Cancer Information and Services

Kettering Health Network offers a comprehensive cancer program, including cancer prevention and screening programs, state-of-the-art diagnostics, chemotherapy, biotherapy, and targeted therapy, clinical trials, radioimmunotherapy, DaVinci robotic surgery, Gamma Knife Perfexion®, HDR brachytherapy, stereotactic body radiosurgery, including VERSA HD, and more. Selected patient cases are discussed by teams of health care professionals to form an individualized plan of care.

Our mission is to improve the quality of life for people in the communities we serve. Our cancer program is accredited by the American College of Surgeons, Commission on Cancer.

- American Cancer Society Patient Navigator – (800) 227-2345
- Dayton Clinical Oncology Program - Kettering Health Network partners with the DCOP to offer access to National Cancer Institute clinical trials and selected pharmaceutical studies without leaving the Dayton area. Ask your physician, “Is there a clinical trial for me?” Call (937) 775-1350 or visit www.med.wright.edu/DCOP/.
- Kettering Cancer Care – Our information specialists can connect you to reliable information about cancer, treatments, and support groups, as well as to certified oncology nurses, oncology social workers, dietitians, or facilitate your appointment with one of our physicians. Call (855) 500-CURE (2873).
- The Leukemia & Lymphoma Society, Tri-State Chapter – (513) 698-2424 or (866) 671-2873.

Contact Us for Services

You can add, remove your name, update your address, or change your preference for receiving the Looking Ahead newsletter by calling Kettering Cancer Care at (855) 500-CURE (2873). Looking Ahead is available by mail, email, and on the website at www.ketteringcancercare.org.

World Lymphoma Awareness Day – September 15

In 2004, World Lymphoma Awareness Day was started to spread awareness about lymphoma and is now held on September 15 each year. A group of lymphoma patients from throughout the world began this non-profit activity because very few people know about lymphoma, a form of cancer, and its associated symptoms. Nearly 80,000 new cases of lymphoma and over 20,000 deaths are anticipated in the U.S. this year. The two main types are Hodgkin and non-Hodgkin. In the U.S., non-Hodgkin lymphoma is currently the 7th most common and the 9th most deadly type of cancer diagnosed in men and is the 6th most common and 8th most deadly type of cancer diagnosed in women.

Lymphoma is the name for a group of blood cancers that develop in lymph nodes and lymphatic tissues. Lymph nodes are bean-sized collections of lymphocytes, a type of white blood cell. There are about 600 lymph nodes throughout the body - in the neck, armpits, chest, abdomen, groin, and some other parts of the body. Lymph vessels connect lymph nodes and carry a fluid called lymph, which contains lymphocytes.

A person with lymphoma may experience painless, swollen lymph nodes. Sometimes fever, night sweats, fatigue, weight loss, and itching may also occur. It may be difficult for a person with lymphoma to fight an infection. In most cases, the doctor will want to do a lymph node biopsy (remove part or all of a lymph node) to examine it under a microscope and determine if a person has lymphoma. Other tests such as blood tests, bone marrow tests, and x-rays, CT scans, MRI, and PET scans may also be needed. Some types of lymphoma are curable and others can be controlled for long periods of time. Knowing the specific type of lymphoma a person has helps the doctor make treatment decisions. Treatment options depend on the type of lymphoma, how slow or fast growing it is, and how far it has spread. The doctor may also need to consider if the person has other health concerns that can interfere with lymphoma treatment.

Lymphoma treatment can range from careful observation to chemotherapy with or without biotherapy to radiation therapy or even a stem cell transplant. One of the novel treatments for certain non-Hodgkin lymphoma patients is called “radioimmunotherapy”. This means that an IV immune therapy drug carries a radioactive substance that targets the lymphoma cells. Zevalin (ibritumomab) is approved for relapsed or refractory CD20-positive, low-grade, follicular or transformed B-cell lymphomas and for previously untreated follicular non-Hodgkin lymphoma who receive a partial or complete response to initial chemotherapy. Zevalin is available to eligible persons at Kettering Medical Center by referral from a medical oncologist.

Another recently developed drug is Velcade (Bortezomib). This drug is used to treat mantle cell lymphoma as well as certain other blood cancers. It is being studied for use against other cancers as well. Velcade is a newer type of treatment called “targeted therapy” and is known as...
September is National Prostate Cancer Awareness Month
(from American Cancer Society sources)

Prostate is the most commonly diagnosed cancer in men in the U.S., yet much confusion and controversy about screening and treatment options exists. Recent studies have led to important changes in national guidelines.

The only well-established risk factors for prostate cancer are being male, getting older, having an African ancestry, having one or more male family members with prostate cancer, and certain inherited genetic conditions. About 60% of all prostate cancers occur in men age 65 years or older and about 97% occur in men age 50 years or older. For unknown reasons, African American men have a 60% higher incidence rate of prostate cancer than non-Hispanic white men. In fact, the highest incidence of prostate cancer in the world is in men of African American and African Caribbean descent. Even though prostate cancer deaths have been decreasing since the 1990s, African American men are still more likely to die from prostate cancer than men in any other group.

Early prostate cancer usually has no symptoms. As it advances, prostate cancer may cause weak or interrupted urine flow, difficulty starting or stopping urine flow, frequent urination, or pain. However, these symptoms can also be due to benign prostatic hypertrophy (BPH), which is not cancer, as well as a variety of other conditions. Advanced prostate cancer often spreads to bones which may cause pain in the hips, spine, ribs, or other bones.

The PSA (prostate-specific antigen) blood test does not consistently reduce the risk of prostate cancer death. At this time, no national organization endorses regular prostate cancer screening. The American Cancer Society recommends that men age 50 years and older who are at average risk of developing prostate cancer and who have a life expectancy of at least 10 years discuss the benefits and limitations of PSA tests with their healthcare provider so they can make an informed decision whether PSA testing matches their personal values and preferences. Men who are at high risk should have this discussion at age 40-45 years.

For men who have less aggressive prostate cancer, careful observation rather than immediate treatment can be appropriate. For men with early prostate cancer, both surgery and radiation therapy offer a similar survival benefit so, men are free to choose between these two treatments. Men with more advanced disease are treated with hormone therapy, chemotherapy, radiation therapy, and/or other treatments.

Recently, the New York Times published an article about a study which shows men with advanced prostate cancer who receive chemotherapy earlier live 14 months longer than men who put off receiving chemotherapy as long as possible.

Other recent improvements in the treatment of prostate cancer include Provenge (sipuleucel-T), a customized vaccine made from the man’s own immune system cells, Zytiga (abiraterone) and Xtandi (enzalutamide) which are newer, more effective hormone treatments for prostate cancer that is resistant to initial hormone therapy, and Xtandi (sunitinib) for hormone-resistant prostate cancer that has spread to the bones. A medical oncologist can determine if these treatments are right for you.

If you or a loved one is searching for support, Kettering Health Network offers a prostate cancer support group. Call Kettering Cancer Care at 1-855-500-CURE (2873) for more information.

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**World Lymphoma Awareness Day continued…**

The Leukemia & Lymphoma Society’s Light the Night Walk is an annual fund raising walk event, that takes place in over 200 cities across the country. The Light the Night Walk celebrates and commemorates lives touched by blood cancers. During the walk, thousands of participants walk two miles while carrying illuminated balloons, showing their relationship to cancer. White for survivors, red for supporters, and gold in memory of loved ones lost to cancer.

Registration begins at 5:30PM. The walk begins at 7PM. Before the walk, there will be food, refreshments, entertainment, and a kid’s area. There will also be a Remembrance Ceremony beginning at 6:45PM, prior to the stage program, for those walking in memory of someone. Please arrive well before 7PM to sign in, meet up with your team, eat, and enjoy the evening.

For more information on Light the Night Walks in the Tri-State area, please contact Karen Carter at karen.carter@lls.org 937-643-3007, or visit the website at http://www.lightthenight.org/soh/
Cancer Support Groups and Classes

Kettering Health Network offers a variety of free support groups and classes to help people with cancer. Families and friends are welcome. You do not need to receive treatment at a Kettering Health Network facility in order to attend. Registration may be required for some classes and activities.

Meeting times may change due to holidays or special events. Check this newsletter, the website at ketteringhealth.org/cancercare/ or call Kettering Cancer Care (855) 500-CURE (2873).

MONTHLY CANCER SUPPORT GROUPS

Open Discussion
Tuesdays, Aug 5 & Sept 2; 6:30 to 8PM
Kettering Medical Center, Nelson Conference Rooms
The following small group discussions will occur.
- SOAR (strength, optimism, and recovery) - for breast cancer
- Caring & Sharing - for any type of cancer
- Prostate Forum
- Leukemia-Lymphoma-Myeloma Family Support Group

Cancer Support Group - Beading for Hope with Carolyn and Katie
Tuesday, Oct 7; 6:30 to 8PM
Kettering Medical Center, Nelson Conference Rooms
Participants will have the opportunity to make their own cancer bracelets. Please register in advance so that we will have enough materials for everyone. Call Kettering Cancer Care at 1-855-500-CURE (2873) to register.

Cancer Support Group
Tuesdays, Aug 5, Sept 2 & Oct 13; 7 to 8:30PM
Greene Memorial Hospital, Ruth G. McMillan Cancer Center
Open to cancer patients, families or anyone touched by cancer. Please come to gain emotional support and to network with others living with cancer. Drop-in guests are always welcome. Educational programs will be offered around the wishes of group members and refreshments will be provided. Call Cindy Spradlin, RN at (937) 352-2144.

Southwest Ohio Brain Tumor Support Group
Mondays, Aug 11, Sept 8 & Oct 13; 7PM
Kettering Medical Center, Dining Room # 1
For patients with any type of brain tumor, benign or cancer, their families, and friends. Call Marilyn Reed, RN at (937) 298-4331 ext. 55299.

Cancer Support Group
Mondays, Aug 18, Sept 15 & Oct 20; 6:30 to 8:30PM
Fort Hamilton Hospital, Gebhart Cancer Center
Call Deborah Stahlheber, RN at (513) 867-2315.
**CLASSES**

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**The Cancer Class**  
**Tuesdays, Aug 12, Sept 9, or Oct 14; 10AM to Noon**  
**Kettering Medical Center, Nelson Conference Rooms 1-2**  
This free class is for anyone newly diagnosed with cancer of any type. You will learn about cancer, common cancer treatments, how to manage common symptoms, and connect to resources, including oncology team members such as the social worker, registered dietitian, certified oncology nurses, and more. **Advanced registration is required. Classes with no pre-registered participants will be cancelled.** Please call Kettering Cancer Care to register at (855) 500-CURE (2873).

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**Wellsprings of Hope (mind, body, and spirit)**  
**Tuesdays, Aug 12, Sept 9 or Oct 14; 6:30 to 7:30PM**  
**Kettering Medical Center, Nelson Conference Room 2**  
Valuable tips on exercise and nutrition, as well as educational information and prayer, to equip you to fight your cancer. **Advance registration is recommended.** Please call Kettering Cancer Care (855) 500-CURE (2873) to register.

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**Cancer Survivors’ Seminars Series**  
**Tuesday, Sept 16; 6:30 to 7:30PM**  
**Kettering Medical Center, Dining Room 3**  
Your needs are not the same as someone who is just hearing the word “cancer” for the first time or is on active treatment for his or her cancer. You are more likely focused on getting back to living life - finding your new sense of “normal”, returning to work or to family responsibilities, and perhaps taking steps to become a healthier you. This new seminar series is designed to help you with what comes “next” - beyond your cancer journey.  
The guest speaker will be Bob Peach, Director/LPCC Spiritual Care. **Advance registration is recommended.** Please call Kettering Cancer Care (855) 500-CURE (2873) to register.

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**Navigating the Breast Cancer Journey Class**  
**Available at Kettering Medical Center**  
Free classes are available for women diagnosed with breast cancer. **Advance registration is required.** Please call Kettering Cancer Care for the current schedule and to register at (855) 500-CURE (2873).

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**Look Good Feel Better**  
**Monday, Oct 20; 2 to 4PM**  
Look Good…Feel Better is a free program that teaches people in active cancer treatment techniques to help them combat the appearance-related side effects of treatment. This program is offered jointly by the American Cancer Society; the Cosmetic, Toiletry, and Fragrance Association Foundation; and the National Cosmetology Association. Each woman will receive a kit for demonstration purposes during the class. **The program is free, but advance registration is required.** Please call the American Cancer Society at 1-800-227-2345 to register and for more information.

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**Therapy to Fitness**  
**Available at Kettering Sports Medicine**  
4403 Far Hills Ave. Kettering  
Therapy to Fitness is a cash program designed to help people bridge the gap between finishing physical therapy and resuming normal daily activities. However, you do not have to be a physical therapy patient to be eligible for this program. Anyone interested in improving their level of fitness, learning proper lifting technique, or age appropriate exercise is welcome. Regardless of your exposure to physical activity or barriers you may have to exercising, we provide a safe and fun environment for you.  
Studies have shown that regular physical activity can provide several benefits for people with chronic diseases such as cancer. Benefits include healthier, stronger bones and muscles and improved balance. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness.  
We strive to work on overall fitness, including cardiovascular fitness, flexibility, and general strength. We will discuss goals and develop a safe plan that will meet your individual needs and improve your health.  
This program is individualized or could be structured for groups of 2-4. Clients receive about 40-50 minutes of one-on-one attention with a Certified Athletic Trainer. It is always in your best interest to consult your physician before beginning any fitness program. **A physician’s release may be required.** Call Kettering Sports Medicine, Brady Wingert, AT, (937) 395-3905 for more information and to register.