

A publication that encourages healthy living.

# LiveWell

in the 102 Lakes Community.

October/November/December 2011

**Saluting Our  
Local Cancer  
Survivors**

**Navigating  
Through  
Cancer Care**

**Early Detection:  
Your Best  
Defense**

**Fall Health  
Events Inside**



## LiveWell: The Pink Edition

This edition of LiveWell is "The Pink Edition" in honor of our community members who fight breast cancer as well as other cancers. The physicians and specialists at the KCH Cancer Care Center take a team approach in working with our patients who battle cancer. Our lead oncologist, Dr. Musaberk Goksel, continues the development of the cancer program as we expand to clinical research trials.



*(continued inside)*

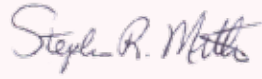
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KCH is now a certified National Quality Measures for Breast Centers (NQMBC) Program Participant. KCH is becoming an Institutional Participant in the Hoosier Oncology Group, Inc. (HOG) research in Indianapolis which ties us with state, national and international cancer research to develop best practices for treating patients locally. The Center also implemented the Patient Navigator role to assist patients by organizing cancer care resources that are available including medical, financial, social and spiritual support. The KCH Cancer Care Center takes a holistic approach when caring for each patient's unique needs.

Supporting our cancer program is our most recently recruited urology specialist Dr. Avtar Dhindsa. Dr. Dhindsa will begin November 1 at Northern Lakes Medical Associates. He will

reside in the community and be available full time to serve the needs of our patients locally. We will continue to fill gaps in local healthcare services to care for residents within our community.

We salute the cancer survivors highlighted in this issue and all who have been affected by cancer. The testimonials you read demonstrate how we deliver quality care to each person as an individual.



Stephen R. Miller, CEO



Stephen R. Miller, CEO

# Cancer Specialists Bringing Physical And Emotional Care.

## HOPE IS Happening Here.

Shirlee Clevenger's fight with breast cancer is an unusual one. Shirlee self discovered a lump in her left breast in March, 2010. A team of physicians at KCH swiftly biopsied the tissue and within the week, Dr. Sharon Rooney-Gandy diagnosed the breast cancer. The following week, Dr. Rooney located another type of cancer tissue in Shirlee's right breast, discovered through a mammography and biopsy. The second cancer type was determined to be more aggressive than the first.

"There isn't a need for cancer patients to go elsewhere. It's all here in Warsaw. Dr. Goksel, Dr. Bajpai and Luann Deafenbaugh collectively monitored and delivered my treatment plan at the KCH Cancer Care Center. I hold great confidence in Dr. Goksel as he is a gentle, compassionate and brilliant oncologist. We are fortunate to have his level of expertise locally. My physicians in Indianapolis equally trusted Dr. Goksel. The collaboration at the Center allowed me to receive treatment locally and continue with my daily teaching profession," Shirlee said.

She encourages women to practice regular self breast examinations and have regular mammograms.



**Shirlee**  
Breast Cancer Survivor



Kosciusko Community Hospital is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

1520 Provident Drive | Warsaw, IN 46580 | 574.372.3800 | [www.kch.com](http://www.kch.com)

# Honor Family & Friends Through the KCCCF



The Kosciusko County Cancer Care Fund, administered by the K21 Health Foundation, provides assistance to financially-eligible residents of Kosciusko County who are suffering from cancer. The purpose of the fund is to relieve some of the financial strain that often accompanies diagnosis. The assistance includes, but is not limited to, items such as rent or mortgage payments, utilities, insurance, food, car payments and prescription medications.

Throughout the month of October, pink ribbons will be available for \$1 to honor a family member or friend who has been affected by cancer. The pink ribbons will be posted in the KCH front lobby and Warsaw Women's Center. All proceeds will go to the Cancer Care Fund. Pink ribbons will be available at the KCH Cancer Care Center, KCH Gift Shop, KCH Women's Imaging and Warsaw Women's Center. Additionally, schedule your mammogram in October at KCH and \$5 will be contributed to this fund.

*Buy a pink ribbon for \$1.00 and the proceeds go to Kosciusko County Cancer Care Fund. Additionally, \$5.00 will be contributed for every mammogram scheduled at KCH in October.*

**\$1 Pink Ribbons**  
Benefit Kosciusko County Residents  
Kosciusko County Cancer Care Fund

## Saluting Survivors: Fight Like a Girl



Sandy Fiedeke

Sandy Fiedeke is passionate about two things: her family and travel. In 2004, prior to leaving for a vacation, Sandy felt a lump in her breast. "Finding a lump takes your breath away... like a punch to the gut," she said. Sandy punched back, contacting Dr. KT Kishan to immediately remove the lump. She completed chemotherapy

and radiation treatment at the KCH Cancer Care Center. Sandy consistently monitored her health. In 2009, Sandy began to experience unusual back pain. Tests confirmed that cancer had returned. Sandy is aggressively in treatment today.

Sandy said, "You think going for cancer treatment will be a bummer. For me, it's not as my family goes with me. People told me that I need to go to a bigger city for cancer treatment, but why? Dr. Goksel pays attention to me as an individual and connects with other cancer experts across the country when treating me. He says my grandson is my best medicine and it's true. Jensen will be walking soon. And I'll be chasing after him!"

As a nurse, Kim Waggoner is in tune to other people's healthcare needs. Early in 2010, Kim became concerned with her personal health issue when she began experiencing unusual swelling in her lymph nodes. Kim visited with her OB/GYN, Dr. Caitlin Ryser who began observing Kim's symptoms. As the swelling persisted and she developed additional swelling



Kim Waggoner

and breathing issues, Kim visited Dr. Sharon Rooney-Gandy who performed a groin biopsy. Following a second opinion at IU Medical Center, Kim was diagnosed at both facilities as having stage IV Non-Hodgkins Lymphoma. The disease is non-curable while highly treatable.

"I had heard wonderful things about Dr. Goksel, about his medical expertise in the field of cancer care. I also went to a bigger city hospital for an assessment. The experience was like comparing night and day. I chose Dr. Goksel as he takes time and carefully answered my list of questions. I felt comfortable with him and the staff at the KCH Cancer Care Center being so close to home," she said.

Kim was treated at the Center in 2010 and is currently on a maintenance treatment schedule. Kim wants to encourage women to listen to their bodies and not wait to see a doctor when sensing something isn't right.

**For Further Information About  
The KCH Cancer Care Center**  
574.372.3800

# Breast Cancer Research: Quality Standard

KCH Women's Imaging is now a Certified Participant of the National Quality Measures for Breast Centers Program (NQMBC™). This distinguished honor represents a commitment by our breast center to provide the highest level of quality breast health care to the patients in our community. This program identifies quality of care measures and allows breast centers to compare their performance with other centers across the United States. As a result, 'best practice' becomes the



benchmark for participants to achieve. The benchmarks will be continually adjusting upward over time as the quality of care improves, thus raising the bar for cancer treatment protocols. "It's a great honor for us," said Dr. Musaberk Goksel, Medical Director of the KCH Cancer Care Center. "Being a part of the NQMBC™ Program and Hoosier Oncology Group (HOG) in Indianapolis will help improve the quality of care for our patients locally."

The NQMBC™ Program provides a way to ensure our patients that KCH not only provides the services needed, but that we actively monitor these services to provide each patient with the highest quality of care.

**National Quality Measures  
For Breast Centers**

[www.nqmbc.org](http://www.nqmbc.org)

## Patient Navigation Through Cancer Care

Following a cancer diagnosis, there are questions and concerns about what will come next. Help is needed to connect patients with the specialized care they need. Patients benefit from solid expertise when reviewing cancer care options based upon individualized needs.

The Patient Navigator at Kosciusko Community Hospital is ready to help patients from initial diagnosis. The Navigator will make sure patients receive the help and support they need.

The Patient Navigator can:

- Guide you through the healthcare system.
- Help you complete insurance forms.
- Help you find ways to pay for healthcare if you do not have insurance.
- Direct you to healthcare services for further diagnosis and treatment.
- Direct you to local resources and support.
- Help you track and find ways to get to your appointments.
- Help you get your questions answered.
- Help you find more information on healthcare.



Mary Childers, RN is the Patient Navigator at the KCH Cancer Care Center. Her background includes being a Case Manager within the local community. "I love working with the public and in healthcare as an advocate for those in need. I work with patients and review the cancer care resources and support available locally, regionally and nationally. By doing so, patients can be confident that they are making an educated decision about their cancer care support. An individual needs to be confident in the choices they make concerning their healthcare. I will help provide clarity in a very confusing time," Childers said.

**To Reach the Patient Navigator  
574.372.3802**

**KCH Cancer Care Center**

For more information about the Patient Navigator Program, call 574.372.3802 or 574.372.3800.

# Welcome New Physician

Kosciusko Community Hospital is pleased to announce the addition of Avtar S. Dhindsa, MD, Urologist, to the hospital medical staff. Dr. Dhindsa received his medical degree from Sardar Patel Medical College, India. He completed his residency in general surgery and urology as well as a urology fellowship from the University of Illinois and Affiliated Hospitals, Chicago. Dr. Dhindsa was the attending physician in urology at West Side Veteran Administration Hospital and at Cook County Hospital, Chicago. He was Assistant Professor of Urology at the University of Illinois and Affiliated Hospitals.

Dr. Dhindsa treats urological problems including prostate cancer, incontinence, vasectomies, bladder cancer, kidney cancer, erectile dysfunction, urinary tract infections and has a special interest in the management of kidney stones using state of the art, innovative procedures.

Dr. Dhindsa will begin seeing patients at Northern Lakes Medical Associates, 1205 Provident Drive, Warsaw, Indiana on November 1. Office hours at Northern Lakes Medical Associates are Monday thru Friday 9:00 a.m. to 5:00 p.m.

Dr. Dhindsa is a member of the American Urological Association (AUA), The Endourological Society, International Society of Sexual Medicine, Chicago Urological Society and Illinois Urological Association.

He is board certified in Urology.

To schedule an appointment please call 574.269.8383.



Avtar Dhindsa, MD

## Early Detection: Breast & Cervical Cancer Program

The Indiana Breast and Cervical Cancer Program (BCCP) is the Hoosier implementation of the National Breast and Cervical Cancer Early Detection Program (NBCCEDP). The BCCP provides access to breast and cervical cancer screenings, diagnostic testing and treatment for underserved and underinsured women who qualify for services. The Breast and Cervical Cancer Program is now available at KCH to serve uninsured women age 40 to 64. Women can receive a clinical breast examination, pelvic examination, a Pap smear and a screening or diagnostic mammogram at the KCH Women's Imaging Center, free of



### Breast & Cervical Early Detection Screenings

574.372.3802

charge, from funding through the Indiana-BCCP program. Funding for women under the age of 40 meeting income eligibility requirements has also recently been made available for this same program. To inquire about the IN-BCCP program, please contact Mary Childers, RN Patient Navigator at 574.372.3802.

## Environmental Links to Cancer?

Is there a link between cancer and the environment? The answer is yes. Environmental carcinogens are prevalent. The National Cancer Institute refers to studies as far back as the 1960s concluding that the majority of cancers could be prevented by acting on what was known about the causes of the disease. Some reports even estimate that the incidence of cancer could be reduced by as much as 80 to 90 percent.<sup>1</sup> The environment is defined as everything outside the body that interacts with humans, including lifestyle factors such as diet, tobacco, and alcohol, according to the National Cancer Institute.<sup>2</sup>

A critical area for effective cancer prevention and cancer treatment is environmental oncology or "the study of the environmental causes

of cancer—physical, chemical, biologic and social—and the practice of preventing cancer through promoting avoidance of these agents," according to the Environmental Health Trust.<sup>3</sup> Integrative cancer care centers and providers are developing strategies to reduce cancer by translating scientific findings about environmental causes of cancer into ways to minimize risk.

#### References

1. National Cancer Institute. 2004. The Majority of Cancers Are Linked to the Environment
2. National Cancer Institute. 2002. Cancer and the Environment: What You Need to Know What You Can Do
3. Environmental Health Trust

## health dates & events

### HEALTH & WELLNESS PROGRAMS

The KCH Health & Wellness Center, 1500 Provident Drive, is open seven days a week for your convenience. Personal training, wellness screenings, walking passes, group exercise classes and community outreach programs are available to meet your wellness goals. Visit [www.kch.com](http://www.kch.com) for further information or call 574.372.7890. Recently lowered weight management program cost. Call for details.

#### Wellness Screenings

Screenings are offered the third Thursday of each month. Screenings will be October 20, November 17 and December 15 from 6:30–8:30 am at the KCH Health & Wellness Center.

#### Flu Vaccination Clinics

Oct. 15 | 9 am–12 pm, Oct. 25 | 6–9 pm  
Nov. 5 | 9 am–12 pm, Nov. 8 | 6–9 pm  
KCH Wellness Center

Oct. 11 | 5–7 pm  
North Webster Church of God

Cost is \$20 and is limited to those age 4 years and older.

#### Living Lean

October 18–November 22, \$65 for a special six weekly sessions. Class time is at 6:30 pm at the Health and Wellness Center. Call 574.372.7890 to sign-up, deadline is October 14. Learn how to eat healthier to promote weight loss.

#### Mayflower 5K Run/Walk

November 5 | 10 am

The race cost is \$15 for pre-registration by October 26 and \$20 after October 26 through race day. T-shirts are guaranteed for pre-registered participants. Join us at the post race party with lots of food, music, and door prizes. Entry forms can be found on [www.kch.com](http://www.kch.com) or stop by the Wellness Center and pick one up!

#### Diabetes Support Group

October & November meetings will be held on the third Thursday from 1–2 pm at the KCH Health & Wellness Center. There will be no December meeting.

#### Group Exercise Classes

Group exercise classes are included in the KCH Health & Wellness Center memberships. Members can sign-up monthly for the classes they wish to attend. Sign-ups are required to ensure that classes are not overcrowded. Non-members may join unlimited classes monthly (except yoga) for \$35.00 per month. Unlimited yoga classes are available to non-members for \$35.00 per month. Please call 574.372.7890 for information on our new classes for this quarter.

#### KCH STROKE SUPPORT GROUP

Monthly meetings are held on the second Tuesday of each month from 6–7 pm in the KCH Administration Classroom. The next meeting will be held October 11. No registration is necessary. For information call 574.372.7671.

#### BREASTFEEDING SUPPORT

##### Working Mothers' Nursing Support Group

October 17, November 21, December 19  
6–7:30 pm

This group is for working moms and their infants. Moms will be able to learn about breastfeeding options for returning to the workforce. Located in the OB Classroom. Please call 574.372.7640 for information.

##### Nursing Mothers' Group

Every Tuesday | 9:30–10:30 am

Breastfeeding mothers and their infants 0-6 months. No siblings please.

##### Nursing Mothers' Group

Every Tuesday | 10:30–11:30 am

All breastfeeding mothers welcome. Siblings welcome. For moms who want to give their babies the best possible start. Come share, support and encourage each other. Located in the OB Classroom. Please call 574.372.7640 for information.

#### Breastfeeding Class

October 13, November 17, December 29  
6:30–9 pm

Know what to expect and become familiar with the process of breastfeeding. Reduce anxiety and allow a natural experience. Class information will include advantages and barriers to breastfeeding, how to establish breastfeeding and techniques to accomplish satisfactory results. Located in the KCH Administration Classroom. The cost is \$25 if not attending prenatal classes. Registration is required by calling 574.372.7882.

#### PREPARED CHILDBIRTH CLASSES

Thursdays | 7–9 pm  
October 6–November 10  
December 1–December 22

This program will prepare you and your labor partner for the birth of your child. This class is held in the KCH Administration Classroom. The cost is \$50.00. Call 574.372.7882 for information or to register.

#### KCH SLEEP CENTER

##### Fall Fun with the Sleep Center

October 19 | 6:00 pm

Affected by sleep apnea or know someone who has a sleeping disorder? Join us as a guest speaker discusses the necessary treatment for sleeping disorders. Pressure testing for C-PAP machines will be available. Located in the Health & Wellness Center. Reservations are not required. There is no cost to attend. There will be refreshments and door prizes. Please call 574.372.5889 for more information.

#### KCH CANCER CARE CENTER

##### Survivorship Support Group

October 5, October 12, October 19  
11:00–11:45 am

Beyer Greenway Trail Head, across from KCH Health and Wellness Center. All cancer patients are invited to walk to Pike Lake and back. On October 19 we will meet at Beyer Greenway walk to Pike Lake and have a picnic from 11:00 am –1:00 pm. Please call Mary Childers 574.372.3802 to confirm attendance.

### Look Good Feel Better

October 24 | 5:30 pm

This program is for women undergoing therapy for cancer. A cosmetologist is available to answer questions regarding skin care while undergoing treatment. Demonstrations on the use of scarves, hats, wig selections and maintenance. Registration is needed by Monday, October 17. Participants will receive a complimentary gift bag with cosmetics. This program is free. Held at the KCH Cancer Care Center. Call 574.372.3800 to register.

### KCH HEALTHY WOMAN

The KCH Healthy Woman program is a free community resource designed to empower women with the knowledge and confidence needed to maintain a healthy mind, body and spirit. Healthy Woman meets in the KCH front lobby from 5:30–6:30 pm

### Hearty Soup & Such - Using the Season's Healthy Harvest

October 11 | 5:30–6:30 pm  
KCH Front Lobby

Enjoy new recipes and feed your body with wonderful new recipes. Light dinner served during this taste testing event. Brian Crabill MS, RD, CD | Clinical Dietitian from Kosciusko Community Hospital will discuss healthy ingredients of soup and talk about how soup is beneficial for health and disease prevention.

### I Need to Sleep!

November 8 | 5:30–6:30 pm  
KCH Front Lobby

You do need quality sleep as this one thing affects many aspects of your well being. Assess your or a loved one's sleep issues and learn how to improve your sleep. Dreama Lozier, KCH Sleep Center Manager will discuss how to rest to feel your optimal best!

### KCH SENIOR CIRCLE

Upcoming programs exclusively planned for KCH Senior Circle members include:

#### October

#### Family & Friends CPR Class – Free

October 7 | 10–11:30 am  
KCH Administration Classroom  
Reservations required.  
Call 574.372.7885

### Breakfast & Learn - Caring For Your Heart As It Ages

October 21 | 8:30–9:30 am  
KCH Administration Classroom

Dr. Yekaterina Fayn, Cardiologist  
The heart changes over time. How we care for it changes, too. Breakfast provided by Gardens of Lake City

### Massage Therapy by Charter College

15 minutes \$10, 30 minutes \$25  
Appointments can be made by calling Teri at 574.267.1720.

### Vitamin D Screening

October 28 | 8–9 am  
KCH Wellness Center

Vitamin D may help with heart disease, diabetes, pain, depression, osteoporosis and your immune system. Cost is \$25. Appointments required.  
Call 574.372.7890  
KCH Wellness Center

### November

#### Family & Friends CPR Class – Free

November 4 | 10–11:30 am  
KCH Administration Classroom  
Reservations required  
Call 574.372.7885

#### Bone Density Testing– Free

November 11 | 10–11 am  
KCH Wellness Center  
Appointments required.  
Call 574.269.7890

#### Hearing Screening – Free

November 16 | By Appointment  
Dr. Sandy Engelberth  
Call 574.269.5828

#### Alzheimer's & Stroke Screening

November 17 | 4–7 pm  
Warsaw Neurology  
Dr. Kevin McGeehan, Neurologist  
Providing a complimentary screening for Alzheimer's and Stroke. Call 574.372.7676 for more information.

### Massage Therapy by Charter College

15 minutes \$10, 30 minutes \$25  
Appointments can be made by calling Teri at 574.267.1720.

### December

#### Grip Strength–Free

December 9 | 10–11 am  
KCH Wellness Center  
Appointments required  
Call 574.372.7890

### Sleep Evaluation–Free

December 14 | By appointment  
KCH Sleep Center  
Call 574.372.5889

### Christmas Party

December 16 | 10–12 pm  
KCH Wellness Center

Special holiday program and carolers. Hosted by Miller's Merry Manor. Door prizes and other festivities.

### Massage Therapy by Charter College

15 minutes \$10, 30 minutes \$25  
Appointments can be made by calling Teri at 574.267.1720.

## COMMUNITY EVENTS

### Open House at KCH Private Patient Rooms & Open MRI Technology

September 29 | 4:00–6:00 pm  
Kosciusko Community Hospital

Join us for the unveiling of new private patient rooms and the latest advancement in MRI technology, both close to home. Tour the newly renovated third floor private patient rooms, new MRI technology, enjoy hors d'oeuvres, music and a gift.

### Fall Family Fun

October 14 | 6:00–8:00 pm  
Lucerne Park

Enjoy a crisp fall evening of family activities, including hayrides, storytellers, a petting farm, crafts, snacks, and a campfire by the lake. A perfect opportunity to make family memories before the season ends!

### Taste & Trade Expo

October 21–22 | 6:00–8:00 pm  
Winona Lake | Orthopaedic Capital Center

The Expo will be open to the public from 11 am to 7 pm on Friday and from 10:00 am to 4 pm on Saturday, October 22. The event showcases the best of Kosciusko County businesses, restaurants and caterers in a background of fun local entertainment.





Lutheran Health Network

2101 E. DuBois Drive | Warsaw, IN 46580

## A Healthy American Plate

A report by the American Institute for Cancer Research (AICR) found that a predominantly plant-based diet may reduce the risk of cancer. Not only do vegetables, fruits, whole grains and other plant-based foods provide an array of cancer-protective compounds, but a predominantly plant-based diet is a powerful tool in weight management. The fiber and water in plant foods gives a feeling of fullness without supplying a lot of calories.

The report concluded that maintaining a healthy weight is one of the most important things you can do to reduce your risk of cancer.

### Strategies for Cancer Prevention:

- Eat mostly plant-based foods, which are low in energy density
- Be physically active
- Maintain a healthy weight

American Institute for Cancer Research



## Schedule Your Digital Mammogram



Research has shown that annual mammograms lead to early detection of breast cancer when it is most curable. The American Cancer Society recommends annual mammograms for women age 40 and older.

### Honor Family & Friends Through the KCCCF

Throughout the month of October, pink ribbons will be available for \$1 to honor a family member or friend who has been affected by cancer. The pink ribbons will be posted in the KCH front lobby and Warsaw Women's Center.

All proceeds will go to the Cancer Care Fund. Pink ribbons will be available at the KCH Cancer Care Center, KCH Gift Shop, KCH Women's Imaging and Warsaw Women's Center.

### \$5 Cancer Care Fund Contribution

Throughout October, schedule your mammogram at Kosciusko Community Hospital and KCH will contribute \$5.00 to the Kosciusko County Cancer Care Fund. The Fund assists local residents who have been diagnosed with cancer and need financial support due to costs incurred from the disease.

**To schedule your mammogram call 574.372.7601.**