



GOSHEN
CENTER FOR CANCER CARE
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200 High Park Avenue, Goshen, Indiana 46526

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The Link for Hope

A newsletter of the Goshen Cancer Survivor Network November 2010



Cover Artwork by Judi Pedder
www.judipedder.com



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HOLIDAY RECEPTION

Please join us for the Goshen Cancer Survivor Network Holiday Reception, December 3 at the Arbor Conference Center, Goshen General Hospital from 11:30 a.m. - 1:30 p.m.

Speaker for the event will be Susan Geist Smith, survivor of mantle cell lymphoma and patient of Dr. Carol Westbrook. An Elkhart resident, Susan is a speech and language pathologist with the Elkhart County Special Education Cooperative. Susan is the wife of Larry Smith, pastor of Calvary United Methodist Church, Elkhart.

Chamber music will be provided by Dr. James Wheeler, Director of Radiation Oncology, and the Wheeler family. Becky Overholt, Goshen Center for Cancer Care dietitian, is the featured solo

artist and will also lead the audience in a medley of holiday songs. Pianist for the event is Becky Eickhoff, RN.

A tapas lunch buffet will be available. Parking is off site at the Pro Park lot next to the Gerig Group offices, one block south of the hospital. Please do not park at the hospital or Cancer Center. Shuttle services will be available. There is no cost to attend, but seating is limited. For reservations, call the reservation line at 1.877.566.4660 or visit www.goshensurvivors.org. Reservations will be accepted through November 28. ■

If you are a smoker, you already know that smoking causes the majority of lung cancers. You also know that quitting is easier said, than done. Dr. Ebenezer Kio, medical oncologist and director of Goshen Center for Cancer Care Lung Institute, offers the following sage advice: "Don't smoke and don't be around tobacco smoke. And if you do smoke, now is a good time to quit, not tomorrow, NOW."

TIME TO BE A 'QUITTER'

November:
Lung Cancer
Awareness
Month

November is lung cancer awareness month. Lung cancer takes the lives of over 450,000 people in the United States every year, and cigarette smoking is responsible for most of them. Lung cancer is still (since 1982) the leading cause of cancer deaths among men and women, and 87% of lung cancer deaths are caused by smoking. Cigarette smoking is also a major cause of cancer of the voice box, mouth, throat, and esophagus, and a contributor to cancers of the bladder, pancreas, liver, uterus, kidney, stomach, colon and rectum.

Cigarettes alone kill more Americans than car accidents, alcohol, AIDS, suicide, homicide and illegal drugs combined. But in spite of these grim statistics, Americans continue to smoke, one out of every five to be exact. Half of those smokers will die from their habit due to cigarette related cancer, respiratory illness, stroke, bronchitis, emphysema or heart disease.

Smoking shortens a smoker's life: based on data collected from 1995 to 1999, the Center for Disease Control estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life due to smoking. But it doesn't have to be this way!

Resources are available for people who are contemplating making a change. Because smoking is an addiction, quitting can be difficult, but there is help.

The website www.YouCanQuit2.com, sponsored by the U.S. Department of Health, has a wealth of resources to help you quit using tobacco. This website includes an online Quit Plan, Quit Calendar, and Quit Blog. Train2Quit is a free online training program and offers support with a trained Cessation Coach.

Smoking cessation help is also available with a physician referral through Goshen General Hospital Cardiopulmonary Services. The one-on-one education is provided by a certified Tobacco Treatment Specialist and is often covered by insurance. Call 574.535.2587 for an appointment or more information.

If you would like a free lung assessment, consider attending one of Goshen Health System's free Community Health Screenings, the second Wednesday of every month at Goshen General Hospital. The next screening is scheduled for December 8 from 6:30 a.m. – 9:30 a.m. Call 1.877.566.4660 to register.

If you're a smoker, consider joining others for The Great American Smoke Out to be held November 18. You too can become a Quitter! ■



SEARCH & RESCUE... LUNG CANCER

By John Scott

My start with stage 3 squamous cell lung cancer wasn't very pleasant. Since childhood, I had a history of pneumonia. So when I had back pain and started coughing, I figured I had pneumonia again. I went to my doctor and he gave me a prescription that worked for a week or so.

Then the coughing and pain came back. He prescribed another antibiotic, but this time I started coughing up blood. That bothered me, and I told myself, "Something is not right."

So I went back to the doctor. He said, "I guess it's time for an x-ray but you need to know they're expensive." I told him I was retired military and the cost would be covered. I had spent 20 years in the Aviation – Search and Rescue division of the U.S. Navy, so I knew I had medical coverage to take care of me. The x-ray showed a dark area on my right lung, so I was sent for a CT scan. When I didn't hear anything for a few days, I called the doctor's office, and his nurse told me I had cancer. I said, "Well, I guess I need an appointment to discuss this."

I wasn't looking forward to seeing the doctor and hearing what he had to say about me. I had lost my mother to cancer over 35 years ago, and I saw what she went through. But my doctor encouraged me to see Dr. Hostetter at Goshen Center for Cancer Care, so I did. I had a PET scan and then saw Dr. Bruetman, who explained things to me, and then I saw Dr. Wheeler in radiation.

Dr. Wheeler said I needed 35 radiation treatments, five days a week for seven weeks. Dr. Bruetman said I would have chemotherapy once a week, right along with my radiation. I had no idea what was going on. Looking back I was totally ignorant of the whole process. My niece Amy, her husband Joe, and daughters Annie and Janie were with me – long distance – through it all. They included me in their daily prayers throughout my treatment and recovery. They are my loves, and I couldn't have done it without them.

Everyone at the cancer center was wonderful too. The chemotherapy nurses were excellent. I couldn't



John (far right) visiting with Amy, Joe, Annie and Janie at their home last year in Winchester, Virginia.

have asked for more. I had an 'angel' in the midst of it, a nurse named Sarah in the radiation department. I couldn't have loved her any more than if she had been one of my own family. She encouraged me through every treatment. One day she told me, "John, you're going to be pleasantly surprised."

A month after I finished treatment, I had my first follow up appointment to review my latest PET scan with Dr. Bruetman. One of the radiation technicians saw me and said, "Dr. Wheeler wants to see you," so I stopped by his office before seeing Dr. Bruetman. Wheeler asked me, "John, want to play a game?" I replied, "Well Doc, that depends on the game." Dr. Wheeler said, "See these two photos? This one here is your cancer, and this one here shows it's gone." I said, "I'm in remission?" And Dr. Wheeler said, "No, it's gone." Those were some of the best words I have ever heard. Dr. Bruetman was a little more reserved and said, "It looks like good results." I have been cancer free ever since that day.

I kept every one of my follow up appointments these past three years, including my PET scans and now just x-rays. I see Dr. Bruetman once a year and each time he tells me, "Looks good, see you in a year." I still worry about it coming back; cancer is always on your mind once you've had it. I'm 73 years old now and consider myself to be in good shape. I thank God that I have a pretty good life. Cancer patients now days have a good chance of successful treatment. Not like it was when I lost my mom and my sister. They didn't have the technology back then that they do today.

So I'm glad to share my story. I want others facing cancer to know that there is hope. You might even call it "Search and Rescue – Goshen style." ■

Successful Open House for Cancer Care Partners

September 23 was a momentous day for Goshen Center for Cancer Care (CCC) and The South Bend Clinic. Over 300 visitors toured the new Cancer Care Partners (CCP) facility at 301 E. Day Road, Mishawaka, Ind. to see the new fully integrated cancer center.



CCP is a joint venture of The South Bend Clinic and Goshen Center for Cancer Care. Modeled after Goshen Center for Cancer Care's integrated model, CCP is a separate organization, fully staffed with medical, surgical, naturopathic and radiation oncologists. Inpatient capabilities are also available. A patient centered, multi disciplinary cancer center with providers working collaboratively at one location, CCP was designed to serve the people of St. Joseph County with the best possible cancer care.

For more information about Cancer Care Partners, call 877.421.7026 or visit www.cancercarepartners.com. ■

RESOURCES FOR THE CANCER PATIENT

Living with Cancer: Support & Education sessions are held each Tuesday from 4:30 – 6:00 p.m. through December 14. Sessions provide education on a cancer related topic, as well as time for group interaction. Groups are facilitated by mind-body counselors Rita Gingrich, MSW, LCSW and Pat Shoemaker, MSW, CSW. Group sessions are available free of charge to any cancer patient, family member or friend. Topics include use of vitamins and supplements, progressive relaxation, nutrition, and others. Registration is not necessary. For more information contact Ashley McGowen at 574.535.2561 or toll free at 1.866.711.2888.

Survivor Network Patient Supplement Fund is available for eligible low income cancer patients needing assistance with the purchase of their naturopathic or homeopathic supplements. To apply, contact Sandra Carbone or Rene Miller at 574.535.2888 or toll free at 1.866.711.2888.

Cleaning for a Reason provides free house cleaning services for women undergoing cancer treatment. This national foundation partners with local professional cleaning companies to provide cleaning services. For more information call 1.877.337.3348 or www.cleaningforareason.org.

Road to Recovery is an ACS program that provides transportation to and from medical centers for cancer patients undergoing treatment. If you are without transportation, and need assistance getting to your cancer care appointments, call the Mishawaka ACS office at 1.888.522.2111 or 574.257.9789.

Leukemia & Lymphoma Foundation offers a cash stipend to help with the expense of cancer treatment for any Leukemia or Lymphoma patient. For more information, contact Claire Kammen at 317.726.2270 or www.lls.org/in or claire.kammen@lls.org.



Coordinator's Corner

You may have already noticed that the masthead photo this month is different from previous issues. This month, we are featuring the watercolor artistry of Judi Pedder, British Columbia resident and mother of Kathy Walton, local breast cancer survivor.

Kathy's story of defeating breast cancer was published in the first issue of *The Link for Hope*. Kathy's husband, Chuck, lost his battle with metastatic melanoma after authoring the book "Almost Always Fatal."

Although many miles away when Kathy was diagnosed with cancer, Judi still wanted to provide encouragement and support for her daughter. Judi says it wasn't always easy, but it was very important. Judi's message to others who maintain a long distance relationship with someone going through treatment is "Stay in touch, send cards, make that phone call. Let them know you love them, it makes all the difference."

Now days, Kathy is busy promoting Chuck's book, available at www.almostalwaysfatal.com and she is working on a second book. Judi continues to produce more fabulous watercolors which may be seen at www.judipedder.com. ■

Hope to see you at the Holiday Reception, December 3rd. ~ Sandy

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