



KARMANOS VISION

A world free of cancer.

KARMANOS MISSION

To lead in transformative cancer care, research and education through courage, commitment and compassion.

KARMANOS QUICK LINKS

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JANUARY AT KARMANOS





January is National Cervical Health Awareness Month. One of the most important things women can do to prevent cervical cancer is to have regular screening tests (Pap test) starting at age 21.

If your Pap test results are normal, your chance of getting cervical cancer in the next few years is very low. For that reason, your doctor may tell you that you will not need another Pap test for as long as three years. [LEARN MORE.](#)

PATIENT FOCUS AND RESOURCES



Former patient gives back during holiday season

Thank you to Michael and Mary Lesinski, who recently donated gift bags filled with holiday goodies to infusion patients at Karmanos Cancer Center in Detroit.

Michael and Mary Lesinski

A few years back, Michael was a Karmanos patient. While undergoing treatment, he recalls someone donating a gift bag to him — which brought him joy during his cancer journey. That gift made a huge impact on Michael, which is why he wanted to pay it forward and make his own donation.

We thank Michael and Mary for their generosity and helping to spread holiday cheer at Karmanos!

Support groups, education classes and community events

Through a variety of support groups, education classes and community events Karmanos offers patients, families and friends the resources you need to improve your quality of life and be an integral partner in the fight against cancer. For a full listing, click the link below.

CLASSES AND SUPPORT GROUPS

CANCER AWARENESS AND EDUCATION



Felicity W.K. Harper, Ph.D.

Using music as a tool for distress reduction during cancer treatment

Music is the soundtrack of our everyday lives — it wake us up in the morning, entertains us on the way to work and keeps us company while shopping and waiting for the doctor. Music therapy is the use of music interventions to reduce pain and anxiety and aid in stress management and emotional expression. For patients with cancer, listening to music may provide a vital coping mechanism to help with both the physical and emotional side effects of cancer treatment.

Felicity W.K. Harper, Ph.D., co-program leader of the Population Studies and Disparities Research

Program and associate professor in the Department of Oncology at Karmanos Cancer Institute and Wayne State University School of Medicine, said research has found that caregivers accompanying patients are often times just as distressed at the patients and she wanted to look into that further. Her study, “Using Music as a Tool for Distress Reduction During Cancer Treatment,” builds on a project by Ally Heath, a long-time volunteer at Karmanos Cancer Institute. [READ MORE.](#)

FUNDRAISING

28th Annual Tom McKay Bowling Tournament

The Metro Detroit United States Bowling Congress (USBC) hosted its 28th Annual Tom McKay bowling tournament benefitting the Karmanos Cancer Institute on Dec. 8, 2018. This is not your average bowling fundraiser — the participants are current and past professionals and semi-professionals who light up the bowling alley. There wasn't a score that was under 200. Upon arrival, bowlers were randomly paired together as a team. Each team plays three full games. The eight teams with the highest score moved on to the final round. From the final round, they narrow it down frame-by-frame to the final winner. The event was followed by a dinner with some remarks from the bowling tournament events team.



The Metro Detroit USBC raises funds through entry fees and raffle tickets that the bowlers sell. While the final numbers aren't quite in, it is estimated they will donate more than \$3,000 to Karmanos.

KARMANOS EVENTS

Upcoming Friends Raising Funds Events

Sk8 to Elimin8 Cancer

January 23, 2019 at 5:30 p.m.
Campus Martius Park
800 Woodward Ave, Detroit, MI 48226

[MAKE A DONATION](#)

Spybrook 20th Annual Fundraiser

January 26, 2019 from 8 p.m.-midnight
Nemo's Bar
1384 Michigan Ave.

Detroit, MI 48226

There will be multiple raffle prizes, a 50/50 raffle, dancing, food and fun!

To learn more about any of our Friends Raising Funds Events, contact Chelsea Pulice at 313-576-8112 | pulicec@karmanos.org

WAYS TO SUPPORT

Friends Raising Funds

Our Friends Raising Funds program is dedicated to individuals, community organizations and businesses that seek ways to get involved. From golf outings and walks to bake sales, birthday parties, and anniversaries virtually any event can be transformed into a fundraiser benefitting Karmanos Cancer Institute. For more information, please contact the Third Party Events Coordinator at 313-576-8112 or pulicec@karmanos.org.

[CLICK HERE](#) to view the Event Guide.

Wall of Hope

Our “Wall of Hope” program is a heartfelt way to honor and remember a loved one, friend, colleague or a special caregiver. With a gift of \$3,000 for a three inch plaque, \$5,000 for a five inch plaque or \$10,000 for a seven inch plaque, you can inscribe a

meaningful message of hope, gratitude or inspiration to an honoree on the Institute’s Wall of Hope which is located on the main floor at the Karmanos Cancer Institute. This lasting tribute provides a visible connection to the donor and the honoree, while providing the Institute with vital funds to continue scientific research and provide the latest cancer fighting treatments. For more information, please contact the Development Office at 313-576-8115, wallofhope@karmanos.org or visit www.karmanos.org/wallofhope.



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