

LAURAN NEERGAARD

AP columnist



Guides help with cancer aftercare

You've finished the surgery, the radiation, the chemotherapy. You're a winner, a cancer survivor. Now what?

A new push is on to provide patients with "survivor plans," long-awaited blueprints for the customized follow-up care they'll require for years.

Few today get that careful send-off as they leave cancer specialists and head back to their regular doctors, even though the Institute of Medicine alerted the nation two years ago that these survivors' special needs weren't being met.

Now a major doctors' group is creating easy-to-fill-out checklists that survivors can hand to future physicians — what checkups to get and when, what late side effects their treatment may trigger, what new symptoms to watch for.

The American Society for Clinical Oncology recently posted the first such documents — for colorectal and breast cancer — on its Web site, free to copy and customize. ASCO is developing guides for other leading malignancies — lung cancer is next — and a more general plan for less common cancers.

"We're at the cusp of a very dramatic change in the way we're going to be delivering coordinated care for cancer survivors," predicts Dr. Patricia Ganz of the University of California, Los Angeles, a cancer survivorship specialist who spearheaded the ASCO guides.

Today, "the patient feels lost," she explains. "If everybody has the same marching orders, it will be a lot easier."

There are roughly 10 million cancer survivors, a population rapidly growing thanks to advances in early detection and treatment.

When active treatment ends, those people too often don't realize their simmering health risks. It's not just the possibility of the initial cancer returning or a new one forming. Treatment may have left infertility, memory or mobility damage, impaired organ function. Some side effects may not appear for years. Then there are psychosocial consequences, from depression to problems keeping health insurance.

Consider the contrasts: Have a baby and you're sent home with care instructions, including when mom and child are to check in with their respective doctors. Have heart surgery, and likewise you receive nutrition and exercise rules, a list of worrisome symptoms and a checkup date.

Cancer treatment typically is far lengthier and complicated. Yet oncologists until now have had no standard way to offer a similar guide. Doctors like Ganz have pioneered survivor plans at specially designated cancer

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WELL-BEING

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FEATURE NEWS EDITOR (231) 933-1452

"I love the Lord and I love to serve people."

Bill Church, retired radiologist

MISSION POSSIBLE

Retired radiologist devotes quarter-century to helping underprivileged nations

By Al Parker Special to the Record-Eagle

TRAVERSE CITY — The young man was not a typical ultrasound patient.

He limped into the hospital with a spear in his thigh — the weapon's head clearly passing through the leg while the wooden shaft was still buried there, forming a huge hematoma, or pocket of internal bleeding.

In the patient's tiny town in Kenya, it was unlikely the young man would survive. Located in east Africa, Kenya is a poor nation, with a per capita income of only \$2,600.

Fortunately, Traverse City radiologist Dr. Bill Church had worked to place an ultrasound machine in the town's rural hospital and it helped save the patient's life.

"The physicians were able to see the entire wooden spear shaft and remove it," said Church, a soft-spoken physician who has been helping needy hospitals and clinics around the world obtain radiology equipment for 25 years.

"Ultrasound is a wonderful window into the body anywhere, but especially in the developing world where X-ray quality is often marginal, if existent at all, and there are no alternative imaging modalities available."

Church's overseas trips began with a simple volunteer effort in 1982.

"I signed up for a mission trip of two weeks in Jamaica," recalled Church, who recently retired from his practice with Grand Traverse Radiologists. "Then, about two weeks prior to the trip, a guy called and his company donated an ultrasound machine to the hospital there. He asked me to go and teach the local physicians how to use it."

That humble beginning launched Church, accompanied by his wife, Sandra, a registered nurse, on journeys to Russia twice, Honduras three times, Kenya five times, Papua New Guinea three times, Egypt twice, Swaziland, Malawi, Trinidad, Haiti, Niger, Uganda and Mexico.

Training the na-

tive doctors to use the high-tech radiology units sometimes requires the use of a translator. Still, the recipients are always eager to learn and impressed with the ultrasound and X-ray equipment Church is able to provide.

"They know they want the equipment and that it will be helpful," he said. "Sometimes there's trepidation until they gain confidence with it. It's like other skills, some get it and some don't. But they usually become very enthusiastic when they see what they can see with this equipment."

One trip to Honduras was especially memorable for Church.

"We had placed an ultrasound in an OB-delivery room just before a woman came in," he recalled. "She was about to deliver, but there were no local physicians or nurses around. I knew how to deliver a baby, but hadn't delivered one in about 30 years. But all went well and the baby came out just fine."

All of Church's trips have come under the auspices of World Medical Mission. The international organization formed in 1977 to place Christian physicians, dentists and other medical personnel in mission hospitals and clinics in Africa, Asia, Europe, Oceania, Latin America and the Middle East.

World Medical Mission is an offshoot of Samaritan's Purse, a nondenominational evangelical Christian organization providing spiritual and physical aid to hurting people around the world. Since 1970, Samaritan's Purse has helped victims of war, poverty, natural disasters, disease and famine with the purpose of sharing God's love through Jesus Christ. Its president is Franklin Graham, the oldest son of Billy Graham.

After his initial trip to Jamaica, Church developed important contacts that enabled him to procure radiology gear for free or at little cost. Sometimes the equipment was old and

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Record-Eagle/Jan-Michael Stump

Dr. William Church, retired after 32 years, devoted much of his career to bringing radiology equipment to Third World nations.

CALENDAR

Health calendar is published weekly by the Traverse City Record-Eagle. Information to be included can be:

Mailed: Record-Eagle, P.O. Box 632, Traverse City, MI 49685; Faxed: 946-8632 or Delivered to: 120 W. Front St. Traverse City.

BLOOD DRIVES

MICHIGAN COMMUNITY BLOOD CENTER

Fife Lake, 10 a.m.-3 p.m. Oct. 3, Forest Area High School, 7741 Shippy Road.

Frankfort, 1:30-6:30 p.m. Oct. 4, Paul Oliver Memorial Hospital, 224 Park Ave.

Kingsley, 9:30 a.m.-3:30 p.m. Oct. 5, Kingsley High School, 7475

Kingsley Road, bus. **Manistee,** 12:30-4:30 p.m. Oct. 4, West Shore Outreach Lab, 332 First St.

Maple City, 11 a.m.-3:30 p.m. Oct. 10, Glen Lake High School, 3375 W. Burdickville Road.

Traverse City, 3-6 p.m. Oct. 4, Bethlehem Lutheran Church, 1050 Peninsula Drive; noon-4 p.m. Oct. 8, TBA Administration, 1101 Red Drive., bus. noon-4 p.m. Oct. 9, Munson Community Health Center, 550 Munson Ave.

The Blood Center, 2575 Aero Park Drive, TC; 10:30 a.m.-6 p.m. Monday through Thursday; 7:30 a.m. to 3 p.m. Friday; 9 a.m. to noon first Saturday of each month.

AMERICAN RED CROSS NORTHERN MICHIGAN

Alpena, 11:30 a.m.-5:15 p.m. Oct. 10, First United Methodist Church, 167 Ripley.

Bellaire, noon-5:45 p.m. Oct. 11, St. Luke's Catholic Church, 3038 S. M-88.

East Jordan, noon-5:45 p.m. Oct. 9, East Jordan Civic Center, 101 Civic Center Lane.

Petoskey, noon-5:45 p.m. Oct. 5, American Red Cross, 2350 Mitchell Park Dr.

Traverse City, 1-6:45 p.m. Oct. 8, Elks Lodge, 625 Bay St.

FREE CLINICS/SCREENINGS

AuSable Free Clinic, 1250 E. Michigan Ave., Building D, Grayling, (989) 348-3311.

Cadillac Community Clinic, 5-7:30 p.m. each Wednesday, 521 Cobbs St.; free health clinic providing limited diagnostic and treatment services to those who have no health insurance and are unable to pay for health care. The clinic also assists individuals who lack insurance to receive free or low-cost medications through their Medication Access Program; 876-7818.

Free Sugar and Blood Pressure Screenings through Mercy Hospital Grayling, call (989) 348-0455.

Family planning appointments providing no cost/low cost birth control and STI testing in a confidential setting, available at Health department of Northwest Michigan offices in Antrim, Charlevoix, Emmet and Otsego

counties. Medicaid and Plan First accepted, (800) 432-4121.

Free Depression Screenings, 8 a.m.-5 p.m. Oct. 11, 1050 Silver Drive; Pine Rest Christian Mental Health Services' Traverse City Clinic offers free depression screenings in observance of National depression screening Day, 947-2255.

FLU SHOT CLINICS

Acme, 9 a.m.-4 p.m. Nov. 7 & 8 and Nov. 14 & 15, Michigan Elder-care, 6100 US-31 N., Acme; \$35 flu; \$58 pneumonia, (888) 353-3732.

Chums Corner, 10 a.m.-2 p.m. Oct. 5, Rite Aid Pharmacy, 939 US-31 South, Chums Corner;

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IN BRIEF
From staff reports

Tickets available for "Sparkle" gala

CHARLEVOIX— "Sparkle," the 15th annual Holly Daze Gala Celebration to benefit Charlevoix Area Hospital is set to begin at 5:30 p.m. Nov. 29 at Castle Farms. The event will raise funds to support the acquisition of digital mammography for the hospital's diagnostic imaging department. The evening will include a dinner and auctions. Tickets are \$100 per person, \$60 of which is tax deductible, and currently are available by calling 547-8685 during normal business hours.

Programs on Parkinson's disease

TRAVERSE CITY— The Grand Traverse Area Parkinson's Support Group and Munson Home Health will offer two educational opportunities in October for those wishing to learn more about Parkinson's disease. A group of health professionals from Munson will offer the panel discussion, "How Can the Parkinson's

Disease Patient Benefit From Receiving Therapy?" from 3 to 5 p.m. Oct. 8. Patricia Hoban, a nurse practitioner palliative care consult from Munson Home Health will present the program "Understanding the Non-Motor Symptoms of Parkinson's Disease" from 10 a.m. to noon Oct. 15. The program is designed to aid the care partner in better understanding Parkinson's and the part they play as a care partner. Both classes will be held in Classrooms A and B at Munson Community Health Center, 550 Munson Ave. For details, call 946-3103.

MOD Signature Chefs auction

TRAVERSE CITY— Sixteen of the area's finest chefs will gather their signature dishes to benefit the March of Dimes. The fifth annual Signature Chefs Auction will take place at 5:30 p.m. Oct. 15 at the Hagerty Center, 1701 E. Front St. The evening will include food, wine, silent and live auctions with proceeds

going to support research and programs to help fight premature births. Tickets are \$100 per person. For details, call 947-2488 or visit www.marchofdimes.com/michigan.

Book sales benefit children's program

TRAVERSE CITY— Three books from a popular author's "How Do Dinosaurs?" series are being featured locally by Kohl's Cares for Kids in an ongoing benefit for Munson Healthcare's Healthy Futures program. Through October, Kohl's stores in Traverse City and Gaylord will offer author Jane Yolen's books and coordinating plush toys for \$5 each with 100 percent of the net proceeds benefiting Healthy Futures. Kohl's Cares for Kids recently donated \$38,503 to the collaborative program that involves area health care providers, health departments and Munson. In addition to stores in Traverse City and Gaylord, the books and plush toys are available online at kohls.com.

CHURCH
Doctor's mission is to equip Third World hospitals

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being replaced at U.S. hospitals or clinics. Sometimes he wrangled donations from manufacturers. Church estimated that he's helped place about 15 ultrasound and X-ray units in needy hospitals. Some were upgrades, while several were units that were donated by American companies or hospitals. "It took me a while to figure out exactly what I wanted to do," said Church. "But I realized so many of these places in the Third World needed radiology equipment. If they have any at all, it's 1920s or '30s era." Church's efforts helped local physicians develop quick and inexpensive ways of diagnosing fractures, osteomyelitis, pneumonia and other ailments. At his side was Sandra, who used her skills in nursing and organizing supplies during the overseas trips. Church likes to tell a story of Sandra's devotion to helping

others. "I needed an X-ray technician for one trip," he remembered. "Most of these places have an X-ray unit, but they're very primitive and they need training. So I needed an X-ray tech. Sandra heard me say that and, without telling me, she went to Ferris to study. In 2000-2001 she became a certified X-ray technician so she could help on these trips. That was a very lovely thing for her to do." Church's devotion to helping others stems from his faith. "I love the Lord and I love to serve people," he said. "It's an amazingly fun thing to do. It's almost always more fun than any vacation I've ever taken. It's more interesting, more challenging, more rewarding." A New York native, Church graduated from Hope College in 1964 and earned his doctorate from McGill University Medical School. Following a medical internship at the University of Michigan, he joined the Army, serving in Alaska from 1969 to 1972. He returned to U-M and served a radiology residency from 1972 to 1975, when he applied for a position with Grand Traverse Radiologists in Traverse City. "I had never been up here," he recalled. "But they asked

me to come for an interview. I drove north on a cold clear February day and came across M-72 from Kalkaska. It was a beautiful day with a brilliant blue sky and white snow. It was just stunning. I was very impressed with the town. After meeting with the group for five minutes, I knew that if they offered me a job, I was going to take it." In ensuing years, the Churches raised three sons. Bill Church was active in the community through the Traverse City youth soccer program, serving as a coach, referee and T-BAYS board member. He has also been active in Faith Reformed Church for 32 years. At Munson Medical Center, he served on several boards including chairing the board of trustees from 1999 to 2001. In a bittersweet retirement move, the Churches recently relocated to Holland, Mich., to be closer to family members, including a set of triplet grandsons. "We're losing a great physician and a great man," lamented Dr. C. Paul Williams, a colleague at Grand Traverse Radiologists. The Churches aren't letting retirement put an end to their mission trips, though. They are already planning visits to Oman and Bahrain before the end of the year.

CALENDAR

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suggested donation per session; 932-9808. **Dakoske/Phoenix Addiction Treatment Services**, 940 East Eighth St., TC; for individuals or those with family members struggling with alcohol or drug problems; (800) 622-4810. **Dental Clinics North**, a partnership of local health departments, schedules dental appointments for low-income children and adults. Clinics accept Medicaid, Healthy Kids Dental, MI Child and Northern Dental Plan, locations in Traverse City, Manistee, Mancelona, East Jordan, Petoskey and Gaylord., call (877) 321-7070. **Exercise Classes**, free work out sessions 6:15-7:30 p.m. each Tuesday and Thursday, Mill Creek School, Williamsburg, Multi-Purpose Room, participation is limited, call Sandi Wills, 267-9198. **Gamblers Anonymous of Frankfort**, open meetings held 7-8 p.m. Fridays, Frankfort United Methodist Church, 537 Crystal Ave., (M-22); E-mail gafankfort@yahoo.com; inquiries can also be sent to P.O. Box 326, Frankfort, 49635. Contact numbers: 651-0251 or 882-2186; ask for Kim. Online support available at Yahoo groups, type in: gamblenomore2007, to access the link or e-mail gamblenomore2007@yahoogroups.com. **Healthy Choice Support Group**, 11 a.m.-noon, fourth Monday of each month, Kando Island, 3003 Garfield Road, TC; for those wishing to improve their diet choices, includes swapping health recipes for diabetics; Jeremy Wolfe, 922-0903 or 645-4884. **Laughter Club**, 4-5 p.m. third Saturdays of each month, just

Imagine Creative Arts Healing Center, 225 W. 14th St., TC, learn the practice of Laughter Yoga, 932-9808. **Laughter Sessions**, 4-5 p.m. first and third Sunday of each month, The Friendship Center, 201 Broadway, Suttons Bay, free, laugh to reduce stress sessions offered by Gail Robinson, a Dr. Madan Kataria Laughter Yoga Leader, 256-3477. **Saturday Family Art Retreats**, "Bonding through Art," 1-4 p.m. each Saturday, Just Imagine Creative Arts Healing Center, 225 W. 14th St., TC, art projects to nurture self and family connections, \$30/family with up to two children ages 5 and up; \$10/each additional child, call 932-9808. **SMART Recovery**, (Self Management and Recovery training) 7-8:30 p.m. Thursdays, Center for Wellness & Relationships, 3491 Hartman Road, TC; structured group encouragement and training for those seeking to develop skills to abstain from addictive behaviors in a confidential setting; \$5-\$10 donation, 947-2990. **START NEW Series For Healthful Living**, Cadillac Seventh-day Adventist Church at 801 E. Division in Cadillac. Community health professionals aid in teaching God's eight laws of health in everyday lifestyles. Programs begin at 6:30 p.m. Wednesdays and feature a hands-on cooking class, nutritional presentation, spiritual nugget and keynote speaker, free, reservations not required. **TOPS**, (Take Off Pounds Sensibly) 10 a.m. Tuesdays, Kings Court Community Center, off LaFrancher Road, TC; 947-6176 or (800) 932-8677; TOPS #308, 6:30-8 p.m. Tuesdays, Carmelite Monastery, 3501 Silver Lake Road, TC; 946-5804 or 943-8077.

MUNSON MEDICAL CENTER
Munson Medical Center, 1105 Sixth St., Traverse City, Patient Education, 935-8200 or (800)-809-8127. **Advance Care Planning**, ongoing offering, making treatment preferences for medical care at end of life known, 935-6176. **Aquatic Community Classes and Therapy**, Monday through Thursday, no swimming skills needed, Premier Health and Fitness, call for dates and times, 935-7331. **Massage Therapy**, ongoing offering, call 935-6926. **Navigator Program**, outreach and support to women with breast cancer, call 935-8216. **The Pediatric Walk-In Immunization Clinic**, Munson Specialty Clinics Building (106 Madison St.). 10 a.m.-6 p.m. Saturdays and Sundays only; 6-9 p.m. Mondays; Bring immunization records; 935-6270. **Splash**, a water therapy fun class for children and teens with disabilities in a warm water therapy pool, call for times; Premier Health and Fitness, 1209 S. Garfield ave., TC, \$20 a month, 935-7331. **MUNSON COMMUNITY HEALTH CENTER**
Munson Community Health Center, 550 Munson Ave., Traverse City, 935-9265. **A Time To Be Born-Childbirth Preparation**, call for dates and times, \$80 or voucher, 935-8219. **Better Breathing**, 1:30-3 p.m. Mondays, eight weekly classes with information on lung diseases, medications, breathing techniques and nutrition; 935-6736. **Massage Therapy**, 935-6926.

Yoga Classes for Cancer Patients, 6:30-7:30 p.m. Thursdays, gentle stretching and breathing for relaxation and healing, call 228-4067. **BENZIE-LEELANAU HEALTH DEPARTMENT**
Benzie-Leelanau Health Department, 6051 Frankfort Hwy., Suite 100, Benzonia, call 882-2126 in Benzie County or 256-0200 in Leelanau County. **Women's health**, family planning/reproductive health clinics; breast and cervical cancer screening. **Maternal Child Health**, Maternal Support Services/WIC for pregnant women and children; Infant Support Services, Immunization clinics, Healthy Futures. **General Health**, Confidential and anonymous HIV counseling and testing; immunizations for children and adults. **GRAND TRAVERSE BAND**
Grand Traverse Band, Health Building, 2300 N. Stallman Road, Suttons Bay, 271-5256. **Breast and Cervical Cancer**, Screening Program, for American Indian women aged 40 and older; 534-7859. **GT HEALTH DEPARTMENT**
Grand Traverse Health Department, 2325 Garfield Road N., Traverse City, 922-4831. **Blood Borne Pathogen Training**, by request; 922-2729. **Healthy Kids/MiChild**, provides comprehensive insurance for pregnant women and children under 19 years, Applications available for MiChild, call 922-2730. **Immunization Clinics**, held daily, call for appointment 922-4831; \$7 charge per injection for children's vaccines.

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There is no cost to attend. For more information, call Munson Diabetes Education at (231) 935-8200 or 1-800-809-8127.

Monday October 8 6:30 - 7:30 pm

Munson Medical Center Conference Room 1

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