

# CONNECTING TO CARE

Resources for your journey with cancer

APRIL 2023

The newsletter for patients, employees, and friends of Karmanos Cancer Institute at McLaren Flint



## WHAT'S NEW FOR APRIL?

All workshops and materials are provided free of charge. See page 2 for additional information.

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**Karmanos**  
CANCER INSTITUTE

Wayne State University



**McLaren**  
FLINT

QUOTE OF THE MONTH

**“Success is not final;  
failure is not fatal;  
it is the courage to  
continue that counts.”**

**– Winston Churchill**

## SUPPORT GROUPS

### CANCER EDUCATION AND WELLNESS GROUP

**ONLINE - First and third Wednesday of each month from 1:00 - 2:00 pm**

This group is open to any person who has been touched by cancer. To RSVP or for more information, please contact Anna Glasstetter, BSN, RN, nurse navigator, at [anna.glasstetter@mclaren.org](mailto:anna.glasstetter@mclaren.org).

### US TOO PROSTATE CANCER SUPPORT GROUP

Karmanos Cancer Institute

To RSVP or for more information, please contact Nicole Cygnar, proton healthcare navigator, at [nicole.cygnar@mclaren.org](mailto:nicole.cygnar@mclaren.org).

### MULTIPLE MYELOMA SUPPORT GROUP

**ONLINE - Third Thursday of each month 6:30 - 8:00 pm**

**Meetings held September through June**

For more information, call (810) 820-1592 or email [Flintsgl@IMFSupport.org](mailto:Flintsgl@IMFSupport.org).  
Website: [flint.support.myeloma.org](http://flint.support.myeloma.org)

### NEW TOMORROWS GRIEF SUPPORT GROUP

Free ongoing grief education and support for anyone who has experienced the loss of a loved one. For information, call (810) 496-8625.

### BIBLE STUDY

**Meets weekly on Wednesdays at 1:00 pm**

McLaren Hospitality House

To RSVP or for more information, please contact the McLaren Hospitality House at (810) 820-9800.



Please join us for our free art therapy programming for families touched by cancer. This includes all cancer fighters, survivors, previvors, caregivers, and their friends/family (ages 18+). Expect to meet individuals within our community who are seeking emotional support, creativity, and education.

Art Therapy is a visual form of expression used to promote self-discovery, externalize emotions, and reduce stress. Group and one-on-one art therapy sessions are offered each week. No art experience is needed to participate.

Expect to use basic art materials within each group to enhance the therapeutic experience. If you do not have basic art supplies at home, we can provide them for you. If you are interested in joining, please contact Erin Simonetti, Registered Art Therapist.

- Individual art therapy sessions
- Group art therapy sessions (in person and online)

**Healing Through Art** is supported by Genesee Health System, Stella & Frederick Loeb Charitable Trust, Diagnostic Radiology Associates of Flint, P.C., The Gayar Foundation, Flint Institute of Arts, and generous donations from the community.

To learn more about Healing Through Art, go to [karmanos.org/flintarttherapy](http://karmanos.org/flintarttherapy), or contact:

**Erin Simonetti, M.Ed., ATR**

*Registered Art Therapist and Health Coach*

[erin.simonetti@mclaren.org](mailto:erin.simonetti@mclaren.org)

(810) 342-4206

# FIVE CANCER SCREENINGS THAT GREATLY INCREASE SURVIVAL RATES



The beginning of the year is always a good time to make sure you have your medical appointments scheduled, including cancer screenings. Early detection is a powerful tool in the fight against cancer. Here are some cancer screenings you can schedule today:

## Screening Mammograms for Breast Cancer

All women should make sure they know their breasts. Women 40 and over should be receiving routine breast mammograms. If you have a strong family history of breast cancer, especially a first-degree relative who has had the disease, you should have your first mammogram 10 years prior to the age that relative was diagnosed.

You can schedule your annual screening mammogram online today at the McLaren Flint Imaging Center or at McLaren Fenton by visiting [karmanos.org/flintfenton\\_3Dmamm](https://www.karmanos.org/flintfenton_3Dmamm). Referrals are not required to make an appointment.

## Lung Cancer Screening

If you know that you have been exposed to harmful chemicals and gases (e.g., radon), are a current smoker, or have a smoking history, speak to your primary care provider about getting screened for lung cancer. Even if you quit smoking, you can still be at risk of developing this disease.

Lung cancer screenings can be done in as little as 15 minutes. In Genesee County, patients can schedule their lung cancer screening at the McLaren Flint Imaging Center or the imaging center at McLaren Fenton. Physician orders are required to make an appointment. For more information and for resources to quit smoking, visit [karmanos.org/flintlung\\_screening](https://www.karmanos.org/flintlung_screening) or call **1 (844) LUNG SCREEN** (1-844-586-4727).

## Colorectal Cancer Screening

When was the last time you had a colonoscopy? Colorectal cancer is the second-leading cause of cancer deaths across the country, among men and women. There are usually no symptoms during the early stages of the disease, so it is important to receive regular testing. Generally, men and women who are considered at average risk for colon cancer should begin screenings at age 45. If you are considered high risk, you may be encouraged to begin screening at an earlier age.

For more information about colonoscopies and for a list of our gastroenterology specialists, visit [karmanos.org/flint\\_colonoscopy](https://www.karmanos.org/flint_colonoscopy).

## Cervical Cancer Screening

Cervical cancer was once one of the most common causes of cancer deaths among women, according to the American Cancer Society. Fortunately, this is no longer the case due to the ability to catch the disease in earlier stages than in the past. Women are encouraged to receive routine gynecologic evaluations, which include Pap tests, human papillomavirus (HPV) tests, or both. Cervical cancer screenings are recommended beginning at age 21.

Speak to your physician to decide which test is right for you. These tests are usually done during your routine appointment with your gynecologist or primary care provider. For more information on HPV and Pap tests, visit [karmanos.org/flintcervical](https://www.karmanos.org/flintcervical).

## Prostate Cancer

Prostate cancer is the most common diagnosed cancer among men. Men who are nearing 50 years of age or older should speak with their primary care provider to understand if they should receive a digital rectal exam (DRE) or prostate specific antigen (PSA) blood test routinely. Each man's prostate health varies – some men may have to receive screenings at an earlier age, especially if they are considered high risk.

Some cancer screenings require physician orders or referrals. Should you need a new primary care provider, visit [mclaren.org/flintappointments](https://www.mclaren.org/flintappointments) to view a list of providers who are accepting new patients.

Cancer screening guidelines change frequently. Make sure to speak with your primary care provider about the types of cancer screenings you may need, and when to receive them.

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To read the entire article, go to:  
[www.mlive.com/foryourhealth](https://www.mlive.com/foryourhealth)



# CONNECTING ANY CANCER ANY STAGE ANY AGE ANYWHERE IN THE WORLD

## HOW WE HELP CANCER FIGHTERS, SURVIVORS, AND PREVIOUSORS

Through our personalized matching process, people diagnosed with cancer are connected with someone who has faced a similar cancer situation (a Mentor Angel). While each cancer experience is unique, Mentor Angels are matched by similar age, gender, and diagnosis, providing cancer fighters the opportunity to ask personal questions and receive support from a peer familiar with the situation who can offer empathy in a way others cannot.

## HOW WE HELP CANCER CAREGIVERS AND LOVED ONES

Imerman Angels connects those caring for – or grieving – the loss of a loved one with Caregiver Mentor Angels who can help provide support and comfort throughout their journeys. A loved one may be a family member (such as a child, parent, spouse, sibling, or grandparent) or a friend who has survived or currently has cancer.

**OUR SERVICE IS FREE FOR EVERYONE**

## Visit [imermanangels.org](http://imermanangels.org)

Click the “Request Support” link on our website and fill out the registration form. You can also call us at **1-866-IMERMAN** (463-7626).

## LOOKING FOR HELP?

Let us introduce you to...

### **Erin Simonetti, MEd, ATR**

Registered Art Therapist  
(810) 342-4206

- Individual art therapy in office and online
- Group art therapy sessions offered online
- Continuing support after treatment ends

### **Christine LaMay**

Patient Accounts Coordinator for Radiation Therapy  
(810) 342-3803

- Help with questions regarding financial options and medical costs
- Insurance verification
- Help with insurance education

### **Dawn Renee Kleinschrodt**

Patient Accounts Coordinator for Proton Therapy  
(810) 342-3837

### **Drita Nukulovic, RN**

Proton Research Nurse Navigator  
(810) 342-5674

- Clarification of medical concerns and information
- Referral to community resources
- Liaison between physician offices

- Coordination of medical appointments

### **Nicole Cygnar, RT (R) (T)**

Proton Patient Navigator  
(810) 342-3875

### **Jamie Spicko, MS, RD**

Registered Dietitian  
(810) 342-3823

- Nutritional information specific to each cancer patient
- Supplemental nutritional assistance

**Carrie Haneckow, BSN, RN**  
(810) 342-4848

**Anna Glasstetter, BSN, RN**  
(810) 342-5687

- Oncology Nurse Navigators
- Clarification of medical concerns and information
- Referral to community resources
- Liaison between physician offices
- Coordination of medical appointments

## Additional Karmanos Cancer Institute at McLaren Flint Resources

### **Lisa Priestap, PT, MSPT**

### **Robin Doak, OTRL, CLT**

### **Emily Carvill, MA CCC-SLP**

Cancer Rehabilitation Specialists  
(810) 342-5350

- Physical, occupational, and speech therapy for cancer-specific disability
- Evaluation of physical dysfunction
- Improvement of overall physical disability
- Patient education on the benefits of exercise throughout cancer care
- Evaluation and treatment of speech, cognitive function, and swallowing difficulties

### **Chris Hurley, LPN**

Central Intake Manager  
McLaren Homecare Group  
(810) 323-5974

- Home health care
- Palliative care
- Hospice services
- Medical supplies and equipment
- Home infusion services

### **Ashley Cosenza, MS**

Karmanos Cancer Genetic Counseling Service  
Certified Genetic Counselor  
Phone: (810) 342-3854  
Fax: (810) 342-3855

Email: [genetics@karmanos.org](mailto:genetics@karmanos.org)  
Website: [karmanos.org/genetics](http://karmanos.org/genetics)



CANCER INSTITUTE

Wayne State University



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If you or someone you know would like to be added or removed from the Cancer Institute Newsletter mailing list, please contact [Erin.Simonetti@mclaren.org](mailto:Erin.Simonetti@mclaren.org).

The information needed is the person's first and last name and their full mailing address: street number, street name, city, and zip code.

(810) 342-3800  
[karmanos.org/flintcancer](http://karmanos.org/flintcancer)

Follow us on:

