

“I had no doubt
this was the
best choice.”



St. Luke's
Center for Cancer Care
Annual Report 2014

We would like to take a moment, pause, reflect upon our many accomplishments of 2014 and provide a brief preview for the program improvements in 2015.

The patient care provided by the St. Luke's Center for Cancer Care is never static; we are never satisfied with the status quo, but rather continually seeking to improve the care and service provided to our patients. Some of these innovations stem from within, while others are implemented in partnership with other agencies. One such organization is the Commission on Cancer (CoC), a program of the American College of Surgeons that recognizes cancer care programs for their commitment to providing comprehensive, high-quality and multidisciplinary patient-centered care. As a CoC accredited center, we are constantly striving to surpass the high standards established by the CoC with the ultimate goal of providing the best possible comprehensive cancer care.

One area that we have dedicated an extensive amount of time and resources to this year is the development of survivorship care plans. The individualized directives provide a summary of the care patients received while in treatment, and guidelines for holistic, continued care post treatment. Also included are pertinent resources for follow-up care, cancer prevention and overall health maintenance.

Continuing with our theme of overcoming barriers to healthcare and well-being, our other area of focus for the coming year is to identify common stressors that our patients may encounter during their cancer treatment. In that vein, we have implemented a distress screening for all patients who come to the center. The highly-trained staff at the Cancer Resource Center address common stressors that emerge over the course of a rigorous cancer treatment regimen, including questions regarding the diagnosis, concerns about the reactions from friends and family, work-related concerns and the added burden of concurrent medical bills.

Our hope is that these initiatives provide support to our patients through all stages of their treatment as we continue to achieve excellence in patient-centered cancer care.



Albert Van Amburg III

Albert Van Amburg III, MD, Chair
2014 Oncology Steering Committee

Services at St. Luke's Center for Cancer Care

St. Luke's Center for Cancer Care's new facility enables us to continue offering world-class cancer care and treatment. With our medical expertise, unsurpassed technology and comprehensive support programs, we're proud to offer the full spectrum of cancer care to our patients. Our recent investment to bring new cancer-fighting facilities, technologies and distinguished oncology specialists to our region has allowed us to continue to offer the following services to our community.

DIAGNOSTIC & TREATMENT SERVICES

Computerized Axial Tomography Scan (CT) / PET Scans
Digital Breast Imaging
Magnetic Resonance Imaging (MRI) / Magnetic Resonance (MR) Mammography
Mediastinoscopy
Nuclear Medicine
Sentinel Lymph Node Biopsy
State-of-the-Art Diagnostic Imaging
Stereotactic Guided Biopsy
SonoCiné/Ultrasound

INTERVENTIONAL RADIOLOGY SERVICES

Imaging Guided Biopsy
Thoracentesis / Paracentesis
Chest Tubes / Pleurodesis
Tunneled Drainage Catheters (Aspira Catheter)
Kyphoplasty / Vertebroplasty
Vascular Access
Celiac Plexus Block
Embolization

MEDICAL ONCOLOGY SERVICES

Chemotherapy/Targeted Therapies
Integrative Therapies
Oncology Clinical Research Trials
Outpatient Infusion Center

PSYCHOSOCIAL, SUPPORT CARE, COMMUNITY OUTREACH SERVICES

American Cancer Society Support Services
Breast Cancer Support Group
Case Management and Patient Navigation Services
Community Resource Coordination
Genetic Counseling
Hospice
Individualized Counseling
Integrative Therapies
Lung Cancer Screening CT Program
Nutritional Counseling
Pain Management
Palliative Care Program
Patient Resource Center
Pastoral Care
Smoking Cessation Program
Survivorship Program
Wellness Program

RADIATION ONCOLOGY

3D Conformal Radiation Therapy
Brachytherapy-High Dose Rate (HDR) / Brachytherapy-Low Dose Rate (LDR)
Electron Beam Radiation Therapy
External Beam Radiation Therapy
High Dose Rate (HDR) MammoSite® Radiation Therapy
Image-Guided Radiation Therapy (IGRT)
Intensity Modulated Radiation Therapy (IMRT)
Trilogy Linear Accelerator
Radioimmunotherapy
Stereotactic Radiation Therapy (SRT)

REHABILITATION SERVICES

STAR Rehabilitation Program
Lymphedema Program

SURGICAL ONCOLOGY SERVICES

Catheter-based Partial Breast Irradiation
Cryosurgery
Intraoperative Radiation Therapy
Minimally-invasive and Robotic Assisted Surgery
Ultrasonic Surgical Aspiration

Cancer Registry of St. Luke's Hospital

The Cancer Registry of St. Luke's Hospital is staffed by four certified tumor registrars (CTRs). All staff members participate in on-going oncology related continuing education annually by attending local and regional association meetings, as well as State Cancer Registry sponsored meetings and others sponsored by the Commission on Cancer.

Registry Statistics

In 2013, there were 1,304 cases accessioned to the St. Luke's Hospital Cancer Registry. Of this number, 1,193 were analytic incidences of cancer with initial diagnosis and/or first-course treatment at St. Luke's Hospital, and 111 were cases considered non-analytic or cases of recurrent/persistent disease.

The chart to the right reflects the top five primary sites seen at St. Luke's Hospital in 2013. Based on 1,193 analytic primary cancers accessioned into the Cancer Registry's database, the top five primary sites represent 56 percent of the overall total number of cases that were treated at St. Luke's Hospital.

Primary site	Total	Percentage	2013 ACS cancer facts & figures	
			Estimated new cases Male	Female
Breast	265	22%	-	29%
Lung	162	14%	14%	14%
Prostate	100	8%	28%	-
Melanoma Skin	74	6%	5%	4%
Colorectal	70	6%	9%	9%
Total Analytic	1193			

Monitoring Patient Outcomes: Follow-Up

Lifetime follow-up is performed on every cancer patient that is diagnosed and treated at St. Luke's Hospital. Follow-up information provides documentation of residual disease or its spread, recurrences, subsequent therapy and vital status of the patient. Follow-up information is comprehensive and must be maintained to produce survival data. Outcomes are compared with national, regional and state statistics.

The Commission on Cancer requires accredited cancer programs meet two standards in regard to follow-up:

- Maintain an 80 percent follow-up rate for all eligible analytic patients from the cancer registry reference date, and
- Maintain a 90 percent follow-up rate for all eligible analytic patients diagnosed within the last five years or from the cancer registry reference date, whichever is shorter.

In 2013, the Cancer Registry consistently met and exceeded the requirements of the Commission on Cancer for following cancer patients.



Mobile mammography van has St. Louis covered

Each year, the St. Luke's mobile mammography van canvases the St. Louis area to bring the latest breast cancer screening technology to the community. By doing so, it is our hope that we are bringing services to women who may not have otherwise been able to access these high-quality, essential breast cancer screenings.

In addition to its regular schedule of visits to various community sites, the van can be scheduled for visits to businesses, schools and other organizations as a stand-alone employee health offering or as part of an existing St. Luke's Hospital Passport to Wellness partnership.

Did you know?

- There is no charge to the business or employer for having the mobile mammography van come on site.
- Annual screening mammography is a covered benefit under most insurance plans. For exact coverage, women should check with their insurance company, as there may be a co-pay or deductible.
- All insurances are accepted. St. Luke's will submit all claims to participating insurance companies.
- St. Luke's Hospital is committed to saving lives through early detection. For information regarding financial assistance or free mammograms for uninsured women, please contact us at 314-205-6267.
- Mammograms are performed by registered mammography X-ray technologists.
- All mammograms are reviewed with CAD (computer-aided detection), the most advanced technology available to aid radiologists in reading mammograms and detecting breast cancer early.

The mobile mammography van also visits each of the St. Luke's Urgent Care Centers regularly. Schedule your appointment by calling 314-205-6267 or 888-357-3432.





Women's Center renovation enhances patient experience

The St. Luke's Women's Center at St. Luke's Hospital recently completed a major renovation. The newly-renovated Center offers greater convenience and comfort for patients, as well as a beautiful, patient-friendly designed space. Attention to detail includes spaces designed for greater privacy, special comforts like heated gowns and easier access to exam and treatment rooms.

The redesigned center now allows women to receive all their breast health services in one centralized location, including:

- Digital screening and diagnostic mammograms
- Breast ultrasound
- SonoCiné (whole breast ultrasound for women with dense breasts)
- Biopsies and cyst aspirations (MRI, stereotactic and ultrasound-guided)
- Surgical consultations
- High Risk Breast Clinic

Learn more about the St. Luke's Women's Center at stlukes-stl.com or call 314-205-6267.



St. Luke's lung cancer screening program saves lives

St. Luke's Lung Cancer Screening Program has been named a Center of Excellence by the Lung Cancer Alliance, the leading organization dedicated to saving lives and advancing research by empowering those living with and at risk for lung cancer.

According to the American Lung Association, lung cancer is the leading cause of cancer death for both men and women in the United States and the five-year survival rate for lung cancer patients is only 15 percent. Research has found that a low-dose computed tomography (CT) scan can detect lung cancer in high-risk individuals who do not have symptoms. Improved detection of lung cancer at earlier stages, when the lung cancer is much more easily treated, is the key to improved survival. Screening has been shown to reduce deaths from lung cancer by 20 percent and has also reduced overall death by 27 percent.

Unlike a chest X-ray which produces flat, two-dimensional images of the lungs, a non-invasive CT scan is able to produce a three-dimensional image of the lungs, giving a more detailed report about the volume and shape of lung abnormalities. These nodules, or masses of tissue, are actually quite common and are usually non-cancerous. By using the CT scan, our team will be able to detect the size and shape of any suspected lung nodules and their likelihood to be cancerous. This test is not a substitute for tobacco cessation programs.

Who should consider having the screening?

High-risk individuals include:

- Current or former smokers 55 or older
- A smoking history of at least 30 pack-years (meaning one pack a day for 30 years; 2 packs a day for 15 years; etc.)
- If a former smoker, stopped within the last 15 years
- No history of lung cancer

For more information, call 314-205-6055.





Research cures cancer

Research is the foundation for progress in cancer care. Our cancer clinical research team strives to understand the complexities of various forms of cancer in the effort to help develop new, viable treatment options. Promising new therapies or diagnostic approaches must be validated in real world conditions before they can be approved for general use.

Patients who participate in clinical trials are among the first to receive novel treatments before they become commonly available. As part of the process, patients are carefully screened for eligibility, including type of disease and its stage, as well as the participant's age and general health. Accepted eligibility criteria help assure trial results accurately answer the research question and identify

individuals who will benefit from the approach studied. In addition, the clinical research team follows enrolled patients for up to 20 years after their treatment is complete. This allows researchers to assess both the short and long-term risks and benefits of the new therapy.

St. Luke's is proud to partner with well-respected local and national clinical trial groups including the National Cancer Institute (NCI). St. Luke's broad-based program of clinical research includes about 20 trials at any given time. We are an active participant in the Alliance for Clinical Trials in Oncology, through our affiliation with Washington University School of Medicine. We are able to access trials from the Eastern Cooperative Oncology Group, the Southwest Oncology

Group and NRG Oncology (formerly known as the National Surgical Adjuvant Breast and Bowel Project) through our participation in the NCI Clinical Trial Support Unit. Currently, our medical oncologists, breast surgeons and radiation oncologists are active participants in this effort.

In addition to overseeing patients on protocol, we are responsible for complying with federal guidelines regarding patient safety, efficacy and privacy. This regulatory function involves the oversight of the St. Luke's Institutional Review Board during the initial protocol review, annual review and amendment process.

The St. Luke's oncology program was reviewed by the Commission on Cancer in 2013. Our cancer clinical research team was commended by the Commission for its outstanding number of clinical trial accruals

"It is our hope that this team-based approach will accelerate the pace of medical progress against cancer," says Donald Busiek, MD, who serves as St. Luke's Oncology Principal Investigator responsible for overseeing the oncology research program. "Each patient's contribution will lead to better outcomes in the future."

For information regarding available clinical trials (including eligibility and treatment), call the Oncology Research Office at 314-205-6936.

Philanthropic support benefits the Center for Cancer Care

In the summer of 2013, St. Luke's Hospital reached out to our community, friends and families to ask for their assistance in making the St. Luke's Center for Cancer Care an ever-improving facility, focusing on our patients' comfort and needs for the future. From the beautifully landscaped Mary Ann Lee Healing Garden to the leading-edge infusion center, every detail focuses on our patients' well-being. The community answered, and we were able to accomplish our goals for the Center for Cancer Care in 2014.

Thanks to your overwhelming support through the Friends of St. Luke's appeals, along with the IMAGINE Gala and Tour de Wellness fundraisers, our success is evident throughout the Center as we continue to grow and improve. These initiatives helped continue funding for cancer prevention, treatment, diagnosis and research, while allowing us to carry on our mission to improve the health of the community.

We would like to thank all the donors and those who took time to support and volunteer during 2014. Their generosity and commitment to the St. Luke's mission allows us to continue to serve the St. Louis community.





St. Luke's breast care coordinators offer support and guidance for cancer patients

From the time our patients make their first appointment through any treatment they may need, the breast care coordinators at St. Luke's Hospital will be there with them every step of the way. Whether they have questions about a screening, what their test results mean or what the next step in their care should be, our specially-trained breast care coordinators will assist and guide them through the diagnostic work-up, diagnosis and treatment process.

The breast care coordinators, who are registered nurses, serve as a patient advocate, navigator and educator, supporting each stage of the breast health experience. The coordinator can:

- Work with patients to develop a personalized breast health program
- Help patients understand their diagnostic work-up and medical terminology
- Help patients understand what to expect with regard to tests, treatments or procedures
- Serve as a liaison between the patient and their team of physicians and other healthcare providers
- Communicate the patient's unique needs and concerns to their team of physicians
- Assist patients to find answers to insurance questions

Our breast care coordinators can also provide relevant information and resources and determine how to make the patient experience more comfortable, understandable and manageable.



Palliative care optimizes quality of life for patients

St. Luke's Palliative Care Team is dedicated to providing family- and patient-centered care that optimizes quality of life by anticipating, preventing and treating suffering. The specially-trained team includes a physician, nurse, social worker and chaplain.

Palliative Care helps:

- Those who have been diagnosed with a chronic disease or serious illness
- Integrate psychological, spiritual and social support for patients and families
- Incorporate patients' goals of care across the continuum, providing coordination between inpatient and outpatient settings
- Enhance patient well-being by relieving suffering through symptom control and other measures to enhance quality of life
- Maximize use of community resources to support the family
- Use appropriate resources that support patient and family goals

The benefits go beyond just providing a service. Studies suggest certain cancer patients who receive this patient-centered care upon diagnosis live longer, healthier and happier lives. So, for us, palliative care is much more than a standard of care. It is a reflection of our mission to provide a substantial difference in the quality of life for our patients.

"We care deeply about our patients," says Peggy Kurlandski, nurse coordinator. "We are passionate about addressing our patients' physical, intellectual, emotional, social and spiritual needs. We strive to facilitate patient autonomy, access to information and choice."

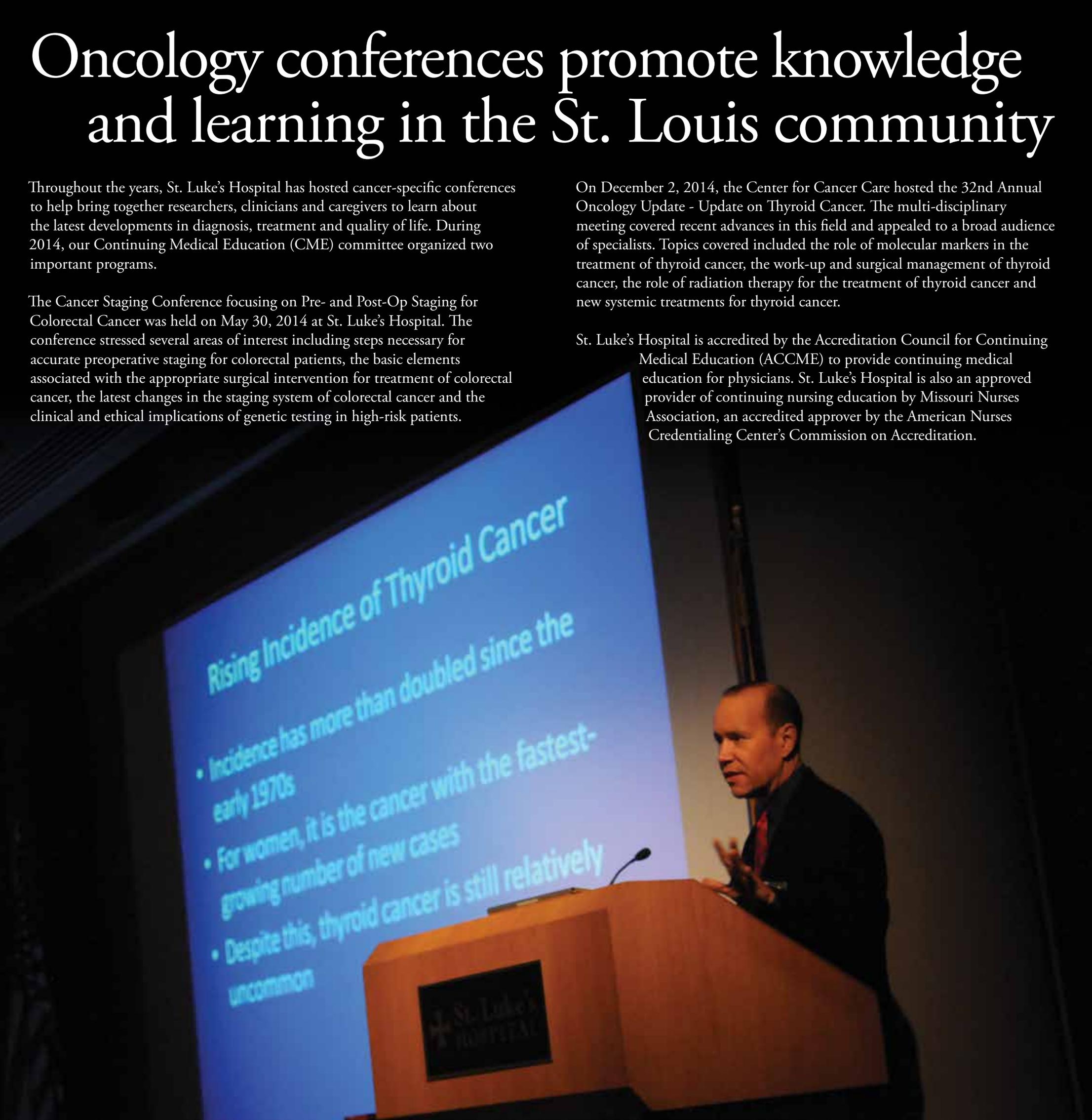
Oncology conferences promote knowledge and learning in the St. Louis community

Throughout the years, St. Luke's Hospital has hosted cancer-specific conferences to help bring together researchers, clinicians and caregivers to learn about the latest developments in diagnosis, treatment and quality of life. During 2014, our Continuing Medical Education (CME) committee organized two important programs.

The Cancer Staging Conference focusing on Pre- and Post-Op Staging for Colorectal Cancer was held on May 30, 2014 at St. Luke's Hospital. The conference stressed several areas of interest including steps necessary for accurate preoperative staging for colorectal patients, the basic elements associated with the appropriate surgical intervention for treatment of colorectal cancer, the latest changes in the staging system of colorectal cancer and the clinical and ethical implications of genetic testing in high-risk patients.

On December 2, 2014, the Center for Cancer Care hosted the 32nd Annual Oncology Update - Update on Thyroid Cancer. The multi-disciplinary meeting covered recent advances in this field and appealed to a broad audience of specialists. Topics covered included the role of molecular markers in the treatment of thyroid cancer, the work-up and surgical management of thyroid cancer, the role of radiation therapy for the treatment of thyroid cancer and new systemic treatments for thyroid cancer.

St. Luke's Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. St. Luke's Hospital is also an approved provider of continuing nursing education by Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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- Rising Incidence of Thyroid Cancer**
- Incidence has more than doubled since the early 1970s
 - For women, it is the cancer with the fastest-growing number of new cases
 - Despite this, thyroid cancer is still relatively uncommon

St. Luke's Hospital 2014 community screening, prevention and education programs

Screenings

Each year, the cancer committee provides at least one cancer screening program that is targeted at decreasing the number of patients with late stage disease. The screening program is based on community needs and is consistent with evidence-based national guidelines and interventions. A process is developed to follow-up on all positive findings.

Program	Total Participants
Skin Cancer Screening	53
Lung Cancer Screening	116

Education and Prevention

Each year, the cancer committee provides at least one cancer prevention program that is targeted to meet the needs of the community and designed to reduce the incidence of a specific type of cancer.

Program	Total Participants
Breast Cancer: Is It in My Genes?	85
Passport to Health Series: Preventing and Recognizing Cancers	46
Girl Talk (skin, cervical & breast cancer)	198
8-week Freedom from Smoking Course	6
Day of Dance (information booths on colon cancer/ screenings, lung cancer screenings, breast health/ mammogram, pelvic health)	1200
“Perfectly Pink” class on lowering risk for breast cancer	12
Outpatient Smoking Cessation Counseling	8
Inpatient Smoking Cessation Counseling	407
Hypnosis for Smoking Cessation	67

Patient and Family Support Services

Program	Total Participants
Cancer Exercise Program	2
Yoga for Cancer Patients (as of 12/15/2014)	618
Look Good...Feel Better	22
Weight Management and Supermarket Tours	116/122
Skin analyzer/sun protection/skin cancer prevention and awareness	249
Women's and men's health tip cards with preventative health and screening guidelines distributed at screenings and events	249
Women's and men's health tip cards with preventative health and screening guidelines distributed at screenings and events	Men: 1600 Women: 3760
Nutrition and Cancer Prevention	325
Understanding Cancer Care – The Basics	5
Stress Management	107



*“I had no doubt
this was the
best choice.”*



**Overdue but
not overlooked.
Breast cancer
patient feels
at home.**

Our human nature is to procrastinate—to put off things that are inconvenient or that seemingly add an unnecessary burden to our already very busy lives. It might seem easy to skip that yearly mammogram, even when it is known that early detection is key to a good prognosis. One patient, however, is exceedingly glad she dropped by a community mammography screening one day, even though it had been three years since her last mammogram.

A couple years seems like a long time, but Anne had a long list of excuses for not making the appointment. “I felt fine,” said Anne. “I felt like I had no risk factors. We didn’t have a family history of cancer. Or, I would think that I was too busy or that I didn’t want to miss work. I figured it was no big deal just to skip it here and there.” One day, however, Anne decided to get a mammogram at a community event.

Suspicious of her results, the staff at the community center sent copies of her mammogram to her OB/GYN at St. Luke’s Hospital, who recommended she schedule an appointment at the St. Luke’s Women’s Center.

“Initially, I thought of going to a cancer center closer to my house, but I’m so glad I didn’t because the extra 10-minute drive was well worth the experience at St. Luke’s,” said Anne.

Staff at St. Luke’s called Anne with biopsy results late one night, and informed her that they had detected cancer in both breasts. Even with such terrible news, “They were reassuring and matter-of-fact and laid out the options available to me so I could make a decision,” said Anne. “I must have asked them the same questions 20 or 30 times and they were very patient and kept explaining them to me. They and my oncologist, Dr. Julie Gill, made a treatment plan for me both during and after the surgery.” These comprehensive treatment plans are a hallmark of the holistic care provided by the St. Luke’s Center for Cancer Care to all patients.

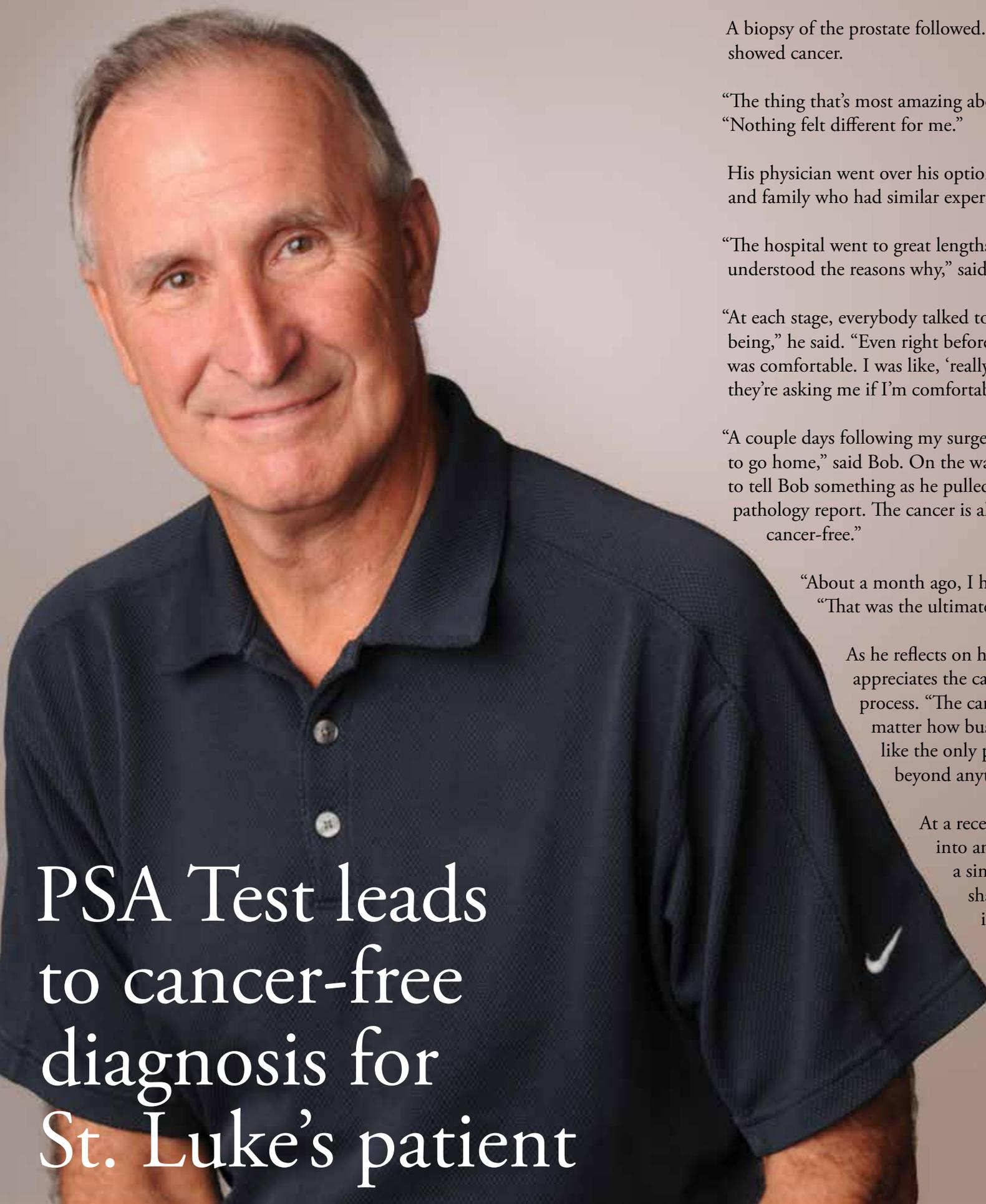
“Dr. Gill is one of those types of people that makes you feel at home,” said Anne. “That is really important when you are going through something that’s kind of scary. It made a huge difference.”

“Dr. Bhatt, my radiation oncologist, is someone I really enjoyed, along with the entire radiation team,” said Anne. “In fact, at the end of treatment there, I was kind of sad because I had been coming there and became attached to them all. They felt like a group of friends to me.”

Still in follow-up treatment, Anne is back doing the things she loves. “I’m horseback riding and exercising and doing everything I did before,” said Anne. Thanks to early detection, the prognosis is good.

She was three years overdue, but she’s glad she stopped by to get screened and glad she chose St. Luke’s. “You feel like part of the team. I feel like St. Luke’s is the best hospital in St. Louis so I had no doubt this was the best choice.”

“Based on my experience, this is the only place you should go.”



PSA Test leads
to cancer-free
diagnosis for
St. Luke's patient

For years, Bob has taken care of himself while also taking notice of his numbers. Over time, numbers inch up, as they tend to do. Nothing serious, as age has some say in which numbers go up and which ones go down. But, Bob paid particular attention to his PSA counts. And last fall, the numbers jumped.

“The PSA jumped quite a bit,” said Bob. “The doctor suggested I wait a bit and re-do the blood test. We did it again and the results were roughly the same.”

A biopsy of the prostate followed. And in the 12 samples that were taken, five showed cancer.

“The thing that’s most amazing about this is there are zero signs,” said Bob. “Nothing felt different for me.”

His physician went over his options. Bob, in turn, discussed those with friends and family who had similar experiences. He decided to have surgery.

“The hospital went to great lengths to make sure I was ready for the surgery and understood the reasons why,” said Bob.

“At each stage, everybody talked to me by name and treated me like a human being,” he said. “Even right before I went to sleep for surgery, they asked me if I was comfortable. I was like, ‘really’? I’m going to be sleeping in 10 seconds and they’re asking me if I’m comfortable. It was amazing.”

“A couple days following my surgery, my surgeon came in and said you’re free to go home,” said Bob. On the way out, his surgeon paused and said he forgot to tell Bob something as he pulled out a piece of paper. He said, “Here’s your pathology report. The cancer is all contained. As far as we’re concerned, you’re cancer-free.”

“About a month ago, I had a PSA test and it was zero,” said Bob. “That was the ultimate confirmation.”

As he reflects on his experience, Bob notes how much he appreciates the care he received through each step of the process. “The care at St. Luke’s was amazing,” said Bob. “No matter how busy the place was, and it was busy, I always felt like the only patient they were taking care of. It was simply beyond anything I have ever experienced.”

At a recent trip to St. Luke’s, Bob incidentally bumped into an acquaintance who was about to experience a similar journey with prostate cancer. Bob shared some words with him, but none more important than these. “I told him, based on my experience, this is the only place you should go.”

Oncology Steering Committee

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