

# 2016 ANNUAL REPORT

Lake Huron Medical  
Cancer Center

You deserve the best.

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*The 2016 Lake Huron Medical Cancer Center Annual Report is dedicated to Jim Condlan for his kindness, devotion and his endless support. His legacy lives within these walls and in our hearts.*



# A message from our Cancer Committee Co-Chairmen

For nearly 30 years, Lake Huron Medical Cancer Center has been providing the Blue Water Area the most advanced state-of-the-art cancer treatments available. Our team of dedicated, highly-skilled professionals lead the most comprehensive cancer program in the area, providing medical, radiation and surgical oncology options, access to clinical trials, as well as a host of support diagnostic and support services.

Motivated by our patients and driven by quality, we are accredited by The Joint Commission and by the Commission on Cancer of the American College of Surgeons. Our strong affiliation with the American Cancer Society provides our patients with just another level of unmatched care. We have been recognized as the "Best in Cancer Care" by the Commission on Cancer (CoC) of the American College of Surgeons for providing high-quality, comprehensive, multidisciplinary patient-centered care to our oncology patients and rated "Number One" by Blue Cross Blue Shield of Michigan for our delivery of radiation therapy.

We believe in a coordinated approach to treatment at Lake Huron Medical Cancer Center. Our team is focused on meeting the medical needs of each patient and family; we are committed to advancing our efforts in this area to improve continuity of care and ease of access for our patients.

Our multidisciplinary team of experts collaborate to offer the best cancer treatment options available through individual tumor board review. We also provide multidisciplinary breast conferences with a team of physicians and other clinical oncology staff to discuss the prospective treatment plan for each individual breast cancer diagnosis. Knowing that no two cancers are alike.

Through our expansive cancer program, Lake Huron Medical Cancer Center continues to be on the leading edge of extraordinary cancer care and has made significant investments in technologies that enable us to attack cancer with precision and accuracy like never before. Supported by board certified, knowledgeable physicians and clinical leadership, our cancer center team continues to drive our quest to advance our knowledge of cancer, discover more precise ways of diagnosing and treating cancer.

We continue to add additional technologies to our TrueBeam™ system, an advanced medical linear accelerator. Our TrueBeam™ offers a radiotherapy and radiosurgery treatment system capable of delivering fast and precise image-guided radiotherapy. This technology from was engineered from the ground up to deliver high doses with accuracy in fractions of millimeters, narrowly targeting tumors and offering protection to surrounding healthy tissues and organs. TrueBeam™ is capable of delivering many forms of advanced treatments including prostate seed implant (brachytherapy), image guided radiotherapy (IGRT), intensity modulated radiotherapy (IMRT), as well as stereotactic body radiation therapy (SBRT)— an advanced capability that has allowed us to deliver treatment to patients with lung, brain, neck and spinal type cancers. The precision and accuracy provides shorter treatment times and less harm to surrounding healthy tissue and organs.

Our accomplishments are a result of our very dedicated team, whose efforts are to be commended and are sincerely appreciated. We look forward to continuing to advance our practice and programs for our patients and community.



**KANU DALAL, MD**  
Radiation Oncologist



**KRISHANA VALJEE, MD**  
Surgeon

# Program and Service Highlights

## Multidisciplinary Care

Our multidisciplinary team of experts collaborate to offer the best cancer treatment options available through individual tumor board review. We also provide multidisciplinary breast conferences with a team of physicians and other clinical oncology staff to discuss the prospective treatment plan for each individual breast cancer diagnosis. Knowing that no two cancers are exactly alike, this conference allows a team of experts to make the best recommendations based on the specific characteristics of each individual case, using national guidelines provided by the National Comprehensive Cancer Network (NCCN).

## Medical Oncology

Lake Huron Medical Center campus includes the office of medical oncologist, Anup Lal, MD. Dr. Lal is an active member of our cancer committee, multidisciplinary conferences and tumor board. His newly remodeled office is suited to provide chemotherapy in a comfortable and holistic setting.

## Infusion Services

Lake Huron Medical Center has private rooms to deliver chemotherapy and other infusion services. Patients can benefit from a wide range of infusion therapies to treat a variety of conditions including:

- Chemotherapy
- Anti-infective therapy (antifungal, antiviral)
- Biological response modifiers
- Blood products such as platelets
- Intravenous antibiotics
- Immunoglobulin therapy
- Immunomodulators
- IV Antiemetics for nausea and vomiting
- IV Hydration therapy

## Radiation Oncology Advancements

Through our expansive cancer program, Lake Huron Medical Cancer Center continues to be on the leading edge of extraordinary cancer care and has made significant investments in technologies that enable us to attack cancer with precision and accuracy like never before. We are approaching our second year with our exciting TrueBeam™ system, an advanced medical linear accelerator. Our TrueBeam™ offers a radiation therapy (radiotherapy) and radiosurgery treatment system capable of delivering fast and precise image-guided radiotherapy. This technology was engineered from the ground up to deliver high doses with accuracy in fractions of millimeters, narrowly targeting tumors while offering protection to surrounding healthy tissues and organs. TrueBeam™ can deliver many forms of very advanced treatments; Cone Beam CT (CBCT) is a very advanced type of Image Guided Radiotherapy (IGRT), Intensity Modulated radiotherapy (IMRT), Volumetric Arc Radiotherapy (VMAT) as well as Stereotactic Body

Radiation Therapy (SBRT)- an advanced capability that has allowed us to deliver treatment to patients with lung, brain, neck and spinal type cancers. Simply stated, True Beam™ delivers powerful cancer treatments with pinpoint accuracy and precision.

In 2016, we treated 13 Stereotactic Body Radiation Therapy (SBRT) cases affecting the lung, neck, spine and brain. This is just one of the new treatment technologies we have been able to offer our patients through technology upgrades. Additionally, we now offer a Toshiba 4D 80 slice CT scanner. Coupled with Varian's RPM (real-time position management) camera and gating software, we are able to account for respiratory target motion by creating a 4DCT cine loop of such. This allows us to reduce treatment to healthy tissue and critical organs.

Since 1999 we offer Low Dose Rate (LDR) prostate radioactive implants and continue to offer LDR for GYN cancer cases for more than 30 years now. Both are tailored to the patient's individual need in junction with or without external beam radiotherapy from our TrueBeam™.

## Comprehensive Breast Care

Lake Huron Medical Center is committed to saving the lives of women in our community by encouraging women to Live Pink and take advantage of early detection screening procedures through Lake Huron Medical Cancer Center.

**Prevention:** It's important to know what is normal for you. The signs for breast cancer are not the same for all women, so it is important to know how *your* breasts normally look and feel. The best way to find breast cancer early is to get screened. Through our program, we provide the most comprehensive breast services available in the Blue Water and Thumb communities, including multiple tools and screening techniques to help women take charge of their breast health; to monitor and know their risk factors. We have also established a team of knowledgeable, dedicated and experienced technologists, nurses and physicians to guide you through every step of the process.

**Diagnosis:** In the privacy of Lake Huron Medical Cancer Center, our medical professionals provide far more than traditional mammography using the latest comprehensive breast health technology and services, from screening and diagnostic through a variety of treatment options and survivorship support.

**Treatment:** To round out these comprehensive services patients also receive immediate access to all appropriate diagnostic services.

The ultimate goal of our program is to reduce overall mortality and morbidity from breast cancer. Our comprehensive approach to diagnosis and through treatment allow us to provide intervention recommendations, respond faster and provide more in-depth care to detect breast cancer in its earliest stages; which is critical to achieving successful treatment.

## 3D Mammography

Similar to traditional mammography, 3D mammography uses x-rays to produce images of breast tissue. Because 3D mammography captures multiple slices of the breast, at different angles, radiologists are able to view one slice at a time, making it easier for physicians to note areas of concern. The 3-dimensional rendering provides more views of breast tissue rather than the full thickness of breast tissue from the top and side views.

3D Mammography can be used for routine screening. It may be more effective for women with dense breast tissue or those considered high risk. Research suggests that fewer false-positive and false-negative readings are possible because radiologists are able to more accurately interpret results.

### Benefits of 3D Breast Mammography

- Most accurate screening available
- Earlier detection
- Increased comfort
- Precise imagery reduces the need for additional testing, unless otherwise indicated

Schedule your 3D mammogram appointment, call 810-216-1455.

## Nurse Navigator Program

Through our nurse navigator program, patients receive nursing knowledge and compassion to guide them through their treatment plans at Lake Huron Medical Cancer Center. The nurse navigator is there to answer questions, serve as a resource and navigate all aspects of the care process—from scheduling necessary tests and appointments, to connecting patients and families with support resources. While treatment options and high quality, advanced cancer care are hallmarks of a successful program, Nurse Navigators ensure we continue to treat the whole patient and that each patient and their family are in tune with the doctors providing the care.

## Clinical Trials

Clinical trials allow Lake Huron Medical Cancer Center and its patients access to innovative treatments and novel, targeted therapy medications. Clinical trials examine new devices, new drugs, new combinations of drugs, new approaches to radiation therapy or surgery, as well as, new approaches for screening, prevention or quality of life strategies. Many standard treatments used today are the result of clinical trials.

A clinical trial is a scientific study. Eligible people volunteer to participate in clinical trials under the direct oversight of physicians and research professionals. Choosing to participate in a clinical trial is an important personal decision. Before a patient decides to become involved in a clinical trial, the research professionals will explain the purpose of the trial. The treatments, tests, benefits, risks, time involved, inclusion and exclusion criteria, and who is sponsoring the trials are also among topics discussed with a potential volunteer. It is important to note that volunteers can withdraw from a study at any time. Clinical trials are monitored by the FDA and NIH (National Institute of Health), as well as central and local oversight boards. The oversight boards are comprised of scientists and non-scientists with diverse genders, ethnicities and backgrounds. Their job is to ensure that the trials are ethical, and volunteers are not likely to be harmed. These entities make certain the rights of the people who volunteer are preserved.

Risks of joining a clinical trial include the possibility that the experimental treatment may not be more effective than the standard treatment. There may also be unexplained side effects from experimental treatments. Being on a clinical trial may also include more trips to the study site, more lab work, or more treatments. Benefits of joining a clinical trial include receiving extra monitored medical care and attention, along with access to new interventions that may not be available to the public. These new interventions may be more effective than the standard therapy. Volunteers also become medical heroes by contributing to medical research!

In 2016, seven people were guided through the clinical trial program at Lake Huron Medical Cancer Center and became medical heroes. Additionally, LHMCC has become an affiliate of the Nevada Cancer Research Foundation-National Cancer Institute's Community Oncology Research Program (NCRF/NCORP). In partnership with the Michigan Medical Research Center (MICH-MER) and now the NCRF/NCORP, Lake Huron Medical Cancer Center has more than 55 trials available to offer members of community. Through the year, 866 new consults were pre-screened with 253 patients screened for trials at LHMC or for referral to clinical trials elsewhere.

## Lymphedema Treatment

Lymphedema is the build-up of lymph fluid in tissues that results in swelling, usually of the arms and legs, but all parts of the body can be affected. Lymphedema can be a result of multiple health issues that cause damage to the lymph system, including the surgical and/or radiation therapy treatment for cancer. If not treated properly, lymphedema can be debilitating and even lead to hospitalizations, due to infections like cellulitis.

Treatment of lymphedema is best performed by a Certified Lymphedema Therapist. At Lake Huron Medical Center, our Certified Lymphedema Therapist meets with patients for a full evaluation to determine the best course of treatment. This treatment could be, as simple as, teaching the patient to monitor their potential for edema, learn self-care and/or exercise. For the patient with observable swelling, pain or difficulty moving the extremity, the course of therapy will be Complete Decongestive Therapy (CDT). CDT involves hands on manual lymph drainage, skin care, bandaging and exercise, performed 3-5 days/week and will continue as reduction of volume to the involved limb occurs. Then the patient will acquire an appropriate compression garment to maintain the achieved reduction in volume.

Benefits of the program include reduction in volume to the arm or leg, allowing for decreased feeling fullness or heaviness; decreased tightness in the skin; increased flexibility of the hand, wrist or ankle; better fitting into clothing; and less chance for cellulitis.

In 2016, our program saw 58 patients; 30 of the patients had cancer treatment prior to sustaining lymphedema or having a high potential of developing the disease. Seventeen (17) patients went through the entire program, achieved positive outcomes and were discharged with independent self-care. The remainder of the cases received minor treatment and education to avoid any increase in swelling, as well as, gaining or maintaining range of motion.

There was a 60 percent increase in referrals by LHMC Cancer Center physicians to the. Many patients were referred to receive education to avoid lymphedema after having lymph nodes removed.

New in 2016, the program developed the “Post-Operative Exercises for Breast Surgery” booklet. This booklet contains exercises for promoting shoulder range of motion (ROM) and provides recommendations to help avoid developing lymphedema. It will be provided to patients at Lake Huron Medical Center who has had breast surgery due to cancer. The booklets are available through Inpatient and Outpatient Rehabilitation and the Nurse Navigator.

The program has also expanded to assist patients with complications from cancer related fatigue. Using guided exercise, patients have seen improvement in their endurance and function. The addition of this service developed as patient concerns arise and need to be addressed, as more positive outcomes continue to be seen in patients, the program will see growth and adaption to provide auxiliary, high-quality patient care to patients receiving medical care through the Lake Huron Cancer Center.

## **Pink Ribbon Ladies Day**

The Lake Huron Foundation hosted its 21<sup>st</sup> Annual Pink Ladies Day Golf Outing. The event was initiated by Lake Huron Medical Cancer Center to educate and raise awareness for women on the importance of annual screening and the importance of early detection. The event was a success again this year, with more than 200 women in attendance. Proceeds from this initiative will be used to provide advanced breast cancer screening and detection services to those in need throughout the Blue Water Area.



# Community Involvement

## Celebrating Survivorship

According to the American Cancer Society, “You are a cancer survivor from the moment of your diagnosis. You survive the diagnosis, you survive the treatment and you survive the disease.”

Lake Huron Medical Cancer Center’s Annual Survivors Dinner brought together more than 130 breast cancer survivors and their loved ones, as well as physicians and colleagues from the Lake Huron Medical Cancer Center Team, for an evening infused with camaraderie, hope, laughter, joy and inspiration. Each year our celebration gives us a chance to join together – celebrates optimism, survivorship and the awareness efforts and research investments made to find a cure for this devastating disease.

To our survivors and their loved ones – we are humbled by your courage – you are our inspiration – each day.

## American Cancer Society

Our patients benefit from our partnership with the American Cancer Society.

- 16 women attended a Look Good Feel Better beauty and emotional healing program
- Several patient were provided rides to and from treatment through Road to Recovery — a transportation assistance program.



# Screenings

## Senior Power Day

October | 2016

Lake Huron Medical Cancer Center attended Senior Power Day and offered Prostate Cancer Screenings and Lung Cancer pre-screenings.

## Prostate Cancer Screening

October | 2016

Lake Huron Medical Cancer Center offered free prostate-specific antigen (PSA) screenings and education addressing men’s health issues.

**37 Screened | 6 Abnormal**

## Lung Cancer Screening

Year-Round | 2016

Lake Huron Medical Cancer Center offered a lung cancer screening program year-round for individuals at a higher risk for developing lung cancer.

**41 Screened | 13 Incidental | 12 Abnormal**



BREAST CANCER

## DEBRA JOHNSON

SURVIVOR

## My Journey. Our Fight.

**“One in eight women will be diagnosed with breast cancer in her lifetime and as startling as that statistic is, you never really think it’s going to happen to you.”**

Just three months shy of her 56th birthday, Debra Johnson, of St. Clair, was diagnosed with breast cancer. The busy wife, mother of four and grandmother of two, is also the executive director of St. Clair County Community Mental Health and involved in many community organizations. Like many women, she quickly found out that cancer does not discriminate nor does it factor in how busy your life is when it strikes.

Having never missed an annual physical or women’s health screening since turning 30, Deb’s physician detected a lump during her annual physical. In the three short weeks that followed the physical, she had a mammogram, 6 needle biopsies and a diagnostic lumpectomy.

On September 27, Dr. Dawn Morey sat down with Deb and her oldest daughter for confirmation of her worst fear - Stage 2, Grade 3 ductal invasive breast cancer.

“It’s true when you are diagnosed with cancer, you hear nothing else – you freeze, yet the entire world continues to move around you,” commented Deb, as she recalled the day she was diagnosed. “I kept thinking why is this happening to me?”

Following her initial diagnosis, Deb and her family met with a team of Lake Huron Medical Cancer Center physician experts, who worked together to develop her treatment plan, which included chemotherapy, surgery and radiation.

“I was continuously embraced with compassion and treated as a priority by team of physicians and caregivers,” comments Deb. “And that’s just it, I was treated by a team, each physician was involved and led me down the appropriate path to treat my cancer, not someone else’s.

“The results of my initial biopsy were actually benign, but Dr. Morey was not convinced and insisted on additional testing - had she not been persistent and stopped at the benign result I don’t know where I’d be – I credit her for saving my life.

“Dr. Lal was my medical oncologist he went above and beyond at each visit to answer every question and he consulted with physicians at the University of Michigan Medical Center to ensure my treatment plan was the best for my diagnosis. Chemotherapy is tough and I feel blessed to have been able to receive my treatments so close.

“Dr. Dalal not only oversaw my radiation therapy, he went above and beyond throughout my journey to extend care and compassion to both myself and my family.

“That personal treatment plan, the care, compassion and urgency, made me feel like I was the only case they were treating. In the chaos of cancer, their dedication to my care calmed my fears.”

Deb underwent her second surgery in early November; though this marked the end of her treatment, her journey will continue through her commitment to raising awareness.

“One in eight women will be diagnosed with breast cancer in her lifetime and you never really think it’s going to happen to you. My diagnosis was Stage 2, Grade 3, one of the most aggressive forms of breast cancer. If I had been diagnosed even a month later, my outcome would likely be very different. Early detection saves lives and early detection is saving my life. If sharing my story encourages even one woman to have her annual Mammogram or risk assessment or motivates someone to make a lifestyle change— then sharing my story will have been worth it.”

At the core of survival, Deb found solace in the power of prayer to provide guidance and strength for her journey. Her family stood at her side every step of the way, through appointments, treatments, surgeries, providing support in any area so that she could focus on her health and well-being.

“I am a firm believer in mind over matter, and that hurdles in life are meant to be jumped over and not something that stops you and that attitude is everything,” comments Deb.

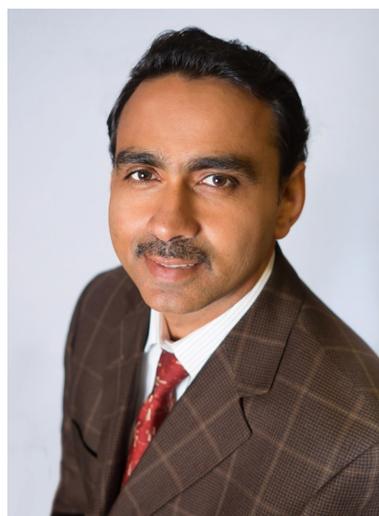
“While I am sincerely humbled by the outpouring of love, prayer and support I received from my family, friends and the community – I made a promise to myself to stay positive and to stand up and fight.”

**“If sharing my story encourages even one woman to have her annual Mammogram or risk assessment or motivates someone to make a lifestyle change — then sharing my story will have been worth it.”**

- DEB JOHNSON



**KANU DALAL, MD**  
Radiation Oncologist



**ANUP LAL, MD**  
Medical Oncologist



**DAWN MOREY, DO**  
General Surgeon


 RADIATION THERAPY

# KANU DALAL

RADIATION ONCOLOGIST

## A legacy interview with radiation oncologist, Kanu Dalal, MD.

Over the past 35 years, Kanu Dalal, MD has provided radiation oncology treatment to nearly 11,000 patients. Experience matters - you deserve the best.

Kanu Dalal, MD, has been a part of Lake Huron Medical Cancer Center for more than 30 years. As a radiation oncologist, his focus is not just on treating the cancer, but the patient and their family as they navigate their harrowing health journey. Demonstrating a quiet confidence throughout the hospital's radiation therapy department, Dr. Dalal has become a fixture in the Blue Water Area in providing advanced radiation therapy to cancer patients, eliminating the need to travel far from home to receive high quality, advanced cancer care.

Marleigh Jones, Cancer Registrar, sat down with Dr. Dalal to discuss his career and his philosophy on radiation therapy as well as his care available through Lake Huron Medical Cancer Center.

**Marleigh Jones (MJ): Why did you choose medicine as your career?**

**Kanu Dalal (KD):** I watched my family struggle with a variety of medical problems as a youngster. I saw medicine as a way I could help my family and all people. Studying medicine would not only allow me to understand my family's medical issues, but focus on prevention and become a teacher and advocate for their health.

**MJ: What made you pursue radiation oncology?**

**KD:** I was fortunate to have a physician friend introduce me to radiation oncology. I saw a significant amount of promise and advancement in this field.

**MJ: If you could pick just one moment, what would you say has been the most exciting moment of your career so far?**

**KD:** I see a lot of cancer patients that would have gone through very mutilating surgery but, by using radiation therapy, they have come through their cancer diagnosis with the same prognosis. To be able to help patients find different avenues to treat their cancer has been rewarding and is one of the reasons I am so vested in this area of medicine.

**MJ: What your favorite part of your job?**

**KD:** Without hesitation, it is educating the patient and their family. I have the opportunity, on a daily basis, to help them understand their problem and diagnosis. I explain their cancer so they are able to understand. I believe this is one of the most important parts of my job. After my patients are educated in their diagnosis and treatment options and fully understand it, they are able to meaningfully decide on their course of treatment. To me, it is very important that the patient and their support group understand every phase of their diagnosis and treatment so they are able to make the best decisions for themselves.

**MJ: You have been working at Lake Huron Medical Cancer Center for 30 years, what has kept you here, what makes this hospital special?**

**KD:** I like the patient-centered care here; the residents of this area are able to receive advanced cancer treatment here, without having to leave the area. They will be treated with the same advanced technology, access to clinical trials, have access to top-notch oncologists and medical doctors, and our patients are our number one priority. Caring for the mind, body and spirit have always been priorities here, regardless of diagnosis or financial ability. We are determined to provide appropriate and necessary treatments for every patient we see.

**MJ: What is your vision for Lake Huron Medical Cancer Center in the coming years?**

**KD:** The continuation of providing state-of-the-art treatment for cancer. Our team is dedicated to continuous improvement and focused on forward moving progress. I know we will continue to work our hardest to provide the Blue Water Area the most advanced cancer treatments close to home.

**MJ: Are you satisfied with your career?**

**KD:** I am very fulfilled. My journey in this area has been amazing. I am very blessed to have helped people at a time when they need it the most. To look back at all of my patients and know I had a hand in providing their care is truly humbling.

**MJ: With many new physicians entering the medical field each year, what would be your advice to younger oncologists as they begin their careers?**

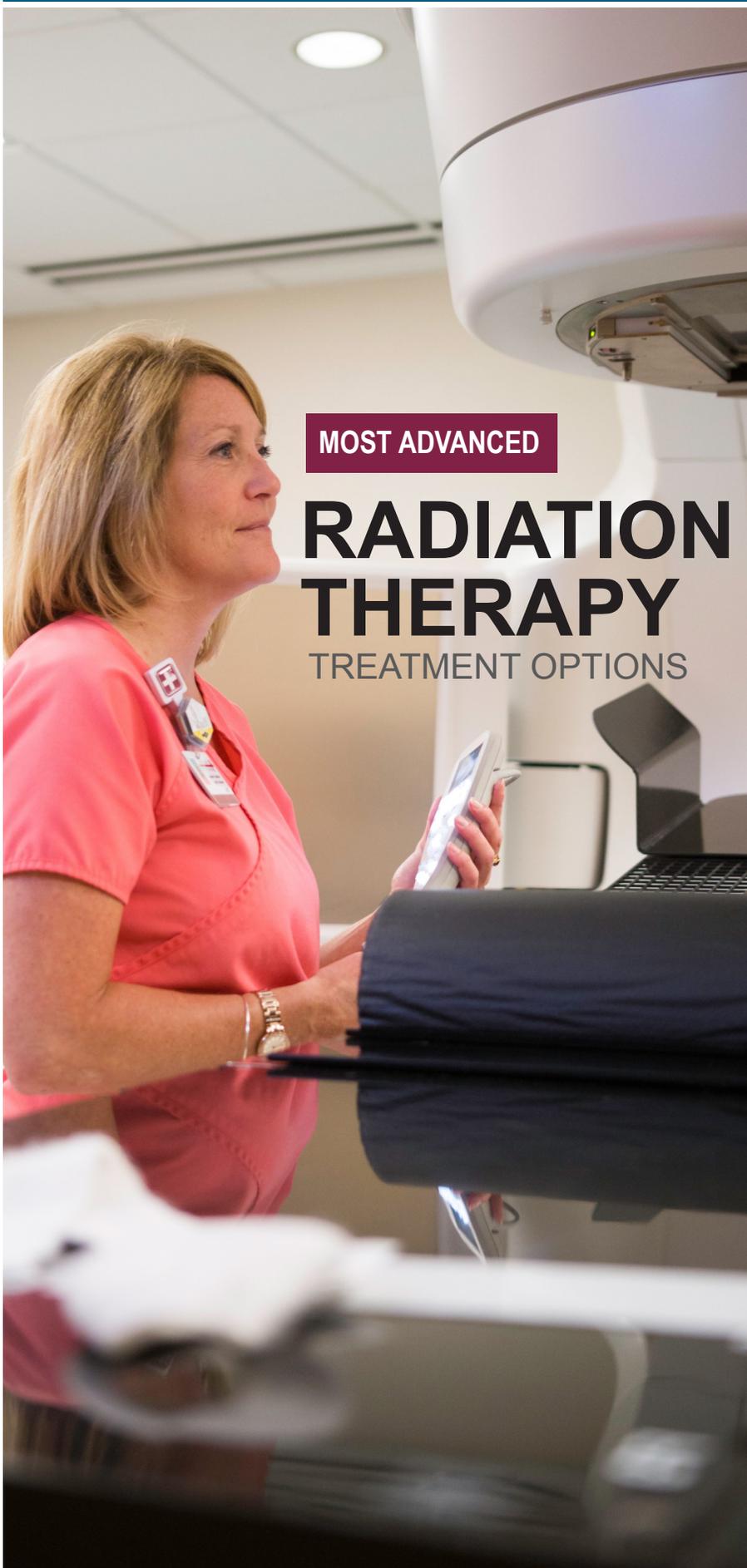
**KD:** It is my sincere belief that we must treat the patient and family, not just the cancer that the patient has been diagnosed with. That is what I would like to share with and pass to younger doctors entering this field. It is incredibly important to the patient, to you and to the treatment program, that we see the patient as a whole not just their cancer diagnosis. I see too many physicians treat just the disease and neglect to see the suffering in the patient and family because of the disease.

**MJ: What would you like your legacy to be?**

**KD:** I hope I have influenced the oncology program at Lake Huron Medical Cancer Center and those working here to continue to provide state-of-the-art treatments for future generations. I would like my legacy to be that all who enter through our cancer center doors tomorrow, and much further down the road, feel cared for, safe and secure as they go through the uncertainty and fearful time that a cancer diagnosis can bring; knowing they are receiving the best possible medical treatments by a team of professionals who truly cares about them, not just their cancer.

**“It is my sincere belief that we must treat the patient and family, not just the cancer the patient has been diagnosed with.”**

**- KANU DALAL, MD**



**MOST ADVANCED**

# RADIATION THERAPY

TREATMENT OPTIONS

**In March 2016, our clinicians began treating patients using our new TrueBeam linear Accelerator and over the course of the year provided more than 5,000 advanced radiotherapy treatments with precision and accuracy.**

Our treatment team has undergone hundreds of training hours both on site as well as at Varian's Education Training Center located in Las Vegas, Nevada. This training is on top of our 43-year radiotherapy treatment experience. Our equipment, process and treatment plan(s) for delivering radiation therapy have been benchmarked and approved by the Imaging and Radiation Oncology Core (IROC) QA program based at the MD Anderson Cancer Center in Houston, Texas.

We continue to invest heavily in physics quality assurance and calibration equipment. We monitor for any patient motion during treatment. If patient moves out of position, TrueBeam™ will cease treatment delivery automatically. We use breath hold for left sided breast patients. This technique pushes the treatment area (breast) up and away from the heart thus dramatically reducing the exposure of one's heart to treatment. We can monitor our patient's breath hold during treatment to ensure accuracy down to millimeters using our optical surface monitoring system (OSMS).

We also added a very useful 80 slice 4DCT with .5 millimeter resolution in 2016. This CT will create a "movie" loop of the tumor in motion with patient respiration. We can then account for this motion within our treatment planning for radiotherapy. This greatly improves accuracy for abdominal and thoracic cases while allowing us to spare the maximum amount of normal tissue. This system includes very robust MIM Maestro software to fuse various scan sets. In other words, we can place a PET or MRI image set onto the treatment position CT scan set. The useful information from these additional image studies can then further identify the target/tumor area more precisely. Furthermore, we can identify and limit dose to surrounding health tissues.



### Unlocks treatments

TrueBeam™ technology opens the door to new possibilities for the treatment of some of the most challenging cases such as cancers in the lung, breast, liver, abdomen, and head and neck as well as other cancers that are treatable with radiotherapy.

### Fast and precise

Varian's TrueBeam™ technology delivers fast, accurate, image-guided treatments in just a few minutes each day. Treatments that previously took 10-30 minutes, are not able to be completed in less than two minutes with TrueBeam™.

The imaging tools used by TrueBeam™ allow our clinicians to "see" the tumor just prior to and during the treatment process. This makes it possible for them to target tumors with submillimeter accuracy. This offers protection to nearby healthy tissue and critical organs.

TrueBeam™ offers special imaging and delivery tools that establish the magnitude of motion, monitor changes and can compensate for motion.

TrueBeam's™ additional imaging functionality utilizes 25% less X-ray dose than compared with earlier imaging technology.

Many tumors in places like the lungs move when a person breathes in and out. This system uses the latest technologies to match treatment to this motion, meaning there is accurate targeting throughout each treatment.



**Designed and delivered with patient comfort in mind, the TrueBeam™ system transforms the patient experience delivering faster treatments in a calmer environment. There is also a music system available during treatment to enhance patient comfort. In addition to a more relaxing environment, four closed-circuit television systems with two-way audio also allows our patients to be in constant and continuous contact with the therapist delivering their treatment.**


 LEADING THE WAY

# KELLY GREVEMEYER

NURSE NAVIGATOR

## An interview with nurse navigator, Kelly Grevemeyer.

**Kelly navigates all aspects of patient care for oncology patients. From scheduling necessary appointments, to connecting patients and families with support resources, she is by your side through every step of your care - you deserve the best.**

Kelly Grevemeyer, RN, became a nurse in 2009 after spending six years teaching. She was driven to nursing because of her innate desire to help people.

As a nurse navigator, Kelly uses her nursing knowledge and compassion to guide patients at Lake Huron Medical Cancer Center through their treatment plans. She is there to answer questions, serve as a resource and navigate all aspects of this process - from scheduling necessary tests and appointments, to connecting patients and families with support resources.

While treatment options and high quality, advanced cancer care are hallmarks of a successful program, Nurse Navigators like Kelly, ensure that we continue to treat the

whole patient and that each patient and their family are in tune with the doctors providing the care.

Marleigh Jones, Cancer Registrar, sat down with Kelly to discuss the important role Nurse Navigators play in patient care at Lake Huron Medical Cancer Center.

**Marleigh Jones (MJ): What exactly is a nurse navigator?**

Kelly Grevemeyer (KG): As a Nurse Navigator I provide support to patients who are in the most vulnerable time of their life. In my role, I provide education, which allows the patient to be hopeful about their treatment process. It's about understanding the steps that will be taken to help them survive their

treatment process. It's about understanding the steps that will be taken to help them survive their diagnosis. I explain treatment steps and processes, assist in answering questions and making connections for them, and provide them with compassionate care at one of the scariest times of their lives. Providing this support on a personal level allows us to, hopefully, remove some of the fear that comes with a cancer diagnosis.

**MJ: What do you enjoy most about being a member of the Lake Huron Medical Cancer Center team?**

**KG:** For nearly two years, I worked closely with a patient who had limited support from her friends and family. Her limited English was also a major obstacle for her. Not only was I able to provide her with my standard education and services, but I was also able to take extra time with her to make sure she thoroughly understood her diagnosis and treatment plan. This patient also had absolutely no means for transportation and lived more than 30 minutes away from Port Huron. I worked closely with The Council on Aging transportation system and I have to commend them for always working diligently to ensure that she made it safely to all of her appointments. After tackling all of her obstacles, I could still take the time to ensure she never felt alone and that she knew someone cared for and supported her; as a nurse, delivering compassionate care in this manner is so important to me. In the end, we ended up with a very special friendship that I will never forget.

**MJ: What are some common struggles our patients face and how can you, as a Nurse Navigator, help them overcome those struggles?**

**KG:** Many patients face transportation issues; I am able to connect our patients to community resources to alleviate this burden. Utilizing community resources and knowing what is available is just one facet of my job. I am also continuously working with programs like the Hunter Hospitality House, which has on a number of occasions provided lodging close to the hospital for patients or family members who are going through treatment. Eliminating obstacles or helping connect patients to resources takes the burden away from them so that they are able to focus

on their health and treatment rather than the smaller details. Sometimes it is just about making those details easier so the patient is not burdened. I also facilitate the Look Good, Feel Better program which offers skin and beauty items and techniques for cancer patients. Many patients see rapid changes in their appearance; a simple program like this can assist in rebuilding confidence during a sensitive time. I am also able to work closely with the Lake Huron Foundation to assist patients with many financial needs during their treatment.

**MJ: Tell me about the survivorship care plan; why is this important to our patients.**

**KG:** The survivorship care plan provides a treatment summary to the patient and their involved physicians. It provides a road map for them to understand what to expect in their follow up care. Our patients are able to feel connected and secure knowing they will continue to be monitored for recurrence or related long-term effects.

**MJ: What motivates you to care for our patients?**

**KG:** My own personal experience with my grandmother's pancreatic cancer left our family feeling lost and wondering what was next. When the opportunity presented itself to work with cancer patients I knew this was the aspect of care in which I could make a difference.

**MJ: What does the future of this program look like to you?**

**KG:** I would love to see our cancer center provide additional supportive care programs such as a support group, exercise therapy, nutrition, and a variety of other healing therapies.

**MJ: How can someone provide support to individuals who have been diagnosed with cancer and are undergoing treatment?**

**KG:** There are several ways to assist someone going through cancer treatment. If someone you know has been personally affected you can offer to drive them to appointments and treatment sessions, this is especially helpful if there are transportation concerns. You can also offer to cook meals

assist with household chores for them. There is also opportunity to assist in meeting cancer needs of the broader community through volunteering for programs such as the American Red Cross, Hunter Hospitality House, or the Lake Huron Foundation Volunteer Organization.

**MJ: Why Lake Huron Medical Cancer Center?**

**KG:** Our program is community based, with a multidisciplinary team that provides treatment following nationally recommended standards without the added burden of traveling great distances. We consistently follow the National Comprehensive Cancer Network (NCCN) guidelines which are applied to each individual case. Another reason I would choose Lake Huron Medical Cancer Center is because we have resources available to patients through our foundation, Lake Huron Foundation.

**MJ: How can people find out more about these programs?**

**KG:** Call me directly, I can provide additional information and connect them to them to necessary programs and services. My phone number is 810-216-1871.

**“I am by your side through every step of your care — you deserve the best.”**

**- KELLY GREVEMEYER**



# HUNTER HOSPITALITY HOUSE

## A Home Away From Home

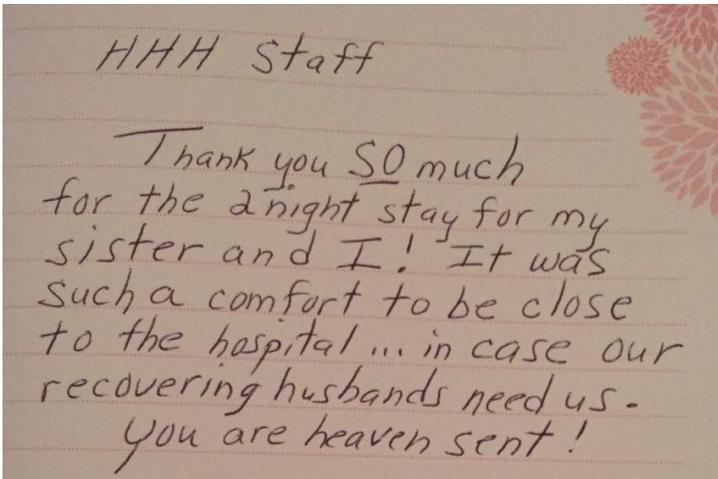
**Imagine your spouse is on life support in the ICU following a terrible accident, or maybe your mother is passing away, or perhaps you are undergoing cancer treatment. Now, imagine that you don't live near by? What will you do? Where will you stay?**

Jeff and Tracy Willard are the founders of the Hunter Hospitality House, which includes two bed and breakfast-type havens offering respite and free lodging for patients and families undergoing medical services in the Blue Water Area.

Located just steps from Lake Huron Medical Center, Hunter Hospitality House (HHH) provides a relaxing and welcoming, home away from home for adults in need of restoration while their loved ones are patients in the hospital.

HHH is also available for outpatients between treatments, and for those who need a place to stay at no cost the night before a medical procedure or appointment.

**Hunter Hospitality House provides family members and patients of Lake Huron Medical Center with a convenient and comfortable place to stay when faced with life’s most challenging moments.**



■ Two sisters from Minden City, with husbands in the hospital for surgeries at the same time, carefully coordinated their medical treatment so they could stay together at HHH.

The homes are named after their son, Hunter, who was born prematurely and passed away after just 16 days. During that short time, the Willards were in and out of the hospital and it was that experience in which they developed the idea for the homes, “offering rest for the weary and heavy hearted.”

“I want people to know that resolve and purpose can grow from tragedy, as it has in our circumstance with the loss of Hunter,” comments Tracy Willard, Executive Director, Hunter Hospitality House. “His life may have been short, but in the course of the history of our family—and now our community—that short life is impacting many.”



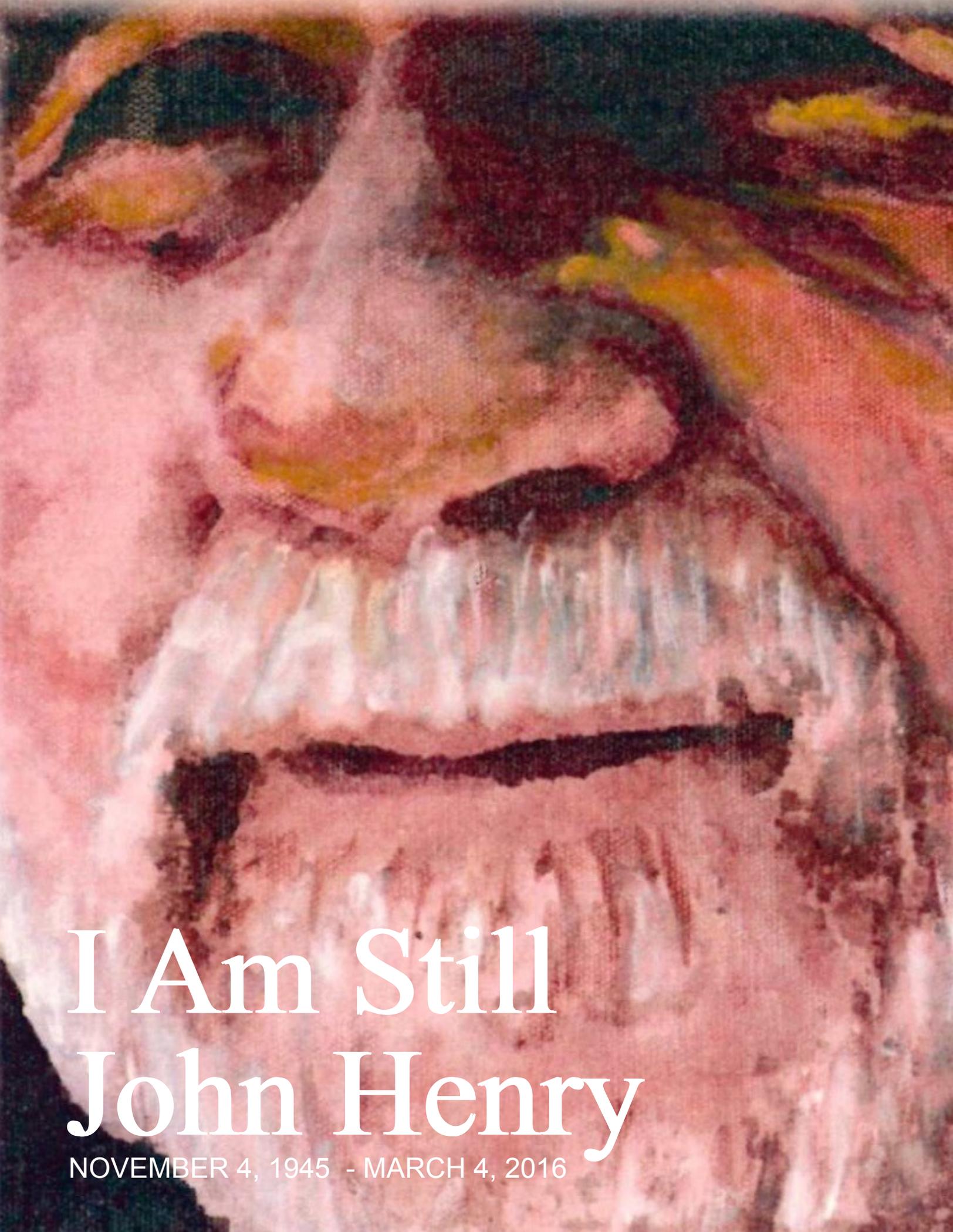
**Hunter Hospitality House**

Hunter Hospitality House (HHH) provides a welcoming and relaxing home away from home just steps away from Lake Huron Medical Center for adults in need of restoration while their loved ones are patients in the hospital or who are receiving outpatient treatments at no cost.

Some of the homes amenities include:

- Gathering room designed for relaxation
- Multi-family kitchen stocked with food and snacks
- Bedrooms with a variety of sleeping arrangements
- Bathrooms stocked with toiletries
- Private space for relaxation or reading
- Laundry room

Hunter Hospitality House is a nonprofit organization. For more information on HHH please call (810) 824-3679 or visit [www.hunterhospitalityhouse.com](http://www.hunterhospitalityhouse.com).



# I Am Still John Henry

NOVEMBER 4, 1945 - MARCH 4, 2016

**In the fall of 2014, John Henry was diagnosed with esophageal cancer. Initially he sought treatment out of the Blue Water area when his team of physicians realized the degree to which his cancer had progressed. Surgery was no longer an immediate option and it was decided John would start his cancer treatment with radiation and chemotherapy.**

The thought of driving to and from the Detroit area for treatment was scary to John and his wife, Carol. Carol remembers thinking that John had already dropped almost 80 pounds and she knew she would need an additional person to make that drive because of John's fragility. She was worried for him. John knew he wanted to be home.

John and Carol sought radiation and chemotherapy through the Lake Huron Medical Cancer Center. John was weak and being close to home was comforting knowing he could recover in a familiar place, knowing Carol wouldn't have to handle the drive, knowing his care was in the hands of the experts. For the first time since starting this journey he felt tremendous relief.

"I was terrible, I was weak and had a feeding tube when I started my radiation," John stated. "My treatment here was sensational, however."

His team at Lake Huron Medical Cancer Center, which includes Drs. Alsawah, Hanna, Lal and Dalal, worked closely with the team of physicians in Detroit who initially diagnosed him. There was a seamless transition in having his care brought home.

"There was a comprehensive approach when I started treatment," John recounts. "When I began working with the team at Lake Huron Medical Cancer Center, I saw their holistic approach. Clinically, I was receiving the most comprehensive care in both locations, but the physicians and their team at Lake Huron Medical saw me, they treated me, John, the person. Knowing my cancer was being treated but that I too was more than a patient—I was John, which made all the difference in being able to heal and navigate this difficult journey."



Dr. Dalal and his team worked closely with John's physicians in Detroit to ensure that treatment plans and best options were discussed and monitored appropriately. John finished his treatment at the end of October 2015, in November he will have another scan to determine how well the treatment worked and determine the next steps.

In the meantime, John, an artist, has partnered with Lake Huron Medical Cancer Center and Nora Condlan, a fellow artist, to create the Tree of Life, which is displayed in the new Lake Huron Medical Cancer Center.

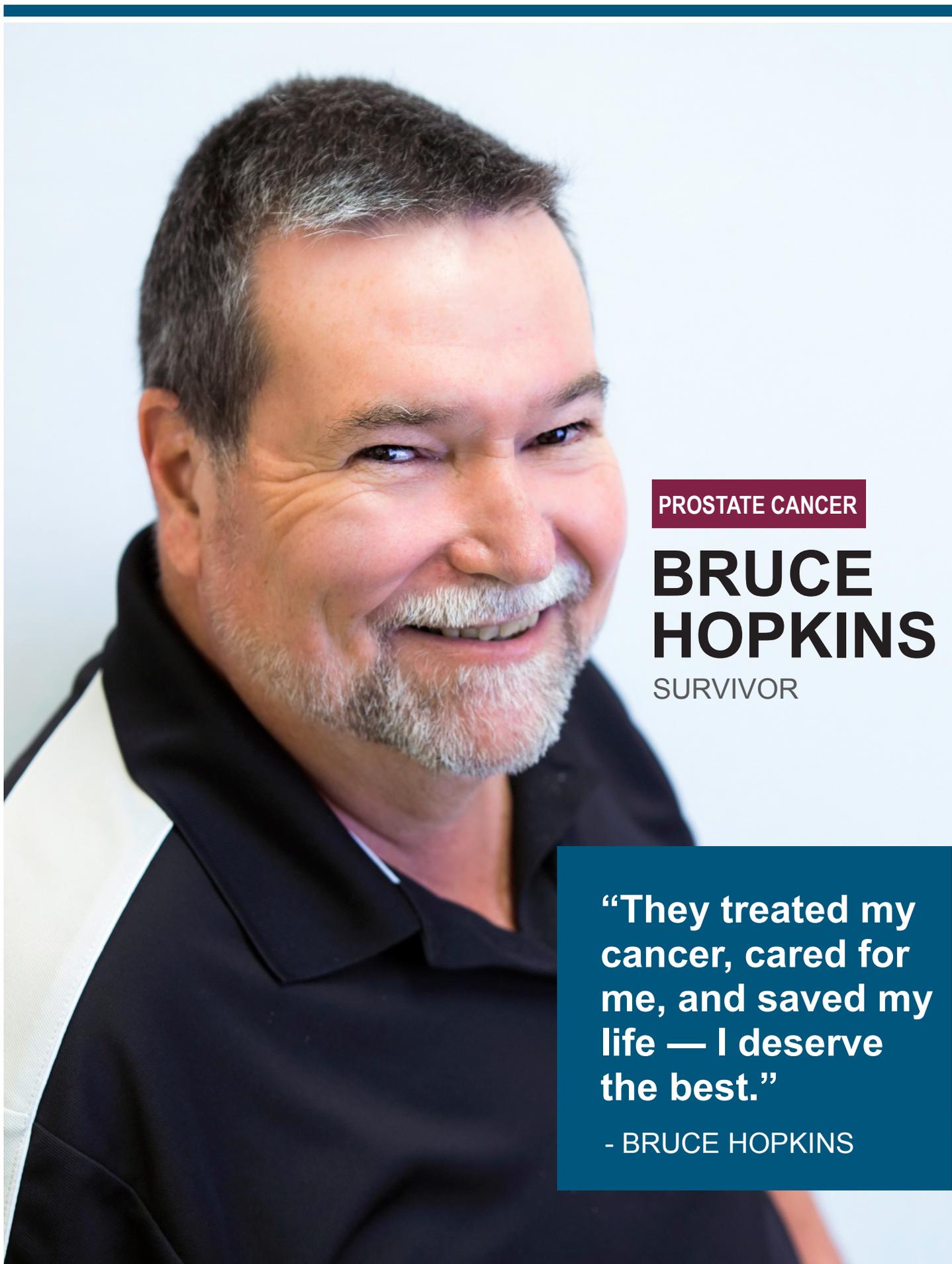
Having known each other through the local artists' community, John had taken note of Nora's work throughout the hospital and in the radiation therapy rooms. Using Nora's work as inspiration and pulling from his reflections of his own life throughout his cancer journey, the Tree of Life is a large mosaic piece created with the hope of inspiring others as they continue through their journey.

"The Tree of Life was created by two survivors," John shares. "Two survivors with a message to share about the journey all who

walk through those doors are embarking on. We hope to inspire others to find their peace, to reflect on their roots and to see that growth will still happen—even at this dark stage of life."

"I wasn't sure what would happen to me when I started this journey; there are so many stages you have to endure when dealing with a cancer diagnosis. My goal and our shared inspiration for the Tree of Life is to simply provide hope to others going through the same process."

John and Carol live in Fort Gratiot. They have four children and three grandchildren. An artist, John has spent 40 years teaching college and practicing his art and is a recent retiree of St. Clair County Community College. Through his treatment John did not feel well enough to practice art. He is thankful to finally be doing some drawings again and is looking forward to the opportunity to inspire others through the Tree of Life.



PROSTATE CANCER

# BRUCE HOPKINS

SURVIVOR

**“They treated my cancer, cared for me, and saved my life — I deserve the best.”**

- BRUCE HOPKINS

# Comprehensive Service Offerings

## Diagnostic Services

3D Mammography  
 Digital Mammography  
 Fluoroscopy  
 MRI  
 Nuclear Medicine  
 64 Slice Spiral CT Scans  
 PET and PET-CT scans  
 Traditional X-Ray  
 Ultrasound  
 Computer aided detection systems

### Additional features:

Website portal to share images  
 and results with physicians  
 Fellowship trained radiologists on site  
 American College of Radiology  
 Accreditation in Mammography,  
 General Ultrasound, CT, Stereotactic  
 Imaging and General MRI

## Radiation Oncology Services

Prostate seed implant (Brachytherapy)  
 Intensity Modulated Radiotherapy (IMRT)  
 Image guided radiotherapy (IGRT)  
 Stereotactic body radiation therapy (SBRT)  
 Clinical Trials

## Medical Oncology Services

Chemotherapy  
 Hormonal Therapy  
 Clinical Trials

## Surgical Services

Adrenalectomy  
 Colectomy  
 Enterectomy  
 Esophagostomy  
 Gastrectomy  
 GE Junction Tumors  
 Mastectomy  
 Parathyroidectomy  
 Proctectomy  
 Thyroidectomy

*Robotic Assisted - Now Offering!*

## Multidisciplinary Conferences

Weekly Breast Conferences  
 Biweekly Tumor Conferences  
 (all cancer diagnosis)  
 Institutional Review Board

## Complementary Therapies

Nutritional Therapy  
 Physical, Speech and Occupational Therapy  
 Lymphedema Therapy

## Support Services

Financial Counseling  
 Social Work  
 Spiritual Care

## Accreditations and Affiliations

Commission on Cancer  
 The Joint Commission

## Other Program Features

Board certified physician medical staff in  
 the Radiation Therapy, Medical  
 Oncology, Surgery, Pathology and  
 Radiology.  
 Certified Oncology Nurses  
 Dedicated Oncology Unit  
 Nurse Navigator Program



# 2016 | Cancer Committee Members

## Physician Members

**Kanu Dalal, MD**

Radiation Oncologist

**Walid Demashkieh, MD**

General Surgeon

**Yehia Elsafy, MD**

Internal Medicine

**Rubina Karim, MD**

Anatomic and Clinical Pathologist

**Anup Lal, MD**

Medical Oncologist

Cancer Liaison Physician (CLP)

**Edward Mauch, MD**

Diagnostic Radiologist

**Dawn Morey, MD**

General Surgeon

**Krishna Valjee, MD**

General Surgeon

## Other Members

Shawn Bourne, RN

Lesa Brown, RN

Nora Condland

Laura Cottengim, MBA

Maureen Duncan, RN

Kathy Fisher, RN

Brent Gilmore, BS, RT(T)

Kelly Grevemeyer, RN

Erica Gurley, RRT

Karen Harris, RN

Nicole Heering

Janet Herbert, RN

Mary Ann Herrmann, PT

Marleigh Jones, BS, Registry

Amy Mallory, RT

Amber Matthews, MA, MLD, SB, RT(R)(M)

Deb Miller, RN, PT

Sheri Nabozny, MAH, MT, CLS

Mindi Odom

Dyanna Oginsky, RN

Jennifer Rader, ACSW

Pat Ripari, MS, RD, CDE

Ken Sanger, RN

Rebekah Smith, RN, MAS

Randi Votava, MSN, APRN-BC

Mary Jo West, RN

# 2016 Report | Primary Site Incidence

Primary Site	Total	Male	Female	Analy	Non Analy
<b>Oral Cavity &amp; Pharynx</b>	<b>11</b>	<b>8</b>	<b>3</b>	<b>6</b>	<b>5</b>
Tongue	4	3	1	2	2
Floor of Mouth	1	1	0	1	0
Tonsil	2	2	0	2	0
Hypopharynx	1	1	0	1	0
Gum or Other Mouth	2	1	1	0	2
Other Oral Cavity & Pharynx	1	0	1	0	1
<b>Digestive System</b>	<b>52</b>	<b>25</b>	<b>27</b>	<b>38</b>	<b>14</b>
Esophagus	8	6	2	4	4
Stomach	3	1	2	2	1
Small Intestine	1	0	1	0	1
Colon Excluding Rectum	22	11	11	18	4
<i>Cecum</i>	5	4	1	5	0
<i>Ascending Colon</i>	3	0	3	3	0
<i>Hepatic Flexure</i>	1	1	0	1	0
<i>Sigmoid Colon</i>	7	3	4	4	3
<i>Large Intestine, NOS</i>	6	3	3	5	1
Rectum & Rectosigmoid	6	2	4	6	0
<i>Rectosigmoid Junction</i>	3	1	2	3	0
<i>Rectum</i>	3	1	2	3	0
Anus, Anal Canal & Anorectum	5	0	5	4	1
Liver & Intrahepatic Bile Duct	2	1	1	1	1
Other Biliary	2	1	1	2	0
Pancreas	3	3	0	1	2
<b>Respiratory System</b>	<b>66</b>	<b>36</b>	<b>30</b>	<b>46</b>	<b>20</b>
Larynx	8	5	3	6	2
Lung, Bronchus & other	58	31	27	40	18
<b>Skin Excluding Basal &amp; Squamous</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>2</b>
Melanoma- Skin	3	3	0	2	1
Other Non-Epithelial	1	0	1	0	1
<b>Breast</b>	<b>87</b>	<b>4</b>	<b>83</b>	<b>59</b>	<b>28</b>

Primary Site	Total	Male	Female	Analy	Non Analy
<b>Female Genital System</b>	<b>10</b>	<b>0</b>	<b>10</b>	<b>5</b>	<b>5</b>
Corpus & Uterus, NOS	5	0	5	4	1
Ovary	3	0	3	1	2
Vulva	2	0	2	0	2
<b>Male Genital System</b>	<b>58</b>	<b>58</b>	<b>0</b>	<b>35</b>	<b>23</b>
Prostate	55	55	0	34	21
Testis	3	3	0	1	2
<b>Urinary System</b>	<b>43</b>	<b>34</b>	<b>9</b>	<b>19</b>	<b>24</b>
Urinary Bladder	35	28	7	17	18
Kidney & Renal Pelvis	4	4	0	2	2
Ureter	4	2	2	0	4
<b>Brain &amp; Other Nervous System</b>	<b>6</b>	<b>2</b>	<b>4</b>	<b>1</b>	<b>5</b>
Brain	3	1	2	1	2
Cranial Nerves Other Nervous	3	1	2	0	3
<b>Endocrine System</b>	<b>8</b>	<b>0</b>	<b>8</b>	<b>6</b>	<b>2</b>
Thyroid	7	0	7	5	2
Other Endocrine including Thymus	1	0	1	1	0
<b>Lymphoma</b>	<b>17</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>10</b>
Hodgkin Lymphoma	2	1	1	0	2
Non- Hodgkin Lymphoma	15	8	7	7	8
<i>NHL- Nodal</i>	12	7	5	6	6
<i>NHL- Extranodal</i>	3	1	2	1	2
<b>Myeloma</b>	<b>8</b>	<b>3</b>	<b>5</b>	<b>1</b>	<b>7</b>
<b>Leukemia</b>	<b>11</b>	<b>7</b>	<b>4</b>	<b>3</b>	<b>8</b>
Lymphocytic Leukemia	3	2	1	1	2
Myeloid & Monocytic Leukemia	7	5	2	2	5
<i>Acute Myeloid Leukemia</i>	2	1	1	1	1
<i>Chronic Myeloid Leukemia</i>	4	4	0	0	4
<i>Other Myeloid/Monocytic Leukemia</i>	1	0	1	0	1
Other Leukemia	1	0	1	1	0
<b>Miscellaneous</b>	<b>12</b>	<b>6</b>	<b>6</b>	<b>7</b>	<b>5</b>
<b>Total</b>	<b>393</b>	<b>195</b>	<b>198</b>	<b>235</b>	<b>158</b>

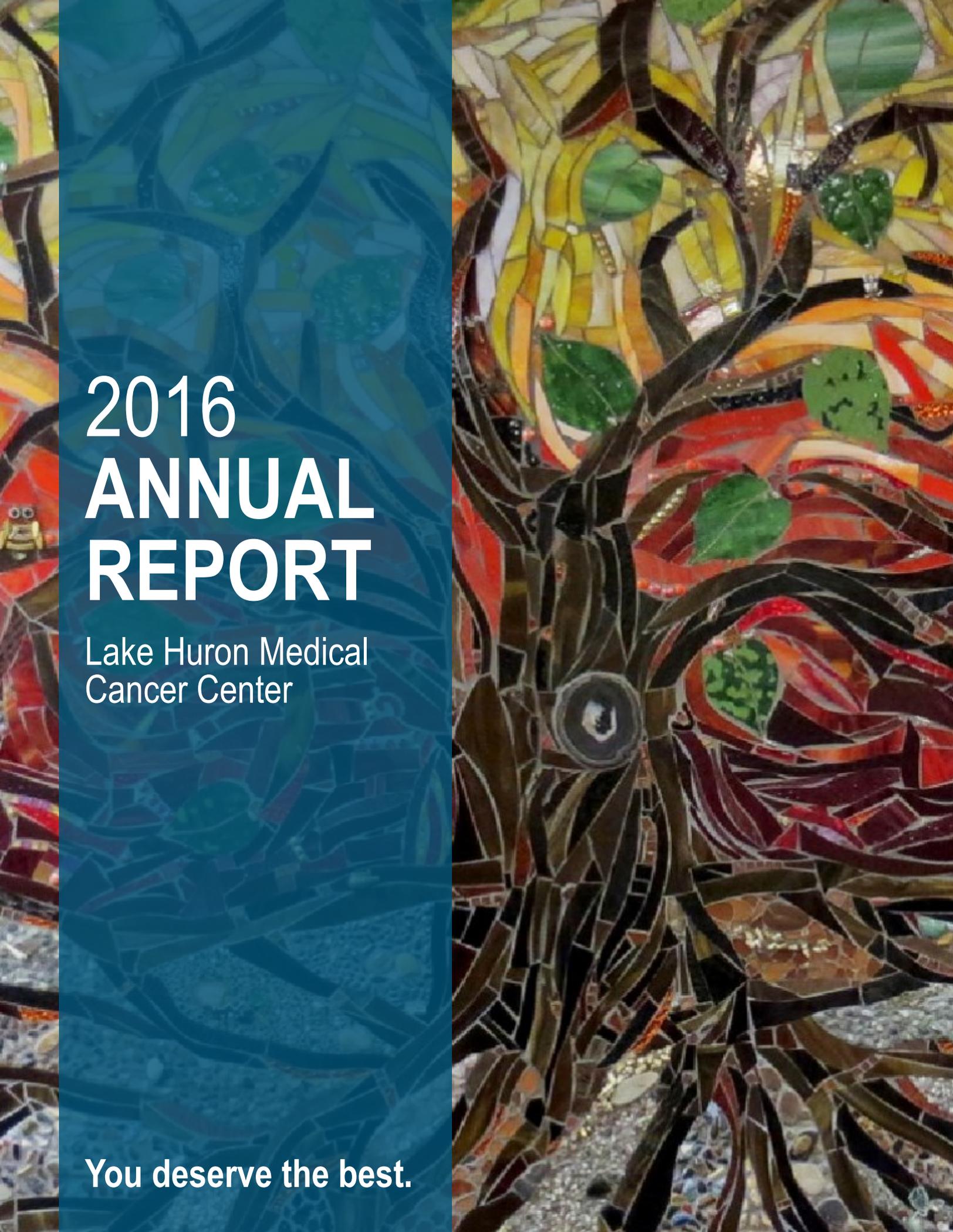
**“We hope to inspire others to find their peace, to reflect on their roots and to see that growth will still happen, even at this dark stage of life.”**

**- JOHN HENRY**

NOVEMBER 4, 1945 - MARCH 4, 2016

*“I Am Still John Henry” featured on page 19.*





# 2016 ANNUAL REPORT

Lake Huron Medical  
Cancer Center

You deserve the best.