

# Karmanos HOPE

A PUBLICATION OF THE BARBARA ANN KARMANOS CANCER INSTITUTE

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## THINKING HOLISTICALLY Karmanos meets patients' emotional & social needs

The specialists at the Karmanos Cancer Institute aren't just experts at treating the physical disease—they also care for each patient's emotional and social well-being.

This medical approach is called holistic care, and it's something Karmanos offers every patient, says Kathleen Hardy, Karmanos oncology social worker.

"Caring for patients' psycho-social needs helps reduce stress and provides the best response to cancer treatment," she says. "New patients receive distress screening to evaluate how they're doing physically, emotionally and psychologically. We can provide services like counseling, support groups and healing arts programs. We can also connect patients with community resources that can provide help at home."

Karmanos oncologists also understand the importance of holistic care. The Institute has its own Supportive Oncology Multidisciplinary Team, led by David Debono, M.D., and his medical colleagues. This team focuses on helping patients deal with physical pain, treatment side effects, psychological effects and social issues.

Shirish Gadgeel, M.D., leader of the Thoracic Oncology Multidisciplinary Team, says he builds a rapport with patients by listening

closely to their needs and pulling in specialists to address them.

"Through my words and actions, I try to assure patients and their caregivers that I will always be available as they take their cancer journey," he says. "I often call upon our social workers and other resources to address patients' socio-economic or emotional issues. I also try to project a positive attitude and communicate in a compassionate and understandable way. Giving a smile or holding a patient's hand goes a long way toward being supportive."

Hardy encourages patients to build a rapport with their physician by expressing their feelings and needs.

"Ask questions, communicate openly and allow some time to build that relationship," she says. "No one person can meet all of your needs. But our entire team of specialists can respond, no matter what the situation."

## CONTACT US

For more information about a cancer diagnosis or treatment, call **1-800-KARMANOS** [1-800-527-6266] or visit [karmanos.org](http://karmanos.org).

# WELCOME

## Dear Readers,

Happy New Year and welcome to the January 2016 edition of HOPE magazine.

There's been a tremendous amount of growth here at the Barbara Ann Karmanos Cancer Institute since we joined McLaren Health Care two years ago. Our cancer providers throughout Michigan have come together to establish high-quality, evidence-based treatment guidelines for every patient. Our team has grown and so has our talent. Karmanos is confident that we are bringing new hope to the approximately 12,000 new patients we see annually across the state.

In this edition, you'll read about Karmanos' expanding footprint in Michigan, specifically our new facility planned for the Port Huron area. We also have a story about the enhanced medical services offered at Karmanos' Detroit location with our new Acute Care Center. Yet another story details the success one bone marrow transplant patient from Boyne Falls found in collaboration with her oncologists at Karmanos in Petoskey and our transplant experts at Karmanos Cancer Hospital in Detroit.

Hope magazine itself is undergoing a transformation from a hard copy magazine to an additional virtual format. Read more about how you can access the electronic format on the back cover.

Thank you for reading HOPE. We trust that you will feel the same sense of hope and excitement that we do as we expand Better treatments and Better outcomes throughout Michigan.



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**Karmanos**  
**HOPE**

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### ABOUT KARMANOS

The Barbara Ann Karmanos Cancer Institute, a McLaren Health Care subsidiary, is one of only 45 National Cancer Institute-designated comprehensive cancer centers in the United States. Federal designation as a comprehensive cancer center is the pinnacle of translational oncology research.

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# Clinical Trials Move Cancer Care FORWARD

Every day, Karmanos Cancer Institute physicians and researchers work tirelessly to discover new and more effective therapies for patients. And thanks to clinical trials, Karmanos patients have access to potentially better cancer treatments before they become the standard of care.

"A clinical trial is a research study that examines new cancer-fighting drugs, surgical methods, diagnostic tests, symptom controls or prevention methods," says Helen Peck, RN, MA, OCN, CCRP, director of the Clinical Trials Office at Karmanos.

Patients enrolled on a clinical trial are monitored closely by their physician and they are able to opt out of the trial at any time.

Large academic centers and research institutes like Karmanos generally offer the broadest portfolio of clinical trials. At any one time, Karmanos has between 350 and 400 active trials, Peck says.

"Our goal is to offer every patient the opportunity to enter a clinical trial," she says. "Patients enrolled in trials receive the best treatment available or a new, emerging treatment being studied and designed to be better than current therapy. They are also contributing to medical advances."

Clinical trials at Karmanos fall into three main categories:

- **Phase I:** The first step in testing a new medication or treatment in people. Physicians study dosage limits, how the medication should be given (by mouth or injection), and how often the medication should be given.
- **Phase II:** Used to determine the safety and effectiveness of a new medication or treatment at specific dose levels in a specific type of cancer.
- **Phase III:** Compares a new medication or intervention to the current standard therapy.

"New drugs or therapies that are deemed effective through clinical trials can apply to the Federal Drug Administration for approval for standard use," Peck says. "That's why clinical trials are absolutely crucial to cancer care. The trials we run today become the gold standard for treatment tomorrow. They're truly the only way to make progress in the fight against cancer."

**To learn more about clinical trials, call  
1-800-KARMANOS (1-800-527-6266)  
or visit [karmanos.org](http://karmanos.org)**

# Patients Talk, KARMANOS LISTENS

## ADVISORY COUNCIL HELPS ENHANCE CARE, SERVICES

**W**hen the Karmanos Cancer Institute seeks to enhance patient care and services, it doesn't just make decisions in a board room. Management also seeks the opinions of former patients and caregivers.

The Patient and Family Advisory Council (PFAC) at Karmanos is dedicated to promoting and facilitating the delivery of the most comprehensive and compassionate health care for cancer patients, survivors and their extended families. They also serve as patient and family advocates to Karmanos leadership.

Every month, PFAC meets to give feedback to Karmanos leaders on a wide range of issues and initiatives. The council might focus on providing feedback on patient satisfaction survey questions or holding leadership accountable for patient survey satisfaction scores. They also raise awareness of programs, services and support resources at Karmanos and strengthen communication and collaboration among patients, their families and caregivers.

Additionally, PFAC presents ideas to hospital management on issues such as how to deliver services like infusion more efficiently.

"Everyone at Karmanos wants to create a warm and efficient experience for our patients because it allows them to focus on healing," says Valerie Fred, MSA, BBA, Karmanos operations support specialist and Patient and Family Advisory Council facilitator. "The council helps us do that by pointing out areas where things can be enhanced or run more smoothly. Their input has influenced many changes we've implemented."

Created in December 1998, the council is one of the country's first hospital-based advocacy groups representing the specific needs of cancer patients and their families. The council includes 18 members, two senior Karmanos leaders and a council facilitator. Membership is by application and the council represents all ages and cancer types.

Bill Winkler, a consultant to non-profit organizations, has been a council member since 2011. He joined after his daughter, Beth, received treatment at Karmanos for leukemia. His wife, Debra, passed away in April 2010 after battling small cell carcinoma.

"When I first became involved with the council, I was very impressed that Karmanos leadership attended every meeting," Winkler says. "Karmanos understands the optimal way to deliver the best cancer care possible is to engage patients as they heal and to seek their insights. Administrators don't just make unilateral decisions. Senior leadership takes our suggestions seriously and considers our input valuable."

### CONTACT US

If you're interested in joining the Patient and Family Advisory Council and would like to be placed on the membership waiting list, contact Valerie Fred at **1-800-KARMANOS** (1-800-527-6266) or at [info@karmanos.org](mailto:info@karmanos.org).

PFAC welcomes individuals who are patients not in active treatment, caregivers of patients and family members.





# VIDEO *Review*

## LIVE VIDEO CONFERENCES GIVE KARMANOS PATIENTS MORE TREATMENT OPTIONS

When Roberta Harris of Boyne Falls, Mich., had unexplained leg pain in March 2012, she knew something wasn't right.

"I started limping and using a cane," says Roberta, now 54. "Then my back, hip and chest began hurting. I received some pain medication from an urgent care doctor, but things didn't improve. I went from feeling great and babysitting my grandson every day to having constant pain and being unable to walk."

That August, Roberta went to the emergency department at McLaren Northern Michigan in Petoskey. There, she saw Medical Oncologist Lisa Galloway, D.O., who has since become a Karmanos physician.

"Roberta's blood work was abnormal," Dr. Galloway says. "She received a blood transfusion, followed by a bone marrow biopsy. Roberta was subsequently diagnosed with Stage 3 multiple myeloma."

Multiple myeloma is an incurable cancer of the plasma cells, a type of white blood cell present within bone marrow. The disease can weaken bones and affect the immune system, kidneys and red blood cell counts. Symptoms can include unexplained bone fractures or back pain, anemia or a change in kidney function.

Roberta immediately began treatment with chemotherapy and radiation therapy to stop the cancer's progress. By January 2013, she was in remission. To prolong her remission period, Dr. Galloway recommended a stem cell transplant. Since this specialized care is generally not available at community hospitals, Dr. Galloway scheduled a live video conference with stem cell transplant experts at Karmanos Cancer Institute's main campus in Detroit.

Since Karmanos and McLaren came together in January 2014, Karmanos providers in McLaren-based communities increasingly are becoming a part of Karmanos' regular tumor board meetings.

"The video conference was the next step in getting specialized care for Roberta," Dr. Galloway says. "During a conference, I can present pathology slides, lab work, radiography and other pertinent information. Regular video conferencing with Karmanos specialists allows us to discuss complicated cases

and create customized patient treatment plans. This ensures patients receive the very best care available, and they don't need to travel long distances for a second opinion."

Roberta received a stem cell transplant at Karmanos in Detroit in 2013 and returned home shortly afterwards. Today, she remains on a chemotherapy regimen and continues to see Dr. Galloway.

"The doctors, nurses and staff at Karmanos in Detroit were fantastic," Roberta says. "I went back to using a cane in June 2014 and was walking freely by the end of the summer. I feel really good and have resumed most of my activities. The wonderful care I've received from Karmanos' Petoskey and Detroit locations has really contributed to my positive attitude in facing this disease."



ROBERTA HARRIS

### CONTACT US

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# Karmanos Expansion

## CANCER EXPERTISE, CLINICAL TRIALS ACROSS MICHIGAN

Since the Karmanos Cancer Institute joined forces with McLaren Health Care in 2014, more Michigan patients have easier access to outstanding cancer care close to home.

With centers across the state, Karmanos now has the largest cancer treatment and research network in Michigan. That means more patients will have convenient access to multidisciplinary teams of cancer specialists and clinical trials.

"Our top priority is to deliver the highest quality cancer care wherever patients live," says Justin Klamerus, M.D., MMM, vice president of Community-Based Programs and chief quality officer of Karmanos Cancer Institute. "We've also developed standardized treatment plans and clinical guidelines to ensure patients throughout the network receive the same outstanding care, no matter what their diagnosis."

All physicians in the Karmanos network have undergone a rigorous application process to become a certified Karmanos Cancer Institute oncologist. This creates common safety and performance standards, and ensures that all medical professionals throughout the Karmanos system are committed to providing exemplary cancer care.

"Patients also benefit when community oncologists have ready access to our collaborative multidisciplinary teams," Dr. Klamerus says. "For example, an oncologist at our Gaylord center can collaborate with doctors across the network, including, sub-specialty experts in Detroit. This ensures that patients get the very best possible care."

Easier access to clinical trials means patients throughout Michigan can receive cutting-edge therapies that are potentially better than today's standard treatments.

"We've opened 10 clinical trials throughout the network so far," Dr. Klamerus says. "We plan to continually increase the number of trials and make it more convenient for patients to participate. Patients won't have to drive all the way to Detroit for promising new treatments."

"We're bringing the best of academic medicine and clinical research together and making it available to more patients across Michigan. That's a win-win for patients and cancer researchers."



### Karmanos Cancer Institute Treatment Locations

COMING SOON

• Port Huron

## CONTACT US

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# Karmanos Researchers Collaborate

## TO STUDY ENVIRONMENTAL LINKS OF DISEASE DEVELOPMENT

**R**esearchers from the Barbara Ann Karmanos Cancer Institute have joined their scientific colleagues at Wayne State University (WSU), along with other community partners and organizations to make Detroit a healthier place for its residents.

Within WSU's Institute of Environmental Health Sciences (IEHS), the "Center for Urban Responses to Environmental Stressors (CURES)" is focusing on understanding how exposures to chemical and non-chemical stressors prevalent in urban, post-industrialized environments like Detroit, impact human health.

"As environmental health scientists, our whole goal is disease prevention," said Melissa Runge-Morris, M.D., director of IEHS and CURES and professor of Medicine in the Department of Oncology at Karmanos and WSU School of Medicine (WSU SOM).

"The main idea behind CURES is for researchers and community partners to work together for a healthier Detroit," said Dr. Runge-Morris.

Center members conduct research under the premise that diseases that compromise the quality of life in a post-

industrialized, urban environment like Detroit occur as a consequence of interactions between an individual's genes, their nutritional status, psychosocial and socioeconomic pressures, and exposure to environmental stressors.

Those stressors may include chronic, low-level toxic exposures from air, water or soil pollution, as well as psychosocial and physical stressors that can literally "re-program" an individual's cellular makeup, leading to the development of cancer or other diseases.

The members of CURES – five of whom are with Karmanos – look at four different disease areas: cancer, immune disorders, metabolic disease and mental health disturbances.

"I haven't had one patient yet who hasn't asked, 'What did I do to get this disease?'" Dr. Runge-Morris said. "Everyone knows you can't change your genes, but you can take pro-active steps to modify lifestyle choices and limit exposure to harmful environmental contaminants that predispose to cancer.

"Understanding the environment we live in is just as important as measuring one's pulse, laboratory studies or genetic profile during a physical exam."

### CONTACT US

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## New Acute Care Center Offers Patients Rapid Relief

Karmanos Cancer Institute patients experiencing acute symptoms, side effects or other conditions related to their illness or treatment no longer need to rush to an emergency department for care. Now, patients can simply visit the new Acute Care Center (ACC) at Karmanos' downtown Detroit campus for same-day symptom relief.

The ACC, which opened in August, is a five-bed unit staffed by two registered nurses, an oncology care associate, and the attending physician or hospitalist depending on service preference.

"The ACC offers patients a comprehensive, patient-focused approach to delivering care," says Karen Goldman, RN, MSN, AOCN, vice president of Patient Services and chief nursing officer at Karmanos. "Our experienced staff can quickly relieve symptoms like dehydration, nausea, vomiting or pain."

The Acute Care Center is open daily from 7 a.m. to 7:30 p.m. To visit the center, patients are asked to call their Karmanos physician or the triage nurse at 1-800-KARMANOS (1-800-527-6266) to discuss their symptoms and urgency of medical need. If admission to the ACC is recommended, a Karmanos oncology care associate will meet the patient in the main hospital lobby and take them directly to the center for treatment.

"We created the ACC with patient convenience and comfort in mind," Goldman says. "Rather than visiting an emergency department or waiting a couple of days for a doctor's appointment, patients can come to the center for prompt care. This service also helps us prevent hospital readmissions. If we can relieve small problems patients may experience, we can avoid larger complications that might require later hospitalization."

The long-term strategy for the ACC is to be open 24 hours a day, seven days a week, according to Margaret Dimond, Ph.D., president of Karmanos Cancer Hospital.

"We do not yet have the volume to expand, but are hoping as word spreads about the new center, that referrals will mandate the ability to treat patients around the clock," she says. "We want to ensure the comfort of all our patients and we want to do this at their convenience. Patients shouldn't have to go to an emergency room when they're not feeling well. They should be able to come to us for care."

Elizabeth Kovach, an ovarian cancer patient being treated at Karmanos, said the Acute Care Center is a great alternative to seeking care at an emergency room.

"I am impressed that this unit is here," she said. "I have been in treatment since 2008 and I have gone to the ER many times. I am glad that I was able to just call here and get answers. It was so quick. My husband was able to go to work because of how fast I was treated."

*The Acute Care Center was made possible by several generous donors and funds raised through Karmanos' 2015 Annual Dinner fundraising gala. Special thanks to sponsors, General Motors and Lear Corporation for their leadership support for this important project.*

# A Gift of Hope

## MAKE "A GIFT OF HOPE" TRIBUTE GIFT TODAY

A "Gift of Hope" is a thoughtful and meaningful way to remember a loved one, commemorate an occasion or show your appreciation for someone special while helping to support Karmanos' efforts to lead the fight against cancer through ground-breaking research, innovative therapies and educational outreach.

When you make a contribution to Karmanos, we will send a "Gift of Hope" letter to persons you designate notifying them of your gift. Call (313) 576-8110 or visit [karmanos.org/ways-to-give/donations](http://karmanos.org/ways-to-give/donations) to make your tribute gift.

## MAKE "A GIFT OF HOPE" TRIBUTE GIFT FOR THE FUTURE

Many people like to leave a gift to charity in their will. Some choose to honor a friend or family member with such a gift. For more information about how a future gift can honor a loved one, help cancer patients and even provide tax benefits for you, visit [Karmanos.org/plannedgiving](http://Karmanos.org/plannedgiving) or call Lynn Fisher at 313-576-8119.



## Karmanos expands into Port Huron

The Barbara Ann Karmanos Cancer Institute will soon have a new 35,000-square-foot home on the campus of McLaren Port Huron. The new cancer center, part of a major hospital expansion, is slated to open in the summer of 2016.

"There's a significant demonstrated need for local, expanded services like cancer care so patients can receive the treatment they need close to home," says Dave McEwen, vice president of operations at McLaren Port Huron.

Karmanos will offer infusion therapy and imaging technology, including a new linear accelerator, which incorporates leading-edge technology that delivers the most effective radiation therapy available. Patients also will have access to clinical trials, which utilize cutting-edge therapies that have potential benefits over standard treatments.

"Today's clinical trials lead to tomorrow's standard of care and provide patients access to potentially better cancer treatments, as well as an opportunity to contribute to medical advances," says Justin Klamerus, M.D., MMM, vice president of Community-Based Programs and chief quality officer at Karmanos. "The new facility will greatly strengthen access to new therapies and treatments available in the Blue Water region."



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## New Year, New Hope Magazine Format

### WE'RE GOING DIGITAL!

Karmanos Hope magazine is stepping into the digital age. All of the great content you've come to expect from Hope magazine in hard copy is now available in a virtual format! If you are currently receiving a hard copy and want to receive Hope digitally instead, please send your name and e-mail address to [hope@karmanos.org](mailto:hope@karmanos.org). We'll add you to the list for the digital format.

We also welcome comments and story ideas you'd like to see in future Hope magazines. If you would like to be taken off our distribution list, you may also send your information to [hope@karmanos.org](mailto:hope@karmanos.org).



### BARBARA ANN KARMANOS CANCER TREATMENT LOCATIONS

3140 West Campus Drive  
Bay City, MI 48706

43097 Woodward Ave., Suite 100  
Bloomfield Hills, 48302

5680 Bow Pointe Dr.  
Clarkston, MI 48346

4100 John R  
Detroit, MI 48201

31995 Northwestern Hwy  
Farmington Hills, MI 48334

4100 Beecher Road, Suite A -  
Radiation Oncology, Suite B -  
Medical Oncology  
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