MAKE THE RIGHT MOVE
What to do after a breast cancer diagnosis

A breast cancer diagnosis is a life-changing event and is accompanied by concerns, questions and choices to make. Women often feel overwhelmed and ask, “What do I do now?”

“If the cancer hasn’t spread beyond the breast, see a breast surgeon,” says David Gorski, M.D., Ph.D., leader of the Breast Cancer Multidisciplinary Team at the Barbara Ann Karmanos Cancer Center. “Whenever possible, see a specialist. Karmanos has some of the finest surgeons, clinicians and oncologists you’ll find anywhere in the world, as well as cutting-edge clinical trials.”

Patients always want to know if they’ll need surgery or chemotherapy. Dr. Gorski says it depends in part on the nature of the tumor.

“If the tumor hasn’t spread to other organs, surgery is usually the first treatment,” he says. “If a woman has a large tumor, chemotherapy may shrink it to the point where we can save the breast by performing a lumpectomy. Many patients will need both surgery and chemotherapy. Many will also have radiation therapy. Surgeons, oncologists, radiation oncologists, and other specialists will collaborate to recommend the best course of treatment. This process is part of our multidisciplinary team approach to patient care at Karmanos.”

While breast cancer can be frightening, Dr. Gorski says it’s important to remain calm.

“Breast cancer is one of the more treatable cancers, especially when it’s caught early,” he says. “The patient will almost always have time to get a second opinion and take orderly steps to make a treatment decision.”
Dear Friends,

Welcome to the newly-redesigned Hope magazine. We’re confident you’ll find this new format an informative and quick read, lending the voice of our many experts to the timely and topical issues surrounding cancer and general health.

Considering that Karmanos is the only National Cancer Institute-designated comprehensive cancer center in the metro Detroit, tri-county area, we want to be the resource that you can rely on for the most accurate information about cancer.

And we’re here for you if you are facing cancer. We’re Michigan’s only center solely devoted to treating cancer – all 200 forms of the disease.

Please enjoy this magazine and provide your feedback on what will make this publication a valuable resource for you, your family and friends.

Gerold Bepler, M.D., Ph.D
President & Chief Executive Officer

Your first chance at beating cancer is your best chance. Your best chance is the Barbara Ann Karmanos Cancer Institute, the only National Cancer Institute-designated comprehensive cancer center in the metro Detroit, tri-county area and one of only 40 centers of its kind in the United States.

At Karmanos, we have teams of cancer specialists working together to treat patients and conduct state-of-the-science cancer research.

Karmanos physicians are also faculty members of Wayne State University School of Medicine and are among the best in the world. They are leaders in hundreds of ongoing cancer research investigations and participate in more than 300 clinical trials developing the best and newest cancer therapies.

Thanks to our doctors’ research contributions, Karmanos patients have access to approximately 100 treatments found no where else in Michigan.

Anyone with a cancer diagnosis can refer themselves to Karmanos. You do not need to be referred by a physician unless your insurance company requires you to do so. It is important, however, to keep your physician apprised of your care should you choose to come to Karmanos for a consultation.

Please call 1-800-KARMANOS (1-800-527-6266) for more information and to schedule an appointment.

When you call, we will help you collect the materials you’ll need to bring to your appointment. That information includes prior treatments and test results to help our physicians and health care teams plan your best course of therapy.

Visit KARMANOS.org by scanning this with your smart phone

For your own copy of Hope, visit www.karmanos.org

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Michael Simon, M.D., MPH, professor of Oncology at Karmanos, addresses misinformation about breast cancer.

**Can deodorants or antiperspirants cause breast cancer?**

**A.** “No. It’s normal for the body to perspire, so I advise patients to use a deodorant and not an antiperspirant if they’re concerned. But there is no definite link between these agents and breast cancer.”

**If I find a lump during a self exam, it means I have breast cancer.**

**A.** “Not necessarily. The majority of lumps are not cancerous but they should be checked out – see a physician immediately and schedule a physical exam and a mammogram.”

**Since breast cancer doesn’t run in my family, I don’t need a mammogram.**

**A.** “Breast cancer isn’t just a hereditary disease. There are other lifestyle-related risk factors, as well as unknown causes. That’s why it’s important to get regular mammograms.”

**Can a mammogram cause cancer to spread?**

**A.** “No. The breast is compressed during a mammogram to obtain the best possible image, but it doesn’t cause cancer to spread. Mammograms help find breast cancer at its most curable stage.”

**KARMANOS CANCER CENTER MAMMOGRAM SCREENING GUIDELINES:**

- Know how your breasts look and feel and report any changes to your health care provider right away.
- Begin scheduling annual mammograms at age 40 and continue as long as you are in good health.
- Women at increased risk of breast cancer should talk with their physicians or health care providers about whether or not to have mammograms before age 40 and how often to have them.

**CONTACT US**

For more information about breast cancer treatment or prevention, please call **1-800-KARMANOS** (1-800-527-6266) or visit **www.karmanos.org**.
Due to shortages of cancer-fighting drugs and other pharmaceuticals, hospitals across the country are scrambling to find alternate treatments for their patients.

Karmanos pharmacists are tackling the problem by closely monitoring drug inventories and working with physicians well in advance of a patient’s treatment to assure adequate supplies or develop alternative therapies. This team approach ensures Karmanos patients always receive the best available treatment.

“There are often multiple treatments available for most cancers,” says Stephen T. Smith, RPh, MS, FASHP, director of Pharmacy Services at Karmanos. “We work very closely with our multidisciplinary teams to inform them about impending shortages. We also take into account patients currently on that shortage chemotherapy and make sure we have enough supply so they can complete a full course.”

Drugs affected include both name brands and generics used to treat a wide variety of cancers. Among those that have been in short supply are doxorubicin and cytarabine, used to treat breast cancer and leukemia, respectively. Drug supplies can fluctuate wildly. Shortages sometimes occur within weeks or even days.

“Many different issues contribute to drug shortages, from lack of raw materials and manufacturing problems to increased FDA oversight that delays production,” says Mark C. Szlaczyk, RPh, PharmD, manager of Karmanos’ Pharmacy Operations. “It’s a tough problem to solve. In the meantime, we’re prioritizing treatments, finding alternative therapies and ensuring that drugs in short supply go to the patients in greatest need.”

Talk to your oncologist about any medication concerns and discuss possible treatment options in the event of a drug shortage. You may experience different side effects with an alternate medication, but Karmanos nurses and physicians will closely monitor your condition. Karmanos patients can feel secure knowing they’re getting the best available treatment.
What is a clinical trial?
A clinical trial is a research study involving volunteers. Clinical trials test new treatments or drugs to find out if they are safe, effective, and in some studies, possibly better than the current standard treatment. They may also evaluate a new method of preventing or diagnosing cancer or improving a patient's quality of life.

Life-Saving Therapies
CREATING BETTER TREATMENTS THROUGH CLINICAL TRIALS
When a person hears they have cancer, they want the best available treatment and want it to begin as quickly as possible. Patients who undergo treatment may also be able to help those who face a cancer diagnosis in the future by entering a clinical trial.

Through the Clinical Trials Program at the Barbara Ann Karmanos Cancer Center, patients have access to over 200 therapeutic clinical trials, most of which are not available at other local hospitals. Phase 1 trials focus on promising new drugs that have not yet been tested on humans. If a drug is proven effective as it moves through different trial phases, it could receive FDA approval for standard treatment.

“We conduct clinical trials to discover better ways to prevent, diagnose and treat cancer,” says Helen Peck, director of the Clinical Trials Office. “Because cancer is all we do, Karmanos offers patients a very comprehensive clinical trial portfolio.”

Patricia LoRusso, D.O., director of the Phase 1 program and Center for Experimental Therapeutics and professor of Medicine at Karmanos and Wayne State University School of Medicine, notes that patients on Phase 1 investigation agents can do as well, if not better, than if they had continued on the current approved agents available to them. Plus, information gathered in Phase 1 trials help researchers create newer and better therapies.

“Without patient participation in Phase 1 clinical trials, we would not be able to make progress on improving treatment options for cancer patients with new drug approvals,” she says.

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

“By entering a clinical trial patients not only have access to potentially better cancer treatments, they are also contributing to medical advances,” Peck says. “Clinical trials are the only way we can improve cancer care.”

HELPING FUTURE PATIENTS HEAL
After undergoing a mastectomy, chemotherapy and then radiation therapy to destroy additional cancerous nodules in her neck, Ellen VanOss of Grand Rapids thought she had finally beaten cancer. When a follow-up scan showed the disease had returned, the news was devastating.

“I’m a wife and mother of a six-year-old and a four-year-old,” says Ellen, 31. “I was running out of options. I don’t want to leave my family behind.”

Ellen chose to enroll in a clinical trial at Karmanos last year. She says she’s fighting cancer not just for herself and her family, but also for future patients.

“I want to make this treatment successful for myself and make a path available for other young mothers,” she says. “I want to ensure that the work of Karmanos researchers makes a huge difference.”

Explore Your Options
Consider entering a clinical trial
The goal at Karmanos is to offer every patient the opportunity to enter a clinical trial. Ask a Karmanos physician about your treatment options and if an appropriate clinical trial is available. We also have financial counseling staff that can work with you on your individual circumstances regarding insurance coverage.

For more information about clinical trials at Karmanos, call 1-800-KARMANOS or visit www.karmanos.org/clinicaltrials.
In the Community

Banking on a Cure

The Stem Cell Cord Blood Bank at Karmanos provides life-saving hope to patients with cancer and serious blood disorders.

When Tonia Prinz of Brighton delivered her baby boy in September, she didn't just bring new life into the world. She also made a generous donation that could help save a life.

Tonia chose to donate blood remaining in the umbilical cord and placenta after she gave birth at St. Joseph Mercy Hospital in Ann Arbor. Cord blood is rich in stem cells that can be used to treat patients with leukemia, lymphoma, sickle cell anemia and other diseases.

Saint Joseph Mercy is one of four southeast Michigan hospitals that collect and send cord blood donations to the J.P. McCarthy Cord Stem Cell Bank at Karmanos. The cord stem cell bank has received long-time financial support by the William and Mary Carls Foundation and the J.P. McCarthy Foundation.

Once cord blood is received and processed, Karmanos makes its inventory available through the National Marrow Donor Program to anyone in the world needing a transplant.

“Unless the mother decides otherwise, the cord is usually discarded as medical waste,” says Suanne Dorr, director of the Bone Marrow Transplant Clinical Laboratories and the J.P. McCarthy Cord Stem Cell Bank. “That blood can potentially save somebody’s life. When a tissue match between donor and patient is identified, we send the cord blood unit out for a transplant.”

Bob Stager, M.D., Saint Joseph Mercy OB/GYN residency program director, says cord blood donations are invaluable in the fight against cancer.

“Even if one patient with leukemia can be cured, the impact is immeasurable,” he says. “The list of conditions that can be treated with cord blood stem cells is growing—who knows what we’ll be able to treat 10 years from now?”

Tonia added that she’s pleased to be able to donate her cord blood.

“There’s no greater feeling than making a donation that can help save a life,” she said.

Contact Us

To learn more about the J.P. McCarthy Cord Stem Cell Bank and how to make a donation, call 1-800-KARMANOS (1-800-527-6266) or visit www.karmanos.org/cordblood.
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 and other types of cancer?

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 – focused completely on fighting cancer.

1-800-KARMANOS (1-800-527-6266)
Test Your Knowledge

Take part in our interactive question.

What is the top non-preventable risk factor for cancer

A. Smoking
B. Poor diet/lack of exercise
C. Growing older
D. Family history
E. Sun exposure

Hear cancer. THINK KARMANOS.

I-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.

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