American Cancer Society Partnership Programs
The American Cancer Society, in collaboration with UP Health System – Marquette (UPHSM), offers the following patient services/supports:

**Look Good Feel Better**: The Look Good Feel Better program is a national program that helps women deal with the appearance related side-effects of cancer treatment. In addition to providing tools and resources to help patients cope, these group sessions also allow for the opportunity for additional emotional support.

**Marquette**: January – December 2014:
- 21 women registered, 15 attended
- 6 sessions held in 2014

**Houghton (new location started April 2014)**: April – December 2014:
- 16 women registered, 13 attended
- 5 sessions held in 2014

**Escanaba (new location started April 2014)**: April – December 2014:
- 4 women registered, 4 attended
- 3 sessions held in 2014

**Wig Bank**: We have two ACS wig banks servicing the Upper Peninsula. Wig banks offer private appointments to women undergoing hair loss due to cancer treatment, to receive a free cut, a free wig, and free styling. The Escanaba location started in the second quarter of 2014.

**Salon by Michelle – Houghton, MI**
2014 – 13 patients 15 wigs

**Paul Mitchell The School – Escanaba, MI**
2014 – 3 patients 3 wigs

**Reach to Recovery**: In September and informational event was held for breast cancer survivors interested in becoming Reach to Recovery volunteers. Reach to Recovery is a one-on-one peer support program for breast cancer patients. The ACS representatives were here to run the event along with the Cancer Patient Care Coordinator from the UP Health System Marquette. Nine Breast Cancer Survivors attended the meeting. Training has not started and is on hold until a new ACS representative is found.
Personal Health Managers: Personal Health Managers help newly diagnosed cancer patients and their caregivers learn about cancer and organize the multitude of information they receive from various sources related to diagnosis and treatment. The kits feature eight tabbed folders, which allow them to organize information. The folders also provide space for patients and caregivers to record physician contact information, appointment times, test results, medicines, and insurance information. Currently all of the patients diagnosed with Breast Cancer receive a PHM. Recently the ACS has begun providing the Hematology/Oncology clinic with PHM’s for other cancers as well, which are given to patients accordingly. In 2014, 230 patients received a Personal Health Manager.

Prevention/Awareness Programs
Bell Memorial had a Women’s Health Fair in April 2014. The UPHSM Cancer Program had a display and table with pamphlets on cancer prevention and screening. We provided two volunteers to answer questions regarding cancer for participants at the health fair.

The UP State Fair had a Senior’s Day and Women’s Day in August 2014. Two staff members from various departments in the Cancer Program manned the tables at each of the events. Various pamphlets on general health, cancer prevention and screening were available.

Dr. Siemers, Dr. Thieme and Dr. Lonsway participated in a panel discussion about Prostate Cancer in the West Lobby of the hospital in September 2014. This was well-attended by 60 members of the community and additional employees of UP Health System Marquette.

In October of 2014, the Cancer Program in conjunction with the Radiology department had a booth in the Skywalk of the hospital for breast cancer awareness month. We provided screening guidelines for mammography and cancer prevention pamphlets from the American Cancer Society to the public. Also during Breast Cancer Awareness Month, the Cancer Patient Care Coordinator and various staff from the Cancer Program provided a table at Marquette County high school girls’ volleyball games. Two staff members from the Cancer Program attended each event at Ishpeming High School, Marquette Senior High School, Gwinn High School, and Negaunee High School. Each school provided tables for our display. Information on screening, treatment and healthy living brochures were available. We collaborated with the Superior Health Foundation to provide donations of snacks from Wal-Mart, Saykley’s, and Donckers. Pink Breast Cancer Awareness bracelets were sold for $2 a piece with half of the money going to the Superior Health Foundation and half going to the schools for health education projects.

The Mining Journal featured several articles about the Cancer Program. In December they featured Low-Dose CT Lung Cancer Screening. The article included a story of a patient who was found to have an early stage lung cancer and received a curative treatment at UPHSM.
Stress Management Programs
In 2014, we started a program called From Cancer to Health. This is an intervention program developed by Ohio State to reduce stress and distress in people with a cancer diagnosis. The group meets for a full year. Dr. Steinitz attended training at Ohio State to start the program. The supplies were donated by the Superior Health Foundation and the group is free of charge. The Cancer Program provides two support groups annually.

- Cancer Hope Connections Support Group found a new leader at the end of 2014 and dates are set for the upcoming year.
- Breast Cancer support group meets each month on the second Thursday through May and then picks up again in September. Video conferencing is available for the Manistique and Baraga communities. Each meeting provided a speaker on various topics of the attendee’s selection. Average attendance is 10 women per session.

National Survivors Day – June 1, 2014
This was acknowledged with an article in the Mining Journal for 2014. The article was titled “Absolute Quality – MGH Celebrates Cancer Survivors.” The article highlighted a local breast cancer survivor’s story. The new “from Cancer to Health” group therapy program was also highlighted with information on where to call to sign up or get more information.

Wig Salon at UP Health System Marquette
This is a service of UP Health System Marquette Volunteer Services. The Wig Salon’s mission is to provide new wigs, hats, and scarves at no cost to guests with hair loss due to a medical condition and who are under a physician’s care. Wig Salon volunteers are licensed cosmetologists who donate their time.
Screening Programs

In 2014, we started a Low Dose CT Screening program. We follow the US Preventative Task Force Guidelines for who should be screened and how and when the screenings will occur. Our Lung Site committee made Solitary Pulmonary Nodule follow-up recommendations utilizing the Fleischner Society Guidelines. Patients who are at high risk see their Primary Care Physician to have a shared decision making visit. The PCP orders the exam and the patient signs a consent form that we developed. The consent form outlines the benefits and risks of screening. Patients pay $200 for the low dose CT screen. This is equivalent to smoking a pack/day for one month. Our Cancer Patient Coordinator enters all patients screened into our spreadsheet along with their results. Patients and PCP’s are sent a letter outlining the recommended follow up. Results of the 2014 Screening are as follows:

<table>
<thead>
<tr>
<th>Number</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>No Nodules</td>
</tr>
<tr>
<td>13</td>
<td>&lt; 4 mm Nodules</td>
</tr>
<tr>
<td>9</td>
<td>&gt; 4-6 mm Nodules</td>
</tr>
<tr>
<td>6</td>
<td>&gt; 6-8 mm Nodules</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 8 mm Nodules</td>
</tr>
<tr>
<td>57</td>
<td>Total Screened in 2014</td>
</tr>
</tbody>
</table>

As a result of the screening, we found one patient with a Stage 1a Lung Cancer. The patient had a Lobectomy. The patient’s story and the LDCT screening offered here was run in the December 23, 2014 Mining Journal.