

**CANCER TREATMENT**

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the mind and strengthens the body. It is also known as a technique that reduces stress and improves confidence.

Patients and families often find using Hypnosis/Guided Imagery to be helpful. This interactive method empowers the individual to tap into the unconscious mind for valuable information on the origin and nature of illness, as well as, its potential resolution.

**WE ARE HERE FOR YOU:**

We are confident that the journey on which you are about to embark will result in an experience that will exceed your expectations. That is our goal and our promise to you.



**Great Lakes Cancer Management Specialists**  
Practice Limited to Medical Oncology and Hematology

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- Daniel J. Lehman, M.D., F.A.C.P.
- Laura A. Biernat, M.D., F.A.C.P.
- P. Thomas Porter, M.D., F.A.C.P.
- Jerome E. Seid, M.D., F.A.C.P.
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- Muhammad S. Shurafa, M.D.
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# Oncology HORIZONS

Great Lakes Cancer Management Specialists

Compassion, Commitment and Competence

Fall 2005

## New CFO Joins GLCMS

Great Lakes Cancer Management Specialists is pleased to announce that as of August 1, 2005 Roxanne L. Clark has joined their practice as their new Chief Financial Officer.

Roxanne L. Clark, MPA, FAAMA, brings to the Oncology Environment more than 30 years of healthcare administrative and academic experience. She has been responsible for the construction, opening, integrating and developing oncology service lines within a number of institutions that include St. Joseph's/Candler Health Systems located in Savannah, Georgia; Genesys Hurley Cancer Institute in Flint, Michigan; St John Hospital and Medical Center Van Elslander Cancer Center in Detroit, Michigan and McLaren HealthCare System overseeing multiple cancer centers and program throughout Mid-Michigan and a number of the southern states. Roxanne has had the responsibility to oversee and integrate teams of talented professionals in the opening of among other sites, the first free standing cancer center in Michigan. Her history includes building relationships and networks in multiple corporate affiliations with private practices, regional hospitals and joint ventures. These experiences have allowed Roxanne to continue to

enhance her interest and talents to improve the cancer care delivery in many settings. Her experience as operationalizing new cancer centers has been successfully tested many times over.



Roxanne completed both her Masters of Public Administration Health Administration and her Bachelor's of Applied Science from the University of Michigan Flint, where she has been an adjunct professor in the School of Health Science and Administration.

She holds many committee and board positions locally, regionally and nationally and continues to be recognized as a national speaker in areas of cancer screening, revenue cycle and best office practices.

Her husband of 30+ years, Scott is an Engineer with Lear Corporation. They have two children; son, Andrew a senior at Northwood University in Midland, Michigan and daughter, Corrinne, a sophomore at Central Michigan University in Mt. Pleasant, Michigan.

## A Patient's Story

*Experiences of our patients*

**Danalee Herman**

Danalee Herman, 42, a legal secretary and mother of three from Grosse Pointe Woods, is currently undergoing treatment for lung cancer. Her situation is far from anything she could have imagined back in February of this year when she first went to an urgent care clinic suffering from a persistent cough accompanied by a sharp pain in her back. The attendant listened to her lungs and prescribed an antibiotic. After a week of experiencing no relief she made an appointment to see a physician at the clinic. Once again, her lungs where

listened to and another antibiotic was prescribed. And once again, Danalee felt no improvement in her symptoms. This time she returned to the clinic and requested an X-ray. The X-ray revealed a spot on her upper lung.

Danalee immediately contacted her family physician, Clara Kameth, M.D., who ordered a CAT scan, which identified the spot as being highly suspicious. Danalee was referred to Oktavijan Minavov, M.D.,

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## GLCMS Implements In-Office Prescription Dispensing Service

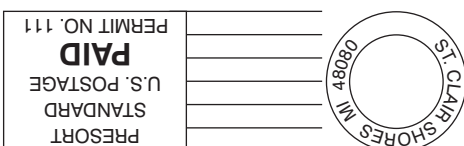
by Robert M. O'Bryan, M.D.

The use of cancer treatment medication taken by mouth, rather than by IV administration, has been steadily increasing over the past four years, and it is predicted that by the end of 2006 oral medications will constitute 25% of all cancer chemo prescriptions. The benefit of convenience for patients and their caregivers is clear. The concerns, however, have to do with patient safety. Oral medications are potentially toxic and require the same patient safety monitoring as IV medications. For the most part, patients who have their prescriptions filled by their local pharmacy are not examined on the day that the prescription starts, and monitoring while on treatment is not as well controlled. These are the underlying reasons for action.

GLCMS is pleased to announce that we will soon offer in-office dispensing of prepackaged oral medications for our patients at our Van Elslander Cancer Center and Utica locations. This service provides a number of important enhancements to quality of care, including:

- Prescription errors due to incorrect drug identification and miscounts are virtually eliminated as the medications are bar-coded for accuracy and sealed in child-proof containers at the manufacturing site.
- Patients unable to travel to a pharmacy get their prescriptions filled before leaving our office, increasing patient compliance and satisfaction.
- Our physicians become more knowledgeable of the costs of the drugs we prescribe and are better able to offer therapeutic cost-saving alternatives when available.
- Needed drugs are better managed in our inventory due to our intimate knowledge of our patients' requirements.

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Great Lakes Cancer Management Specialists  
Excellence through Compassion - Competence - Commitment  
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**A PATIENT'S STORY**

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who serves as director of thoracic oncology at the Van Elslander Cancer Center at St. John Hospital and Medical Center. Dr. Minavov ordered a PET scan. The results of the PET scan and several biopsies revealed disheartening news Danalee had cancer in two areas of her lung and several of her lymph nodes.

"I just couldn't believe it", says Danalee. As a wife and mother I wondered what would happen to Gary (her husband) and my children. I remember questioning the results because I was young, had never smoked and my husband didn't smoke. How could I possibly have lung cancer?" She would soon learn some important facts about her condition.

Only 3% of lung cancer patients are under the age of 45. Most lung cancer occurs in smokers. Over 68,000 women die in this country every year from lung cancer, a figure 20,000 higher than breast cancer deaths. And statistics also show that more non-smoking women are developing cancer than non-smoking men. Although no national studies have been conducted to determine the reason for this trend, experts believe that exposure to second-hand smoke, diet, pollution and hormonal differences between the sexes may be contributing factors. "Although I never smoked, my mother smoked until I was 20. But I can't remember spending a lot of time around her when she smoked", recalls Danalee. When I was young I was always playing outside, and later I attended school all day. I simply didn't believe I had that much exposure to my mother's smoking to cause any harm".

Dr. Minanov immediately sent Danalee to see Robert Leonard, M.D., at GLCMS. After examining Danalee and studying her results, Dr. Leonard recommended that Danalee begin a 12-week clinical trial treatment program, which she completed in July. The results were promising, having stopped the spread of cancer, but not reducing it. Dr. Leonard then prescribed a seven week regimen of radiation and chemotherapy (as of this writing Danalee has one week left in this treatment).

Danalee has tremendous praise for Dr.

Leonard and the treatment staff at GLCMS. "Theresa Kulman, the research nurse assigned to my case, has been an absolute godsend. I have never encountered a person who combines gifted nursing skills with a sincere and profound sense of warmth and compassion. All of the nursing staff at GLCMS are very gifted people. Grace comes into the waiting room and visits with me, asking me how I am

tolerating the treatments while providing comfort and reassurance. Dr. Leonard has been very supportive throughout my treatment. He has a very friendly nature and keeps me and my husband updated on my progress. He is very generous with his time when answering our questions and addressing our concerns." Danalee is also impressed with the staff of the Healing Arts Center, located one floor above GLCMS, who visit the patients to offer massages and other therapeutic services.

Danalee is also seeing Cynthia Browne, M.D., for radiation. Dr. Browne also specializes in nutritional oncology and has prescribed nutritional supplements. "I believe the supplements have been a key component to my high energy levels and overall good health. I've been able to keep up with my legal secretary job, and even with my three kids, without much interruption."

Danalee indicates that this has been an extraordinary journey. Her faith in God is what is getting her through. She also has tremendous support from her family and friends. "God has placed many special people in my path to help me through this journey", recalls Danalee. "My family has been a constant rock. They have practically set aside their lives for me. No words can describe the support, love and affection I have received from my husband, Gary. He has to do it all and still have time for me at the end of the day. The congregation from my parish, St. Joan of Arc, has been daily praying for my



*Danalee Herman (middle of back row, in red) with members of her family who organized a fund-raising golf outing this past September.*

recovery along with a weekly prayer meeting set up by family and the St. Germaines Healing Ministry. My friends deliver prepared meals for me and my family, do my grocery shopping and house cleaning and provide transportation for my children. My family makes sure I never attend an appointment or treatment alone. In September my brother-in-law organized a fund-raising golf outing in Warren for me. There are not enough words to thank everyone for their thoughts, prayers and time".

As Danalee looks ahead in her journey to recovery, her life continues to be filled with hope, love, and thoughts of a cancer-free future.

**PRESCRIPTION DISPENSING**

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- In-office dispensing ends the risk of misinterpretation by a pharmacist of a physician's handwriting as the office dispensing staff is familiar with our physicians' handwriting and can immediately ask for clarification, if necessary.

An additional benefit is that this service will come at no additional cost to our patients. All of our current insurance providers cover in-office dispensed prescriptions, and co-pay rates are the same as at any outside pharmacy. As for our self-pay patients, they will find our pricing to be very competitive with any pharmacy in the area.

**THE WORLD OF CANCER TREATMENT  
THAT YOU ARE ABOUT TO ENTER**

You are among more than 1.6 million individuals that have, or will receive, this diagnosis, in the United States this year. You have become a statistic. Are you ready to consider what you can do, to better achieve the outcome that you are your loved ones want for you?

As a patient of Great Lakes Cancer Management Specialists, you are entering an environment of caring, compassionate, knowledgeable healers. Our physicians and professional staff recognize every patient as the individual that you are, with distinct needs and desires. Your diagnosis touches everyone in your family. If there are any questions that you have about your treatment plan, diagnosis, we are committed to answering every question, all the while providing you with state-of-the-art medical care close to home, for your ease and comfort.

We are here to answer your questions and provide you with resources. We recognize that this is a time of anxiety and confusion. You are seeking information regarding the best course of treatment for your particular cancer diagnosis. Let us assist you through this massive amount of information available to you.

Your physician may suggest that additional consultations and/or treatments may be beneficial to improve your outcomes. We work closely with Radiation Oncology and Surgeons. We will coordinate your appointments with your convenience in mind. As a patient at the Van Elslander Cancer Center, those appointments may be within that one location. Regardless of where you receive additional treatments, we will work with you to alleviate unnecessary travel for appointments.

Often we are asked if you should seek a second opinion, prior to treatment. You should be aware that your physician participates in a multi-disciplinary conference where a group of specialists discusses and offers opinions regarding the best approach to your care. This is one of the inclusive services to which you have access by being one of our patients. It is important that you understand that all this happens before you begin a course of treatment.

**IMAGING:**

The Washington Center has positioned a 16-slice CT scan for radiographic assessment. This unit is currently the state-of-the-art and is without comparable technologic peer on the eastside. These on-site imaging facilities and laboratories allow for limited time delays, for the ease and access of our patients.

**CLINICAL TRIALS:**

National Clinical Trials are readily available. Depending on your specific diagnosis, you may elect to receive the latest treatment option, in an observed arena, without additional travel or burden. Your physician and our research nurses review eligibility criteria and match your case to available trials. If a clinical trial is identified for which you would qualify, your care will be followed by additional methods for closer inspection of process. All of our offices offer enrollment in National Clinical Trials.

**SOCIAL WORK:**

You may desire a consultation with a social worker to review specific needs you may have. At the Van Elslander Cancer Center that consult is only a phone call away. Simply notify the staff if this is something in which you are interested. Don't be surprised if we suggest it to you!

**GENETIC TESTING:**

Some diagnoses have genetic implication for family members. Genetic testing and consulting is available for breast and colorectal cancer diagnoses at the Van Elslander Cancer Center. These tests and consultations may not be reimbursed by your insurance benefits. It is however, a service that you may be interested in pursuing.

**ART & MUSIC THERAPY:**

Complementary and alternative medical services, such as Art and Music Therapy, are also available to both the cancer patient and their families, at the Van Elslander Cancer Center location. These therapies allow exploration and nurturing of the emotions you are experiencing during treatments.

**SUPPORT:**

Support Groups are also available for

patients and families to share their experiences during this journey through cancer diagnosis and treatment. Communication is encouraged which allows for additional exploration and information from other cancer patients and lead by experienced professional facilitators.

**NUTRITION:**

It is important for you, our patients, to maintain a healthy diet. We need you to have enough energy to support yourself while you are undergoing treatment and healing. You have access to dedicated nutritional counselors, if and when you, the patient, experience a drop in weight, and/or a loss of appetite.

**HEALING ARTS:**

The following Healing Arts Services are offered at the Van Elslander Cancer Center within the Valade Healing Arts Center. We are so sure that this is an area that you will find beneficial that each patient regardless of your primary office, the Van Elslander Cancer Center or the Washington Center, has the opportunity to experience a "free" service simply by informing the Valade Healing Art Center that you are a Great Lakes patient.

A holistic approach to healing often involves touch. Swedish/Relaxation Massage is the hands-on technique that utilizes kneading, compression, tapping and vibration for muscular structure as well as soft body tissue. The technique promotes relaxation, pain relief and increased soft tissue mobility.

Reflexology utilizes a more specific use of touch. This therapy is the skillful application of pressure to specific points in the feet and hands. Reflexology promotes the body's ability to adjust and balance during times of stress. Benefits include an increase in energy, improved mood, reduction in muscle tension and soreness, and improved immune function and circulation.

Reiki is an ancient form of natural, hands-on healing. Reiki is a gentle technique that encourages healing on a mental, physical, emotional and spiritual level.

Tai Chi classes teach movements to improve health, develop balance, calms

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