The numbers don’t lie. Over the past two decades, the cancer death rate has dropped 20 percent nationwide, according to a recent American Cancer Society report. This means about 1,340,000 cancer deaths were avoided between 1991 and 2010, the most recent years for which data is available.

“A few factors have influenced the drop in cancer mortality,” says Ann G. Schwartz, Ph.D., M.P.H., executive vice president of Research and Academic Affairs at the Karmanos Cancer Institute. “Cancer prevention plays a big role. Since fewer people smoke today, there are fewer lung cancer diagnoses. Cancer screenings also help reduce the mortality rate. A surgeon can remove a colorectal polyp before it can become cancerous and breast cancer screening can identify a tumor at an early stage when more treatment options are available. Improved cancer treatments also lead to better patient outcomes.”

In the last 10 years, the death rates for prostate, colorectal, brain, stomach and larynx/lung cancers have dropped for men. Colorectal, ovarian, bladder, cervical, stomach, oral cavity and breast cancer death rates have dropped for women, Dr. Schwartz says.

“We’ve made progress, but still have a long way to go,” she says. “We need to better understand cancers with high mortality rates, like pancreatic and melanoma. Today, we know that a specific cancer type can vary from patient to patient. We’re studying cancer at the molecular level to identify specific targeted treatments that work for individual patients. That’s the next step toward further reducing cancer deaths.”

Data for the American Cancer Society study comes in part from National Cancer Institute-funded Surveillance, Epidemiology and End Results Program (SEER) sites. Karmanos and the Wayne State School of Medicine operate a SEER registry that provides data for Wayne, Oakland and Macomb counties. For more information, visit seer.cancer.gov.
Dear Readers,

Welcome to the April edition of Karmanos Hope magazine. I want to introduce you to Margaret Dimond, Ph.D., the new president of the Karmanos Cancer Hospital.

I am pleased to have Dr. Dimond join our team as president of Karmanos’ clinical operations. She brings a wealth of experience, including strategic operational expertise, oversight of ambulatory services and staff, and substantial compliance and financial acumen, just to name a few of her qualities. Her leadership skills are aligned with our vision to be a world leader in cancer care, research and education through courage, commitment and compassion.

Her responsibilities include managing all clinical operations at Karmanos’ main campus in Detroit as well as its Farmington Hills and Monroe locations; developing high-quality, cost-effective programs; integrating Karmanos’ strategic plan within all operations; and working closely with the leadership teams at Karmanos and its boards of directors, the Detroit Medical Center, McLaren Health Care and Wayne State University.

In addition to our news about Dr. Dimond, we also feature stories about our highly-ranked bone marrow transplant program and profiles on patients who have received cancer treatments at Karmanos and are doing well today, among others. Please enjoy the rest of Hope magazine!

Gerold Bepler, M.D., Ph.D.
President and CEO
Barbara Ann Karmanos Cancer Institute

Together, we’re better at fighting cancer

Since joining forces in October 2013, many aspects of Karmanos Cancer Institute and McLaren Health Care’s clinical and research integration are well under way. Below are questions and answers about the integration process:

Why did Karmanos and McLaren partner together?

Karmanos Cancer Institute and McLaren Health Care have created the largest cancer research and provider network in Michigan. Together, our combined program will treat more than 12,000 new cancer patients this year in more than 15 locations. Together, we elevate the quality of care throughout the state by offering the best evidence-based care available. Having formed one of the largest cancer programs in the country, Karmanos will be able to attract top scientists and physicians.

Why is this important?

We know we can fight cancer better together. Since we were established, Karmanos has been committed to providing world-class cancer care for our patients. Extending the full breadth of a comprehensive cancer center to all the communities McLaren serves is an enormous priority for our integration. We believe that the best measure of success will be better treatments and better outcomes for our communities.

What does this mean for cancer patients across Michigan?

Our cancer doctors, whether based in Detroit or communities served by McLaren, are Karmanos Cancer Institute physicians who meet the same high-quality standards of performance measurement and evidence-based practice. This translates into the availability of state-of-the-art, advanced cancer care and treatment. Those facing a cancer diagnosis will have the best team on their side providing the best care possible, close to home.

To make an appointment at the Barbara Ann Karmanos Cancer Institute, call 1-800-KARMANOS (1-800-527-6266)
Thanks to the kind act of a stranger, Tara Revyn is getting her life back.

Revyn, a 34-year-old single mom from Sterling Heights, is recovering from Myelodysplastic Syndrome (MDS), a disease that affects the bone marrow’s ability to make enough healthy white and red blood cells and platelets. The disease is rare in people under 40, and most cases are found in people after age 60, according to the American Cancer Society. About one-third of all MDS patients develop acute myeloid leukemia, a cancer of the blood and bone marrow that is the most common type of acute leukemia in adults and one that tends to get worse quickly if not treated.

Doctors told Revyn she needed a bone marrow transplant to survive. Unfortunately, finding a donor match was difficult. The best match is a family member or someone of the patient’s ethnicity. Revyn is of Asian descent and an adoptee with no known living relatives. Of the five million donors to the National Marrow Donor Program Registry, only about eight percent are of Asian and Pacific Island descent. No donor had compatible marrow.

For 10 years, Revyn endured a swirl of doctor appointments, tests, experimental therapies, and bi-weekly blood transfusions – all while awaiting a marrow match.

“It was extremely frustrating,” Revyn says. “A couple potential donors were identified at one point, but for some reason, they said no.”

Finally, in January 2013, a registry coordinator identified a close match from a 35-year-old male donor. It came just in time, as Revyn’s health began to deteriorate. She had a bone marrow transplant at Karmanos in July 2013.

“I was excited, but also scared,” Revyn says. “Many patients don’t survive the transplant process. But I made it and am on the road to recovery.”

Joseph Uberti, M.D., Ph.D., co-director of the Bone Marrow and Stem Cell Transplant Program at Karmanos and Revyn’s doctor, says her odds of surviving the disease for 10 years were low.

“Usually, MDS is a slow, progressive disease,” he says. “Fortunately, Tara was otherwise fairly healthy and had a great support system. Today, she’s doing great and has no evidence of the disease.”

With a new outlook on life, Revyn is extremely thankful for the anonymous donor’s kind act.

“Now I can see my son grow up,” she says. “One person’s selfless donation has changed our lives forever.”

For more information about making a bone marrow stem cell donation, visit the National Marrow Donor Program Registry website at marrow.org.

KARMANOS TRANSPLANT PROGRAM EARNS HIGH MARKS

The Karmanos Cancer Institute Bone Marrow Transplantation Program is one of only 13 centers nationwide reporting some of the best survival outcomes for related and unrelated stem cell transplantation, according to data released in January 2014.

This survival data is reported yearly from the Center for International Blood and Marrow Transplant Research for all 168 transplant centers in the U.S. The data is adjusted for several risk factors that may have a major influence on outcome. These risk factors include the type of disease, its stage, the donor match, and the age and fitness of the patient.

Based on these data, patients at Karmanos have the highest risk factors, predicting their transplant would be difficult. In spite of these characteristics, the survival of the patients at Karmanos was better than predicted for the last three reporting periods.

Karmanos remains the only center in Michigan that achieved this distinction and is only one of six in the country that has this survival advantage over the last three reporting periods.

“This means our transplant patient survival rate at Karmanos exceeds expectations,” says Joseph Uberti, M.D., Ph.D., co-director of Karmanos’ Bone Marrow and Stem Cell Transplant Program. “We have great patient outcomes because our experienced group of physicians, nurses and nurse practitioners have developed highly effective transplant strategies. We can offer a potential cure to patients with MDS and other blood and marrow-related diseases.”

Karmanos performs about 300 stem cell transplants annually. To learn more, visit karmanos.org/BMT.
Shawn Giles, a 42-year-old machine tool electrician from Redford, didn’t suspect anything was wrong in 2010 when he experienced a stomach ache while traveling on business. But then he noticed blood in his stool, so he called his doctor. When the appropriate medical tests came back normal, Giles’ doctor ordered a colonoscopy, a procedure usually recommended for people 50 and over. That’s when Giles learned he had Stage III colon cancer.

“The diagnosis blindsided me,” Giles says. “My mother had colon cancer, but she’s been cancer-free [since receiving treatment in 1998]. I thought I had a stomach ulcer or diverticulitis.”

As an African American, Giles is among a racial group with the highest colorectal cancer incidence and mortality rate in the country.

Giles received treatment at another hospital in early 2011 and had 18 inches of his colon removed. He then underwent radiation and chemotherapy. He thought the cancer was gone until a year later, in 2012, when tests showed it had returned, spreading to his chest and lymph nodes. He resumed standard chemotherapy and began taking an oral chemotherapy drug.

Despite treatment, a scan showed the cancer continued to grow. That’s when Giles came to Karmanos in January 2013 and entered a Phase I clinical trial. Patients who opt for clinical trials receive newly developed cancer-fighting drugs that aren’t available commercially or at most community hospitals. Phase I trials are the first stage in the careful process of developing new cancer treatments. The drugs often help patients live longer and have better quality of life.

“Shawn has responded nicely to the trial without any major side effects,” says Muaid Kittaneh, M.D., a member of Karmanos’ Phase I Clinical-Pharmacological Program. He also is Giles’ medical oncologist. “His last three CT scans show a reduction in cancer cells, which is very promising.

“Clinical trials give hope to patients who may not have other treatment options. Patients who enter clinical trials should get tremendous credit for helping pave the way for future cancer treatments.”

Giles says he’s stressing the importance of colon cancer screenings among his large family, which includes 10 siblings.

“It’s important to me,” Giles says. “I want to do all I can to get the word out about colon cancer and early detection.”

\[\text{Consider Enrolling in a Clinical Trial}\]

For more information about the Clinical Trials Program at Karmanos, call **1-800-KARMANOS** (1-800-527-6266) or visit karmanos.org/Clinicaltrials.
Ken Parker was ready to start a new career after retiring in December 2010 as an Oakland County Sheriff’s deputy. But life suddenly threw him a curve after he was screened for prostate cancer with a simple Prostate Specific Antigen (PSA) test.

“I wanted to become a personal trainer,” says Parker, a 60-year-old Royal Oak resident. “Before I could enroll in a personal training certification program, I needed a physical. I didn’t think I had any health issues, but my doctor said my PSA levels were very high. After more tests, one year to the day after retiring, I learned I had a very aggressive form of prostate cancer.”

A surgical oncologist told Parker he needed immediate surgery to remove his prostate gland. He sought a second opinion and went to the Karmanos Cancer Center to meet with Jordan Maier, M.D., radiation oncologist and medical director of Karmanos’ Weisberg Cancer Treatment Center in Farmington Hills.

“Dr. Maier said I had options,” Parker says. “I went through 38 rounds of radiation, followed by 18 months of hormone treatments. My stamina went down, but thankfully, my PSAs returned to normal.”

Parker avoided surgery and is cancer-free today. In October 2012, he began pursuing his goal of becoming a personal trainer. After receiving his certification from the National Academy of Sports Medicine (NASM) and the National Personal Training Institute, he began working part-time as a certified personal trainer at the South Oakland YMCA in Royal Oak.

During his cancer journey, Parker learned about Karmanos’ Prostate Cancer Advocacy Program (P-CAP), coordinated through the Community Education Department and Elisabeth Heath, M.D., director of prostate cancer research. The organization, with volunteers from Karmanos, the Wayne State University Physicians Group and the American Cancer Society, trains prostate cancer survivors to be patient advocates.

“Cancer education and awareness programs save lives,” says P-CAP member Laura Zubeck, R.N., BSN, MBA/HCA, director of Patient and Community Education and Volunteer Services at Karmanos. “Our patient advocates speak about prostate cancer screening and prevention at events like our annual Prostate Cancer Symposium. They also distribute educational materials at places like barbershops and churches. We’re spreading the message that prostate cancer can be cured if it’s detected at an early stage.”

Parker says he’s pleased to share his survivor story as a P-CAP patient advocate with newly-diagnosed prostate cancer patients.

“There are ways to work through the disease,” he says. “I’m proof there’s life after a prostate cancer diagnosis.”

**PROSTATE CANCER FACTS**

Men at increased risk of prostate cancer are:

- African Americans.
- Age 50 or older (45 or older for African Americans).
- Those with a family history of prostate cancer.
- Those with a high-fat diet.

Talk with your physician about the benefits and risks of prostate cancer screening. Consider screening at age 45 if you are at an increased risk and/or are African American. Consider screening at age 50 if you are at average risk.

**CONTACT US**

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

NEW KARMANOS ETHICS COMMITTEE HELPS RESOLVE ETHICAL ISSUES

When Karmanos Cancer Center patients, families, staff or surrogate decision makers can’t work through ethical issues involving medical care, a new resource is ready to help.

In February, Karmanos launched its new Ethics Committee, a multidisciplinary advisory board that identifies, clarifies and resolves ethical conflicts. The committee provides case reviews and consultations that lead to improved health care services and patient outcomes. S. Naweed Raza, M.D., FRCS(C), assistant professor of Otolaryngology-Head and Neck Surgery at Karmanos Cancer Center and Wayne State University School of Medicine, is the committee chair.

“An ethical issue might center on how to best treat a terminally ill patient,” Dr. Raza says. “In other cases, family members and physicians might have conflicting views regarding potential treatment. The committee isn’t a second treating team and we don’t tell people what to do. Instead, we examine all aspects of the problem, encourage mutually respectful dialogue to clear up any uncertainties, and help facilitate what’s best for the patient.”

Communication issues can also prompt ethical dilemmas, says committee member Kathryn Smolinski, MSW, JD, director of Legal Advocacy for People with Cancer and adjunct assistant professor at Wayne State University Law School.

“The committee can help facilitate communication and clear up any misunderstandings,” she says. “Family members feel like their voices are being heard and medical teams can move forward with clarity.”

The committee will also provide ethics seminars and workshops, as well as create and revise policies and procedures involving ethical issues.

Patients, family members or caregivers can initiate an ethics consultation by paging the committee member on call. The committee reviews and responds to consultation requests within 24 hours or the next business day.

“The creation of the Ethics Committee shows Karmanos highly values thorough, thoughtful and comprehensive patient care,” Smolinski says. “The choices and opportunities available in today’s technology-driven health care environment can sometimes be overwhelming. With Ethics Committee guidance, patients and medical teams will know they made the best possible decision.”

### WHAT IS AN ETHICAL DILEMMA?

An ethical dilemma can be a complex situation involving an apparent conflict and choice between values, beliefs and options for action. Examples include:

- When life-sustaining therapy should be given or stopped.
- Family desires that go against a patient’s wishes.
- Family and/or patient desires that do not coincide with physician’s recommendations.
- Decisions pertaining to care at the end of life.

Ethics Consultations

For questions about Karmanos’ Ethics Committee or to request and ethics consultation, please contact 1-800-KARMANOS (1-800-527-6266) or visit karmanos.org.
The Barbara Ann Karmanos Cancer Institute is holding its 32nd Annual Dinner from 6:30 p.m. - midnight, Saturday, April 26 at the Fox Theatre in Detroit. Pernilla Ammann, chief operating officer for Mother New York, and Dan Ammann, president for General Motors Company, will serve as Annual Dinner chairs. Here, the Ammanns talk about their involvement in this year’s fundraising event.

**WHY IS IT IMPORTANT TO GM, AND TO YOU, TO SUPPORT KARMANOS?**

We are humbled by the opportunity to continue GM and the GM Foundation’s commitment to Karmanos, and act as champions for the work that Karmanos Cancer Institute (KCI) does each day. As parents, we want to set an example for our girls that supporting important causes such as the fight against cancer is the right thing to do.

From the company’s perspective, we continue our support of KCI because so many of our employees and their families face challenges associated with cancer and we want to do all we can to help fight this disease, and lessen these burdens for others.

**HAVE YOU HAD ANY PERSONAL EXPERIENCES WITH CANCER?**

We have both been impacted by cancer in our immediate families and have seen the benefit of good treatment. It is one of the many reasons why we are honored to move the cause forward, and make an impact in our own way.

**WHAT SHOULD GUESTS LOOK FORWARD TO AT THE KARMANOS ANNUAL DINNER?**

The Fox Theatre is an amazing venue and we are looking forward to welcoming everyone this year with the same level of excitement and attention to detail that they have experienced in the years that GM and the GM Foundation have been involved in the event. And, with Cadillac as the host sponsor, our guests can expect a level of luxury that will be delivered throughout the experience.

We are excited about the festivities planned including a special nod to the ‘20s and ‘30s. As always, there will be great live auction items, some of which will be for adventures in Europe!

Benefactor tickets are $750 and Patron tickets are $525 for the Annual Dinner. For more information and to reserve tickets, contact Lisa at 313-576-8106 or koltuncl@karmanos.org.
Better treatments. Better outcomes.

Karmanos.org
1-800-KARMANOS
Mail Code: NCO6MC
4100 JOHN R
DETROIT, MI 48201

Connect with Karmanos

Download our new KCI Trials app!

Learning about the cutting-edge cancer clinical trials at the Karmanos Cancer Institute is as easy as tapping your Android™ or iPhone® mobile device. Just visit the Google play store or the Apple App Store to download our FREE app.

**APP FEATURES:**

• Search for cancer clinical trials at Karmanos by disease site, keyword, protocol number, phase or principal investigator.

• Save protocol information to your “favorites” and send via e-mail to a colleague or patient.

• Link to other National Cancer Institute cancer resources.

• And much more.

**Have questions about the app?**
Email informatics@karmanos.org or call 1-800-KARMANOS (1-800-527-6266).

Download our new KCI Trials app!

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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

Better treatments. Better outcomes.