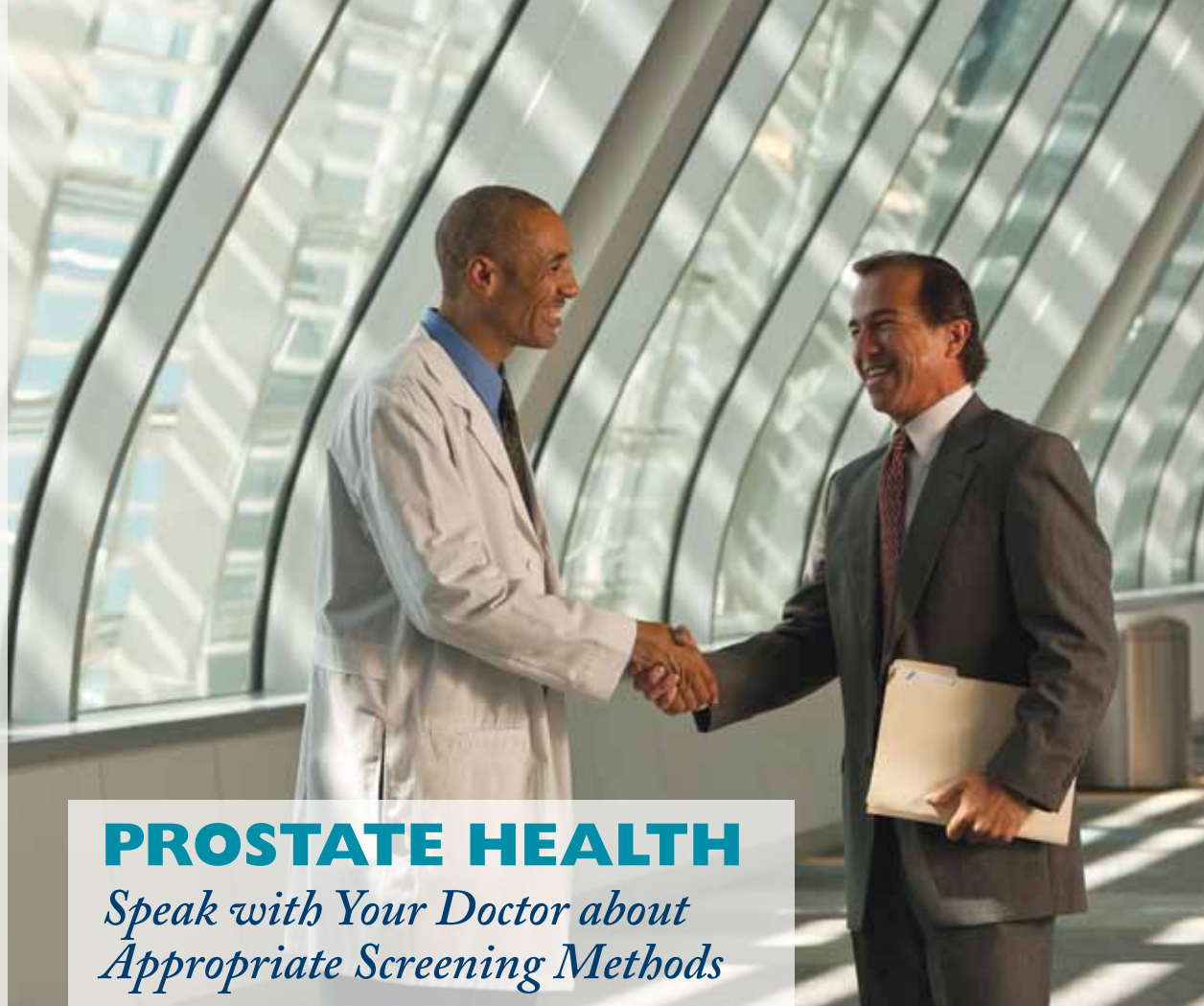


DECEMBER 2011

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PROSTATE HEALTH

*Speak with Your Doctor about
Appropriate Screening Methods*

Earlier this fall, the U.S. Preventative Services Task Force said healthy men no longer need to get a Prostate Specific Antigen (PSA) blood test to screen for prostate cancer. The panel stated the test doesn't effectively save lives and can lead to needless treatments that can cause pain, impotence and incontinence.

These recommendation statements, made by an independent panel of non-federal experts in prevention and evidence-based medicine, composed of primary care providers, contradict advice doctors have issued for years — that men at normal risk for prostate cancer should begin PSA screenings at age 50.

So who's right?

"We recommend that patients speak with their health care providers about the pros and cons of the PSA test," says Elisabeth Heath, M.D., director of prostate cancer research at the Karmanos Cancer Center. "The test isn't always effective in detecting prostate cancer. But that doesn't give patients license to not seek regular medical care."

Karmanos also recommends that patients

at increased risk for prostate cancer begin screening at age 45.

"This includes African Americans, who have a prostate cancer death rate two to three times greater than men of European descent," Dr. Heath says. "This also includes men who have a first-degree relative (father, brother or son) who has been diagnosed with prostate cancer before the age of 65."

At this time, the PSA test and digital rectal exam are the only ways to screen for prostate cancer.

"Our researchers are actively seeking better screening methods and ways to define aggressive vs. non-aggressive prostate cancer," Dr. Heath says. "Until we find better disease biomarkers, we encourage men to have a shared decision-making moment with a health care provider. It's about taking charge of your health."



CONTACT US

For more information about a cancer diagnosis and treatment, call
1-800-KARMANOS (1-800-527-6266)
or visit www.karmanos.org.

LEADERSHIP

Dear Friends,

For many of you, the holidays are a time of festivities with family members and friends, shopping 'til you drop for gifts, and indulging in rich food. It can also be a time of greater stress and somber reflection, especially if you or someone you love is coping with cancer.



Visit **KARMANOS.org**



by scanning this with
your smart phone

Cancer treatments don't have to rob you or your loved ones of having a good time this holiday season. In this issue, you'll find information on ways of looking and feeling your best and how to cope with the increased stress during the holidays.

You'll also learn about the latest

news in cancer, the special medical services Karmanos Cancer Center offers to patients, and ways in which to keep tabs on your health, both physically and mentally. Plus, we're featuring a special holiday recipe from metro Detroit's popular Slows Bar BQ restaurant.

We invite you to provide your feedback about our magazine. Just send us an e-mail at info@karmanos.org and let us know what you think and what you'd like to see in future editions.

George Yoo, M.D., FACS

CHIEF MEDICAL OFFICER,
BARBARA ANN KARMANOS CANCER CENTER

KARMANOS HOPE

December 2011

ABOUT KARMANOS

The Barbara Ann Karmanos Cancer Institute is one of only 40 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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Hear cancer. THINK KARMANOS.

► *I've been diagnosed with cancer. Can I get a cancer specialist's opinion?*

Karmanos cancer specialists, supported by leading technologies, precisely diagnose and evaluate the disease and its treatment. Committed to high quality service and compassionate care, our teams of experts diagnose and recommend individual patient treatment plans daily at our facilities in midtown Detroit and Farmington Hills. We know that our medical teams are most effective when brought in before any treatment begins.

► *Where can I go for screening and diagnostic tests, as well as receive a specialist's opinion on breast, prostate and other types of cancers?*

Karmanos offers many diagnostic tests at its primary locations in Detroit and Farmington Hills. Each team of experts focus on a specific form of cancer, whether that's breast, prostate, skin, colon and many other types of cancer. At Karmanos, patients receive the latest tests and diagnostic procedures from leading experts in the disease.

► *Do I need a physician referral?*

Anyone with a diagnosis of cancer can make an appointment themselves at the Karmanos Cancer Institute. You do not need to be referred by a physician unless required by your insurance company. Please call 1-800-KARMANOS (1-800-527-6266). However, it is important to keep your physicians aware of your care. You will be asked to bring information on prior treatments and test results to help our doctors and health care teams plan the best course of therapy. We can help you collect all the necessary information when you call.

Call Karmanos Cancer Institute –
we're focused completely on fighting cancer.

1-800-KARMANOS (1-800-527-6266)

The Facts about HPV

THE VIRUS IS CAUSING A RISE IN TONGUE AND THROAT CANCERS

Despite the number of anti-smoking campaigns in the U.S., doctors aren't seeing a corresponding decrease in tongue and throat cancer patients. The culprit is a common sexually transmitted viral infection called human papillomavirus (HPV), more commonly associated with cervical cancer.

"Many studies have established a strong connection between HPV and oral-related cancers," says Ho-Sheng Lin, M.D., leader of the Head and Neck Multidisciplinary Team and associate professor in the Department of Otolaryngology-Head and Neck Surgery at Karmanos Cancer Center. "Currently, about 60 to 70 percent of cancers involving the back of the tongue and tonsils (oropharynx) are caused by the HPV virus and this incidence is increasing on a yearly basis"

Researchers attribute the rise in HPV-related oral cancer cases to changes in sexual habits, although they don't know why it affects certain people more than others. HPV-positive cancer patients are typically well-educated white men in their 40s and 50s. Doctors do know that patients with HPV-positive oral cancer are more responsive to treatment.

"The cure rate is as high as 90 percent, compared to about 50 percent for smoking-related oral cancers," Dr. Lin says. "Depending on the stage of the disease, it can be cured through surgery or radiation alone, or a combination of surgery, radiation and chemotherapy."

KNOW THE SYMPTOMS

Tongue, throat and neck cancers aren't always caused by smoking and drinking. Be aware of these common symptoms:

- ✓ A sore in the mouth that doesn't heal
- ✓ A persistent sore throat
- ✓ Trouble chewing or swallowing
- ✓ A persistent lump or thickening in the cheek or neck
- ✓ Numbness of the tongue

"It's important to see a doctor if any of these conditions persist," Dr. Lin says. "The sooner you see a doctor, the sooner you can get a correct diagnosis and receive treatment."



CONTACT US

For more information about head and neck cancer diagnosis or treatment, please call
1-800-KARMANOS (1-800-527-6266)
or visit www.karmanos.org.

Treatments by DESIGN

KARMANOS DOCTORS WHO TREAT GYNECOLOGIC CANCERS OFFER INNOVATIVE, INDIVIDUALIZED CARE

For patients facing gynecologic cancers, the Karmanos Cancer Center has a team of highly specialized experts ready to help.

The multidisciplinary medical team coordinates all aspects of gynecologic oncology care, including consultations at the main campus in Detroit and at Karmanos' Weisberg Cancer Treatment Center in Farmington Hills.

"We don't follow a cookbook recipe for patient care," says Robert Morris, M.D., a gynecologic oncologist. "We take into consideration each patient's pathology and history and discuss potential treatment options, such as surgery, chemotherapy, radiation or sometimes even close observation alone. Our recommendations are designed for the individual patient."

Each week, the team meets to discuss specific patient cases, including medical history and the details about each patient's disease course to create individualized treatment plans.

"Our team is very focused on gynecologic cancers," says Dr. Morris. "We're developing cutting-edge therapies and participate in clinical trials that are defining the future of cancer treatment."

While other hospitals may not even have one gynecologic oncologist on their multidisciplinary teams, Karmanos offers four. The team also includes pathologists, radiologists, radiation oncologists, general gynecologists, genetic counselors, a nurse practitioner and a team coordinator.

"We designed our multidisciplinary team to provide the most comprehensive care for our patients," Dr. Morris says. "Because of our level of commitment, our patients receive the most up-to-date treatment available."

Cancer Types Treated

The Gynecologic Oncology Multidisciplinary Team at Karmanos specializes in diagnosing and treating cancers of the following areas:

CERVIX
 FALLOPIAN TUBE
 OVARY
 UTERUS
 VAGINA
 VULVA

In addition, the team also diagnoses and treats pregnancy-related tumors, known as gestational trophoblastic disease.



CONTACT US

For more information about gynecologic oncology consultations and treatment, please call **1-800-KARMANOS** (1-800-527-6266) or visit www.karmanos.org.



Healing through Writing

JOURNALS AND BLOGS HELP PATIENTS

For cancer patients and other people facing long-term illness, relieving feelings of anxiety or depression can sometimes be as easy as putting pen to paper.

“Writing about a cancer experience can have a positive effect on the patient’s psychological and physical health,” says Hayley Thompson, Ph.D., associate professor in the Population Studies and Disparities Research Program at Karmanos Cancer Institute. “Ongoing writing over days and weeks can help patients process their thoughts and emotions. This can help lessen feelings of depression and suppress the arousal of physiological symptoms, like an elevated heart rate.”

An increasing number of patients are blogging and tweeting about their cancer experiences, particularly if they want to share their feelings or information about their treatments.

“Although it has yet to be researched, blogging about medical experiences on an ongoing basis has the potential to help a patient’s recovery and overall well-being,” Dr. Thompson says. “It can help the patient connect with others through a shared experience.”

A BLOGGER’S TALE

When Dena Norrod received a breast cancer diagnosis at age 32, the news was devastating. Then she had to tell family and friends about her illness.

“With each phone call, I had to relive the emotion of my cancer diagnosis,” says Dena, a Karmanos patient. “After about 20 calls, I was completely drained.”



Dena knew there had to be a better way to keep everyone informed about her ongoing treatments. That’s when she launched her blog.

“At first, I thought my blog would just be a great way to share information,” Dena says. “Surprisingly, I’ve found that blogging is very therapeutic. It helps to have an outlet for expressing my thoughts and feelings. When things are going well, my first thought is to blog about it and share my feelings of joy.”

The comments friends and family leave on her blog entries are also uplifting, Dena says.

“There have been times when those posts have helped me make it through the day,” she says. “Blogging helps me stay connected to the most important people in my life.”

**You can check out Dena’s blog at
www.caringbridge.org/visit/denanorrod**

BLOGGING RESOURCES

There are many Web sites where cancer patients and survivors can create their own blogs. Here’s a sampling of some of the most popular blogging sites:

www.Blogger.com
www.CarePages.com
www.CaringBridge.org
www.MyLifeLine.org
www.WordPress.com

Experts at Finding Cancer

KARMANOS' IMAGING DEPARTMENT OFFERS ADVANCED TECHNOLOGIES AND SPECIALIZED RADIOLOGISTS

When it comes to cancer imaging services, you not only want the best equipment, you also want the best radiologists interpreting your scans.

Cancer patients get both when they visit the Imaging Department at the Karmanos Cancer Center. The department has received certification from the American College of Radiology (ACR) for magnetic resonance scanning of the head, spine, body and breast, as well as computed tomography (CT) accreditation. Karmanos offers state-of-the-art digital equipment and highly-specialized radiologists who are all certified by the American Board of Radiology and are solely dedicated to diagnosing cancer.

"Patients sometime think their doctor reviews their scans, but they're actually reading a report created by a specially-trained physician known as a radiologist," says Sharon Helmer, M.D., clinical service chief of the Imaging Department and medical director of Breast Imaging at Karmanos. "That's where our services shine. Karmanos radiologists are specialized in cancer diagnosis and use their expert knowledge to interpret the scans and compile thorough reports for doctors. This allows doctors to create a comprehensive treatment plan for each patient."

Karmanos also offers comprehensive breast cancer imaging. Earlier this year, the ACR designated the Karmanos Cancer Center as a Breast Imaging Center of Excellence. This distinction is awarded to breast imaging centers that achieve excellence by seeking and earning accreditation in all the ACR's voluntary breast imaging accreditation programs, in addition to mammography. These programs include stereotactic breast biopsy and breast ultrasound, including ultrasound-guided breast biopsy. Accreditation is based in part on high image-quality standards, personnel qualifications and quality assurance programs.

"We offer patients a very complete package when it comes to diagnosing, preventing and treating breast cancer," Dr. Helmer says.

Advanced imaging technology in Karmanos' ACR-accredited MRI/CT suite allows patients to complete their scans without



SHARON HELMER, M.D., CLINICAL SERVICE CHIEF OF THE IMAGING DEPARTMENT AND MEDICAL DIRECTOR OF BREAST IMAGING

having to make multiple appointments at other facilities. The radiologists also have a presence at multidisciplinary team meetings, where cross-disciplinary cancer experts discuss individual patient cases and treatment options.

"Our entire department, from directors and managers, to technologists and support staff, are very focused on patient care and supporting our excellent oncologists and surgeons," Dr. Helmer says. "After experiencing our department, many patients refuse to go anywhere else. We have the consistency and expertise you won't find at a non-specialized hospital."



CONTACT US

For more information about imaging services at Karmanos or to schedule an appointment
I-800-KARMANOS (1-800-527-6266)
 or visit www.karmanos.org

Look & Feel Good

DURING THE HOLIDAYS

As a breast cancer survivor and current ovarian cancer patient at Karmanos Cancer Center, Lil Erdeljan knows it can be hard to feel your best while undergoing treatment during the holidays. But there are things patients can do to lift their spirits, she says.

“Seek help from family, friends and neighbors,” says Erdeljan, who is also a member of the Karmanos Cancer Institute Board of Directors. “Surround yourself with people who can provide moral support and fun things to talk about. It’s also good to stick to a daily routine as much as possible. On days when you don’t have the energy, ask your support system for help with errands like grocery shopping. Or bring a dish to a party instead of hosting a gathering.”

As for appearance, Erdeljan says small things can make a big difference, especially for women.

“I’ve found that wigs and false eyelashes can help restore a sense of self,” she says. “And they don’t necessarily have to be expensive. Patients can find a range of wigs that meet all budgets.”

Above all, Erdeljan says it’s important to not feel victimized.

“Everyone wants to feel their best during holiday festivities, and cancer can get in the way of that,” she says. “The best way to defeat cancer is to stay determined and keep fighting.”



QUICK TIPS

Psychologist, consultant to Tricho Salon and Spa, and former TV and radio host Dr. Sonya Friedman offers advice to help patients cope with cancer during the holidays and beyond:

❄️ *Don't miss the opportunity to see friends and family.* The opportunity to reminisce and laugh can be physically and emotionally healing. Of course, you can also declare a “personal day” for times when you’re too tired to see anyone.

❄️ *Looking good is also part of feeling good.* Don’t deny yourself a nice-looking wig or headscarf, makeup that camouflages lost eyebrows and lashes, or clothes that present you at your best. Remember, you’re a lot more than a cancer patient.

❄️ *Live in the moment.* Allow yourself to be comforted by the music, lights and gifts of the season. Invite others to enjoy the warmth, love and reunion that accompany the holidays.



Cornbread and Andouille Stuffing

FROM EXECUTIVE CHEF BRIAN PERRONE
OF SLOWS BAR BQ & SLOWS TO GO

2 lb.	Cornbread, cubed	6 oz.	Green Pepper, small dice
2 T	Bacon Fat	12 oz.	Onion, small dice
12 oz.	Andouille Sausage, quartered	1 oz.	Minced Garlic
		1	Quart Chicken Broth
6 oz.	Celery, small dice	2	Eggs

Preheat oven to 275°. Lay cubed cornbread on a parchment lined sheet pan and bake in oven until dried, approximately 45 minutes. Remove from oven and cool.

Heat large sauté pan over medium high heat. Add bacon fat and melt. Fry sausage in fat until lightly browned. Remove from pan and reserve. Add onion, celery and peppers. Lower heat to medium and sauté for five minutes. Add garlic and continue to cook until onions are translucent and garlic is cooked. Remove from heat.

Combine cornbread, vegetable mixture and sausage in a large bowl. Whisk together eggs and chicken broth. Combine broth with stuffing mixture. Transfer mixture to baking pan (glass or Pyrex is recommended). Bake covered at 350° for 45 minutes. Uncover and finish until crisp, another 10 minutes.

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Connect with Karmanos



Test Your Knowledge

Take part in our interactive question.

What poses the greatest risk for a woman to develop cervical cancer?

- A. Smoking
- B. Growing older
- C. Family history
- D. The HPV virus (Human Papilloma Virus)
- E. Poor diet



Scan this code with your smart phone to respond to the question and to get the answer.

Visit www.karmanos.org/testyourknowledge to see the answer if you don't have a smart phone.

Hear cancer. THINK KARMANOS.

1-800-KARMANOS

FOR QUESTIONS AND
GENERAL INFORMATION,
you may call 1-800-KARMANOS
(1-800-527-6266) 24 hours a day,
seven days a week.

You may also reach us by emailing:
info@karmanos.org.

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KARMANOS PRIMARY TREATMENT LOCATIONS



DETROIT

Karmanos Cancer Center
4100 John R
Detroit, MI 48201



FARMINGTON HILLS

**Lawrence and Idell Weisberg
Cancer Treatment Center**
31995 Northwestern Highway
Farmington Hills, MI 48334



MONROE - RADIATION ONCOLOGY

Monroe Cancer Center
800 Stewart Road
Monroe, MI 48162