August 6 – Hiroshima Day
August 7 – Purple Heart Day
August 8 – Odie Day
August 13 – Blame Someone Else Day
August 14 – National Garage Sale Day
August 18 – Cupcake Day
August 21 – Hug Your Boss Day
August 26 – Womens Equality Day
August 27 - Global Forgiveness Day
August 30 - Love Litigating Lawyers Day

Brian Holt

* Speaker at our September 9th & 21st Support Group Meetings

Brian Holt is an attorney with Passaro & Kahne Law Office in St. Joseph. Professionally, Brian's practice focuses on Elder Law, Estate Planning and Trust Administration. Brian is a member of the National Academy of Elder Law Attorneys and the Southwestern Michigan Estate Planning Council, where he is currently serving as Vice President. Brian attended Michigan State University for his undergraduate degree and earned his Law Degree from the University of Notre Dame Law School. He has given numerous seminars on Medicaid Planning, educating various organizations throughout Berrien County. Personally, Brian and his wife, Vicki, have been married ten years and have two daughters, Laurel, 6 and Cameron, 4. Brian is also a two-time cancer survivor.

Everyone is welcome to come hear Brian speak about Medicare reform.

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 \$ _____

In Honor of _____

Honoree's Address _____

_____ OR _____
In Memory of _____

Please send notification of my gift to:

Name _____

Address _____

City/State/Zip _____

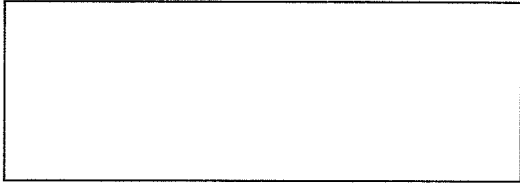
How would you like the card to be signed?

Thank you for your generosity!

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

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
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RETURN SERVICE REQUESTED



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OFFICE STAFF: Kathy Karnik (Office Manager) Claudia Brister (Stevensville) Henrietta Hein (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 NilesSenior Center
 1109 Bell Road
 Niles, MI 49120
 Phone: (269) 683-7460

RAINBOWS OF HOPE GROUP- Stevensville
 2nd Thursday of each month - 5:30 p.m.
Berrien County Cancer Service, Inc.
 7301 Red Arrow Highway
 Stevensville MI 49127
 Phone: (269) 429-3281

THE CANCER CONNECTION CAFE
 1st Wednesday of each month - 5:30 p.m.
First United Methodist Church
 132 S. Oak Street
 Buchanan, MI 49107
 Phone: (269) 695-2706