

KARMANOS

HOPE

A PUBLICATION OF THE BARBARA ANN KARMANOS CANCER INSTITUTE

INSIDE:

**MINIMALLY
INVASIVE SURGERY**

Small incisions – Big results

MULTIDISCIPLINARY TEAMS

Provide exemplary patient care

SUPPORT GROUPS

Patients and families
cope with cancer

BARBARA ANN
KARMANOS
CANCER INSTITUTE

Wayne State University

PRESIDENT'S LETTER



Dear Friends,

Whenever I have the opportunity to talk about the Karmanos Cancer Center, my central theme always remains the same, "When it comes to fighting cancer, your first chance is your best chance and your best chance is at Karmanos."

This is because we are the only hospital in Michigan completely devoted to cancer. We treat all forms from the most common to the rarest cancers. It is why you can expect to receive cutting edge treatment options, all linked to the latest advances in scientific research.

The highly specialized field of minimally invasive cancer surgery is commonplace at Karmanos. The work of our cancer surgeons and their teams often lead to improved outcomes for our patients. Read the remarkable story about Patricia Kraus, who credits Karmanos doctors with saving her life.

Hers and other stories in Karmanos Hope give you a glimpse of the outstanding work that takes place every day at Karmanos. This is possible because of your continued commitment and support.

Sincerely,

John C. Ruckdeschel, M.D.

PRESIDENT AND CHIEF EXECUTIVE OFFICER
BARBARA ANN KARMANOS CANCER INSTITUTE

ON THE COVER



Tony Kinsey felt isolated when first diagnosed with chronic myelogenous leukemia last November. Those feelings no longer exist since he, his wife, three sons and other family members began attending support groups at the Karmanos Cancer Center.

(Read more on pages 2-3)

Cover images by Stephen Lengnick, Plum Street Studio

BARBARA ANN
KARMANOS

CANCER INSTITUTE

Wayne State University

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ABOUT THE INSTITUTE

The Barbara Ann Karmanos Cancer Institute is one of only 39 National Cancer Institute-designated Comprehensive Cancer Centers in the United States. Federal designation as a Comprehensive Cancer Center is the pinnacle of translational oncology research.

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Joseph J. Buttigieg, III and Lila Silverman

(as of 10/19/07)



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The Kinsey family candidly talks about how support groups help them cope with the emotional and practical aspects of living with cancer.

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“The doctors at Karmanos saved my life”

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Multidisciplinary teams collaborate to provide exemplary patient care



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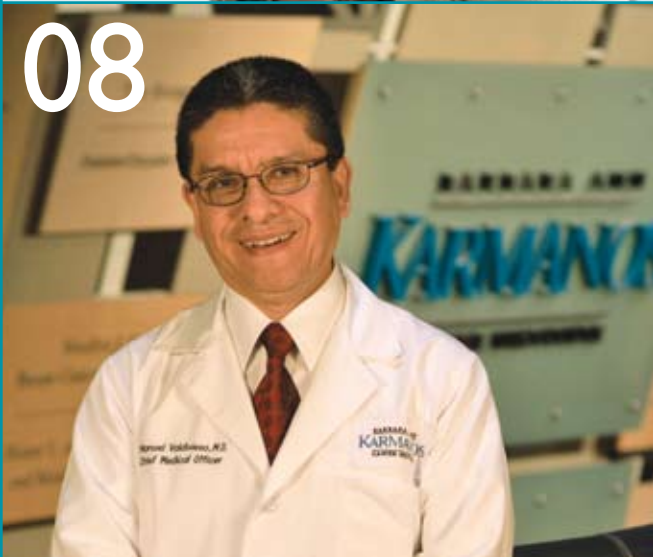
Karmanos scientist studies effects of soy on cancer cells

THE PIONEER OF ZINC

Karmanos Cancer Institute is home to world’s leading zinc research pioneer

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Meredith Mullins, B.A., MBA
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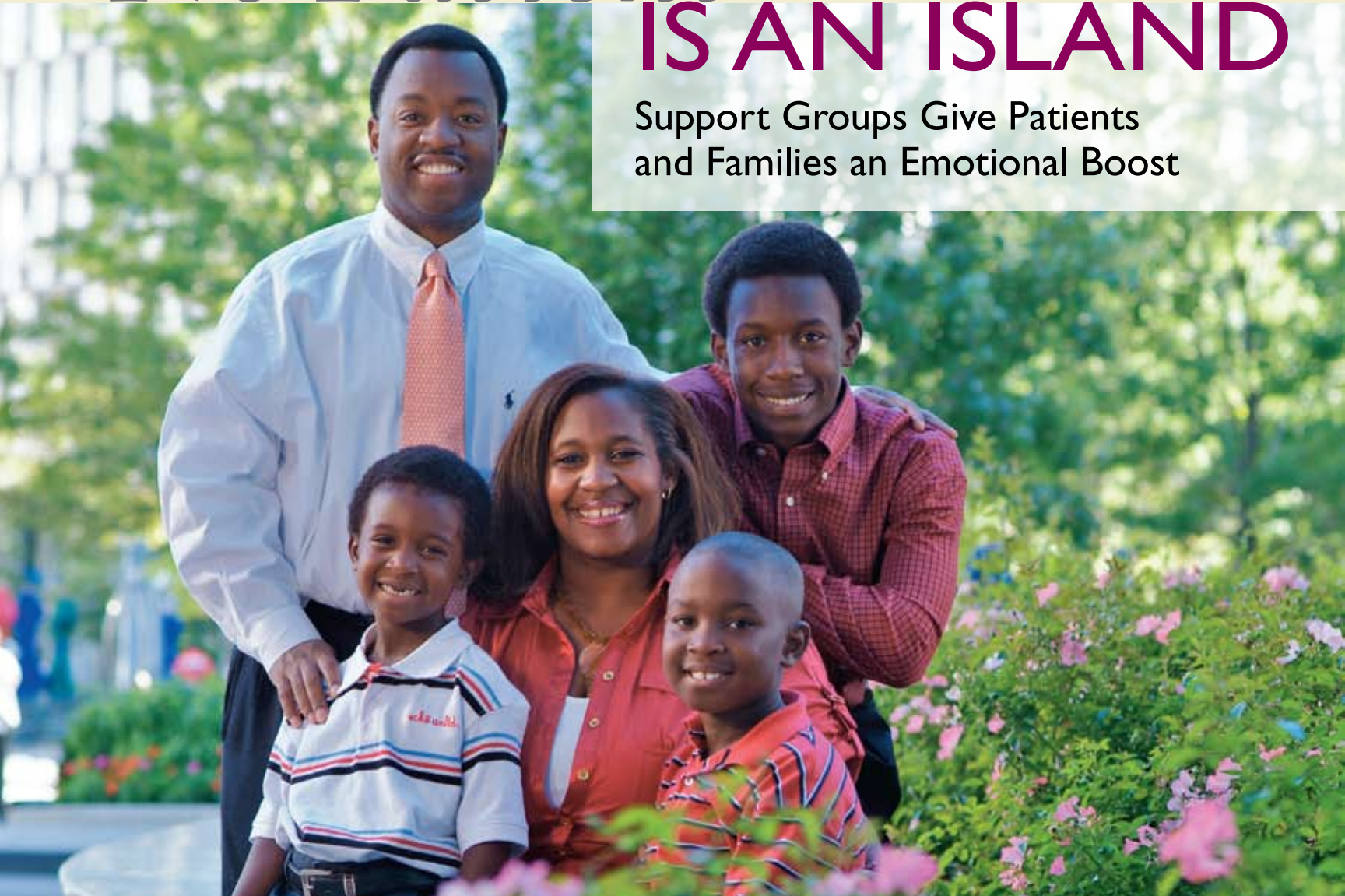
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SURVIVOR STORY – “Heart of a Survivor” Award

No Patient IS AN ISLAND

Support Groups Give Patients
and Families an Emotional Boost



When Tony Kinsey was diagnosed with chronic myelogenous leukemia last November, he faced many uncertainties.

“I worried about my wife and three young sons and how they’d handle it,” says Kinsey, 38, an education and business consultant from Detroit. “I wondered if I should or shouldn’t tell people I have cancer. I felt very isolated, as if I were on an island.”

Kinsey’s experience isn’t unusual for newly diagnosed cancer patients. Their challenges may leave them feeling overwhelmed or alone. For some, it can be difficult to handle these feelings or talk about their illness with their most supportive family and friends.

To help patients cope with the emotional and practical aspects of living with cancer, the Karmanos Cancer Center’s

Department of Patient and Family Support Services offers a number of cancer support groups that meet regularly. Each group is devoted to a different audience – some are geared toward a specific type of cancer, while others are for the patient’s spouse or children. Health care professionals from Karmanos volunteer their time and expertise to lead the group sessions. The groups are offered at no charge to anyone interested in attending, including patients seeking treatment elsewhere.

Sharon Cure, director of Patient and Family Support Services at the Center, helped develop the first support groups at Karmanos in the mid 1980s.

“Support groups can be an invaluable boost to patients and their families,” Cure says. “They offer a chance to exchange information and get emotional support. You can find empathy by sharing experiences with others who are walking the same path.”

CANCER SUPPORT GROUPS AT KARMANOS

Sometimes patients are hesitant to attend a support group because they think it's an admission of weakness or that the group dynamic will make them feel like an "outsider." On the contrary, Cure says the groups are very inviting and a powerful resource for patients and families.

"Recognizing a need for support is not an indication of weakness, but of strength," Cure says. "Support groups offer the tools that can help patients and their families cope with cancer. And we help direct patients to groups that have a mission similar to their own. That's why we offer a variety of support groups that accommodate different needs."

Shortly after being diagnosed, Kinsey and his wife, Annette, began attending "Peace, Wisdom and Humor," a support group that demonstrates the benefits of applying these principles to our lives. Their sons attend "Friends Like Me," an art therapy group for well children ages 6-16 who have a significant person in their lives with the disease.

"Through the support groups I found that there are many different people dealing with the same uncertainties and dynamics – and surviving," Kinsey says. "We've also invited different family members to attend sessions with us. The groups give us a great opportunity to have conversations with them about our concerns."

"My sons have also learned a lot about cancer at their group for kids and they enjoy going. It's allowed them to put cancer in its proper box and opened them up to different ideas about the disease – that it can't stop your dad from loving you."

Annette says the support groups have also helped them have a greater understanding of the difficulties children face when a loved one has cancer.

"My husband and I were initially so caught up in dealing with the stress that we kind of forgot about our children's emotions," Annette says. "We started bringing them to 'Friends Like Me.'"

"The group helped clear up some of their misconceptions, particularly for our six-year-old. One of the group leaders explained to him that you can't get cancer by sharing a glass of water. That's something we never thought would need explaining. The group leaders help us parent by lending their expertise, which is invaluable."

With the help of the support groups, the Kinsey family is acting as a "team" by communicating openly and supporting Tony as he undergoes treatment for the disease.

"The support groups are a tremendous resource for our family," Annette says. "At the meetings, we have peers who listen to our story and there's always someone willing to lend advice. I don't know how we'd be able to cope without the support groups. They've opened up a channel of communication that we didn't have amongst ourselves."

Patient and Family Support Services provides dozens of programs to Karmanos patients, including financial subsidies, transportation, complementary therapies, patient seminars and more. To learn more, call 1-800-KARMANOS.

All groups meet in the Wertz Classroom at the Karmanos Cancer Center, except for "Friends Like Me," which meets in the Education Resource Center. For more information on these and other support groups offered by Karmanos, please call 1-800-KARMANOS.

A FEW GOOD MEN

Focus: For the well male who is a significant other of a female patient.

For more information: Contact Scott Phillip, 313-745-9015

ANAMILO CLUB

Focus: For laryngectomy patients, their family and friends.

For more information: Contact Sharon Cure, 313-576-9293

BLOOMS FOR TOMORROW

Focus: For patients and their families who are working to raise awareness of ovarian and other gynecologic cancers.

For more information: Contact Carol Kudron, 313-576-9281

FRIENDS LIKE ME

Focus: For well children ages 6-16 who have someone significant in their lives dealing with cancer. Held in conjunction with "Peace, Wisdom and Humor."

For more information: Contact Emily Bawol, 313-576-9284

PEACE, WISDOM AND HUMOR

Focus: For patients with any diagnosis. Topics include how applying the principles of peace, wisdom and humor can help improve a patient's overall well-being.

For more information: Contact Sharon Cure, 313-576-9293

WAVE


Focus: For African-American cancer patients.

For more information: Contact Shaa-Ista Wilcox, 313-576-9282

YOUR JOURNEY WITH CANCER

Focus: Educating and supporting newly diagnosed patients and their family and friends. A four-week series held twice yearly.

For more information: Contact Jan Vuckov, 313-576-9283



*“The doctors at
Karmanos saved
my life. Now I know
I have a future.”*

– PATRICIA KRAUS

A New Generation *of Hope*

MINIMALLY INVASIVE SURGERY HELPS IMPROVE PATIENT OUTCOMES

Ever since she was a child, Patricia Kraus has lived in the shadow of cancer.

Patricia's mother died at age 46 from colon cancer, as did her grandmother at age 32 and great-grandmother at age 28. Last June, Patricia's sister died of colon cancer at age 44. All had Lynch syndrome, a rare genetic disorder that predisposes people with the inherited defect to develop colorectal and other forms of cancer.

"Knowing that cancer was hereditary in my family, it was something I anticipated for myself," says Kraus, 44. "I'm the first woman on my mom's side in generations to see her grandchild born."

But thanks in part to a life-saving, minimally invasive procedure performed last December by Madhu Prasad, M.D., co-chief, Surgical Oncology at the Karmanos Cancer Center, Kraus can look forward to many days of play with her infant granddaughter and grandson. Using a technique called assisted laparoscopy, Dr. Prasad performed a total abdominal colectomy, removing five feet of Kraus' colon. Because the procedure was performed through a two-inch incision, Kraus' post-surgical discomfort was minimized and recovery time reduced. Within a week, she was home and living with renewed hope.

"Because of the extent of the surgery, I initially thought I'd be laid up for at least three months and unable to pick up my grandchildren," Kraus says. "But after the surgery I didn't feel a lot of pain and was shocked by how quickly I healed. The doctors at Karmanos saved my life. Now I *know* I have a future."

SMALL INCISIONS – BIG RESULTS

A small incision is the hallmark of a minimally invasive operation. Depending on the size of the tumor, an incision can be as small as two inches as opposed to 10 or 12 in a traditional surgery. Smaller incisions mean patients have less pain, smaller scars, a shorter hospital stay and possibly a better surgical outcome, says Chris Steffes, M.D., associate professor of surgery at Karmanos and member of its Gastrointestinal and Sarcoma Oncology multidisciplinary teams.

"When undergoing a minimally invasive procedure, patients are able to tolerate the surgery better and have an opportunity of receiving other treatments sooner, if necessary," says Dr. Steffes. "An open, invasive operation reduces the strength of the patient as the recovery from surgery is more prolonged. We hope that by performing operations with smaller incisions the patient's overall strength will stay intact."

Dr. Steffes notes that certain characteristics determine whether a patient is a good candidate for minimally invasive surgery.

"If the tumor is in its early stages and not attached to too many surrounding organs, then surgery could be approached minimally," Dr. Steffes says. "Because it's much less stressful on the patient, we can also investigate a tumor earlier by inserting a scope through the small incision. This type of procedure could be applied to just about any type of tumor, but we only consider it if it's in the best interest of the patient."

A MATTER OF INCHES

When she was diagnosed with Lynch syndrome, Kraus' tumor blocked nearly 100 percent of her colon and she was losing a pound a day. Within two weeks of her diagnosis,



CHRIS STEFFES, M.D.

“(At Karmanos) we work hand-in-hand with specialists in other disciplines in a way you won’t find in another institution.”

– MADHU PRASAD, M.D.

Dr. Prasad performed the minimally invasive laparoscopic procedure.

“Traditionally for this type of operation, a 10 to 12-inch incision is made down the middle of the abdomen,” says Dr. Prasad. “You have to divide a lot of normal tissue to get at the site of the disease. But by using a minimally invasive technique, there is less collateral damage to tissues and you reduce complications and promote healing. For Patricia’s surgery, we made a small, two inch incision below her belly button. She had minimal pain and was home within a week with no complications.”

Karmanos surgeons are collaborating with world-renowned surgeon Dr. C. Palanivelu of Gem Hospital in Coimbatore, India to develop new techniques to make operations more precise and less invasive than ever before. The Center is also partnering with Wayne State University to develop the Center for Surgery and Advanced Technology, which will accelerate the application of new technologies to the clinical setting.

“Cancer patients need specialized cancer surgeons,” Dr. Prasad says. “At Karmanos, we do a lot of complex surgery as well as routine cancer surgery. We also work hand-in-hand with specialists in other disciplines in a way you won’t find in another institution. Our experience and access to creative new technologies to apply specifically to cancer patients sets us apart.”

In August, Kraus had a complete hysterectomy performed at Karmanos by robotic surgery. Kraus elected to have the surgery performed as a preventative measure due to her family history. Now she’s agreed to participate in a research protocol at Karmanos as part of her aftercare and monitoring program.

“I’m here with my family today because of Dr. Prasad and everyone at Karmanos,” Kraus says. “They saved my life, and the research they’re doing will help save the lives of my children and grandchildren. That’s very reassuring to me when I consider the future.”

MINIMALLY INVASIVE SURGERIES AT THE KARMANOS CANCER CENTER

Adrenal surgeries:

- Laparoscopic adrenalectomy for adrenal tumors

Bowel surgeries:

- Laparoscopic small bowel resection

Colon surgeries:

- Laparoscopic colectomy
- Endoscopic colonic mass resection

Esophagus surgeries:

- Laparoscopic esophagectomy

Kidney surgeries:

- Laparoscopic Radical nephrectomy for renal/kidney cancer
- Laparoscopic Partial nephrectomy for renal/kidney cancer (nephron sparing surgery)
- Renal Cryosurgical ablation of kidney tumors
- Laparoscopic radical nephroureterectomy for renal, pelvis and ureteral cancers

Liver surgeries:

- Laparoscopic liver resection
- Laparoscopic ablation of liver tumors

Lung surgeries:

- Thora-COscopic lung resection

Ovarian surgeries:

- Laparoscopic bilateral salpingo-oophorectomy

Pancreas surgeries:

- Laparoscopic pancreatectomy

Pelvic surgeries:

- Laparoscopic Pelvic/Para-aortic lymph node dissection (staging)

Prostate gland surgeries:

- Cryosurgical ablation of prostate cancer
- Brachy-radiation therapy for prostate cancer
- Laparoscopic Radical prostatectomy for prostate cancer
- Robotic assisted laparoscopic radical prostatectomy for prostate cancer

Rectal surgeries:

- Transanal endoscopic microsurgery (TEM)
- Sphincter-sparing rectal surgery

Spleen surgeries:

- Laparoscopic splenectomy

Stomach surgeries:

- Laparoscopic gastrectomy
- Endoscopic gastric mass resection

- Laparoscopic omentectomy
- Natural orifice surgery

Ureter surgeries:

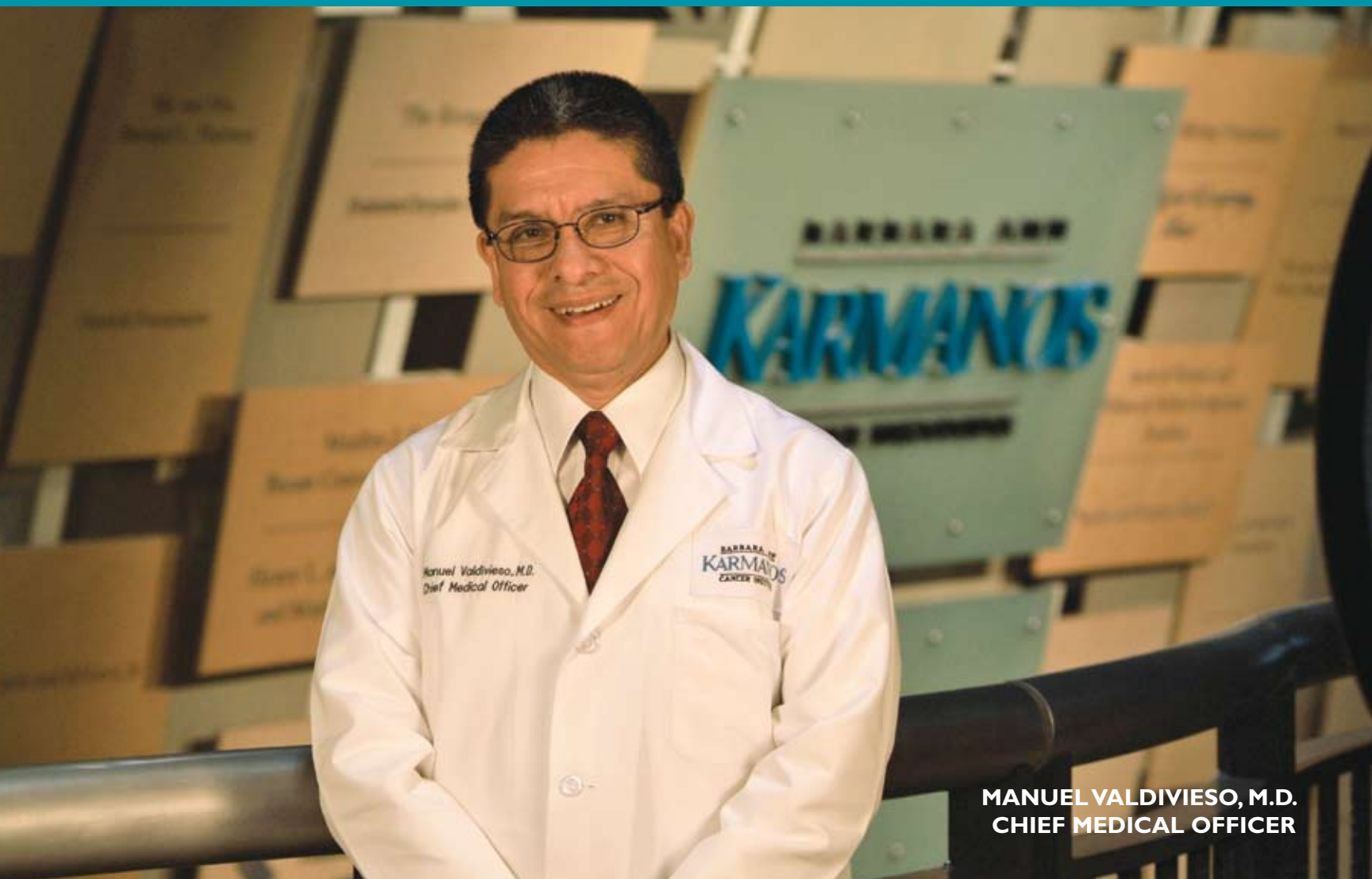
- Ureteroscopic/endoscopic surgery for renal/ureteral stones or tumors

Urinary bladder surgeries:

- Endoscopic resection of bladder tumors
- Laparoscopic radical cystectomy for the treatment of invasive bladder cancers
- Robotic assisted Laparoscopic radical cystectomy for the treatment of invasive bladder cancers
- Laser ablation of bladder tumors

Uterine surgeries:

- Laparoscopic simple hysterectomy
- Laparoscopic simple trachelectomy for the removal of cervix and re-attaching uterus to vagina
- Laparoscopic radical hysterectomy
- Laparoscopic radical trachelectomy (removal of cervix and paracervical tissue, upper vagina and re-attachment of uterus to vagina with placement of a permanent cerclage)



MANUEL VALDIVIESO, M.D.
CHIEF MEDICAL OFFICER

MEETING THE HIGHEST STANDARD

Multidisciplinary teams collaborate to provide exemplary patient care

It's a Thursday on the Karmanos Cancer Center's main campus. At noon in a large, high-tech conference room, more than 30 physicians, thoracic surgeons, medical oncologists, radiation oncologists, pulmonary doctors, radiologists, pathologists, pain and supportive care specialists and clinical trial nurses from different specialties meet for the weekly Thoracic Multidisciplinary Team conference. These specialists will discuss about 10 patient cases dealing with lung and esophagus cancer. Some cases will be discussed by videoconference with doctors at the Northern Michigan

Regional Health System, a Karmanos affiliate in Petoskey. The meeting participants have one goal: to determine the best course of treatment for each patient based on the latest research findings and using state-of-the-art therapies.

Attention is riveted to the large video monitor where three-dimensional CAT and PET scan films, x-rays and pathology slides are being reviewed. Every detail of the patients' case histories and prior treatment is discussed. Questions are asked and answered; input is made; opinions are shared. Collectively, the group reaches a consensus and makes important, potentially

life-saving treatment decisions based on their cross-disciplinary expertise. After the conference, the attending physician shares the team's recommendations with patients and family that same day.

This collaborative approach to patient care doesn't just happen on Thursday – it happens every day for every cancer patient at Karmanos. Specialists from each diagnostic, treatment and supportive care discipline comprise 15 multidisciplinary teams (MDTs) that ensure its patients are properly diagnosed and receive the very best treatment. This approach is part of what makes Karmanos one of 39 National Cancer Institute-designated comprehensive cancer centers in the United States.

“Our multidisciplinary teams represent a concentrated effort to bring cancer specialists from various disciplines together to examine and treat patients,” says Manuel Valdivieso, M.D., associate director of Clinical Affairs and chief medical officer at the Karmanos Cancer Center. “At Karmanos, it's a given that we work together in a collegial manner to decide the best course of treatment for each patient.”

The MDT concept at Karmanos was first tested more than 30 years ago by specialists who treated patients with a particular type of anal cancer. Surgeons, radiation oncologists and medical oncologists collaborated to find a new way to treat this malignancy that often required major surgery, leaving patients with a colostomy bag for the rest of their lives. Karmanos doctors discovered that a combination of chemotherapy and radiation therapy would cure most patients and eliminate the need for surgery. That treatment method has since become standard practice around the world.

Today, when new patients come to Karmanos, the Center's Concierge Service and MDT coordinator refers them to the appropriate MDT for consultation and treatment. Patients also benefit by having convenient access to a comprehensive group of specialists without having to make multiple appointments at

several medical offices that can stretch over a period of weeks or months.

“Hypothetically, outside Karmanos, a cancer patient may first see their primary care physician, who refers the patient to a pulmonary doctor,” Dr. Valdivieso says. “A week later, that doctor suggests that the patient get a biopsy. Another week later, the patient might be referred to a surgeon. Then after a couple more weeks the patient might be referred to a radiation oncologist or to a medical oncologist and so on. The patient could spend up to two months going through a series of appointments without having a face to face discussion with specialists about a specific course of treatment.

“Through the MDT approach at Karmanos, we can perform testing and make treatment decisions for a patient within a single day. And those decisions are made by world-class oncology specialists whose expertise is second to none.”

Because Karmanos is also a cancer research facility, patients can also take advantage of groundbreaking treatment opportunities through clinical trials. These may include a combination or sequence of new treatment options and surgical techniques.

“We perform a lot of clinical investigations and research to help enhance the standard of care,” Dr. Valdivieso says. “Our equipment is also continually being refined. Today we perform many new, minimally-invasive surgeries that improve patient outcomes and minimize complications. Every research finding we make is applied toward improving patient care.

“Patients should expect physicians to work together for their benefit, and the treatment options should include the possibility of participating in a clinical trial. These things are available at Karmanos. It's part of our standard, day-to-day approach.”

For more information on the Multidisciplinary team approach at the Karmanos Cancer Center, visit www.karmanos.org.

MULTIDISCIPLINARY TEAMS AT KARMANOS

Breast Cancer	Head and Neck Oncology	Pediatric
Developmental Therapeutics/Phase I	Hematology (benign – sickle cell, other anemias and coagulopathies)	Sarcoma
Gastrointestinal Oncology (colorectal, pancreatic, liver)	Hematology (malignant – leukemia, lymphoma, Hodgkin's Disease)	Stem Cell and Bone Marrow Transplant
Genitourinary Oncology (prostate, bladder, kidney, testicle)	Melanoma/Skin	Supportive Oncology
Gynecologic Oncology (ovarian, cervical, endometrial)	Neurologic (brain, central nervous system)	Thoracic Oncology (lung, thymus gland, esophagus, mesothelioma)

A STUDY *in Soy*

KARMANOS SCIENTIST RECEIVES PRESTIGIOUS GRANT TO FUND SOY RESEARCH

Fazlul H. Sarkar, Ph.D., professor of pathology at the Karmanos Cancer Institute and Wayne State University, is taking the old adage “you are what you eat” down to the molecular level.

For nearly 15 years, Dr. Sarkar has been studying the effects of Genistein on cancer cells. Previous research has shown that Genistein – an isoflavone compound extracted from soybeans – can sensitize cancer cells to chemotherapy and radiation therapy. This led to several clinical trials at the Institute involving breast and prostate cancer patients. Dr. Sarkar’s pre-clinical findings indicate that, when consuming soy isoflavones in capsule form, patients are likely to need less chemotherapy or radiation therapy for an effective treatment. The reduced exposure to these treatments also means a reduction in patient side effects.

In July, Dr. Sarkar received a National Cancer Institute RO1 grant award of \$1.3 million to explore how soy isoflavones affect prostate cancer. The prestigious RO1 grant supports projects performed by investigators that represent their specific research interests.

Dr. Sarkar is known as one of the world’s foremost authorities on isoflavone action, having published several dozen articles on the subject in scientific journals. His research collaborators at Karmanos include Drs. Gilda Hillman, Philip A. Philip, Elisabeth Heath, Omer Kucuk, Bassel El-Rayes and Ding Wang. Their work is attracting the attention of physicians and researchers around the world. Other distinguished cancer institutes such as the MD Anderson Cancer Center in Houston and the University of Michigan are collaborating with Dr. Sarkar and his team on studies related to pancreatic cancer and head and neck cancers.

“There was almost a complete lack of understanding regarding isoflavones and how they target cancer cells when we began this research nearly 15 years ago,” Dr. Sarkar says. “It’s extremely difficult to conduct prevention research like ours, as it takes 10 to 20 years to form definitive conclusions and it costs millions of dollars. With this grant, we can continue to further understand the mechanism of action of these soy compound extracts.

“We’ve seen the effects of soy in animal studies conducted by other laboratories, where soy isoflavone is given to

KARMANOS OFFERS NUTRITIONAL COUNSELING

The Karmanos Cancer Center offers assistance to patients and their loved ones in need of nutritional instruction. “Ask the Dietician” is an informal question-and-answer session that provides the opportunity to discuss nutritional topics such as special diets, herbal medicines, healthy eating tips and more.

The free program is offered on the first Tuesday of each month from 10 to 11 a.m. in the Institute’s Education and Resource Center, room 1248. For more information contact LaDonna Hinch, registered dietician, at 313-745-8033 or lhinch@karmanos.org.





FAZLUL H.
SARKAR, PH.D.

pregnant rats. After the pups are born, they're given regular food. When later exposed to a carcinogen that is known to induce breast cancer, the pups were protected from developing cancer, even though they had not consumed isoflavone themselves. The question remains if soy isoflavone can have the same effect in terms of saving human lives by the action of mothers who consume a balanced diet containing high levels of isoflavones."

The benefits of a diet rich in soy have been known for thousands of years. Asian cultures, which typically consume more soy than Westerners, tend to have lower rates of heart disease, osteoporosis and cancer. Even within Asian cultures, those who eat the most soy have the lowest incidence of cancer.

"In Japan and China, breast and prostate cancer rates are significantly lower than in Western countries," Dr. Sarkar says. "A patient's response to chemotherapy or radiation therapy is likely to be better when combined with a soy compound. The point of our research is to figure out how soy isoflavones work and apply that information to improving cancer treatment with the ultimate goal of saving lives."

Dr. Sarkar has devoted much of his career to exploring the

role of nutrition in preventing cancer. He is also studying the value of Indole-3-Carbinol (I3C), which is found in vegetables such as broccoli, cauliflower, kale, brussel sprouts and spinach. When we eat these vegetables, our stomach acid turns it into a second substance called DIM. Dr. Sarkar is about to finish a phase I clinical trial related to DIM and its effect on prostate cancer.

"There's absolutely no question that good health is related to a good diet," Dr. Sarkar says. "It's the reason why the National Cancer Institute's nutritional guidelines call for five servings of fruits and vegetables every day. There should be more of an emphasis placed on living a healthy lifestyle as a means of cancer prevention."

The RO1 grant will fund Dr. Sarkar's research through 2012. He continues to seek and secure funding for his research investigating the effects of isoflavones and DIM on breast, prostate and pancreas cancer cells.

"Without the active collaboration between the laboratory scientists and clinicians, this kind of translational research is practically impossible," Dr. Sarkar says. "I'm fortunate to have such a good collaboration with many clinical scientists at the Karmanos Cancer Institute to realize my dreams."

The Pioneer OF ZINC



ANANDA PRASAD, M.D., PH.D.

Today, we take zinc lozenges to prevent the onset of the common cold. One day, we may ingest it to calm inflammation in our bodies, thus reducing our risk for cancer. In both instances, the Karmanos Cancer Institute is home to the world's leading zinc pioneer, and after 40 years of research he is still learning what zinc can do.

Ananda Prasad, M.D., Ph.D., Barbara Ann Karmanos Cancer Center Distinguished Professor of Medicine and hematology oncology researcher, first pioneered the research investigating zinc, a trace element, and its effects on metabolism. For his work, which spans four decades, he was appointed as a consultant to the Bill and Melinda Gates Foundation, received a mastership from the American College of Physicians–American Society of Internal Medicine, (receiving their highest award for outstanding research related to medicine), and has been inducted into the Asian Academy Hall of Distinction.

Dr. Prasad was first introduced to zinc after he finished his training in hematology at the University of Minnesota. One of his former professors received an invitation to establish a medical curriculum at the University of Shiraz Medical School, in Iran and invited Dr. Prasad to accompany him. Two weeks after his arrival, a 21-year-old-man, who looked like an eight-year-old boy, came to Dr. Prasad.

Karmanos researcher receives multiple honors for a lifetime of research

The patient lacked secondary male characteristics, was considered mentally lethargic and ate clay. Dr. Prasad diagnosed the man's condition as extreme anemia, but couldn't understand how such a condition came about because most males do not develop anemia without bleeding. Commonly, people affected by extreme anemia would die of pneumonia or parasitic diseases.

The patient's condition was so prevalent in Iran that it was considered an epidemic. Dr. Prasad studied the condition and hypothesized that because plants do not grow without enough zinc, perhaps people do not either. In the developed world, zinc can be found in a wide variety of food sources, such as fresh fish, red meat, oysters and dairy products. In developing countries, like Iran was in the 1950's, diets primarily consist of breads and grains, which contain phytate, a substance which binds zinc and iron and prevents both minerals from being absorbed.

Zinc can be found everywhere – in air, food and water – which is why it was considered improbable any human being could become zinc deficient.

Dr. Prasad ended up proving that, at the cellular level, zinc is necessary for T cells, which battle all kinds of infection.

“Without zinc, T cells don't function effectively, allowing potentially anything from the common cold to cancer to invade the body,” Dr. Prasad said.

Dr. Prasad believes zinc and iron deficiencies occur in more than two billion people worldwide; one of Dr. Prasad's studies has shown one in four elderly Detroiters to be zinc deficient.

In 1961, Dr. Prasad was published in the American Journal of Medicine, in which he suggested, for the first time, that deficiency of zinc may occur in humans, which accounted for the growth retardation in the Iranian patients. The paper was later republished as a Nutrition Classic, meaning it contained an original observation which had a great impact on human nutrition. In his next paper, which was based on the studies done in similar patients from Egypt, Dr. Prasad established these patients were zinc deficient as well. This paper was published in The Journal of

Laboratory and Clinical Medicine in 1963 and later was republished in 1990 as a landmark article in the same journal. After the publication of these papers, Dr. Prasad started administering zinc through clinical trials, and his subjects began growing taller and developing male characteristics.

Dr. Prasad joined the Karmanos Cancer Institute in 1984 (then the Michigan Cancer Foundation),

and earned the title of Distinguished Professor of Medicine in 2000. He has worked for Wayne State University since 1963, when he was appointed director of hematology. In conjunction with his cancer research, Dr. Prasad has continually studied the role of zinc in the human body. In 1975, he suggested the National Research Council set the Recommended Daily Allowance for zinc to 15 milligrams per day. He is currently investigating the possibility zinc may prevent chronic inflammation in the body, thus reducing cancer risk.

Despite his long and successful career, Dr. Prasad has no intention of retiring anytime soon. “I'll retire once I've managed to solve a problem in the world,” he said. “So far, I'm not there yet.”

*“Without zinc, T cells
don't function effectively,
allowing potentially
anything from the common
cold to cancer to invade
the body.”*

– ANANDA PRASAD, M.D., PH.D.

MEREDITH MULLINS, B.A., MBA

As a young college student, Meredith Mullins considered going to medical school and majored in Biology and Psychology at the University of North Carolina. She also worked as a research assistant in both departments as an undergraduate, helping principal investigators with data collection and evaluation. But it wasn't until she joined the Medical University of South Carolina in Charleston as a business administrator that she found her true calling.

"I found it can be isolating to work in a lab," says Mullins, associate center director and senior vice president for research administration and government affairs at the Karmanos Cancer Institute. "I learned when I started my career in administration that I was resisting what comes natural to me. I love working in a business environment with teams of people and organizing complex projects."

Helping Karmanos researchers obtain funding and support from the federal and state government for their activities – including clinical trials – is Mullins' specialty. She leads a team of 12 directors and managers who handle all aspects of research finance at the Institute. Her department generates about 200 grant proposals per year and provides project management services for the competing Cancer Center Support Grant (CCSG). The grant is a key component of the Institute's designation as a comprehensive cancer center by the National Cancer Institute (NCI). Karmanos is one of just 39 such centers in the United States.

"My responsibility is to make sure that our research dollars are maximized and spent efficiently and ethically," Mullins says. "Without our research and NCI designation, the Institute wouldn't be able to provide the latest innovations in treatment and care or provide patients with access to clinical trials. What makes Karmanos special is that we offer a great standard of care as well as the latest in technologies and treatments."

After leaving South Carolina, Mullins became chief administrative officer at the Oregon Cancer Institute while she obtained her MBA. She later held administrative positions at the Ohio State University Comprehensive Cancer Center before becoming vice president of research

administration at the H. Lee Moffitt Cancer and Research Institute in Tampa, Fla. At Moffitt, she worked with current Karmanos Cancer Institute President and Chief Executive Officer John C. Ruckdeschel, M.D.

"We experienced tremendous growth and expansion at Moffitt and it was a very exciting time to work with Dr. Ruckdeschel," Mullins says. "He was a great mentor to me and I learned a lot from him. When he came to Detroit and asked me to join him at Karmanos, the decision was a no-brainer. I was also attracted by the challenge of restructuring and developing the research administration enterprise."

One of the first projects Mullins and Dr. Ruckdeschel worked on at Karmanos was directing the submission of the 1,000-page CCSG grant, which garnered the Institute's highest-ever rating and a \$14 million award. In about six months, she and Dr. Ruckdeschel will begin the grant renewal process.

To complement her government relations work, Mullins is currently working toward a law degree from the University of Detroit Mercy School of Law.

"When I finish my job, I go to school at night," Mullins says. "My job puts me in constant contact with legal issues, such as regulatory and compliance matters. I discuss issues with lawyers at least two to three times a day. I need to stay ahead of the legal changes that are coming so I'm in the best position to assist with federal and state governmental relations."

Few people are able to meld all their work and educational experiences together into a single position. For Mullins, it's what makes her work at Karmanos a "dream job."

"I couldn't decide what I wanted to be when I was an undergraduate, but in a very neat way, all my educational and work experiences have come together at Karmanos," Mullins says. "I'm not a scientist, but I am part of their team by helping them launch and continue their research. I'm helping to expedite the discovery process and find a better way of taking care of cancer patients. That's extremely rewarding."

“What makes Karmanos special is that we offer a great standard of care as well as the latest in technologies and treatments.”

– MEREDITH MULLINS,
ASSOCIATE CENTER DIRECTOR
AND SENIOR VICE PRESIDENT
FOR RESEARCH ADMINISTRATION
AND GOVERNMENT AFFAIRS

MEREDITH MULLINS

TITLE:

Associate Center Director and Senior Vice President for Research Administration and Government Affairs.

EDUCATION:

J.D. expected May 2009 from the University of Detroit Mercy; MBA from the University of Oregon; B.A., double major: Biology, Psychology from the University of North Carolina, Chapel Hill.

BIRTHPLACE:

Atlanta, Georgia.

CURRENT RESIDENCE:

Detroit. “I promote Detroit wherever I can. It is a privilege to be living, working and learning in the D. I’m very in-touch with my community.”

HOBBIES:

Sports enthusiast. “I love the Tigers, Pistons, Red Wings and Lions. I’m also a huge college basketball fan and follow the North Carolina Tar Heels.”

[BIO]

Finding Comfort in CarePages

Web-based service allows creation of virtual patient support community

Just as the Karmanos Cancer Center continually seeks to provide the best cancer care, it also strives to enhance and improve the entire health care experience for patients and their loved ones. To help cancer patients share news about their progress with family and friends, Karmanos has introduced CarePages, a free service that allows users to create personal, private Web pages that act as a virtual meeting place where visitors can also post supportive messages.

CarePages, a Chicago-based company, offers its services to about 600 hospitals and other medical facilities across the United States and Canada. Since Karmanos introduced the service in May, patients and families are now creating their own CarePages.

“When undergoing treatment for cancer, there’s a lot of news to share, and it can sometimes be tiring or impossible to quickly relate all that information to our loved ones,” says CarePages Account Manager Renae Miller. “Through CarePages, the patient or family can update everyone

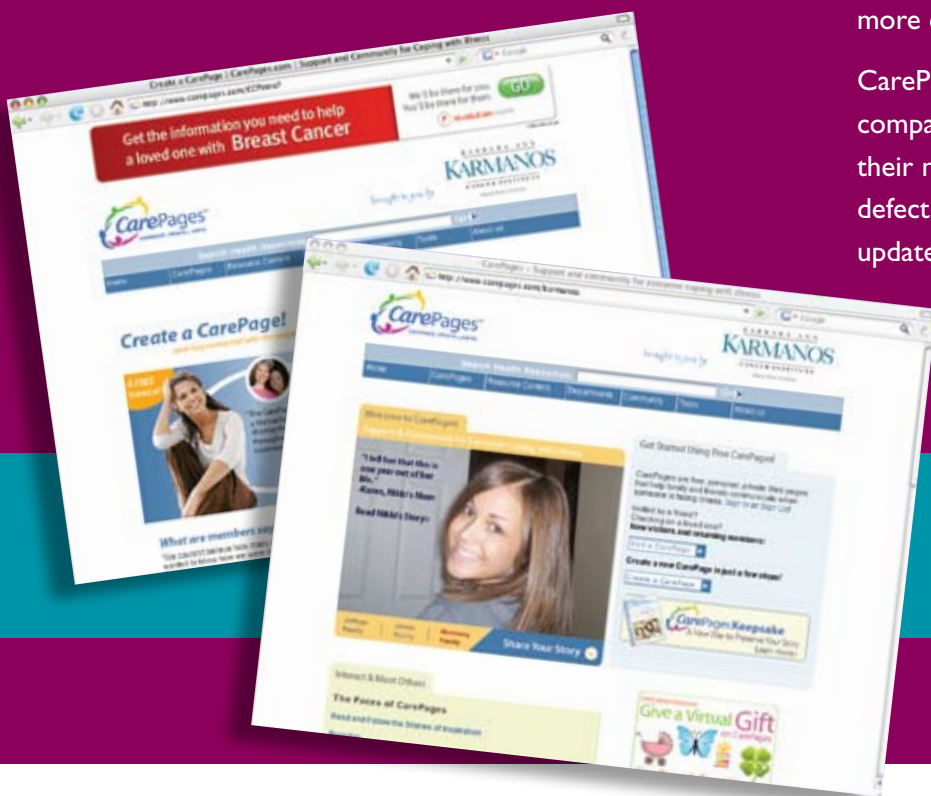
at once without having to make a ton of phone calls. The service also makes it very easy to form a virtual emotional support community around the patient. There may also be family members who live far from the patient and are unable to visit. Others may feel more comfortable posting an online message of support rather than making a phone call.”

CarePages users can easily create online content without prior knowledge of HTML or experience in using site building software. Besides patient news and contact information, users can also create a photo gallery to share with friends and family. CarePages updates are sent to the patient’s recipient list automatically via e-mail. Privacy and security are also built into the service – an individual patient’s CarePage cannot be accessed without an e-mail invitation from the page creator.

“The Karmanos Cancer Center cares a great deal about the patient experience, and it’s wonderful that they offer this patient-centered service,” Miller says. “CarePages really helps patients by allowing them to share information more quickly than ever before.”

CarePages was created out of a personal need by company co-founders Eric and Sharon Langshur. After their newborn son was diagnosed with a congenital heart defect, they constructed a simple Web site including news updates, a message board and photo gallery. The site’s success inspired them to offer the service to other patients and families in need of a free, easy-to-use online communication and support tool.

**To view or create a
CarePage, go to
www.carepages.com/karmanos**



WORKING

without Wires

Patients and families at the Karmanos Cancer Center can create and update their own CarePages at any time using the wireless Internet service that was launched earlier this summer at Karmanos. The free service covers the clinical and patient lounge areas on the first floor and on two of the four inpatient floors.

"It's about making services available to patients and their loved ones," says George Yacoub, chief information officer at the Karmanos Cancer Institute. "Besides creating CarePages, patients can use the service to keep up with e-mail communications or conduct business online if they're here with us for longer periods of time."

There are no limits to the number of patients who can use the service. To access the Internet, patients simply need a standard wireless networking card, which is already built into many newer laptop computers. The service is also completely secure and meets regulatory requirements.

The wireless network for patients complements a separate secure network used by physicians and staff. During patient appointments, health care providers can access patient records and test results or schedule appointments on the spot.

"The service significantly enhances the delivery of patient care," Yacoub says. "It allows us to make the best and fastest care decisions."

Yacoub is currently reviewing feedback from patients, families and physicians about the wireless networks as part of an ongoing evaluation process. Karmanos is developing plans to further expand wireless services throughout the building.

*Karmanos Appoints***New Executive Team Members**

In July, the Karmanos Cancer Institute made two new appointments to its senior management team.

William G. Bennett was promoted to the newly created position of senior vice president/chief operating officer, from chief financial officer; and Cynthia K. Sikina was hired as the senior vice president/chief financial officer.

According to Karmanos President and CEO John C. Ruckdeschel, M.D., Bennett's position is essential for future growth and expansion as the Institute continues to form new affiliations and joint ventures with other health care providers.



**WILLIAM G.
BENNETT**



**CYNTHIA K.
SIKINA**

"Since joining Karmanos in 2000, Bill has been involved in all of our operations and is the natural choice for this position," Dr. Ruckdeschel says. "He brings years of fiscal and administrative health care experience to this position, which is vital to our operation as one of the nation's leading comprehensive cancer centers."

In December 2005, Bennett was instrumental in the Karmanos Cancer Center becoming the only independent cancer hospital in Michigan. Prior to joining Karmanos, he was system vice president of finance for St. John Health. He also served as CFO and COO for Detroit-Macomb Hospital Corporation.

Sikina was most recently chief operating officer/chief financial officer for Wayne State University Physician Group. She was responsible for all aspects of its fiscal management and successfully managed the merger of 13 clinical specialties into a single multidisciplinary group practice.

"Cindy's experience, expertise and leadership in managing financial policies and internal controls will be a tremendous addition to our team," Dr. Ruckdeschel says. "Her skills will complement our ongoing work."

As part of her responsibility with the University Physician Group, Sikina was a member of the Institute's Board of Directors and its Executive and Finance committees. Her career also includes serving as director of Financial Services for the University of Michigan Medical School.



Test Driving a Career

Although the current nursing shortage is well-publicized, the lack of minority nurses is even more pronounced. While the national patient population continues to become more diverse, this is not reflected in the nursing profession. According to the Oncology Nursing Society, just 13 percent of its 35,000 active members are minorities.

To attract more diversity among oncology nurses and meet current and projected needs, in 2004 the Karmanos Cancer Institute created the Oncology Nurse Mentorship Program. This innovative, six-week program provides sophomores and juniors from Detroit public and charter schools with oncology nurse mentors and exposure to all

aspects of oncology nursing. The program, which accepts six to eight minority students per year, is a partnership between the Institute, Detroit Public Schools and United Way for Southeastern Michigan.

While many programs are geared toward increasing the number of minorities who enter nursing or health care, the mentorship program at Karmanos is one of the few dedicated specifically to oncology nursing.

“Students learn first-hand from their mentors what oncology nursing is all about,” says Kelly Brittain, RN, MSN, program director and director of community education at the Institute. “For our nursing team, patient care begins at the bedside. The students not only learn how to

perform some basic nursing skills, they also see the vast amount of knowledge and compassion that nurses display to meet patient needs. Many of the students also maintain contact with their mentors, which is very rewarding for the participating nurses.”

Brittain says the program also helps the nurses become rejuvenated about their work.

“It’s different to look at nursing through the eyes of a high school student,” Brittain says. “The mentees are all very interested in learning and ask great questions. The compliments from the students allow the nurses to feel refreshed.”

Besides taking vital signs, learning to draw blood and learning how to communicate with patients, the students also attend presentations by advanced practice nurses and view a surgical procedure. As further career preparation, students learn about collegiate nursing programs during visits to Wayne State University, Wayne County Community College and the University of Michigan.

“We want the students to be aware of the requirements for entering a collegiate nursing program,” Brittain says. “We put them in contact with admissions officers and financial aid directors so they can learn about the application process

thought I would go through the nurse mentorship program at Karmanos to gain more insight into the profession and see if it was something I wanted to do.

“I had a wide variety of experiences and learned something new every day. It increased my passion for helping people and making a difference. I’m considering oncology nursing, but also anesthesia and pediatrics.”

Program mentees also learn about a more personal side of oncology nursing. Because many oncology patients have long-term hospital stays, nurses often see their patients routinely and establish a special bond.

“I became friendly with two little girls in the bone marrow transplant unit,” Kufeji says. “After the program ended I became a volunteer at Karmanos so I could gain more experience. I often went up to visit the girls to see how they were doing.”

Those intangible experiences are part of what makes the Oncology Nursing Mentorship Program invaluable, Brittain says.

“Many of the students come into the program thinking that they’ll only see people who are ill and hopeless, which is completely the opposite from the truth,” Brittain

Oncology Nurse Mentorship Program Attracts Minority Students to the Profession

before they become high school seniors.”

Through 2007, 25 students have participated in the mentorship program. Of those now attending college, 57 percent are completing nursing prerequisites or are in an oncology nursing program and 28 percent have chosen other health care careers.

Omotara Kufeji, a sophomore nursing student at the University of Michigan, was a program mentee from Detroit Renaissance High School in 2005. She says the experience helped solidify her decision to become a nurse.

“I had considered going into nursing, but wasn’t sure if I’d try engineering or pharmacology instead,” Kufeji says. “I

says. “Cancer patients are extraordinarily resilient and are full of hope, which is something valuable for the students to see.

“Even if some of the mentees do not choose nursing as a career, the program introduces them to the possibilities of cancer treatment. There’s a lot more to oncology nursing than meets the eye, and the program creates a network to help the students reach their goals.”

For more information on the program or to register for the program mailing list, call 1-800-KARMANOS and ask for Community Education.

When New Patients Arrive at Karmanos for Treatment,
Student Volunteers Help Them Feel Comfortable and Relaxed.

IT'S THE CENTER'S WAY OF ...

PROVIDING A *Personal Touch*

Whether it's giving a new patient orientation, easing a patient's worries through friendly conversation or providing something as simple as a cool glass of iced tea, volunteer Navigators are an indispensable part of the Karmanos Cancer Center.

For some patients, entering Karmanos and seeing a sea of physicians, nurses and administrators going about their business can be intimidating. But the more than 120 Navigators, most of whom are full-time college students, help ease patients into the hospital environment with care and compassion.

The Navigator program, launched in 1998, has evolved into a service for patients in three areas. Greeters welcome new patients, provide tours through the outpatient areas and present patient information packets. Clinical Navigators augment the clinical nursing staff by obtaining charts or medication and assisting patients in waiting areas. Personal Navigators assist inpatients by running errands and transporting them between treatment areas. Most importantly, all Navigators spend quality time with the patients and help them feel relaxed.

"The number one goal in guest services is to ensure that when patients come to Karmanos, they enter a warm and friendly environment," says Patricia Fadell, director, Volunteer Administration and Guest Services at Karmanos. "We understand that when patients learn they have cancer, it can raise their level of anxiety. The Navigators are among the first people our new patients meet. The empathy and commitment Navigators provide to help them feel comfortable is invaluable."

Navigators invest a significant amount of time in their work. In 2006, they assisted more than 4,000 patients over nearly 12,000 hours and helped with pickup and delivery of clinical trial samples for about 800 patients.

"The extra staff Karmanos would need to cover all those services is astronomical," Fadell says. "Beyond that, most Navigators are pre-med, pre-nursing and pre-pharmacy students. The experience they're gaining as Navigators gives them a taste of what to expect in their future careers."

BARBARA ANN
KARMANOS
CANCER CENTER
At the Detroit Medical Center

The Karmanos Cancer Center offers many opportunities for volunteers ages 16 and older in patient support, research, administration and other areas. On-the-job training is provided for all positions, including Navigators. For more information, contact Volunteer Administration and Guest Services at 313-576-9289 or visit www.karmanos.org.



STEPHANIE KARMO

BUILDING RELATIONSHIPS

Stephanie Karmo, a 19-year-old junior at Wayne State University, has yet to make a definitive career choice. But her experience as a Navigator has sparked her interest in the sciences. She says she's also learned a lot about life by working with cancer patients of all ages.

"I love working with such a diverse group of patients within a large hospital environment," says Karmo, who will be entering her fourth year as a Navigator this fall. She said one of her first Navigator experiences was with an eight-year-old Children's Hospital of Michigan cancer patient at Karmanos for a consultation. "She was a tough little girl who understood her illness very well. Her inner strength was amazing. She could teach you more about life than you'd ever know."

Karmo recalled another time when she made a connection with a patient while delivering a newspaper to his hospital room.

"He asked me if I would read the paper to him, so I sat with him for a couple of hours and read every page," Karmo says. "I thought at first that he might not know how to read. When I finished reading, he asked me for my autograph, which was really nice. So I signed a piece of paper and wrote a little note to him. When he took it from me and read it out loud, I realized that he could read – he just wanted to spend time with someone. That was a very touching experience I won't soon forget."



BRANDON TWARDY

MAKING TIME FOR TEA

Brandon Twardy, a recent Oakland University graduate with a degree in biochemistry, became a Navigator in June 2006. He says he'll continue volunteering at Karmanos this fall while pursuing a master's degree in biology.

"For me, the most important aspect of volunteering is empathizing with patients," Twardy says. "I try to bring myself into their world, because unless you've had cancer, you don't really understand what it's really like. I like to share a one-on-one experience with every patient I meet."

Twardy's bond with one patient stemmed from an unlikely source – a cup of tea.

"She was a new patient who arrived for her orientation in a wheelchair and was quite sick," Twardy recalled. "After the tour I asked if she wanted some coffee or tea. She asked for iced tea instead. So I made a glass for her and it really brightened up her day. After that I saw her on occasion and always made sure to have some iced tea ready for her, which she really enjoyed."

"At one point I hadn't seen her for a while and wondered what had happened to her. Then I happened to see her walking through the hallway. She looked a hundred times better than when we first met. We talked for a bit and I learned she was there for her last treatment. We were about to part ways when I asked if she wanted some iced tea. She said 'you spoil me,' and gave me a big hug. A little thing like iced tea made her experience at Karmanos better. It's part of what makes being a Navigator so rewarding."

KROGER SUPPORTS CANCER RESEARCH

At Oldies 104.3 WOMC, Kroger presented the Karmanos Cancer Institute with a check for \$50,000 to benefit ovarian and breast cancer research. Kroger donated \$5 to the Institute for every Farmer Jack Bonus Card turned into local Kroger stores. The target of \$50,000 was reached in just three short weeks.

Kroger is dedicated to the fight against cancer and has continued to support the latest initiatives at Karmanos through various targeted promotions such as its September month-long Ovarian Cancer Ribbon sales which raised \$50,000 and its October pink tag promotion that raised \$25,000.



FROM LEFT: NICK KARMANOS, VICE PRESIDENT OF DEVELOPMENT, KARMANOS CANCER INSTITUTE; DALE HOLLANDSWORTH, INTEGRATED COMMUNICATIONS MANAGER, THE KROGER COMPANY GREAT LAKES; JACKIE PURTAN, OLDIES 104.3 WOMC; DICK PURTAN, OLDIES 104.3 WOMC; AND MAUREN BENDER, CORPORATE RELATIONS MANAGER, KARMANOS CANCER INSTITUTE.

OPEIU LOCAL 494 AND INTERNATIONAL UNION, UAW GENEROUSLY SUPPORT INSTITUTE



Thanks to the generosity of the Office and Professional Employees International Union Local 494 and the International Union, UAW, \$10,500 was recently donated to the Barbara Ann Karmanos Cancer Institute.

The funds were raised at the third annual Rally in the Alley, held at Pampa Lanes in Warren. Local 494 President Tracy Komer and International Union, UAW President Ron Gettelfinger were on hand to help make the night a success that drew 160 participants.

This year's gift, combined with previous donations to the Institute, total more than \$76,000. Local 494 and the UAW began their relationship with Karmanos after a long-time member lost her battle to brain cancer. Since her death in 1995, union brothers and sisters have honored her memory, as well as others impacted by cancer, through the Doretha Golf Scramble and Rally in the Alley.

DALE MEYER MEMORIAL GOLF OUTING A SUCCESS

Barbara and Ronald Meyer hold up a quilt presented to them at the Dale Meyer Memorial Golf Outing. Now in its 11th year, the tournament is held every year since their son Dale lost his battle with leukemia. This year's event raised \$17,000, which will be added to the endowment fund in Dale's name at the Karmanos Cancer Institute. The quilt is made from golf shirts that represent each year of the tournament.



PICTURED ARE JUST A FEW OF THE 360 GOLFERS ATTENDING IN SUPPORT OF THE TAMMY Z GOLF OUTING.

QUICKEN LOANS/ROCK FINANCIAL HOST TAMMY Z GOLF OUTING

Quicken Loans/Rock Financial hosted its 3rd Annual Tammy Z Golf Outing in August at Fox Hills in Plymouth, raising nearly \$60,000.

During the past three years, the Tammy Z Golf outing, held in loving memory of Quicken Loans Chief Financial Officer Tammy Zionkowski, has generously raised more than \$335,000 for breast cancer research and under-compensated care at the Barbara Ann Karmanos Cancer Institute.

FRIENDS RAISING FUNDS

For more information on how you can get involved in a Karmanos or fundraising event, contact Lauren Miller at 313-576-8121 or millerl@karmanos.org.



GUESTS TAKE IN THE INSTALLATION *PAMI LES SINGES ET LES SIGNES (TRISTESSE ET BEAUTÉ)* BY ANNE-LISE COSTE WHILE BIDDING ON SILENT AUCTION ITEMS.

SUCCESSFUL PARTNERS NIGHT BENEFITS THE KARMANOS CANCER INSTITUTE

The 14th Annual Partners Night was held in September at the Museum of Contemporary Art Detroit (MOCAD). The Night attracted more than 900 guests to the newest addition to the Detroit Cultural Center scene. The more than \$930,000 raised from this year's event will help the Karmanos Cancer Institute acquire state-of-the-art equipment and technology to support its mission to eradicate cancer.

Honored at this year's event were Dr. Jeffrey Forman and his wife Miriam for their outstanding philanthropy and commitment in the fight against cancer. Dr. Forman, who also received this award in 1995, is the only person to receive this prestigious recognition twice.

Partners Corporate sponsor was Compuware Corporation and Entertainment sponsor was Rock Financial. Guests were treated to wonderful food by Epoch Events Catering and music by Boogie Dynamite. Adding to the festivities was a silent auction, featuring super silent items such as dinner for eight with entertainer Kid Rock, hosted by Danialle and Peter Karmanos, Jr.; two tickets to *The Oprah Winfrey Show* with overnight accommodations and dinner, in Chicago; an *American Idol* Fantasy package; and a custom built, one-of-a-kind dog house by Leward Custom Homes.

MOCAD, chosen for its unique ambience, also offered attendees a sneak preview of the latest contemporary art exhibit. *Words Fail Me*, curated by Matthew Higgs, explores visual art's ongoing engagement – and entanglement – with language. A series of lectures, performances, musical events and film screenings will accompany the exhibition. *Words Fail Me*, now open to the public, will run through January 20, 2008.

Karmanos' Partners are hands-on philanthropic volunteers, including many young professionals, who generously share their ideas and enhance resources to help in the fight against cancer. Over the past 13 years, Partners has raised nearly \$6 million for vital research equipment and diagnostic tools to benefit the Karmanos Cancer Institute and its patients.

To view the entire exhibit, visit MOCAD Wednesdays and Sundays, from 11 a.m. - 5 p.m., or Thursday - Saturday, from 11 a.m. - 8 p.m.. Visit www.mocadetroit.org for information on upcoming events and lectures.



ABOVE FROM LEFT: DAVID JACOB AND AMY FARBMAN, PARTNERS COMMITTEE EXECUTIVE CO-CHAIRS, JOHN C. RUCKDESCHEL, M.D. AND DR. JEFFREY AND MIRIAM FORMAN.

(PHOTO ABOVE AND BELOW BY PATRICA A. ELLIS.)

BELOW FROM LEFT: PETER KARMANOS, JR., DAN GILBERT, NICK AND JULIE KARMANOS AND DANIALLE KARMANOS. PETER AND DANIALLE KARMANOS AND DAN AND JENNIFER GILBERT WERE FOUR OF THE EVENT'S HONORARY CO-CHAIRS.



NIKI FINK (LEFT) AND ANDREA MORGANROTH, PARTNERS NIGHT CO-CHAIRS



INSPIRED

*Survivor*ACTIVE CANCER ADVOCATE WINS
FIRST 'HEART OF A SURVIVOR' AWARD

Passionate about supporting cancer patients and tirelessly devoted to raising awareness of the disease, Pat Sachs was a creative force in developing innovative health education programs during her 12-year career at the Karmanos Cancer Institute's Community Education Department.

One of her proudest achievements was creating Survivorship University, a community-based education program that supports cancer survivors and their caregivers and helps them navigate the complexities of survivorship.

Sachs passed away in June 2006 after a valiant 11-year battle with melanoma, but she will be remembered for her spirit and passion for helping cancer patients and their families through the Patricia Milner Sachs Heart of a Survivor Award.

Ashley Brooke Goldberg, a two-time cancer survivor from Farmington Hills, received the award in June at the third annual Survivorship University Celebration of Survivorship, presented by the Institute. The 12 other award nominees were also recognized at the event, which celebrates cancer survivors and others who raise awareness of cancer prevention and empower lives.

"The Heart of a Survivor Award is unique because it doesn't just recognize children or adults or one type of cancer, but all cancer survivors," says Kelly Brittain, director of community education at Karmanos Cancer Institute. "We choose the award winner based on qualities embodied in Pat: compassion, commitment, spirit and courage in helping others fight cancer. Ashley Goldberg displays all of these characteristics and is very inspiring."

Goldberg was first diagnosed with osteosarcoma (bone cancer) in her femur at age seven and again in her ribs at age 12. She underwent 13 months of chemotherapy and extensive surgeries. At the time, there was no professional emotional support available to pediatric oncology patients. But Goldberg remained optimistic and strong throughout her battle, saying "death was never an option."

Goldberg became an active cancer advocate, speaker and fund raiser. She established the American Cancer Society's Relay for Life event at Indiana University in 2003. As a Make-A-Wish Foundation ambassador, she



HOLDING HER AWARD IS ASHLEY BROOKE GOLDBERG, A TWO-TIME CANCER SURVIVOR. SHE IS SURROUNDED BY HER FAMILY AND KAREN GOLDMAN (FAR RIGHT), RN, MSN, AND VICE PRESIDENT, PATIENT SERVICES, AT KARMANOS.

PHOTO BY PATRICIA A. ELLIS

counsels newly diagnosed children and started a program for the staff called "Care for the Caregivers," which addresses the family's emotional needs during and after the fulfillment of each child's wish. Goldberg is working toward a master's degree in clinical psychology and basing her thesis on the emotional effect of cancer on childhood cancer survivors. She recently moved to Boston to take a position at Wellness Community, where she will counsel children facing cancer and other life-threatening diseases. Her future plans include pursuing a doctorate degree.

"I'm very impressed with Ashley – she has such great poise and a strong desire to reach out and help others," says David Sachs, Pat's husband. "I was also amazed at how qualified all the nominees were. Any one them could have won the award."

"I'm very proud that Pat's work and her own personal struggle with cancer are remembered through this award. Pat worked very hard through the final days of her life to promote cancer awareness and Survivorship University. Having succumbed to cancer at such a young age [54], she wanted to be remembered through her work. She'd be very proud of all the nominees and Ashley."

For more information about Survivorship University, call 1-800-KARMANOS or visit www.karmanos.org.

Editor's Note: Survivorship University was one of many fine accomplishments for which Pat Milner Sachs is remembered. She developed Karmanos' SHIELD program to teach preschoolers and parents about good skin health. She founded N'siah, a faith-based 10-week support group where participants learn to adapt Jewish practices and images as coping strategies. Today her legacy lives on through these programs.

Event Calendar



Fundraising Events

NOVEMBER 16, 2007

Celebrate! A Tribute to Mayor Michael A. Guido

Ford Community and Performing Arts Center, Dearborn

NOVEMBER 29 –
DECEMBER 2, 2007

The Michigan Christmas Show

Rock Financial Showplace, Novi

NOVEMBER 30, 2007

Suad Alie & Friends Bowling Event

Cherry Hill Lanes, Dearborn Heights

DECEMBER 22, 2007

Tanith and Ben Present Home for the Holidays

Compuware Sports Arena, Plymouth

For updates or more information about these events contact (800) KARMANOS or visit www.karmanos.org/events.asp

Survivorship University

Navigating Your Way through Integrative Medicine (F403)

Speaker: Michael Henderson, M.D., MPH, FACP, Board Certified Medical Oncologist, Mount Clemens Regional Medical Center

WEDNESDAY, NOVEMBER 14: 7- 8:30 P.M.

Gilda's Club

3517 Rochester Rd., Royal Oak

Humor and Healing (F404)

Featuring: Steven Pearl, M.D.; Chief of the Dept. of Emergency Medicine at Crittenton Hospital

TUESDAY, DECEMBER 11: 7- 8:30 P.M.

Crittenton Hospital

1101 W. University Dr., Rochester

To register for these free classes, call 1-800-KARMANOS (1-800-527-6266) or visit www.karmanos.org.

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