

# Dorothy E. Schneider Cancer Center



## 2016 Cancer Program Report



# A Message from the CEO

*Janet Wagner, Chief Executive Officer, Mills-Peninsula Health Services*

Mills-Peninsula's Dorothy E. Schneider Cancer Center is renowned for expert and compassionate care, state-of-the-art technology and a soothing environment designed to promote healing.

With an outstanding team of staff and physicians leading the way, we continue to introduce new programs and invest in the latest technologies that help us deliver world-class cancer care right here in our local community.

As you will read in this year's report, Mills-Peninsula has pioneered treatments, such as prostate brachytherapy, which implants radioactive seeds inside the body to directly target cancer cells. We also offer stereotactic radiosurgery with the Varian TrueBeam STx, a noninvasive targeted treatment that reduces radiation exposure to surrounding tissues.

We were early adopters of emerging technologies, including digital tomosynthesis for finely detailed 3D mammography, accelerated partial breast radiation for speedier radiation treatments and we had one of the first integrated PET/CT simulators in California.

After our patients finish active treatment, we are still by their side with supportive services. This year we expanded a cancer survivorship program to help survivors transition from treatment to the next phase in their healing journey. At the conclusion of treatment, patients work one-on-one with a nurse navigator to connect to community resources and other healing support services. We also launched a pilot program called the Enhanced Recovery After Surgery for Colorectal Patients, designed to improve health outcomes for colorectal surgery patients.

Since we opened the Cancer Center in 2000, we have maintained a strong commitment to advancing quality and technology, while keeping our patients and their families at the center of everything we do.

I am proud of the talent and vision of our Cancer Center physicians and staff and of our clinical outcomes that exceed national benchmarks, year after year. I'm also deeply grateful to our patients who choose to partner with us on their healing journey.



Janet Wagner, CEO



# Cancer Committee Leadership, 2016

Role	Member Name
Committee Chair/Medical Oncologist	Bradley Ekstrand, M.D.
Physician Liaison/Surgical Oncologist	Kimberly Dalal, M.D.
Diagnostic /Interventional Radiologist	Clay Napper, M.D.
Pathologist	Keith Duncan, M.D.
Radiation Oncologist	Al Taira, M.D.
Medical Director, Breast Imaging	Harriet Borofsky, M.D.
Medical Director, Breast Cancer Services	Andrea Metkus, M.D.
Cancer Service Line Administrator	Laura Arroyo, MPH
Oncology Nurse	Elvie Vengco, R.N., BSN
Social Worker/Case Manager	Victoria Erslovas, LCSW
Certified Tumor Registrar (CTR)	Lisa Syrett, CTR
Quality Management Representative	Peggy Lim, MBA
Palliative Care Team Member	Suzanne Pertsch, M.D.
Cancer Conference Coordinator	Lisa Syrett, CTR
Quality Improvement Coordinator	Laura Arroyo, MPH
Cancer Registry Quality Coordinator	Al Taira, M.D.
Community Outreach Coordinator	Jennifer Vickerman, R.N., M.S.
Clinical Research Coordinator	Maria Tayag, R.N.
Psychosocial Services Coordinator	Victoria Erslovas, LCSW
Genetic Counselor	Diane Zastrow, M.S., LCGC
Registered Dietitian	Debbie Kurzrock, R.D.
Pharmacist	Kamran Shirazi, R.Ph.
Rehabilitation Representative	Tiffany DeAsis, P.T.
Pastoral Care Representative	Sam Ortega, Chaplain
American Cancer Society Representative	Edmundo Nevel

# Comprehensive Service Offerings

*Providing a complete array of care and support during your cancer treatment and beyond*

## Cancer Services

**Accredited by American College of Surgeons (ACoS)**

### Chemotherapy and Infusion Treatment

### Radiation Oncology Services

- ❖ Stereotactic Ablative Radiation Therapy (SABR/SBRT)
- ❖ Stereotactic Radiosurgery
- ❖ Real-time Motion Management Techniques and Tumor Tracking
- ❖ Image-Guided Radiation Therapy
- ❖ High-Dose Rate (HDR) Brachytherapy for Accelerated Partial Breast Irradiation
- ❖ Low-Dose Rate (LDR) Brachytherapy
- ❖ PET/CT On-site

### Surgical Services

- ❖ Cancer Surgery/Fellowship-Trained Surgical Oncologists
- ❖ Minimally Invasive Surgery
- ❖ Robotic-Assisted Surgery

### Comprehensive Breast Services

- ❖ 3D Mammography/Tomosynthesis
- ❖ Core Needle Biopsy — Stereotactic and Ultrasound
- ❖ High-Risk Breast Clinic
- ❖ Multidisciplinary Breast Cancer Clinic

### Diagnostic and Interventional Radiology Services

- ❖ Radiofrequency Ablation
- ❖ Low-Dose CT Lung Cancer Screening

## Cancer Support Services

Nutrition Services

Social Services

Genetic Counseling

Cancer Clinical Trials Program

Oncology Rehabilitation and Indoor Pool

Lymphedema Therapy

On-site Tumor Registry

Financial Counseling Service

Cancer Education Programs

Home Care and Hospice

Cancer Support Groups

Screening and Prevention Programs

Palliative Care

# Customized Cancer Care

We specialize your care to suit your unique needs



At Mills-Peninsula Health Services, we provide state-of-the-art cancer treatment in a healing setting that meets your emotional and treatment needs. You'll work with doctors, nurse navigators and staff who provide personalized care to enhance your comfort and well-being. We stand by you and your family throughout your treatment journey. A few examples of the options we offer to customize your care include:

**Breast and Gastrointestinal Cancer Clinic.** We offer specialized treatment planning in which each member of your medical team provides individual consultations with you on the same day. This may include a surgeon, a medical oncologist, a radiation oncologist, a plastic surgeon and a nurse navigator to guide you through the process. This same team reviews each new diagnosis, working together to create the most effective treatment plan for you.

**Prostate Brachytherapy.** Mills-Peninsula is a pioneer in the use of highly targeted implanted radioactive seeds to treat early stage and more advanced prostate cancer. Our providers are among the most experienced on the West Coast. We were an early adopter of real-time planning, integrating intra-procedural ultrasound imaging with computer-modeled dose distributions to increase the accuracy and effectiveness of the treatment. Prostate brachytherapy, which is not available at all cancer centers, is a highly convenient and effective treatment option for men with lower-risk disease and a powerful tool as part of integrated treatment for men with higher-risk disease.



**Stereotactic Radiosurgery.** Radiosurgery is a noninvasive treatment that can remove tumors and cancers without a surgeon having to cut into the body. Mills-Peninsula doctors use an advanced technology called the Varian TrueBeam™ STx radiosurgery system to deliver a precise dose of radiation to the tumor. The radiation surgery ablates a targeted area while limiting radiation exposure to surrounding normal tissue. This can significantly shorten the duration of treatment while increasing its effectiveness.

**Breast Cancer High-Risk Program.** Women who are at high risk of developing breast cancer live with daily stress and worry. Yet no one should have to sit back and wait for a possible diagnosis. At Mills-Peninsula Health Services, we offer a Breast Cancer High-Risk Program that monitors women at increased risk, and helps reduce that risk as much as possible. We provide an in-depth evaluation based on your individual risk factors. Our staff works in partnership with your primary care doctor and OB/GYN to provide you with a personally tailored plan to manage your risk.

**Genetic Counseling.** Our on-site genetic counselor will help guide you through the complexity of understanding how genetics may affect the decisions you make regarding your cancer treatment. The genetic counseling team may:

- Provide risk assessments based on personal and family history
- Coordinate genetic testing to detect genetic mutations that are associated with cancer risk
- Provide education, support and resources for families with a hereditary syndrome or a strong personal or family history of cancer
- Make recommendations for cancer screening and management based on a genetic mutation or family history

**High-Dose Rate Breast Radiation.** High-dose rate radiation brachytherapy lets doctors insert radioactive material directly in or near cancerous tissue. This internal radiation can dramatically shorten treatment time and may result in fewer side effects. For breast cancer, radioactive seeds are inserted through a catheter directly into the breast where the tumor was removed. The seeds deliver a highly targeted dose of radiation to this area, called the tumor bed, for a few minutes, and then they are removed. Catheter brachytherapy is done twice a day for five days. This is an outpatient procedure, so you can go home between treatments. Doctors typically use high-dose breast radiation on smaller tumors with clear margins. It takes far less time than external beam radiation, which is given five days a week for five or six weeks.

**Lymphedema Clinic.** At Mills-Peninsula, we offer a combination of lymphedema therapy and self-care education — the only program of its type on the Peninsula. Our therapists use Complete Decongestive Physiotherapy, a painless, noninvasive treatment that includes:

- Proper skin and nail care to reduce risk of infections
- Manual lymph drainage — a gentle manual technique that routes lymph fluid away from the obstructed area toward adjacent functioning lymph nodes
- Specialized compression bandaging
- Remedial exercises or exercises that address related orthopedic dysfunctions and improve lymphatic flow
- Instruction in self-care techniques, including self-manual lymph drainage and self-bandaging

**Financial Counseling.** During a serious illness such as cancer, people are often concerned about finances. Depending on your treatment, you may want to take time off work or you may need personal assistance. Our qualified financial counselors provide the information and resources you need to manage your finances so you can concentrate on your cancer treatment and recovery.



Our financial counselors provide:

- Estimates for future treatments, co-pays and deductibles based on diagnosis and chosen treatments
- Help with questions about medical bills and payment history
- Guidance on health insurance benefits and obligations
- Help completing paperwork for patient-assistance programs
- Advice through the appeals process, if your insurer denies coverage
- Aid to the business office in resolving claims issues
- Help finding financial assistance if you are uninsured

If you have limited resources, it's important to know that many national and local organizations help people with cancer in different areas of their lives. Some pharmaceutical companies provide grants and assistance with the costs of medication. There are also government programs that allow uninsured or underinsured people with certain cancers to immediately enroll in state health plans.

# VARIAN TRUEBEAM STX SYSTEM

*TrueBeam STx is fast and powerful, with most treatments lasting only a few minutes*

The TrueBeam™ STx system from Varian Medical is a powerful noninvasive radiosurgery system that opens up treatment options for some of the most complex cancers in the brain and spine and rest of the body. TrueBeam STx technology was developed from its inception to deliver cancer treatments with pinpoint accuracy and precision.

It works by choreographing highly sophisticated systems-imaging, beam delivery and motion control. These allow your clinician to "see" the tumor and apply accurate and precise beams of radiation to kill cancer cells while compensating for your movement.



The TrueBeam STx system at Mills-Peninsula's Dorothy E. Schneider Cancer Center is designed with your comfort in mind. You can be in constant contact with the therapist running the system, thanks to an enhanced communications system that enables constant interaction between you and the therapist. It's almost as if they are there in the treatment room with you. You can listen to music during the treatment, which can help create a more soothing treatment environment.

## Summary of Benefits:

- TrueBeam STx gives medical professionals the tools to treat more challenging cancers such as cancers of the brain
- **TrueBeam STx is fast and precise.** A complex radiosurgery treatment that typically takes 30 to 60 minutes can be completed in just five to 20 minutes
- With advanced imaging, the TrueBeam STx system allows clinicians to "see" the tumor and target it with heretofore unachievable accuracy
- Enhanced motion-management tools synchronize beam delivery with the tumor motion that occurs as you breathe in and out
- TrueBeam STx was developed with an **emphasis on your comfort**

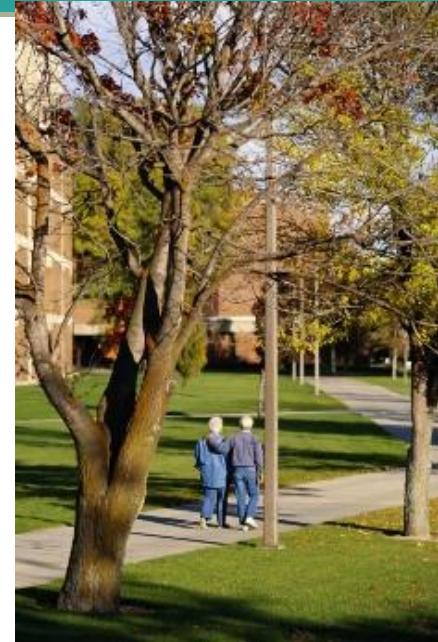
TrueBeam STx radiosurgery is not appropriate for all cancers. Serious side effects, including fatigue and skin irritation, can occur. Treatment times may vary. Ask your doctor if TrueBeam STx treatment is right for you.

Laura E. Arroyo, MPH, Director, Cancer Service Line

**The Dorothy E. Schneider Cancer Center at Mills-Peninsula Health Services** is proud of the many successes we have achieved during 2016. From new patient programs to the latest technology, the Cancer Center continues to provide our community with the most advanced treatments available in a healing environment that meets the physical, psychosocial and emotional needs of patients and their families.

**Awards and accreditations:**

- In February 2016, we received a three-year reaccreditation from the American College of Surgeons' Commission on Cancer. Through this accreditation experience, the surveyors evaluated the program's last three years of initiatives and achievements, including our clinical research program.
- In May 2015, we won the competitive Sutter Health Partnership Award, which will support the launch of our Cancer Center's new WINGS (Women Inspiring, Nurturing, Giving and Supporting) and WINGMEN peer support program. Through WINGS, we match people going through cancer treatment with carefully screened and trained volunteers, who are also cancer survivors, usually about one year out from treatment. These volunteers provide non-medical support, comfort and practical advice to people who are newly diagnosed or who are facing new decisions related to their cancer experience. The hope is that receiving support from someone who has been through treatment or a similar experience will reduce fear, anxiety and isolation for those currently in treatment.



**Technology.** We continually strive to be at the forefront of technologic advancement that allows us to more effectively treat people with cancer. Among our areas of innovation:

- **Digital Breast Tomosynthesis (DBT).** Our center was an early adopter in digital tomography equipment for breast cancer screening, committing early on to a full suite of machines so all of our patients could benefit from this technology. DBT significantly improves our ability to detect cancers and reduces our rate of call backs for findings that are not cancer.
- **Varian TrueBeam STx System.** Early acquisition of this technology has allowed for dramatic improvements in treatment times, dose and precision for people with the most complicated types of cancers.
- **Integrated PET/CT Simulators.** Mills-Peninsula has one of the first integrated PET/CT simulators in California. This enables highly accurate tumor delineation required for our new complex, highly conformal radiation therapy techniques.
- **4D Computed Tomography (4DCT):** We implemented a sophisticated approach to better treat cancers that move with respiration, such as lung tumors. A 4DCT scan captures the movement of a tumor, resulting in a more accurate image that improves the treatment-planning process.

- **Accelerated Partial Breast Irradiation (APBI).** Mills-Peninsula was among the early providers of this technology and currently has a highly active APBI program. APBI allows some people to complete a full radiation course in one week, rather than a more typical four to six weeks of daily treatments.
- **Prostate Brachytherapy.** Mills-Peninsula has one of the most experienced prostate brachytherapy programs on the West Coast and also adopted this technology earlier than other centers. This lets people receive definitive treatment for prostate cancer with a single outpatient procedure.
- **MarginProbe System.** This technology helps breast surgeons better identify cancer cells on the margin of a tumor. The probe applies a localized radiofrequency spectroscopy field and captures reflected signals from the tissue that contain information to allow the tissue to be characterized as cancer or non-malignant.
- **Robotic Surgery.** With a team of two board-certified surgeons for every oncologic operation, the use of robotic surgery in lobectomies has resulted in shorter hospital stays, fewer complications and increased nodal upstaging. Robotic low anterior resections reduce complications and improve total mesorectal excisions.
- **Low-Dose CT.** This program improves lung cancer screening for people who may not have active symptoms but are at risk.
- **SpaceOAR** is a new product used in prostate cancer surgery to increase the physical distance between the prostate and rectum, thereby sparing healthy rectum from subsequent radiation.
- **Deep Inspiration Breath Hold (DIBH).** This technique, new this year in Radiation Oncology, reduces the dose of radiation to the heart during daily radiation treatment.

We are committed to exploring and embracing new technologies and treatments to provide the best possible care to our community.

**Research Updates:** Mills-Peninsula Health Services is committed to advancing the field of cancer treatment and prevention through research. Our center conducts various types of research studies headed by the National Cancer Institute (NCI), pharmaceutical companies as well as studies initiated by our physicians. We currently have access to more than 50 NCI national research studies, including some of the most innovative trials involving targeted therapies.

- Immunotherapy
- Novel investigational agents
- Precision medicine through molecular testing to determine the best treatment approach

To date, we have successfully doubled our research enrollment volumes as compared to 2014. In 2015, we exceeded the annual goal of 4 percent research enrollment and are on track to meet this goal again in 2016. Our research team has achieved a new level of rigor in developing our research and data analysis program.



**Program Updates and Outcomes.** Community outreach efforts have been at the forefront of our annual activities.

- In 2016, our cancer prevention activity targeted obesity and nutrition. At this year's **Prevention Event on July 21, 2016**, we hosted an informational booth on the topics of diet and cancer risk reduction at the City of San Mateo's Music in the Park event. Mills-Peninsula volunteers distributed nutritional flyers and recipes, water and insulated lunch bags to more than 200 community members at the event.
- Our **Cancer Screening Activity**, held on Sept. 17, 2016, was a collaborative prostate screening event at the Men's Health Symposium. Prostate cancer is the second leading cause of cancer death in American men, and African American men are the highest risk group. At this event, geared toward the African American community, 59 men were screened with PSA and digital rectal exam. Dieter Bruno, M.D., conducted the screenings and follow-up exams. Through this event, we identified four abnormal PSA results.
- **Enhanced Recovery After Surgery for Colorectal Patients.** In 2015, Mills-Peninsula Health Services launched a pilot program based on the American Cancer Society's National Surgical Quality Improvement Program (NSQIP). This pilot program, called Enhanced Recovery After Surgery (ERAS), aims to improve health outcomes for patients undergoing colorectal surgery. Together, the clinical care teams used evidence-based protocols to create new and better standards of surgical care for our patients. This year, 2016, the results suggest that ERAS pathways have improved the patient experience, reduce risk of complications and shorten recovery time.

VARIABLE	BASELINE JUL-DEC 2014	Preimplementation JAN-APR 2015	MAY-DEC 2015	JAN-JUN 2016
Percent of ERAS Cases = Cancer	24/42 = 57%	15/25 = 60%	34/60 = 56.7%	26/44 = 59.1%
Number of Cancer Cases	24	15	34	26
Avg Hospital LOS (minus outliers > 3 σ)	<b>4.46 Days</b>	<b>4.87 Days</b>	<b>4.24 Days</b>	<b>4.42 Days</b>
Average Surgical LOS	<b>4.46 Days</b>	<b>4.6 Days</b>	<b>3.94 Days</b>	<b>3.84 Days</b>
% Cases Surgical LOS ≤ 3	<b>10/24 = 41.7%</b>	<b>5/15 = 33.3%</b>	<b>30/60 = 50%</b>	<b>12/26 = 46.2%</b>
Percent Discharge Home	83.3%	93.3%	91.2%	100%
Multimodal Antiemetic Therapy	91.7%	93.3%	100%	100%
Mobilization POD #0	58.3%	26.7%	88.2%	96.2%
Clear Liquids POD #0	58.3%	33.3%	97.1%	88.5%
Solids given POD #1	8.3%	6.7%	44.1%	53.8%
Day return of bowel function – POD 1	8.3%	20%	47.1%	38.5%
Date tolerating diet ≤ 3 Days	66.7%	50%	81.3%	84.1%

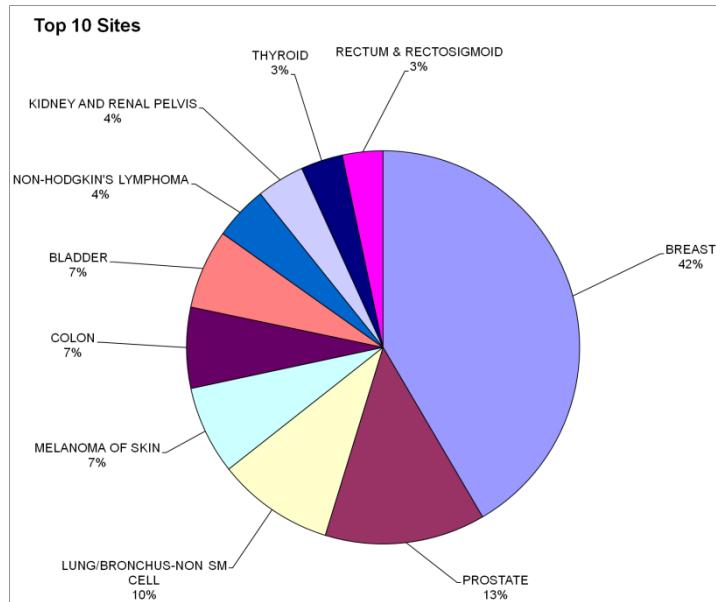
ERAS was originally developed for colorectal cancer patients but has the potential to help other patients as well. Our team remains committed to identifying the best and most effective innovations in care, and will continue to find ways to bring such advances to our community hospital setting.

- This year, we introduced a **young women's breast cancer support group** to our programming. This group, developed in partnership with the Bay Area Cancer Connections, meets twice a month.

- **Other resources**, including nutrition programs, financial counseling, psychosocial therapy and physical therapy continue to be available to all cancer patients.
- The launch of the **Survivorship Program** continues to grow in scope and has been met with great enthusiasm.

The Mills-Peninsula Cancer Center's achievements over the past year have resulted from a focused, diligent and mission-driven effort to bring an expanded range of services to our local community where people live and work. We offer the full spectrum of treatment options and do so with the inspired commitment of world renowned physicians, talented nursing teams and a dedicated community. We are committed to being a preeminent leader in cancer care for our San Mateo community.

The Mills-Peninsula Health Services Cancer Center serves the needs of our community and surrounding areas. The chart below reflects the numbers and disease sites of the 1,113 cancer patients served at Mills-Peninsula in 2015.



The chart below reflects the age of diagnosis of the 1,113 cancer patients served at Mills-Peninsula in 2015. The median age of cancer patients at diagnosis nationally is 66 to 68 years of age (source: [seer.cancer.gov/archive/csr/1975\\_2003/results\\_single/sect\\_01\\_table.11\\_2pgs.pdf](http://seer.cancer.gov/archive/csr/1975_2003/results_single/sect_01_table.11_2pgs.pdf)), which also reflects Mills-Peninsula's median age of incidence.

