



**Quality Cancer Care
Close to Home**



Cayuga
HEALTH SYSTEM

Expanding our care team and new therapies enhance treatments for our patients

Cayuga Cancer Center enhanced patient care in 2018 with improvements in diagnosis, treatment, access to care, and support. Among the highlights:

- Several new surgeons joined the Cayuga Cancer Center with expertise in minimally invasive surgery.
- Renovations and facility improvements were completed to improve patient access.
- We continued to implement new treatment protocols with immunotherapies and other multi-targeted biologics to treat cancer more effectively.
- 3D mammography and other advanced imaging techniques combined with image-guided biopsies are allowing earlier diagnosis of multiple cancers, when therapies are most effective.
- Planning began to replace our radiation department's linear accelerator in 2019 that will allow improved access to types of targeted radiation therapy patients now travel to Rochester or Buffalo to receive. For more details, see page 8.

New practitioners expand cancer care

New practitioners with the Cayuga Cancer Center are expanding local treatment for multiple cancers including breast, prostate, and gastrointestinal cancers. Caitlin Foor-Pessin, MD, has come to Ithaca from Strong Memorial in Rochester where she was a chief fellow in gastroenterology and hepatology. Adam R. Riordan, DO, was most recently the chief fellow in the gastroenterology department at Millcreek Community Hospital and a clinical instructor of internal medicine in the Division of Gastroenterology at LECOM Health, both in Erie, PA. Dr. Foor-Pessin and Dr. Riordan are now with Gastroenterology Associates.

Denise Lee, MD, and Gregory G. Ripich, MD, both with Surgical Associates of CMA, also began treating patients at Cayuga Cancer Center in 2018. Dr. Lee graduated from Harvard University before attending medical school at the University of Florida. She then went on to UCLA for surgical training and spent two years in medical research earning multiple awards including an NIH training grant. Dr. Lee recently completed a fellowship in endocrine surgery at New York Presbyterian Hospital/Columbia University Medical Center. Dr. Ripich is a Cornell University graduate with over 20 years of experience in robotic and minimally invasive surgery. He was most recently at St Joseph's Hospital in Syracuse where he trained other surgeons in robotic surgery. His areas of clinical interest include minimally invasive colorectal surgery, colonoscopy, and endoscopy.

Minimally invasive lung cancer biopsy

Cayuga Medical Center has fully integrated endobronchial ultrasound (EBUS), a diagnostic procedure that improves the

diagnosing and staging of lung cancer. A physician uses ultrasound to view difficult-to-reach areas of the lung and then guides a thin needle to suspect lymph nodes to withdraw biopsy samples. No incision is made, so patients recover quickly and usually go home the same day as the procedure.



Timothy Bael, MD

Advanced treatment options

Targeted therapies and the role of immunotherapy in cancer treatment at Cayuga Cancer Center continued to expand and improve patient outcomes in 2018. Through our affiliation with Roswell Park Comprehensive Cancer Center in Buffalo, our patients access clinical trials and new therapies for cancers that have not responded to other treatments. An example is the development of adoptive T cell therapy, or CAR-T.

With this innovative immunotherapy, T cells from the immune system are removed from a patient's blood and genetically modified to target a cancer protein. The modified cells are returned to the patient where they track down and destroy cancer cells. Roswell Park has been a pioneer in developing immunotherapy. CAR-T therapy was originally used in advanced leukemia, and researchers are working to expand its use to treat other types of cancer.

Improving mammogram technology

During 2018 a new generation of mammogram technology providing earlier breast cancer detection was installed throughout the Cayuga Health System.

Digital breast tomosynthesis, or 3D mammography, uses a low-dose x-ray system and computer reconstructions to create three-dimensional images of the breasts. Numerous studies have shown 3D mammography is 20 to 60 percent more accurate in detecting invasive breast cancer when compared to 2D mammography. In addition to improving the accuracy of the diagnosis, 3D imaging leads to fewer follow-up studies and false alarms, reducing patient anxiety and exposure to radiation.

Improved patient care locations

Renovations completed in our East Campus offices at 10 Arrowwood Drive in 2018 allow more patients to schedule chemotherapy at an enlarged infusion suite and see their oncologists at that location. Our newest offices at 6 Euclid Avenue in Cortland, provide patients convenient care close to their home.

Timothy E. Bael, MD

Medical Director, Cayuga Cancer Center



CHAIRMAN'S REPORT



Gold-Level Commendation in accreditation honors Cayuga Cancer Center for a third time



Charles Garbo, MD

We were honored in 2018 to receive our third consecutive, three-year term of accreditation with Gold-Level Commendation from the American College of Surgeons Commission on Cancer. Since our program began in 1985, it has been continuously accredited by the Commission and has twice received the Commission's Outstanding Achievement Award. A Gold-Level Commendation is the highest designation given to cancer programs and recognizes that the Cayuga Cancer Center meets all standards set by the commission and ensures that patients receive high-quality oncology, radiation, and surgical cancer care.

The most recent Commission on Cancer accreditation report noted:

"Cayuga Medical Center has been a COC-accredited hospital for 30+ years and has received the Outstanding Achievement Award during its past two surveys. They take great pride in this but are not complacent. It is apparent that continuous performance and quality improvement is one of their guiding principles. The Hospital Senior Leadership is very involved and supportive of the Cancer Program and takes great pride in its success."

Improving survivorship care

Along with Cayuga Cancer Center's clinical care excellence, the Commission cited the Center's survivorship program as a notable area of high-quality patient care. The program assists patients completing cancer treatments in making the transition to the next phase of their lives. Our nurse navigators give patients survivorship care plans that are a comprehensive record of their cancer history and treatments. The plans also provide recommendations on future checkups, cancer tests, possible long-term effects of their treatment, and suggestions for staying healthy.

Our oncology nurse navigation and survivorship program has been guiding patients since 2011 through all phases of their care from early diagnosis, treatment, and post-treatment care. The nurse navigation team and social worker provide care and support for both patients and their families. The team advocates for patients, collaborates with caregivers and health-care providers, links patients to community resources, coordinates patient care, and educates patients and the community about cancer issues. Our partnerships with the Cancer Resource Center of the Finger Lakes and the American Cancer Society have done an outstanding job of assisting patients with finding support groups and information during and after their cancer treatments.



Lung cancer detection

Our program to improve the detection and early treatment of lung cancer in our community has rapidly expanded since it began in 2015. During the last three years, more than 1,000 patients were screened for lung cancer, so the disease can be detected early before the onset of symptoms when treatments are most effective. Our community's primary care physicians' attention to patients having a history of smoking tobacco can be credited to the program's success. They have taken the lead in asking patients about their tobacco use and urging current and former smokers to have a low-dose computer tomography screening for lung cancer.

Charles Garbo, MD

Chairman, Cancer Committee;
Cancer Liaison Physician to the Commission on Cancer



Care and support eased her cancer journey

W

hen Kristin Sad noticed a lump in her right breast in June 2017, she was not surprised that the diagnosis would be cancer. Her maternal aunts had gotten the same diagnosis when they reached their 60s, the same age when Kristin noticed her lump. Within a few days, a mammogram imaged the lump and a biopsy with a clinical diagnosis of stage 2 breast cancer confirmed Kristin's suspicion.

While Kristin was not surprised, the confirmation that she had cancer was frightening and the beginning of six months of treatment that would be life changing.

"It really smacks you," Kristin says. "In the beginning, there were times I was really scared. I cried, and my husband would hold me close. But, having cancer changed me. I am more appreciative of the good things in my life and don't get distracted by small annoyances."

Shortly after her diagnosis, Kristin saw Julie Campbell, MD, an oncologist at the Cayuga Cancer Center, who has clinical and research interests in breast cancer. She reviewed the cancer and treatment options with Kristin and encouraged her to seek another doctor's opinion. After seeing Kristin and checking her medical records, the second oncologist recommended the same treatment plan that Dr. Campbell had presented.

Getting a second opinion made Kristin more confident in her treatment decision. On July 27, Cora Foster, MD, removed Kristin's tumor and three lymph nodes in a day-surgery lumpectomy procedure at Cayuga Medical Center. By late afternoon, Kristin's family was taking her home to rest and recover.

"I found that treatment protocols for a specific type of cancer are similar. It's the support system that can be different,

and that is where Ithaca excels," Kristin says.

She found Dr. Campbell's approach to cancer treatment also considered the care and support Kristin would need in other areas of her life including family, work, and acting with Ithaca-area theater groups.

"I always felt she focused on me as a person and not just a patient with cancer. She took time to find out about my interests," Kristin recalls.

Betty McEver, RN, BSN, OCN, CRN, a nurse navigator with the Cayuga Cancer Center, anticipated Kristin's concerns and prepared her for how chemotherapy and radiation treatments might affect her.

"I would lose my hair, lose interest in food, and just not feel like myself while having chemo every three weeks for 18 weeks. Nurse Betty, Jilian Wheeler [RN, OCN], and other nurses in the chemo suite helped me get through some difficult days," Kristin says.

Kristin also learned about the range of assistance and support programs at the Cayuga Cancer Center and at the Cancer Resource Center of the Finger Lakes. She valued having so many options but found herself relying on her network of friends and family for help and support.

After completing chemotherapy, Kristin had five weeks of radiation therapy and finished her treatments in January 2018. By March she was back at work at Elmira Savings Bank in Ithaca where her supportive manager and co-workers helped her take a six-month leave.

"I have been fortunate. Cancer is scary, but I had a lot of wonderful people to help me on that journey," she says.

MEET SOME OF OUR ONCOLOGY NURSES



Jennifer Fuller, RN, BSN, OCN
Oncology Nurse Manager



Education: Bachelor of Science in Nursing, Keuka College, Associate Degree Applied Science in Nursing, Tompkins Cortland Community College (Dryden, NY)
Certification: Registered Nurse, Oncology Certified Nurse, Oncology Nursing Society certification for chemotherapy and biotherapy

Jennifer Fuller is a member of the interdisciplinary cancer care team and serves as oncology nurse manager. She supervises and participates in multiple areas of patient care directives including the Commission on Cancer and chemotherapy care plans. She has worked as a team member on initiatives for hospital policy and procedures, oncology community event planning, and nursing quality standards.

Kara Gowan, RN, BSN, OCN
Outpatient Oncology Nurse



Education: Bachelor of Science in Nursing, Mansfield University of Pennsylvania (Mansfield, PA)
Certification: Registered Nurse, Oncology Certified Nurse, Oncology Nursing Society certification for chemotherapy and biotherapy

Kara Gowan has been an oncology nurse at the Cayuga Cancer Center since 2015. Earlier, she worked in oncology, ENT and facial plastic surgery nursing care in New York and Kentucky medical facilities. At the Cayuga Cancer Center, she works primarily in the infusion center monitoring and assessing patients, administering chemotherapy/biotherapy, and caring for patient needs that arise during treatment.

Robin Anderson-Eastburn, RN
Outpatient Oncology Nurse



Education: Associate Degree Applied Science in Nursing, Tompkins Cortland Community College (Dryden, NY)
Certification: Registered Nurse, Oncology Nursing Society certification for chemotherapy and biotherapy

Robin Anderson-Eastburn has been an oncology nurse at the Cayuga Cancer Center since 2000. She is a radiation oncology nurse, assisting physicians and arranging care for patients. Earlier, she administered chemotherapy and biotherapy to infusion center patients. She serves on Cayuga Medical Center's Cancer Committee as the Clinical Research Coordinator.

Marie Smith, RN, BSN
Outpatient Oncology Nurse



Education: Bachelor of Science in Nursing, Binghamton University, Decker School of Nursing (Binghamton, NY)
Certification: Registered Nurse, Oncology Nursing Society certification for chemotherapy and biotherapy

Marie Smith joined the Cayuga Cancer Center as an oncology nurse in 2013. Earlier, she was an oncology nurse at hospitals and an infusion clinic in Pennsylvania and New England. At the Cayuga Cancer Center, she monitors and assesses patients, administers medications including chemotherapy, and coordinates care with other health-care professionals.

D. Chorba, RN, OCN
Outpatient Oncology Nurse



Education: Bachelor of Science in Sociology/Anthropology, Elizabethtown College (Elizabethtown, PA); Associate Degree Applied Science in Nursing, Tompkins Cortland Community College (Dryden, NY)
Certification: Registered Nurse, Oncology Certified Nurse, Oncology Nursing Society certification for chemotherapy, and biotherapy

D. Chorba has worked as an oncology nurse at the Cayuga Cancer Center's Main and East campus since 2011. She provides patient care and education, administers chemotherapy, and monitors patients. She is particularly interested in maintaining current knowledge on new and developing treatment options to provide patients with the most advanced and highest standard of care.

Jilian Wheeler, RN, OCN
Oncology Service Line Charge Nurse



Education: Associate Degree Applied Science in Nursing, Tompkins Cortland Community College (Dryden, NY)
Certification: Registered Nurse, Oncology Certified Nurse, Oncology Nursing Society certification for chemotherapy and biotherapy

Jilian Wheeler is the oncology charge nurse at Cayuga Cancer Center where she has worked since 2012 in several positions. In her current role, she coordinates day-to-day treatments in the chemotherapy suite, provides patient education, and mentors new nurses to the service line.



Cayuga Medical Center and dermatologist Robert Morris offer free skin cancer screening and prevention program in Cortland County



Each year the Cayuga Medical Center's Cancer Committee organizes and offers prevention and screening programs targeted to meet the needs of the community. Because of the success of a free skin screening held in Tompkins County in 2017 and an increase in melanoma over the past two years, the Cancer Committee felt it would be beneficial to provide this free skin screening program in Cortland County.

Prevention and Screening Event

Using evidence-based guidelines from the National Cancer Network, the American Cancer Society, and the American Academy of Dermatology, the Cayuga Cancer Center coordinated a community skin cancer prevention and screening program with Robert Morris, MD, a Cortland area dermatologist. The program was held in April 2018 at the Cortland Business Showcase.

Prevention

The goal of the prevention program was to reduce the incidence of melanoma. Displays, models, and educational materials raised awareness and educated the community about the importance of screening, prevention, and the early detection of melanoma. A dermatologist, oncology nurses, oncology nurse navigators, and support staff connected with over 100 participants. This program was well received and was a great opportunity to reach Cortland County residents.

Screening

The goal of the screening program was to decrease the number of patients with late-stage disease. Thirty-six participants received a free skin screening assessment from Dr. Morris. Each participant received a screening report and educational materials on the prevention and early detection of skin cancer.

Screening follow-up process for positive findings

Patients received their skin screening results from the dermatologist following their examination. The Cayuga Cancer Center Oncology Nurse Navigator contacted nine (25%) of the participants with positive findings and offered navigation support and services.

A free skin cancer prevention and screening program offered by the Cayuga Medical Center's Cancer Committee and dermatologist Robert Morris, MD, reached more than 100 people in April 2018.

Results of the screening program evaluation

- 95% of the participants reported that the screening met their expectations
- 95% of participants reported that they would attend this event again
- 83% of participants reported that they learned helpful information
- 65% of participants reported the program convinced them to make changes in their health behaviors
- 38% of participants were male; 62% female
- Ages ranged from 60 to 69 years
- Patients were extremely pleased with the services they received



Ties to other community agencies, such as the American Cancer Society, Hospicare and Palliative Care Services of Tompkins and Cortland Counties, Cancer Resource Center of the Finger Lakes, and the Cancer Services Program of Cortland and Tompkins Counties, strengthen cancer services provided by Cayuga Medical Center.

American Cancer Society (ACS)

In partnership with Cayuga Medical Center's cancer program, provides diagnosis-specific information, referrals to community and ACS resources, and critical peer and professional support to all those facing a cancer diagnosis. ACS provides resources for transportation and lodging as well as a number of educational and supportive programs for people living with a cancer diagnosis and their families. (cancer.org)

80% in Every Community Campaign of the American Cancer Society

Targets an 80 percent colorectal cancer-screening rate. While colorectal cancer incidence rates have dropped 30 percent in the U.S. over the past decade, it remains the second leading cause of cancer deaths. Community. Approximately 30 percent of people between the ages of 50 and 75 are still not getting appropriately screened. In an organized effort to change these numbers we are reaching out to local physicians to encourage screening referrals, and our nurse navigators are meeting with physician office staff members to help facilitate increased appropriate screening. (cancer.org)

Cancer Resource Center of the Finger Lakes (CRCFL)

Offers personalized support and information to area residents affected by cancer. Services include one-to-one assistance, facilitation of transportation on the Cornell Campus to Campus Bus, many support groups including the Women's Noon Group, Men's Breakfast Club, Young Adult Group, Cornell Support Group, Living with Cancer as a Chronic Disease, Colorectal Group, Cancer Research Group, Tompkins Prostate Support Group, and the Cancer Education Series. CRCFL also offers a well-stocked lending library; a boutique with free wigs, hats, and other items; wellness programs such as yoga and water aerobics; resource guides; numerous volunteers who provide assistance to cancer patients and their families at the Cancer Resource Center and at Cayuga Medical Center; and an experienced, caring local staff. The Cancer Resource Center also collaborates with Cayuga Medical Center on educational outreach programs such as the Living Well with Cancer series, and colorectal awareness programs. (crfl.net)

Cancer Resource Room

The Cancer Resource Room is located at Cayuga Medical Center on the first floor of the adjacent medical office building. The resource room is operated by Cayuga Medical Center through an affiliation with the Cancer Resource Center of the Finger Lakes, which serves as the lead agency for this service. The room is open daily to provide support, information, and respite to people with cancer and their loved ones.

Hospice and Palliative Care Services (HPCS)

Provides hospice services for people of any age with a terminal diagnosis, who are no longer receiving curative treatment. Our goal is to help people live their final months as fully and peacefully as possible, by providing emotional and spiritual support, medical case management, and collaboration with patients' primary care providers. HPCS's palliative care service PATH (Palliative Approach to Health) specializes in decreasing the burden of illness and educating and supporting those with life limiting disease. PATH provides advocacy and education to clients and 24/7 RN availability for support. Palliative physician consultations are also available for specific medical needs. HPCS's bereavement program provides grief counseling and support groups to those who are grieving a loss. Our bereavement program offers services to those who have experienced a loss while on hospice services, and community members without connection to Hospicare.

High quality healthcare is important at every stage of life, and we consider it a privilege to walk alongside those who are facing life limiting or terminal illness, coping with grief, or seeking to learn more about these profound experiences. (hospicare.org)

Cancer Services Program of Cortland and Tompkins Counties

Helps those with little or no health insurance gain access to services to reduce the risk of breast, cervical, prostate, and colorectal cancers. For more information please call (607) 758-5523.

New radiation unit planned for Cayuga Medical Center

Cancer patients receiving radiation therapy will find faster and more comfortable treatment options when a new linear accelerator comes on line in the fall of 2019 at Cayuga Medical Center's Radiation Oncology Department.

The new technology will replace Cayuga Medical Center's existing linear accelerator with equipment that improves and modernizes radiation therapy. The TrueBeam® radiotherapy system made by Varian Medical Systems is an advanced medical linear accelerator that is fully integrated for image-guided radiotherapy and radiosurgery. The TrueBeam® unit treats cancer anywhere in the body where radiation treatment is indicated, including lung, breast, prostate, head, and neck. The system delivers precise dose rates and can reduce



damage to surrounding healthy tissue. Both accelerators use motion management technology that synchronizes the radiation beams with a patient's breathing and body motion to target tumors with an exactness measured in millimeters.

Precise delivery of the radiation beam to a patient's tumor at the correct dosage is

essential in radiotherapy and requires a time-intensive process to achieve that pinpoint accuracy. The new TrueBeam® imaging technology produces the high-resolution images used to fine-tune tumor targeting in less time than previous Varian imaging technology. Shorter treatment sessions enhance patient comfort and improve scheduling.

"Cayuga Medical Center and Roswell Park have collaborated to make state-of-the-art radiation therapy available locally for patients since 2003. In planning for this new linear accelerator, we consulted with Roswell, which has experience with similar Varian TrueBeam® accelerators. We will be able to share our experience and knowledge on the best ways to use this equipment to care for patients," says Dr. Powell.

Collaboration is essential when commissioning a new accelerator. Sanjay Raina, PhD, is the Roswell Park medical physicist at Cayuga Medical Center and will oversee the quality assurance, safety, and technical performance of the new TrueBeam® unit so it operates at its full potential. The new TrueBeam® machine will be installed adjacent to the vault room that contains the existing accelerator. When that radiation unit was installed in 2005, the building's design included a plan that anticipated its eventual replacement. The foundation for the new accelerator is already in place so the new unit can be installed with minimal interruption of patient care.

treatment time for Cayuga Cancer Center patients receiving radiation therapy. "The shorter duration for a treatment session allows for a more comfortable patient experience with less time on the treatment table. Precise adjustments to the table's position can be made remotely, improving set up and delivery of radiation therapy with the TrueBeam® technology," says

John Powell, MD



John Powell, MD, of the Radiation Oncology Department at the Cayuga Cancer Center and a member of the medical staff at Roswell Park Comprehensive Cancer Center in Buffalo.

The new linear accelerator and Cayuga Cancer Center's existing unit both use high-energy beams to deliver prescribed doses of radiation to a target area. The beams are sculpted to match the three-dimensional shape of a tumor or treatment region to minimize

CAYUGA CANCER CENTER



Medical Oncology | (607) 272-5414
Radiation Oncology | (607) 274-4060
cayugahealthsystem.org



Cayuga
HEALTH SYSTEM