

St. Luke's
HOSPITAL

Our specialty is you.

Center for Cancer Care

2015 Annual Report

It is my pleasure to introduce
the St. Luke's Hospital
program annual report.
St. Luke's Hospital is fully
accredited by the Commission
on Cancer of the American
College of Surgeons.

St. Luke's strives to provide advanced personalized medicine in a personal, compassionate and efficient manner. We provide the latest in clinical care and diagnostic evaluation. We also encourage patients to participate in clinical trials when appropriate. As in years past, we provide multidisciplinary cancer conferences to ensure our patients are provided with the best care possible.

Over the past year, several advances have been made at St Luke's. These include the implementation of 3D mammography at both our Women's Center locations as well as one of the first to include 3D technology on the mammography van.

We have fully implemented a lung cancer screening program for high-risk patients. This program includes a

nurse navigator who screens for appropriate patients and schedules them for lung CT screening. The navigator will then assist the patients with any follow-up care that is requested.



In addition to these technical advances, we have improved ways to expedite lab results and reporting to reduce wait times for our patients.

St Luke's Hospital remains committed to providing the best care in the most efficient and compassionate way possible.

A handwritten signature in cursive script that reads "Al Van Amburg III, MD".

Al Van Amburg III, MD
Chairperson of 2015 Oncology Steering Committee



Services at St. Luke's Center for Cancer Care

St. Luke's Hospital offers 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 continued investment to bring new cancer-fighting facilities, technologies and distinguished oncology specialists to our region has allowed us 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
Screening Lung CT
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
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
Financial Counseling
Genetic Counseling
Hospice
Individualized Counseling
Integrative Therapies
Lung Cancer Screening 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®
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

St. Luke's Hospital Women's Center Receives NAPBC Accreditation

The Women's Center at St. Luke's Hospital has been granted full accreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance. During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease. The standards include proficiency in the areas of: center leadership, clinical management, research, community outreach, professional education and quality improvement. A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to:

- Comprehensive care, including a full range of state-of-the-art services
- A multidisciplinary team approach to coordinate the best treatment options
- Information about ongoing clinical trials and new treatment options
- Quality breast care close to home.

For more information about St. Luke's Women's Centers and their full-range of services, visit stlukes-stl.com.



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 2014, there were 1,220 cases accessioned to the St. Luke's Hospital Cancer Registry. Of this number, 1,154 were analytic incidences of cancer with initial diagnosis and/or first-course treatment at St. Luke's Hospital and 66 were cases considered non-analytic or cases of recurrent/persistent disease.

The chart below reflects the top five primary sites seen at St. Luke's Hospital in 2014. Based on 1,154 analytic primary cancers accessioned into the Cancer Registry's database, the top five primary sites represent 57 percent of the overall total number of analytic cases that were treated at St. Luke's Hospital.



Primary Site	Total Analytic	Percentage of Total Analytic	2014 ACS Cancer Facts and Figures Estimated New Cases	
			Male	Female
Breast	294	25%	–	29%
Lung	149	13%	14%	13%
Colorectal	91	8%	8%	8%
Melanoma Skin	70	6%	5%	4%
Prostate	54	5%	27%	–
Total Analytic	1154			

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 2014, the Cancer Registry consistently met and exceeded the requirements of the Commission on Cancer for following cancer patients.

St. Luke's unique multidisciplinary lung cancer team provides individualized care and compassionate support services.

Our program features a lung cancer nurse navigator, Bryan Quigley, RN, BSN, who is available to help patients and their family members navigate their cancer journey and ensure both mental and physical health issues are addressed – from the moment a nodule is identified. Bryan's expertise can help with:

- Scheduling
- Consultation with other physicians
- Pre-authorization
- Verifying insurance coverage
- Fully informing you of your patients' progress throughout their care

We combine clinical expertise and advanced medical technologies to offer every patient the most appropriate therapies to treat their disease and maximize quality of life. Our team of pulmonologists, thoracic surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, nurses, rehabilitation personnel and other healthcare professionals are dedicated to ensuring that patients fully understand their diagnosis and treatment options. St. Luke's lung cancer team provides the most advanced care available in the region, including:

Prevention

St. Luke's Hospital helps those who have quit stay smoke-free and encourage those who are current tobacco users stop the habit with our tobacco cessation program and Nicotine Anonymous classes.

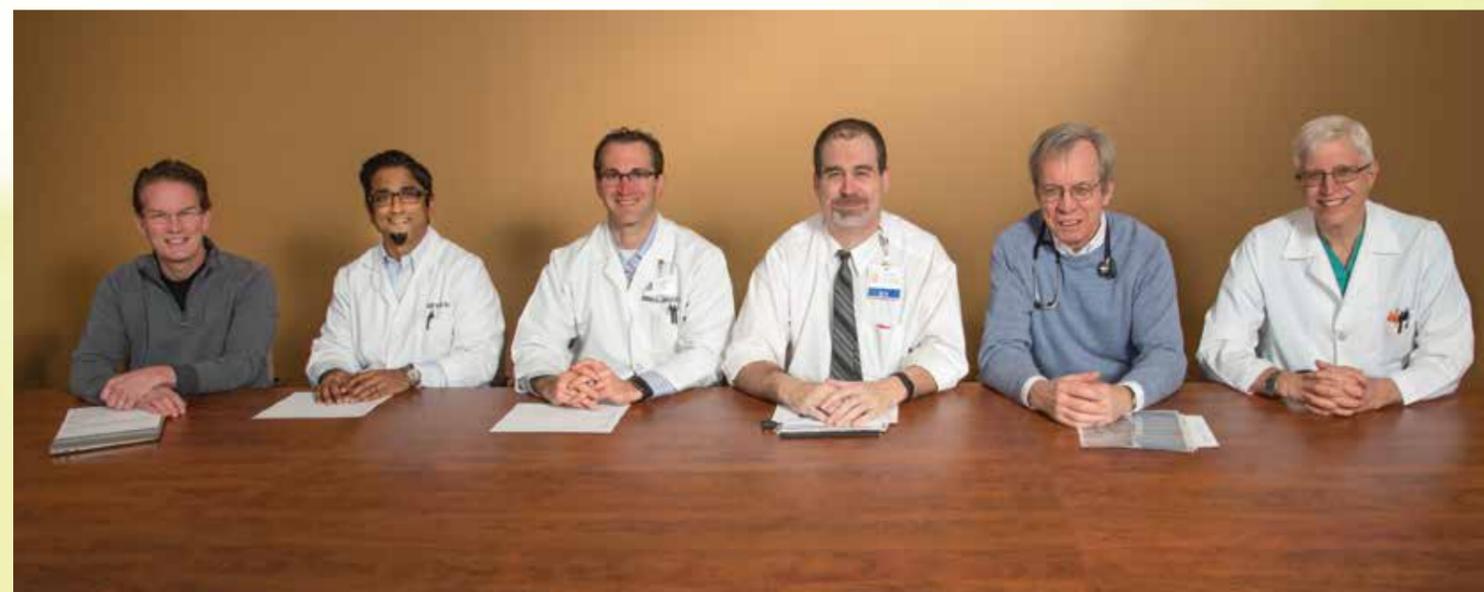
Diagnostics

St. Luke's offers the latest in advanced diagnostic methods. Our pulmonologists are trained in fiberoptic bronchoscopy with the assistance of ultrasound guided biopsies. This state-of-the-art technology offers the chance for cancer diagnosis and staging with a single procedure. We also provide a lung cancer screening program that 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.

Treatments

Our specially trained thoracic surgeons are able to offer minimally invasive treatment options to appropriate patients, allowing for less pain and shorter hospital stays than with traditional techniques. Our medical oncologists have access to new targeted therapies as well as new clinical trials aimed at lung tumors with specific mutations. In addition, our radiation oncologists have access to multiple treatment options including Stereotactic Body Radiation Therapy (SBRT), an advanced imaging technique to deliver targeted radiation doses to a specific tumor. The result – minimal radiation exposure to surrounding healthy tissue.

For more information about our lung cancer program or to connect with Bryan Quigley, our program nurse navigator, call 314-205-6886.



Nearly every woman worries about the possible threat of breast cancer at some point in her life. Fortunately, with early screenings and medical research, breast cancer is less likely to be a sudden discovery with little hope of recovery.

Research shows that regular breast cancer screening saves lives. Mammography has been the gold standard in breast cancer detection for years. More recently, a breakthrough technology has revolutionized mammography. Digital breast tomosynthesis, also called 3D mammography, is a screening and diagnostic tool that may improve early breast cancer detection by up to 40 percent.

With a conventional 2D digital mammogram, the exam produces two single images of a woman's breast tissue when compressed. With a 3D mammography exam, the X-ray arm moves around the breast and produces a 3D image of the breast tissue in thin, one millimeter layers. This gives the radiologist viewing the images a much clearer picture of the breast tissue and all its complexities. Sometimes breast tissue can overlap, especially in women with dense breasts, hiding masses or abnormal areas. With 3D images, the radiologist is able to view the layers of breast tissue in slices, seeing breast detail in a way never before possible.

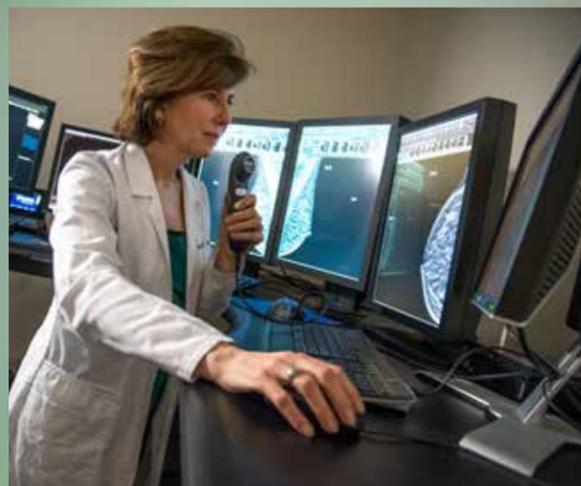
The additional 3D images can significantly improve early breast cancer detection, as well as reduce the chance a patient will be called back for follow-up imaging.

Other advantages of 3D mammography:

- Breast compression during a 3D exam is similar to a 2D exam and it only takes a few seconds.
- Very low X-ray energy is used; nearly the same as a conventional mammogram and well below FDA safety standards for mammography.
- It is approved for all women who can have conventional 2D mammograms and can be especially useful for screening women with dense breast tissue or with a family history or personal history of breast cancer.
- It is currently covered by most Medicare plans. Some private health insurance providers may charge a small out-of-pocket fee. Patients should always check with their insurance provider.

For more information about 3D mammography at St. Luke's Hospital and breast health guidelines, visit stlukes-stl.com.

St. Luke's Offers 3D Mammography to Improve Early Breast Cancer Detection



Assessment Identifies Women Who Are at High-Risk for Breast Cancer



St. Luke's Women's Center now offers patients a new risk assessment tool to identify women at high-risk for breast cancer and provide them a personalized management plan.

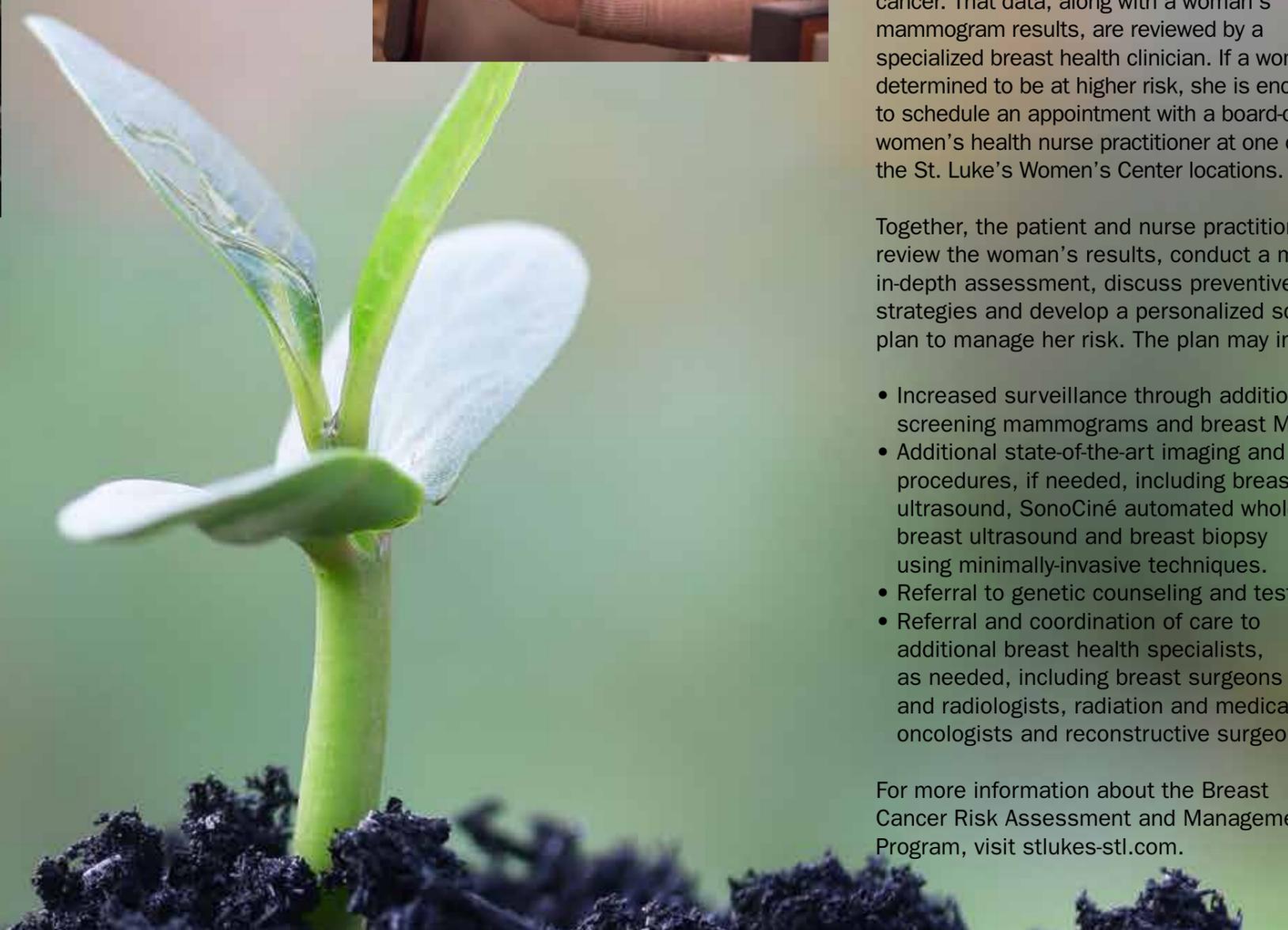
The program offers patients an electronic questionnaire at the time of their annual mammogram that records their family history and personal risk factors using a wireless touch tablet, which is later reviewed by a clinical staff member. When using the wireless tablet, no patient data resides on the tablet, eliminating concern of data loss or an inadvertent Health Insurance Portability and Accountability Act (HIPAA) violation.

The questionnaire, which takes two to four minutes to complete, is a basic set of questions aimed at identifying patients who are at a potentially increased risk for developing breast cancer. That data, along with a woman's mammogram results, are reviewed by a specialized breast health clinician. If a woman is determined to be at higher risk, she is encouraged to schedule an appointment with a board-certified women's health nurse practitioner at one of the St. Luke's Women's Center locations.

Together, the patient and nurse practitioner review the woman's results, conduct a more in-depth assessment, discuss preventive strategies and develop a personalized screening plan to manage her risk. The plan may include:

- Increased surveillance through additional screening mammograms and breast MRIs.
- Additional state-of-the-art imaging and procedures, if needed, including breast ultrasound, SonoCiné automated whole breast ultrasound and breast biopsy using minimally-invasive techniques.
- Referral to genetic counseling and testing.
- Referral and coordination of care to additional breast health specialists, as needed, including breast surgeons and radiologists, radiation and medical oncologists and reconstructive surgeons.

For more information about the Breast Cancer Risk Assessment and Management Program, visit stlukes-stl.com.



Annually, St. Luke's Hospital hosts cancer specific conferences to help bring together researchers, clinicians and caregivers to educate them on the latest developments in diagnosis, treatment and quality of life in cancer care. In 2015, our Continuing Medical Education (CME) committee organized two important oncology conferences.

Our Annual Cancer Staging Conference was held on June 19, 2015 on "The Evaluation of Staging and Treatment of Lymphoma." This multidisciplinary conference was designed to educate physicians and other members of the healthcare team on how to identify and determine the initial stage of Lymphoma, describe modern radiation therapy techniques to treat Lymphomas, describe response-based treatment approaches to treat Lymphoma and evaluate the pros and cons of chemotherapy alone versus a combined approach to the treatment of Lymphoma.

On October 21, 2015, St. Luke's Hospital hosted the 33rd Annual Oncology Update: Personalized Medicine for Patients with Lymphoma. This multidisciplinary oncology conference explored the importance of personalizing treatment regimens for specific types of Lymphoma. The conference also discussed the significance of specific genetic abnormalities for Lymphoma and the response to individual therapies as well as focusing on caring for the patient as an individual as a basis for personalized medicine.

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

Oncology Conferences Promote Knowledge and Learning



2015 St. Luke's Hospital Community Screening and Prevention 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	61
Lung Cancer Screening	157

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
Girl Talk (skin, cervical and breast)	100
Day of Dance	1000
One Size Doesn't Fit All: Understanding Breast Density and 3D mammography	45
Aging Strategies for Success	29
Living Mindfully with Chronic Disease	60
Eating In a Toxic World	27
Spirit Girls' Night Out	395
Conversations for Women: Staying Healthy Below the Belt	132
Outpatient Smoking Cessation Counseling	10
Inpatient Smoking Cessation Counseling	234
8-week Freedom from Smoking Course	6

Patient and Family Support Services	Total Participants
Cancer Exercise Program	15
Yoga for Cancer Patients	568
Look Good Feel Better	18
Skin analyzer/sun protection/skin cancer prevention and awareness	539
Women and men's health tip cards with preventative health screening guidelines distributed at screenings and events	Women: 3573 Men: 2054
Nutrition and Cancer Prevention	91
Weight Management and Supermarket Tours	290
Stress Management	302



“They Make You Feel So Good. I’ll Never Forget It.”

Lung Cancer Patient Ready to Enjoy Life Again

Before ever being diagnosed with lung cancer, Lorraine Darr fought this familiar battle before. In fact, she had been diagnosed with breast cancer on two separate occasions. She won each time.

“My breast cancer diagnoses affected me in many ways,” said Lorraine. “First, you can’t believe it. Then you’re in shock and feel sorry for yourself. Then, you straighten-up and you have to put your big girl pants on and do whatever has to be done,” said Lorraine.

For five years, Lorraine was cancer-free, only mentioning the “C” word in the past tense. Then came some chest pains one morning, which Lorraine never had before. A visit to the emergency room followed as did a chest X-ray. It wasn’t a heart attack. It would turn out to be the “C” word again.

“The doctor said it wasn’t a heart attack. They found a nodule,” said Lorraine. Dr. Bobby Shah, St. Luke’s pulmonologist, then came in and recommended surgery to make sure it wasn’t cancer.

“I like Dr. Shah an awful lot,” said Lorraine. “He has a very good bedside manner and my kids liked him too. He tells you how it is.”

It turned out that it was indeed cancer. Her recovery from a cancer diagnosis would begin for a third time.

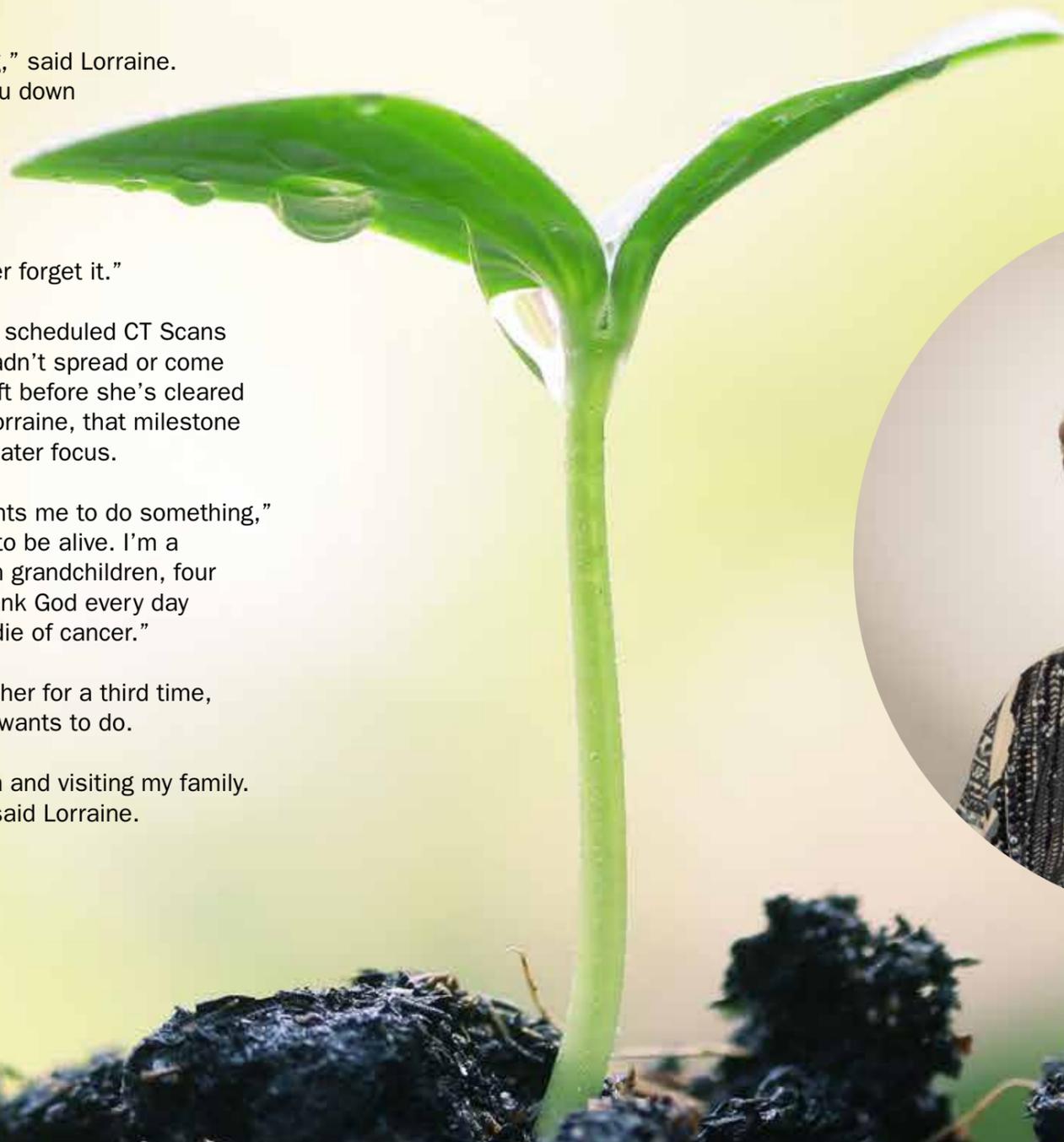
“The recovery was amazing,” said Lorraine. “You hurt and they bring you down and take care of you. They just make you feel so good and they’re so attentive — no matter what you ask for. It was so comforting. I’ll never forget it.”

Every six months, Dr. Shah scheduled CT Scans to make sure the cancer hadn’t spread or come back. She has one more left before she’s cleared as being cancer-free. For Lorraine, that milestone brings her life into even greater focus.

“It is amazing, like God wants me to do something,” said Lorraine. “I feel lucky to be alive. I’m a mother of five, I have seven grandchildren, four great-grandchildren and thank God every day because I had two sisters die of cancer.”

With cancer almost behind her for a third time, Lorraine is doing what she wants to do.

“I enjoy taking off to Tampa and visiting my family. But, really just enjoy life,” said Lorraine.



My Whole Experience Has Been Amazing

Busy Mom Finds Comfort After Breast Cancer Diagnosis



Full-time, all the time. That would describe the daily routine for Angel Owens, a round-the-clock mom who in between career duties taxis her children to all points St. Louis. Cheerleading, softball, Girl Scouts, 4-H — her car's odometer looks less suburban and more long-haul trucker.

But this day was anything but routine. This day, her world stopped moving.

In January of 2015, as she always did, Angel and a group of girlfriends made their annual trip for sushi. But before indulging in California and Dragon Rolls, the women stopped for something far more important — their annual mammograms.

“Instead of just going alone, my group of friends and I make an annual trip. It's a way to get together and to have some mom-time,” said Angel.

The day out turned into shock. “They saw something questionable, so I went down to the Women's Center in Chesterfield Valley,” said Angel.

“They did a biopsy and a couple of days later they called and said they found breast cancer.”

Angel was met with the same type of emotions any breast cancer patient feels once they are diagnosed.

“I was terrified, to say the least,” said Angel. “But the Women's Center explained what kind of cancer I had, where it was located and instantly called St. Luke's Hospital and got me an appointment with my surgeon, Dr. Patricia Limpert,” said Angel.

“

Dr. Limpert explained a lot about breast cancer and the types of breast cancer,” said Angel. “And I loved her immediately. I felt she stopped everything she was doing to see me that day because she knew I was scared.”

Following her appointment with Dr. Limpert, Angel was referred to a St. Luke's plastic surgeon, who explained the process and what Angel's options were.

Angel's treatment plan ultimately called for chemotherapy and a bilateral mastectomy. Dr. Monica Desai, St. Luke's medical oncologist, was Angel's physician during her chemotherapy treatments.

“Dr. Desai was wonderful from the very beginning. I felt like she was not only my doctor, but my friend. She asked me about my children and my husband. She always made me feel at home.”

“From the day of my diagnosis, my whole experience has been amazing,” said Angel. “St. Luke's would be my first recommendation if I knew someone who had cancer.”

Because this past year has been filled with so much for Angel, she would like to get back to her routine, which of course focuses on her kids. And piling-up mileage on her car.

“We're going to try to take our kids on vacation next summer to Colorado,” says Angel.” Another car trip with her family. Yes — Angel's almost back to her usual routine.

Oncology Steering Committee

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