

Centura Health Cancer Network

2018 ANNUAL REPORT



Centura Health Cancer Network



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The Centura Health Cancer Network is accredited by the American College of Surgeons Commission on Cancer with several of our centers designated as National Accreditation Programs for Breast Cancers, it is also the first and only accredited cancer network in Colorado. We’re proud to offer our communities a network that includes accredited cancer centers and breast centers recognized as leaders in prevention, screening, early diagnosis, staging, rehabilitation, support services and more. We’re here to help you give cancer the fight of its life.

Welcome to our 2018 annual report of the Centura Health Cancer Network, reviewing 2017 data.



A note from our Cancer Committee Chairman

We at the Centura Health Cancer Network are proud of the fact that we are the first and only Commission on Cancer accredited program in the state of Colorado. It is exciting to have outside, unbiased validation that we are doing a great job in caring for cancer patients in our hospitals. Of course, that doesn’t mean we have taken the year off.

We are constantly trying to improve our program so that patients get the best care possible in the comfort of their own community. The strength of our network allows us to support and learn from each other. In this report, you will see some of the results of our efforts.

At Centura Health Cancer Network, we are striving to take care of the whole patient and not just treat a cancer. Assessing the psychosocial stress of our patients helps us identify those in need of support and special interventions so that they may cope better with living while dealing with cancer or its aftermath. One source of stress is financial. You have probably read about the costs of cancer treatments. Although we can’t make them go away, we can assist in making sure that our patients’ insurances are working for them and that any resources of which they may be eligible are sought. Our financial assistance team help to demystify and negotiate the sometimes confusing world of cancer care and its costs for those of our patients who have this need.

We also strive to address every aspect of the care of every patient at every hospital in our network. Prevention and screening represent perhaps the very earliest steps in “cancer care”. We are at the cutting edge with our lung cancer low dose CT screening program available at several of our hospitals. In addition, we take every opportunity we can to educate our communities regarding healthy choices and how to make sure they know the signs to watch to detect cancer early.

When cancer is found, our team of talented doctors, nurses, social workers, dieticians, therapists, navigators, clinical trial nurses, and supportive care professionals are there to provide the best, up to date care. That team strives to address all our patients’ needs, so no one should feel like they are lost or alone in this journey. Our program logo is a cross, emphasizing that we view this process as an integrated part and expression of our mission to help our patients along their path through what can be a daunting experience. From prevention and screening, to early detection and state of the art treatment and equipment, beyond support and hopefully survivorship, our team is there for you.

“We are constantly trying to improve our program so that patients get the best care possible in the comfort of their own community.”

Jeffrey S. Cross, MD | Chairman, Centura Health Cancer Network Cancer Committee

2018 Centura Health Cancer Network Cancer Committee

Jeffrey Cross, MD

General Surgeon
Chair CHCN Cancer Committee

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Cancer Registry Quality Coordinator

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Medical Oncologist

Darlene Bugoci, MD

Radiation Oncologist

Monica Buhlig, MPH

Community Outreach Coordinator

Nancy Caldwell, CTR

Cancer Registrar

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Radiation Oncologist

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Co-Chair CHCN Cancer Committee

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Pathologist

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Social Worker
Psychosocial Distress Coordinator

Hannah Nein

Health Systems Manager
American Cancer Society

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Head & Neck Surgeon
Cancer Liaison Physician

Jeff Quam, MD

Radiologist

Beth Reasoner, RN, BSN, MS, CPHQ

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Quality Improvement Coordinator

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Palliative Care

Andrew Tanner, MD

Radiation Oncologist

Amber Thomas, RD, CSO

Oncology Dietician

Peggy Thomas, RN, MN, AOCN

Manager of Breast Care Center

Ryan Westhoff, MD

Palliative Care Physician

Connie Wood, AART(R), MBA

Parker Director of Oncology Services



Impact of Genetic Testing on Patients & Families

By the Centura Genetic Counselors

Genetic Testing

Genetic testing for cancer and other conditions has advanced rapidly in the last few years. It is more widely available and affordable now, thanks to next-generation gene sequencing technology and competition among labs offering the tests. Expanded knowledge of genetics has led to better insurance coverage and additional testing options that allow patients to receive the testing needed to make informed choices about their health.

However, genetic testing can be too complex to do without genetic counseling. Assessing your risk and deciding whether you really want to know the possible results of being tested is a key part of genetic counseling. It's a very personal choice. Genetic testing can be empowering but it can also be fraught with anxiety and worry.

Getting Useful Results

Determining who can benefit from testing, ordering the right test, choosing a reputable laboratory, and interpreting the results all require the expertise of a genetics professional. The link between some genes and disease risk are well known. For example, women with a BRCA1 or BRCA2 gene mutation have up to 80% risk to develop breast cancer. These women can take actions to lower their risk.

But many genetic tests aren't as helpful yet because the risk of getting diseases linked to those genes is not well known yet. Genetic counselors make sure you take away what's clinically appropriate and actionable.

“Advances in genetic test technology happen every day. Results today may only be the beginning of a genetic journey for you and your family.”



Dealing with Positive or Unclear Results

If your results are positive or inconclusive (a negative test yet a strong family history), the genetic counselor will discuss what this means for you and your family. This includes ways to lower your risk, like extra screening tests, medicines, preventive surgery, or lifestyle changes. The counselor will also connect you with doctors to consult and provide other resources, like information on support groups.

With knowledge about genetic diseases continually evolving, genetic counselors advise people with positive results or those who have strong history of cancer but a negative genetic test, to check back every few years for new recommendations or additional testing. There have been huge leaps in genetic testing, but there's so much more still to learn.

Genetic testing isn't black and white. A positive result doesn't mean you will get the disease. A negative result doesn't mean you won't.

Interpreting Direct to Consumer (DTC) Genetic Results

Genetic tests for health care are increasingly being marketed directly to health care consumers. Reports from such testing may be incomplete, confusing, or even misleading. Genetic counselors interpret these results correctly for your unique medical and family history. They can also arrange follow-up genetic tests which may be necessary to clarify DTC results.

“Cascade” Testing for Relatives

Relatives may want their own genetic test when an inherited mutation is found in a family member. Genetic counselors help families with step-wise testing known as Cascade Screening. This may reduce the number of relatives who need testing. In some cases, labs offer no-cost testing for a family mutation. Genetic counselors know when and how to use these family testing programs to keep costs low.

Genetic Testing is Constantly Changing

Advances in genetic test technology happen every day. Results today may only be the beginning of a genetic journey for you and your family. Genetic counselors are a professional in your corner to ask about updated genetic test options after initial lab work, even months or years later.

Many former patients that pursued genetic testing in the past and received a normal (negative) result have elected to undergo additional updated testing. One such patient remarked after a cause of the cancer in her family was finally found, “My family has been looking for this explanation for 20 years.”

When to Consider Cancer Genetic Testing

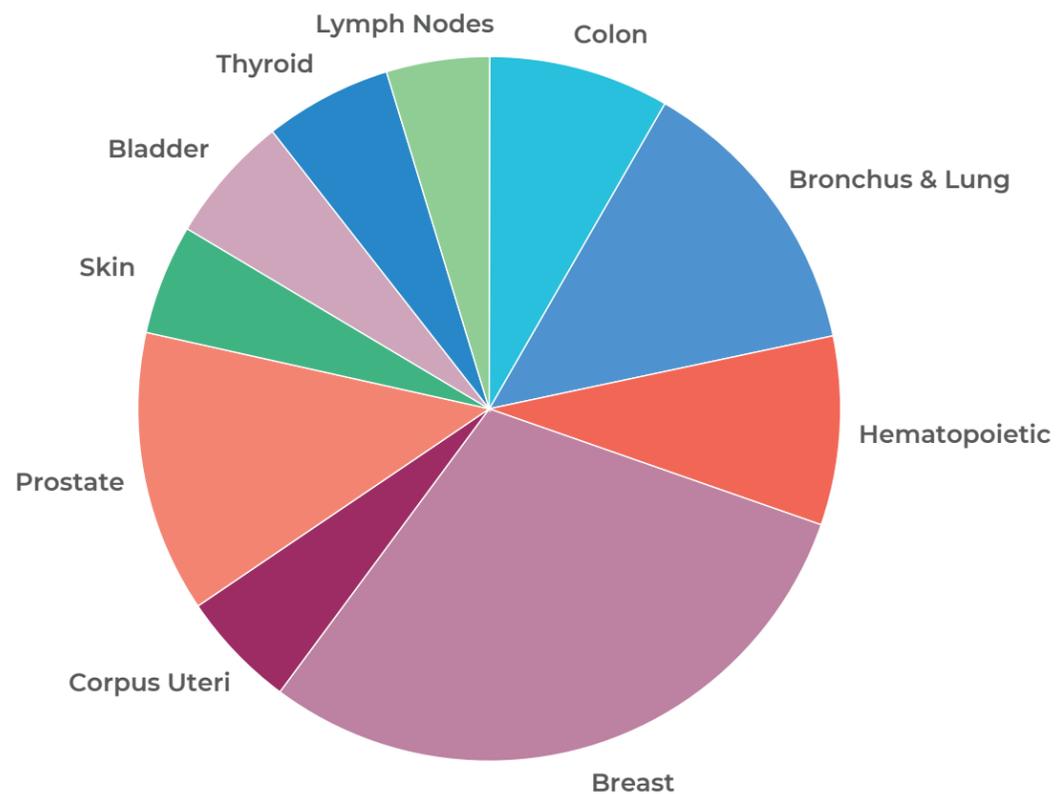
Consider genetic counseling and testing if your personal and/or family history increases your risk for cancer. Early cancer, like breast cancer before age 45 or colon cancer before age 50, means that the cancer is more likely to run in your family. Other signs of increased cancer risk are:

- Three or more relatives with same type of cancer
- Unusual cancers, like male breast cancer
- Many childhood cancers

Top Ten Cancer Sites 2017 Network Data

Per “Cancer Registry Management Principles and Practices” a cancer registry is a system designed to collect information about the occurrence of cancer, the types of cancers that occur and their locations within the body, the extent of cancer at the time of diagnosis, and the kinds of treatments that patients receive. In the United States, hospital-based (or institution-based) registries are the foundation of cancer surveillance.

**Centura Health Cancer Network
Top Ten Sites**



Centura Health facilities contributing to the network’s cancer registry database:

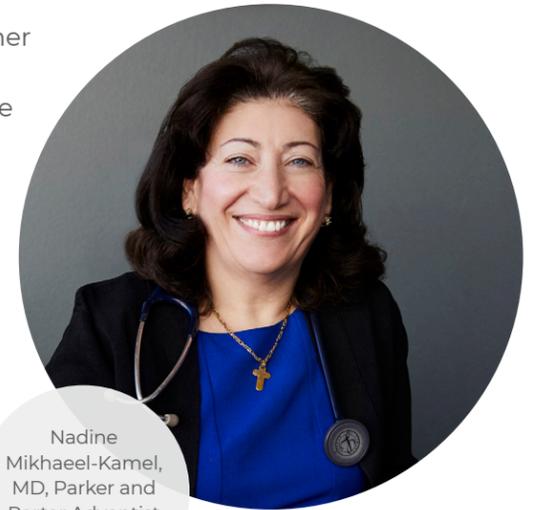
- Littleton Adventist Hospital
- Longmont United Hospital
- Mercy Regional Medical Center
- Parker Adventist Hospital
- Penrose-St. Francis Health Services
- Porter Adventist Hospital
- St. Anthony Hospital
- St. Anthony North Health Campus
- St. Mary-Corwin Medical Center

Centura Health is committed to educating through community outreach

From prevention, to screening, to early detection, to state-of-the-art treatment and equipment, to support, our team is there for you!

Health care is moving toward preventing diseases, rather than simply treating them. Prevention of cancer is a primary concern for many people. Everyone can reduce their risk for cancer and Centura Health is here to help.

Centura Health’s cancer program is involved in multiple outreach efforts throughout the State. From Relay for Life and Making Strides Against Breast Cancer, to Channel 9 News Health Fair to Music, Mammos, and Muffins to Mother/Daughter Tea. Through these efforts, we are able to educate, screen and prevent cancer and do it by directly touching the lives of people in our communities.



Nadine Mikhaeel-Kamel, MD, Parker and Porter Adventist Hospitals



2018 Centura Health Cancer Network Services

From Prevention and Early Detection to Treatment and Rehabilitation, Centura Health Cancer Network has the resources and expertise to provide you and your loved ones with excellent cancer care. You can find more information on Centura Health's website, centura.org.

The Cancer Team

Our cancer program provides quality cancer care close to home with an expert multidisciplinary team who works to provide comprehensive care.

When you or your family member faces a cancer diagnosis, finding the right care can seem overwhelming. Centura Health Cancer Network's dedicated oncology professionals work with you and your physician to plan the best care for you, both in and out of the hospital. Our goal is to provide high-quality care that is totally focused on you and your needs.

Prevention, Early Detection, and Awareness

Centura Health Cancer Network is pleased to offer a variety of free educational cancer presentations and cancer awareness/screening programs. For more information, talk with one of our cancer team members for times and locations of educational and outreach events.

Nursing Care

The nurses at Centura Health Cancer Network facilities provide oncology inpatient and outpatient care, including medical-surgical care, chemotherapy & biotherapy administration, management of central venous access devices, and symptom management. Nurses who administer chemotherapy & biotherapy are required to follow national standards of care. Many of the CHCN nurses who care for patients and families who are experiencing a cancer diagnosis are nationally certified in medical-surgical nursing, hospice-palliative care nursing, and oncology nursing.



Valvina Rodriguez,
Radiation Therapist,
Penrose-St. Francis
Health Services



Social Services

Centura Health Cancer Network Social Workers provide support and other services which can reduce stress for patients and loved ones through all phases of the cancer journey. Our social workers can help assist patients and families in finding affordable medical care and prescription drug coverage, transportation and home health care. They can also help patients understand the process of applying for Medicaid, social security disability benefits, and link patients to programs that offer financial assistance.

Our social workers can help you cope with the cancer diagnosis and the many emotions that you may be experiencing. Centura Health Cancer Network social workers can assist patients in finding support groups, education programs and other resources in the community.





Nutrition Services

Nutrition services are essential to comprehensive cancer care and patient rehabilitation. The Centura Health Cancer Network strives to provide safe and effective nutrition care across the cancer continuum, from prevention, throughout treatment, and into survivorship, to promote your best quality of life.

Comprehensive nutritional assessment, counseling, and education can be provided by our team of registered dietitians.

Rehabilitation Medicine

Centura Health Cancer Network offers high quality rehabilitation services including specialized care for our oncology patients. Our outstanding team of rehabilitation professionals is here to assist you on your survivorship journey. The goal of rehabilitation is to improve quality of life, increase daily functioning and independence as well as to decrease pain.

Our services include Physical and Occupational Therapy, and Speech-Language Pathology. Our Specialized Services Include:

- Lymphedema Therapy
- Balance Therapy
- Speech Therapy
- Chemo Brain Therapy
- Swallowing Therapy
- Pelvic Floor Therapy

Centura Health Cancer Network offers rehabilitation services at numerous locations across our communities.



Gerlinde Tynan, MD, CHPG, Longmont United Hospital

Clinical Trials

Centura Health Cancer Network collaborates with the Catholic Health Initiatives (CHI) to offer National Cancer Institute trials in addition to other cancer clinical trials.

People experiencing a cancer diagnosis have the opportunity to participate in a vast array of research studies for nearly every type of cancer. An experienced research nurse will assist your physician to determine if a cancer clinical trial is right for you and will follow you from enrollment through completion.

It is rare to find such a comprehensive selection of cancer clinical trials and CHCN is pleased to offer this cutting edge research to patients throughout Colorado and western Kansas.

Palliative Care

Palliative care is an integral part of comprehensive cancer care. The goal of palliative care is to provide relief of suffering, in all of its dimensions, and to support the best possible quality of life for the patient and his or her family. Palliative care is offered simultaneously with all other medical therapies, working with the patient’s medical team, to support the primary plan of care.

Palliative care emphasizes the use of evidenced-based tools for symptom management, aligns medically appropriate goal setting among patients, families, and health care providers, and integrates this plan with clear communication among all members of the health care team. Major reasons for referral to palliative care service include medical decision-making of care and symptom management for pain.

Spiritual Care

Hospital visits can be a time of stress, anxiety, grief and fear. Our mission is to extend compassion and demonstrate the healing love of God to all of our patients and their loved ones.

At Centura Health Cancer Network there is a dedication to continue the healing work not only with the best that medicine can provide, but also through compassion and care for your spiritual and emotional needs. Our chaplains understand the importance of prayer and faith as a part of healing and our chaplains are able to make CHCN a leader in healing the whole person.

CHCN chaplains are trained to offer emotional and spiritual support to persons of all faiths, from pre-surgery and outpatient testing through the entire hospital experience.



Anuj Peddada, MD, Penrose-St. Francis Health Services

Centura Health Cancer Network Support Groups, Classes & Patient Resources

Aquatic Exercise for cancer survivors is performed in a warm therapy pool. This class includes light muscle strengthening designed for individuals in any stage of cancer. Focus is on movements to improve and enhance coordination, dexterity, pain management, balance and stability.

Art Therapy is a form of expressive therapy that uses the creative process of making art to improve a patient's physical, mental, and emotional well-being.

Beading with Patti is a beading class that incorporates creative projects to improve cancer patient's well-being.

Boulder County Ostomy Support Group is facilitated by WOCN wound nurse and led by a community member, for ostomates, family and friends.

Breast Cancer Support Group A breast cancer support group that provides emotional and social support for people who have been diagnosed with breast cancer. The group provides a forum where participants can share insights on coping, resilience, and thriving in spite of adversity.

CanCervive is a class where patients are taught coping strategies and more in a caring, supportive, and confidential environment with a group facilitator.

5 Point NADA Ear Acupuncture is a technique that utilizes small needles that are placed in five points in the ear. This treatment is performed in a group setting and has success in treating people with cancer who experience night sweats, fatigue, anxiety, depression, and stress. It is effective with insomnia, PTSD, withdrawal and chronic pain, and assists with tobacco cessation.

Emergence, Recreating Life for Breast Cancer Survivors is a gentle self-discovery process reconnecting breast cancer

survivors with joy and inspiration in their lives. Patients discover choices that will lead to becoming the happier, more balanced and peaceful woman they have been longing to be. Also, to gain tools to rejuvenate and have control of their life, reducing fear and stress.

Head & Neck Support Group is a monthly gathering for patients, caregivers, families, and friends at any stage of Head & Neck cancer. The group provides a place where a focus on information, shared conversation, and support reduces anxiety and loneliness while enhancing the ability to thrive in and beyond the cancer experience.

Hope Cancer Center Cancer Support Group is for all types of cancer and family members. Led by a licensed therapist, for all types of cancer, and for friends and family members.

Kids-Alive Support Group is a safe place where kids ages 6 – 16 who have a parent with cancer can express their feelings through play, art and music therapies, facilitating a better relationship between cancer patients and their families.

Legacy and Life Meaning is designed to help advanced cancer patients understand the importance and relevance of sustaining, reconnecting with, creating, and experiencing meaning in their lives. The goal of the intervention is to diminish despair and hopelessness by sustaining or enhancing a sense of meaning, even in the face of death.

Lodging Partnerships with local hotels and the American Cancer Society have been established with a number of our hospitals throughout Centura, allowing patients who live too far for daily travel, an option for housing during their care and treatment.

Look Good, Feel Better A FREE American

Cancer Society program designed specifically for women experiencing side effects of cancer treatments. The program was developed by the Cosmetic, Toiletry and Fragrance Association, the National Cosmetology Association and the American Cancer Society to provide information on ways to enhance appearance and take care of your skin, hair, and fingernails during treatment. The program includes instruction by licensed cosmetologists and a demonstration kit.

Massage Therapy utilizes touch-therapy interventions to assist patients in achieving a greater sense of well-being while providing benefits to ease symptoms of treatment to allow the body to rally its healing capabilities.

Music Therapy includes a harpist and guitarist that perform throughout the hospital daily in common areas as well as in-patient rooms as requested. Music therapy promotes, maintains, and restores mental, emotional, physical, and spiritual health.

Naturopathic/Integrative Oncology is an evidence-based approach to cancer care that reduces side effects, optimizes outcomes of conventional treatment, and promotes life-long wellness.

Nicki's Circle South provides support for women with any gynecologic cancer and their caregivers. They are associated with the Colorado Ovarian Cancer Alliance (COCA).

Pink Ladies Embracing Today is a support group for women who are breast cancer survivors! Whether newly diagnosed, still going through treatment, or years out of treatment this group aims to offer peer support, share experiences, listen, and welcome new members.

Prescription Assistance is offered for patients who do not have insurance that covers prescription needs.

Prostate Cancer Support Group is a peer led group for men with prostate cancer,

family, and friends.

Psychosocial Counseling is provided to patients, family members, and caregivers in order to reduce the impact and burden of cancer. The focus is to minimize stressors such as worry, anxiety, depression, social issues, and spiritual needs.

Road to Recovery Program is a partnership with the American Cancer Society, providing transportation to and from cancer treatments to patients in need.

Tai Chi class teaches how to develop the ongoing practice of Qigong and Tai Chi, a technique that is known to improve concentration, balance, and a sense of wellbeing. This practice reduces stress while unifying the domains of the mind, body, and spirit.

Women's Advanced Cancer Support is a group for women with any type of advanced or metastatic cancer where the focus is on coping, support, education, and sharing experiences of living with cancer.

Yoga for Cancer Recovery classes are specifically designed to increase mobility and flexibility, support pain management, and lymphedema prevention while improving strength and overall fitness. The class is focused on breath-mediated movement and appropriate, supportive adaptations of gentle yoga postures. All cancer patients are welcome.

Young Survivors Support Group Being diagnosed with cancer in your 20's and 30's is very different than being diagnosed in middle age or older. This group is open to young adults, age 20-39 with any form of cancer. The emphasis of this group are the aspects of life that are interrupted after a cancer diagnosis and how it impacts you at this stage of life, career, education, having children, etc.

Zumba Gold is a class offered to cancer patients, that is full of energy and fun. This class is adapted to any fitness level.

You can make a difference and give the gift of HOPE.

You can be a part of the innovative care we bring to our communities.
To make a gift, visit us at: centura.org/foundations, or call.

Littleton Adventist Hospital Foundation

Littleton Adventist Hospital
303.734.8764

Longmont United Hospital Foundation

Longmont United Hospital
303.651.5021

Mercy Health Foundation

Mercy Regional Medical Center
970.764.2802

Parker Adventist Hospital Foundation

Parker Adventist Hospital
951.833.5776

Penrose-St. Francis Health Foundation

Penrose-St. Francis Health Services
719.776.7760

Porter Adventist Hospital Foundation

Porter Adventist Hospital
303.715.7600

St. Anthony Health Foundation

St. Anthony Hospital & St. Anthony North Campus
720.321.4310

St. Mary-Corwin Health Foundation

St. Mary-Corwin Medical Center
719.557.5298



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