

# Study to test cancer detection methods

Lung cancer kills more Americans every year than any other kind of cancer — mainly because doctors don't have a reliable way of finding it early, when treatment has the best chance of working. Now, a new nationwide study will test two different methods of looking for tiny lung tumors, to see if either approach can help catch cancer early and reduce the death rate among patients.

Doctors at the University of Michigan Comprehensive Cancer Center and other study centers across the country will soon begin making pictures of the lungs of smokers and ex-smokers, using either chest X-ray machine or a CT ("cat") scanner. Then, they'll track participants' health for several years, looking yearly for signs of lung cancer.

By the end of the study, they'll be able to tell whether regular chest X-rays or CT scans had any effect on the participants' lung cancer detection and mortality rates. And that might help determine whether

all American smokers and ex-smokers should get their lungs scanned regularly — or whether scientists need to keep looking for better ways of finding lung cancer in its treatable early stages.

**SMOKING BIGGEST RISK**

"The trial will recruit 50,000 patients, of which 1,000 will be specifically recruited here," says Dr. Ella Kazerooni, director of thoracic radiology at UMHS and a member of the U-M Comprehensive Cancer Center. "We're looking for men and women aged 55 to 74, who are current and former smokers. Former smokers must have quit within the last 15 years."

Smoking is by far the biggest risk factor for lung cancer, causing 87 percent of cases.

The study is needed because the huge death toll that lung cancer causes every year — about 157,400 Americans, more than die from prostate, breast, colon and ovarian cancer combined — and because of claims that have been made about the power of

new spiral CT machines to detect lung cancer, Kazerooni explains.

"In the last few years, CT scans have been shown to pick up small cancers, and it's become much easier to see those small cancers with a CT scan than with a chest X-ray," she says. But, she adds, there isn't yet enough proof to say that CT scans help reduce the lung cancer death rate. Currently, that rate is 85 percent after five years.

**DOCTORS CONCERNS**

Some doctors even worry that, because normal high-quality spiral CT scan, the scans will cause needless worry and even lead people to have tests or surgery that could harm them. "To settle the debate, the National Cancer Institute and the American College of Radiology Imaging Network are sponsoring the study, called the National Lung Screening Trial." The study is designed to be as

scientific as possible, to make sure that the results will hold up under scrutiny and be good enough to guide public health recommendations.

Participants will be assigned to either chest X-ray or CT scans by random chance — like the flip of a coin. They must have no history of lung cancer, but they must be heavy smokers, or former heavy smokers. The risk of lung cancer goes up with the number of cigarettes smoked per day. Participants who smoke and want to quit will receive referrals to stop-smoking programs.

All participants must be in the age group — over 55 years old, and younger than 75, when they begin the study — that has the highest risk of lung cancer. The researchers will make sure to include people of all races, incomes and educational levels, so that they can look for patterns of lung cancer occurrence and survival in different populations. Currently, statistics show that African-Americans and people with lower incomes and educational levels have a

higher risk of getting lung cancer, but the reasons for these differences aren't clear.

**REQUIREMENTS**

You may be eligible for the study if you:

- Are aged 55 to 74.
- Are a heavy smoker now, or a former heavy smoker who quit within the last 15 years.
- Have not had a chest CT scan within the past 18 months. If you have, you could still be eligible to participate if participants are still needed when you are past 18 months.
- Are able to lie flat on your back for 30 minutes with your arms raised above your head.
- Have no medical or psychiatric conditions that would keep you from being able to give your consent to participate in the study, or that might cause you to die within 12 months.
- Have no metallic implants or devices in your chest or back, such as a pacemaker.
- Have no history of lung

cancer, and no current cancer except basal-cell skin cancer.

- Don't use oxygen to help you breathe better.
- Aren't participating in any other cancer study, except smoking cessation studies.
- Have no symptoms that suggest you have lung cancer, including unexplained weight loss of 15 pounds or more in the last year, or blood in your phlegm when you cough.
- Haven't ever had a part of your lung removed, except for a biopsy test.
- Haven't had antibiotics for pneumonia or a respiratory infection in the past 12 weeks.
- Haven't had chemotherapy (cytotoxic drugs) in the past 6 months or any condition.

To learn if you are eligible to participate in the study, call 800-4-CANCER (800-422-6237) between 9 a.m. and 4:30 p.m., weekdays, or visit [www.cancer.gov/ctsc](http://www.cancer.gov/ctsc). In Michigan and Ohio, call 800-742-2300 and enter 6520, or visit [www.cancer.med.umich.edu/lu](http://www.cancer.med.umich.edu/lu).ng.htm.

## MEDICAL DATEBOOK

**SEPTEMBER**

**HypnoBirthing**  
Botsford Center for Health Improvement in Novi will offer "Free Introduction to HypnoBirthing" 7 p.m. Monday, Sept. 30, at the center, 39750 Grand River Avenue, between Haggerty and Meadowbrook. Learn deep relaxation techniques. Free, but space is limited. Call (248) 477-6100.

**OCTOBER**

**Grief support**  
Space for Changing Families, a community service of the National Council of Jewish Women/Greater Detroit Section, will offer an eight-week support group for adults grieving the death of a spouse or partner. The group will meet 7-9 p.m. Tuesdays, Oct. 10-Nov. 19, at 26400 Lahser Road, Suite 100, Southfield. Call (248) 355-9936.

Space for Changing Families also will offer a six-week workshop, "Grief to Recovery" for families in the aftermath of suicide. The group begins at 5:30 p.m. Tuesday at the same location.

**Loss weight/stop smoking**  
Providence Medical Center - Livonia will host a Wellness Seminar for weight

reduction 3-9 p.m. and 6:30-8:30 p.m. Wednesday, Oct. 2, at the Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia. The center also will host a Wellness Seminar for smoking cessation 6:30-8:30 p.m. Thursday, Oct. 3. Hypnosis, behavior modification, audio cassette. \$59. Call (877) 345-5500.

**Healthy heart**  
Beaumont Hospital's Shering & Caring program will offer "Keeping a Healthy Heart 7-9 p.m. Thursday, Oct. 3 in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8588.

**Senior fest**  
The Center for Lifelong Learning at Henry Ford Community College will hold an Autumn Senior Fest 10:30 a.m. to 1:30 p.m. Friday, Oct. 4, at 22586 Ann Arbor Trail in Dearborn Heights. Sarah Talley from the Social Security Administration will discuss the Social Security Trust Fund extension, employment for families in the aftermath of suicide. The group begins at 5:30 p.m. Tuesday at the same location.

**Loss weight/stop smoking**  
Providence Medical Center - Livonia will host a Wellness Seminar for weight

**Women's wellness**  
Burton Manor Banquet Facility in Livonia will host the "Women's Enrichment Forum: Mind, Body & Soul" 9 a.m. to 1:30 p.m. Saturday, Oct. 5. Health information and prizes. Cost is \$35 per person. Pre-registration required by Sept. 29. Call (248) 544-1380.

**Family relationships**  
Oakwood Complementary & Alternative Medicine Center in Westland will offer a workshop called "Ten Ways to Strengthen Your Family" 10 a.m. to noon Saturday, Oct. 5. Parents with children of all ages will learn how to live happier, healthier and more productive lives. Cost is \$20. Call (800) 543-HEAL.

**Carpal tunnel syndrome**  
Learn the facts about carpal tunnel syndrome and the alternatives to drugs and surgery. The Doctors Speakers Forum will present a free workshop 7:30 p.m. Tuesday, Oct. 8, at the Livonia Civic Library, 32777 Five Mile Road, Livonia. Call (800) 285-0555.

**Restless legs**  
Get your boots ready for walking. The Restless Legs Syndrome Support Group will meet 2 p.m. Tuesday, Oct. 8, at OptiMeyes, 35184 Central City Pkwy.

Westland, across from Marshall Fields. Contact Jan at (734) 453-4847.

**Fibromyalgia**  
The CFMS/Fibromyalgia Support Group meets 7 p.m. the second Thursday of the month at the Livonia Civic Center Library, 32777 Five Mile Road. The next meeting is Oct. 10. Call (248) 346-3164.

**Thyroid cancer conference**  
The 5th Annual Thyroid Cancer Survivor Association, Inc. Conference will take place Oct. 19-21 at the Los Angeles Athletic Club, Los Angeles, Calif. More than 50 speakers, including endocrinologists, surgeons, nuclear medicine specialists, nutritionists, attorneys and survivors. Register by visiting ThyCa's Web site, [www.thyca.org](http://www.thyca.org).

**Healing Arts**  
The Tree House, 22506 Mooney Street, Farmington, presents "Music and Sound in the Healing Arts" 1-7 p.m. Saturday, Oct. 12. Learn about high-energy and low-energy music, vibrational sounds and color therapy, and the therapeutic benefits of music. Organic dinner included. Cost: \$55 singles and \$100 couples. Limited seating. Call (248) 473-0624.

**Parkinson's Disease**  
The Parkinson Education and Support

Group of Washtenaw County will meet 1:30 p.m. Sunday, Oct. 12, at the Saint Joseph Mercy Hospital Education Center, Bldg. 5305, Huron River Drive, Ann Arbor. Topic: First-aid in the home. Refreshments served. Call (734) 749-9209.

**Cancer walk**  
Join the American Cancer Society to celebrate survivorship and raise funds for breast cancer research at the ACS's annual "Making Strides Against Breast Cancer" walk. The 5-mile walk in Detroit will take place 8:30 a.m. Saturday, Oct. 12, at Belle Isle Park. The 3.5-mile walk in Ann Arbor will be held 8 a.m. Saturday, Oct. 19, at Michigan Stadium. Call (800) ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

**Thyroid support group**  
Michigan Thyroid Support Group meets 6:30 p.m. Monday, Oct. 14, with speaker Dr. Pamela Smith, at the Plymouth Library, 223 S. Main Street, Plymouth. Smith is the founder of the Center for Healthy Living and Longevity. Web site [www.healthyliving.com](http://www.healthyliving.com). Contact Tracy Green at 734-453-7945, e-mail [mthyroid2@comcast.net](mailto:mthyroid2@comcast.net), or visit <http://mihometown.com/0e/thyroid>.

**Autism**  
Thomas McKean - an adult with

autism, former board member of the Autism Society of America, and author of *Soon Will Come the Light* who recently appeared on the Oprah Winfrey Show, will present a view from inside the autism puzzle 7 p.m. Monday, Oct. 14, at Zion Lutheran Church, 143 Albany, Ferndale. Childcare available. Contact Laury Tedich, Everyday Miracles Autism Support Network, (248) 398-6220; e-mail, [EverydayMiraclesAutism@yahoo.com](mailto:EverydayMiraclesAutism@yahoo.com). Web site [www.eciesites.com/EverydayMiraclesAutism](http://www.eciesites.com/EverydayMiraclesAutism).

**Fighting cancer**  
A panel of University of Michigan scientists and oncologists will present a free program on the body's immune system as a lighter in the battle against cancer 7:30 p.m. Wednesday, Oct. 16, at the Livonia West Holiday Inn. Reservations encouraged. Call (800) 742-2300 and enter category 7870.

**Breast cancer/HRT**  
Beaumont Hospital's Shering & Caring program will offer "Understanding Studies on HRT and Breast Cancer" 1 p.m. Thursday, Oct. 17, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8588.

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**Many Faces, One Future**

**Schedule of Events**

All events at the Coslick Activities Center

**September 22**  
"Get to Know Your Neighbor" Mini-Conference on Cultures 1:00-4:00 p.m.

**September 26 - 29**  
Multicultural Art Exhibit

**Thursday, September 26**  
Artist Preview Reception 6:00 p.m.  
Multicultural/Multiracial Community Council (MCMR) Kick off Rally 7:00 p.m.

**Friday, September 27**  
New citizen swearing in ceremony 10:00 a.m.

Sponsored by: The International Institute of Metropolitan Detroit

**Sunday, September 29**  
**Heritage Festival**  
**12:30 - 6 p.m.**

Featuring continuous multicultural entertainment, including:

- Multicultural Food/Displays
- Live music bands such as: Blackthorn (Irish music), Ara Topouzian Ensemble (with Armenian and Middle Eastern folk music) and Ed Nuccelli's Plural Circle Jazz Band
- Variety Shows
  - Dancing
  - Community Historical Bus Tours
  - Children's Activities.

**Major Contributors**

- Botsford Health Care Continuum
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