

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.



October 2011

(269) 429-3281

VOLUME XX ISSUE X

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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United Way
of Southwest Michigan

Concerns about Prostate Cancer Side Effects

Prostate cancer is the second most common cancer among men in the United States. Men with prostate cancer face challenges that go beyond fighting the disease. They worry about how the disease and its treatments will impact their lifestyle and relationships.

Some potential side effects of prostate cancer and its treatment include:

- Urinary incontinence (inability to control urination)
- Erectile dysfunction (impotence)
- Bowel problems
- Emotional issues (e.g., anxiety, depression)
- Loss of libido (sex drive)
- Fatigue
- Infertility

What Causes UI and ED?

Some men with prostate cancer experience urinary incontinence (UI) and/or erectile dysfunction (ED) during or after treatment. A prostatectomy (removal of the prostate) can damage the valves of the bladder and disrupt the way it holds urine. It can also damage certain nerves and blood vessels that control a man's ability to get or keep an erection, ejaculate or reach orgasm.

Radiation therapy to the pelvis can affect bladder function by changing the nerves and muscles used to control urine flow. It can also damage the arteries that bring blood to the penis and cause problems with getting or keeping an erection. Some hormonal therapies, chemotherapies and medications can also cause UI and/or ED.

Depending on the type of treatment received, extent of the damage, and other individual factors, UI and ED may be temporary or permanent. It often takes a longer period of time to regain erectile function (e.g., 6 -12 months) than it does to overcome incontinence.

Getting Back to Normal after Prostate Cancer

Getting back to "normal" after prostate cancer is a real concern for many men. Fear or embarrassment over urine leakage may keep you from participating in activities you enjoy. Anxiety about sexual performance can put a strain on intimate relationships. Other side effects, like fatigue, nausea or constipation, can decrease sexual feelings.

Fortunately, even if urinary incontinence and/or erectile dysfunction do not completely resolve, you can learn how to manage these conditions so you can continue to live an active life after treatment.

Managing UI and ED

Treatment for UI and ED depends on the type, severity and cause of the problem, and may include a combination of approaches. Fortunately, new and innovative techniques in prostate cancer treatment can help lessen damage to the bladder valves and to the nerves and blood vessels that control erections.

Your doctor may recommend nerve-sparing methods during surgery to preserve erectile function. Also, advanced radiation technologies, like the Calypso® 4D Localization System™, target cancerous cells and protect healthy tissues, helping to minimize sexual and urinary side effects.

If ED occurs, treatment methods may include: medications, injections, vacuum devices, implants, or testosterone replacement. Your doctor may also recommend counseling, as sexual dysfunction can cause emotional distress.

Treatment for UI may include surgical interventions and/or certain medications that help to reduce bladder muscle contractions and block the nerve signals that cause urine urgency and frequency. Your doctor may also recommend biofeedback methods to help you learn how to control the muscles you use to urinate. Additionally, products like absorbent pads can help hide urine leakage.

After Treatment for Prostate Cancer: Managing Side Effects

Some men who receive treatment for prostate cancer have side effects caused by treatment. These side effects may include incontinence (the inability to control urination), bowel problems, impotence (the inability to get an erection), infertility (the inability to father a child), hormonal changes, and side effects of chemotherapy, such as fatigue. Men receiving treatment for prostate cancer may have one or more of these side effects. However, not every man has every side effect; some men have few or none. Talk with your doctor to learn more about your risk of side effects.

It is important to let your doctor know if cancer treatment is causing any side effects. You may feel embarrassed talking about some of these side effects, but remember that your doctor and the health care team are there to help you feel better and to live as comfortably as possible. Support services, such as support groups and counseling, may also help. Talk with your doctor or nurse about services available to help you manage any of the side effects discussed below.

Incontinence

Surgery to remove the prostate can cause incontinence, a common side effect of prostate cancer treatment. Incontinence may be short-term (temporary) or long-term (permanent).

There are four types of incontinence:

Stress incontinence is the most common type of incontinence after prostate surgery. Men with stress incontinence leak urine when they cough, laugh, sneeze, or exercise.

Men with overflow incontinence take a long time to urinate and have a dribbling stream of urine.

Men with urge incontinence have a sudden need to urinate.

In rare cases, men lose all ability to control their urine. This condition is called continuous incontinence.

If you have incontinence, the following methods and tips may help you manage it:

- Limit the amount of coffee and alcohol you drink.
- Urinate before bedtime and before strenuous activity.
- Techniques called Kegel exercises tone the muscles that hold urine. You perform Kegel exercises by tightening or clenching the muscles in your pelvis. When you tighten your muscles to stop the flow of urine or to prevent passing gas, you are doing a Kegel exercise. A technique called biofeedback and electrical stimulation can help you do better Kegel exercises. Ask your doctor for more information about Kegel exercises and biofeedback.
- Medications, such as oxybutynin (Ditropan) and tolterodine (Detrol), can help with both stress incontinence and urge incontinence. Talk with your doctor about the use of medications to treat incontinence.
- To control leakage, wear an absorbent pad inside your underwear. You can buy pads at your local grocery store or drugstore.
- Surgery to increase the size of the bladder or surgery to implant an artificial urinary sphincter (a valve that controls the flow of urine from the bladder) may be treatment options for permanent incontinence. Talk with your doctor if your incontinence does not improve.

Bowel problems

Some men with prostate cancer who receive radiation treatment may have bowel problems during and after treatment. These problems are more commonly caused by external beam radiation (radiation given from a machine outside the body) than brachytherapy or internal radiation therapy (radiation given by tiny “seeds” implanted directly into or next to the prostate gland).

Possible bowel problems are:

- Diarrhea (frequent and watery bowel movements)
- Gas
- Loss of control of bowel movements
- Bleeding with bowel movements

Many men are able to manage bowel problems by taking over-the-counter medications. Most of these problems go away over time, but sometimes, normal bowel function does not return after treatment ends. Talk with your doctor about any bowel problems you are having.

Impotence

Impotence is also called erectile dysfunction (ED). Surgery, radiation therapy, or hormone therapy can cause some men to become impotent.

For some men, impotence is temporary and goes away after time. If you have had surgery to remove your prostate, impotence is more likely to be permanent. If you have impotence caused by hormone therapy, your ability to have an erection may improve after your treatment ends. If you have been treated with radiation therapy, you may not have any signs of impotence until months after your treatment ends.

Coping with impotence may be difficult. The following methods may help you manage impotence and achieve erections:

- Medications, such as sildenafil (Viagra), vardenafil (Levitra), or tadalafil (Cialis)
- A medication called alprostadil (Caverject, Edex, Muse) that you inject in the skin at the base of the penis before sex. Pellets of alprostadil can also be inserted into the penis through the urethra (the tube-like channel that carries urine and semen).
- A tube called a vacuum constriction device (VCD) that you place over the penis to create suction may also help you get an erection
- A prosthesis (artificial implant) that is surgically placed into the penis

Talk with your doctor about these options and ask about available support services. In addition, talking with your partner and finding counseling may help both of you cope with this problem.

Infertility

Surgery, radiation treatment, and chemotherapy may cause temporary or permanent infertility in men being treated for prostate cancer. Medical procedures done before treatment, such as sperm banking, help prevent infertility. However, there are options and medical procedures available to men who remain infertile after cancer treatment and who did not undergo any methods to preserve fertility before starting treatment. An example of one procedure is called testicular sperm extraction. In this procedure, sperm cells found in tissue removed from a man's testicles are used in a fertility procedure or frozen for later use..

Hormonal changes

Many men with prostate cancer who are treated with hormone therapy have side effects related to this treatment. Common side effects are impotence and a decreased desire to have sex. Many men treated with hormones also have side effects that are similar to women going through menopause, including:

- Hot flashes
- Growth of breast tissue
- Depression
- Weight gain
- Loss of muscle mass
- Osteoporosis (bone thinning) that can cause broken bones
- Low red blood cell counts, which can cause anemia (a condition that can make you feel tired)

The risk of high blood pressure, diabetes, and heart attacks is also higher in men treated with hormone therapy.

Many of these side effects can be prevented or treated.

Hot flashes can be helped by treatment with hormones, antidepressants, and a drug called gabapentin (Neurontin).

A small amount of radiation treatment to the breasts can help prevent them from growing. Medications called bisphosphonates help treat osteoporosis. Examples include alendronate (Fosamax) and zoledronic acid (Zometa).

Depression can be treated by antidepressants and counseling.

Exercise can help stop weight gain and the loss of bone and muscle mass. Exercise also reduces fatigue.

Chemotherapy side effects

Chemotherapy is the use of drugs to treat cancer.

Chemotherapy is sometimes used if prostate cancer has spread outside of the prostate gland and hormone therapy is not working.

If you have side effects from chemotherapy, talk with your doctor, as there is help for many side effects caused by chemotherapy.

Side effects of chemotherapy depend on the type of chemotherapy you receive, the amount taken, and the length of treatment. Some side effects of chemotherapy include:

- Fatigue
- Loss of appetite
- Hair loss
- Sore mouth, gums, or throat
- Nausea and vomiting
- Dry skin
- Increased chance of bruising and bleeding
- Infection

MISSION SUPPLIES

The Berrien County Cancer Service has medical supplies that we can not use for our patients. We would like to donate these items to anyone going on medical mission trips. Please call if you are interested 429-3281

Delicious Pumpkin Bread

Ingredients

- 3 1/4 cups all-purpose flour
- 3 cups white sugar
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 2 cups solid pack pumpkin puree
- 2/3 cup water
- 1 cup vegetable oil
- 4 eggs
- 1/2 cup chopped walnuts (optional)

Directions

Grease and flour three 7 x 3 inch pans. Preheat oven to 350 degrees F (175 degrees C).

Measure flour, sugar, baking soda, salt, and spices into a large bowl. Stir to blend. Add pumpkin, water, vegetable oil, eggs, and nuts. Beat until well combined. Pour batter into prepared pans.

Bake for approximately 1 hour.

CLEANING FOR A REASON

If you know any women currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides **FREE housecleaning** – once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

<http://www.cleaningforareason.org/>

You may not know someone going through chemo, but someone on your email list might. Please pass this information on to your family & friends.

In Loving Memory

During August 2011, Memorial Donations were generously made by and for the following people:

In Memory of Carol Sue Baldwin

Mr. & Mrs. Dennis Lear, Benton Harbor

In Memory of Judy Bonfoey

Richard S. Johnson, St. Joseph

In Memory of Melvin Bruder

Larry Woerdehoff, Buchanan

In Memory of Gary Gunkel

Jay Adams, Stevensville

In Memory Richard C. Koch

Dan Baker, Bismarck ND

Don E. & Millie Combs, Manhattan KS

Doris E. & Harold Mayes, Independence MO

Roger L. Menchinger, Baroda

Janet L. Nicelley, Fort Wayne IN

Jerald & Marilyn Prillwitz, Dowagiac

In Memory of Clara Liska

Donald & Colette Metzger, Stevensville

In Memory of Myrtie Logan

Shirley & Jim Abraham, St. Joseph

In Memory Of Carl D. Reagan

Mrs. Dixie L. & Bruce Bennett, Mishawaka IN

In Memory of Louise Schulz

Suzanne Howard, Benton Harbor

Robert & Ann McDowell, St. Joseph

In Memory of Diane Wegner

Nancy R. John % Pebblewood Ladies, Bridgman

Judy Miller, Stevensville

Keith Wegner, Stevensville

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 August 2011, donations were made by and in honor of the following:

In Honor of Lori & Duane Cassoday

Larry Woerdehoff, Buchanan

In Honor of Krislyn Rousseau

Sharol Burd, Saginaw

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

October 4 & 18 – 1:30 p.m.

November 1 & 15 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

October 11 & 25 – 1:30 p.m.

November 8 & 22 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

October 25 – 1:30 p.m.

November 22 – 1:30 p.m.

RAINBOWS OF HOPE – Stevensville

October 13 – 5:30 p.m.

November 10 – 5:30 p.m.

HELP, HOPE, BELIEVE

DATES TO REMEMBER IN OCTOBER

October 4 – Improve Your Office Day

October 7 – World Smile Day

October 10 – National Day of Mourning

October 12 – Emergency Nurses Day

October 15 – National Grouch's Day

October 17 – Boss's Day

October 20 – Medical Assistants Recognition Day

October 21 – Mammography Day

October 22 - Make a Difference Day

October 24 – United Nations Day

October 27 – Cranky Co-workers Day

October 29 – National Forgiveness Day

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.

Thank you!

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

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U.S. POSTAGE PAID
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RETURN SERVICE REQUESTED



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OFFICE STAFF: Julie Koch (Office Manager) Claudia Brister 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 – Stevensville Office

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 or (269) 465-5257

THE CANCER CONNECTION CAFÉ

Meets as needed – please call.

First United Methodist Church

132 S. Oak Street

Buchanan, MI 49107

Phone: (269) 695-2706

MAN TO MAN – Prostate Support Group

3rd Tuesday of each month – 6:00 p.m.

Trinity Center

619 Main Street

St. Joseph, MI 49085

Phone: (800) 227-2345

Printing Courtesy of Lakeland Community Benefit