

2018 Cancer Program Report

Dorothy E. Schneider Cancer Center



A Message from the CEO



At Mills-Peninsula, patients and their families are at the center of everything we do.

For decades, Mills-Peninsula's Dorothy E. Schneider Cancer Center has provided state-of-the-art technology and a soothing environment designed to promote healing. We are renowned for providing expert and compassionate care, 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. We were early adopters of digital tomosynthesis for finely detailed 3D mammography, accelerated partial breast radiation for speedier radiation treatments, and heightened accuracy of tumor delineation enabled by integrated PET/CT simulators.

We have 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.

Our clinical research program is also thriving. We recently closed enrollment with record numbers for our STRIVE program, a clinical study that aims to validate a blood test to detect cancer before it appears on a mammogram.

Patients work one-on-one with nurse navigators to connect to community resources and other healing support services. This year, we expanded our nurse navigator program to better serve our patients with lung and gastrointestinal cancers.

It is critically important that we help people avoid cancer. We provide cancer prevention, screening, and outreach programs in our local community. This year, we were proud to lead successful events focused on free skin cancer screening, breast cancer risk reduction, and free breast imaging.

I am deeply grateful for our patients who partner with us in their care, and am inspired every day by the talent and dedication of our Cancer Center physicians and staff.

A handwritten signature in black ink that reads "Janet Wagner". The signature is fluid and cursive.

Janet Wagner, CEO

2018 Cancer Committee Leadership

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	Shasta Addressi, MHSA
Oncology Unit Nurse Manager	Isabel Rink, R.N.
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
Cancer Registry Quality Coordinator	Al Taira, M.D.
Community Outreach Coordinator	Jennifer Vickerman, R.N., M.S.
Clinical Research Nurse	Stephanie Casal, R.N., M.S.
Psychosocial Services Coordinator	Victoria Erslovas, LCSW
Genetic Counselor	Diane Zastrow, M.S., LCGC
Registered Dietitian	Debbie Kurzrock, R.D.
Pharmacist	Trang Le, PharmD, MHA
Rehabilitation Representative	Tiffany DeAsis, P.T.
Pastoral Care Representative	Irene Boczek, Chaplain
American Cancer Society Representative	Juliane Lee, MA

We ensure that you receive the highest level of care from a multi-disciplinary team.

CANCER SERVICES

Chemotherapy and Infusion Treatment

Radiation Oncology Services

- Varian TrueBeam® STx System
- 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
- Deep Inspiration Breath Hold (DIBH)

Surgical Services

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

Diagnostic and Interventional Radiology Services

- 4D Computed Tomography (4DCT)
- Radiofrequency Ablation
- Low-Dose CT Lung Cancer Screening

Comprehensive Breast Services

- 3D Mammography/Digital Breast Tomosynthesis
- Core Needle Biopsy — Stereotactic and Ultrasound
- High-Risk Breast Clinic
- Multidisciplinary Breast Cancer Clinic
- SAVI SCOUT® Localization System



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



At Mills-Peninsula Health Services, we provide state-of-the-art cancer treatment in a healing setting designed to meet your and your family's physical and emotional 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 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 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.

Customized Cancer Care

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 inherited cancer predispositions 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 identified genetic variants or family history

HIGH-DOSE 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.

LOW-DOSE CT LUNG CANCER SCREENING

Low-dose CT screening is the newest screening modality for cancer. Annual screening with low-dose CT scans has been shown to be more effective at reducing mortality from lung cancer by 20 percent as compared with chest radiographs in persons at high risk for developing lung cancers. We are pleased to offer this valuable screening to members of our community. Screening at-risk persons before they are symptomatic helps us catch lung cancer in its earliest, most treatable stage when patients still have the option of curing their cancer with surgery or radiation. Our cancer detection rate is on par with the very best cancer treatment facilities and our expert radiologists help avoid unnecessary biopsy procedures.



We continue to enjoy our recognition from the American College of Surgeons' Commission on Cancer (ACOS) as an accredited cancer program. Through this optional accreditation experience, ACOS evaluates our program's initiatives and achievements, including our clinical research program, against rigorous targets and awards accreditation based on performance and outcomes.

Meet our Cancer Center Doctors

The Dorothy E. Schneider Cancer Center offers advanced cancer treatment in a healing and compassionate environment. Our highly qualified and diverse group of cancer doctors includes medical oncologists, surgical oncologists and radiology oncologists.

The medical team here provides cancer treatment that exceeds national benchmarks on a variety of quality measures. Just as important, our staff embraces a vision of mind/body/spirit care that is crucial to healing.

In addition to our doctors, we have highly-trained nurse navigators who help you through your treatment journey. We also have caring nutritionists, physical therapists and counselors who specialize in cancer care. Here, you'll be treated with respect and understanding, an equal partner in your care. Here, you'll find world-class medicine close to home.



Bruce Allen, M.D. *General Surgery*

Dr. Allen received his medical degree at Stanford University in 1974, following undergraduate work at Harvard University. He was a resident in surgery at University of California at San Francisco. He practices general surgery and surgical oncology with a special interest in laparoscopic colon resection. He began practicing at Mills-Peninsula in 1981.



Harriet Borofsky, M.D. *Radiology*

Dr. Borofsky completed her medical degree at Harvard Medical School following undergraduate work at Brown University, Rhode Island. She completed fellowships in body imaging and mammography and a residency in radiology at Stanford University Hospital. Dr. Borofsky has lectured and published on a variety of topics including new technologies in early detection and diagnosis of breast cancer. As medical director of breast imaging at Mills-Peninsula's Women's Center, she led implementation of the area's first digital mammography and breast MRI program.



Kimberly Dalal, M.D. *Surgical Oncology*

Dr. Dalal received her medical degree at Johns Hopkins University School of Medicine and completed her internship at the University of California, San Francisco. She completed her residency at Brigham and Women's Hospital/Harvard, a fellowship in Surgical Oncology at Memorial Sloan-Kettering Cancer Center, and a Howard Hughes Medical Institute Postdoctoral Research Fellowship for Physicians at Harvard Medical School. She was previously a Lieutenant Colonel in the U.S. Air Force, and her areas of specialty include cancers of the pancreas, liver and gastrointestinal tract, as well as melanoma and sarcoma.



Dhara MacDermed, M.D. *Radiation Oncology*

Dr. MacDermed graduated from Stanford University with Honors and stayed at Stanford to receive her medical degree in 2004. She completed her residency in radiation oncology at the University of Chicago in 2009, where she engaged in laboratory and genomic research and experienced clinical rotations in London and Paris. She completed a Master's in clinical investigation, with a focus on breast cancer, at The Scripps Research Institute/Scripps Translational Science Institute in La Jolla, CA and an Advanced Radiation Oncology fellowship at MD Anderson Cancer Center in Houston, TX. She has published and presented numerous research papers and abstracts on a variety of cancer topics.

Meet our Cancer Center Doctors



Andrea Metkus, M.D. *General Surgery*

Dr. Metkus received her medical degree at the University of Chicago, Pritzker School of Medicine in 1991 following completion of undergraduate work at Yale University. She completed her residency in general surgery at University of California at San Francisco in 1996. She is chair of Mills-Peninsula's multi-disciplinary breast tumor board and director of Breast Cancer Services. Dr. Metkus developed a comprehensive breast cancer clinic at the Dorothy E. Schneider Cancer Center. She has published and lectured on sentinel node biopsy, less invasive approaches to breast cancer surgery.



Blake Read, M.D. *General Surgery*

Dr. Read received his medical degree from Thomas Jefferson University. He completed his surgery residency at Stanford University Medical Center and his fellowship in colon and rectal surgery at the Icahn School of Medicine at Mount Sinai. Dr. Read's clinical interests include colon and rectal cancer, inflammatory bowel disease, and benign anorectal disease. He is excited to join a stellar multidisciplinary General Surgery group and offer his specialty care to the community at large.



Al V. Taira, M.D. *Radiation Oncology*

Dr. Taira received his medical degree from Stanford University in 2005. He completed his residency training in radiation oncology at the University of Washington in Seattle in 2010. Prior to that, he had worked for 10 years for the international business strategy consultancy Bain & Company. Dr. Taira has diverse clinical and research interests, with a focus on prostate, gastrointestinal, lung and other cancers. He has a particular interest in high dose, highly targeted radiotherapy techniques. Dr. Taira is first author on many scholarly research papers and is active in national societies. He was recently appointed to a second extended term on the Expert Panel of the American College of Radiology Appropriateness Criteria committee which develops national guidelines for cancer radiotherapy.



Amanda Wheeler, M.D. *Surgical Oncology*

Dr. Amanda J. Wheeler is a board certified, fellowship trained breast surgical oncologist. She specializes in the management of breast disease and cancer with an emphasis on onco-plastic surgery and nipple sparing techniques. Her surgical education includes general surgery residency at Stanford University SOM and a breast surgical oncology fellowship at the Harvard Cancer Institute at MGH and the Dana Farber Cancer Institute. Her clinical research interests are patient literacy and shared decision-making counseling. She also is a pioneer in using augmented mixed reality imaging to guide breast conservation surgery and participated in the first peri-operative pilot study at Stanford.



Randolph Wong, M.D. *General and Thoracic Surgery*

Dr. Wong received his medical degree at Thomas Jefferson University in Philadelphia in 1988. He completed his surgical residency in general surgery at the University of Arizona. His clinical interests are in esophageal, colorectal, pancreatic and lung cancers. He has been with Mills-Peninsula since 1993.

NURSE NAVIGATOR PROGRAM

Advanced practice nurse navigators provide education, support and advocacy – the information you need during cancer treatment and into recovery. They act as liaisons between you, your doctors and your family. Their goal is to help improve your cancer care experience.

Patients with breast, gastrointestinal, and lung cancers are partnered with our experienced and caring nurse navigators. We are excited to have recently expanded our program to better serve our patients, allowing for earlier access to services at the time of diagnosis.

Our advanced practice nurse navigators provide individualized assistance to patients, families, and caregivers throughout their cancer care:

- Serve as a continuous point of contact for you and your family throughout your entire cancer care experience
- Educate and support you in making informed decisions about your care, recovery and rehabilitation planning
- Coordinate your appointments and care among your cancer specialists
- Teach you and your family members about your treatment and side effect management
- Provide you and your family with support resources at the Cancer Center and in the surrounding community

Our cancer navigators are also involved in conducting our triannual Community Needs Assessment. This year, the needs assessment included information about screening and prevention, helping us focus more on prevention-based research and outreach.

Meet Our Advanced Practice Nurse Navigators



**Jenny Kelley,
MSN, RN, OCN**

*Nurse Navigator,
GI and Lung*

Jenny Kelley has a master's degree from the University of Utah College of Nursing. She has worked as an oncology nurse since 1997 and has extensive experience helping patients across the care continuum. As a Clinical Nurse Leader, she led quality improvement efforts at Stanford Cancer Center to improve time to treatment for head and neck cancer patients and expand the role of advanced practice nurses to give patients 24/7 access to specialized cancer providers. At the University of Utah Huntsman Cancer Center, she worked closely with surgical and medical oncology teams to prevent readmissions, help patients heal faster from colon cancer surgery, and improve chemotherapy education and symptom management.



**Jenn Vickerman,
MS, RN, AOCN, CBCN**

*Nurse Navigator,
Breast*

Jenn Vickerman completed her bachelor's degree in nursing at UCLA and her master's degree as an Oncology Clinical Nurse Specialist at UCSF. Her primary area of focus is breast health and breast cancer. Jenn coordinates the Multidisciplinary Breast Cancer Clinic and the High Risk Breast Care Clinic; both clinics educate women regarding breast health, breast cancer risk, breast cancer diagnosis and treatment. After this initial meeting, she continues to educate and support patients throughout their treatment. Jenn also provides education and support to staff at the Cancer Center. She holds several specialty certifications through the Oncology Nursing Society.

Mills-Peninsula is Pioneering Research on Early-Stage Cancer Detection

Mills-Peninsula Medical Center is leading the way in breast health with participation in an exciting clinical research study that could revolutionize the way women are screened for breast cancer.

STRIVE is a clinical research study that enrolled 120,000 women at the time of their screening mammogram to validate a new blood test for early-stage breast cancer detection. The study is funded by GRAIL, Inc., a life sciences company that has secured more than \$1 billion in venture funding.

GRAIL, Inc. chose Mills-Peninsula because of the high volume of women screened and treated here. The study began in July 2017, will span five years, and is being conducted at Sutter Health and Mayo Clinic.

Mills-Peninsula is proud to be a pioneer and early adopter of this important research study. We are excited to announce that we recently closed our enrollment at 3,643 patients, the largest enrollment for any of our clinical trials.



3,643

Number of Patients Enrolled in STRIVE
Clinical Research Study at Mills-Peninsula

“The entire staff at the Mills-Peninsula Women’s Center were so pleased and excited to have the opportunity to participate in the STRIVE study. It is truly cutting-edge research and may have an enormous positive impact on how we screen for breast cancer in the future.”

*-Harriet Borofsky, M.D.
Medical Director, Women’s Center*

Cancer Screening, Prevention, and Education



At Mills-Peninsula, we want to help people prevent cancer as much as we want to cure cancer. We are proud to offer valuable screenings and prevention information to help our community stay as healthy as possible.

FREE SKIN CANCER CLINIC

Melanoma is one of the top five cancers diagnosed at Mills Peninsula over the past 10 years, and is a highly treatable cancer when diagnosed at an early stage. This year, Mills-Peninsula's Cancer Center offered a free skin cancer screening to the community in collaboration with Dr. Peter Webb and the American Academy of Dermatology (AAD). In addition to the skin screening, participants were invited to complete a family history questionnaire, learn more about hereditary cancer syndromes, and receive sun safety education.

OUTCOMES: 108 participants were screened and 34 participants were recommended to follow up with a dermatologist and/or primary care physician for abnormal findings. The clinical team ensured that each participant was referred for appropriate follow-up evaluation, biopsy, and/or treatment. In addition, participants were invited to complete a family history to screen for potential hereditary cancer syndromes. 44 participants completed questionnaires which were reviewed by a certified genetic counselor who discussed genetic counseling with participants whose family histories met national guidelines for genetic counseling and testing.

FREE MAMMOGRAPHY PROGRAM

In partnership with the Mills-Peninsula Hospital Foundation, our Breast Center has a long tradition of offering free screening and diagnostic breast imaging services to women who are uninsured or underinsured. Since the program's inception in 2001 through 2017, the program has provided over 3400 screening mammograms.

OUTCOMES: For participants with abnormal screening results, diagnostic and biopsy services were provided at no cost. A breast radiologist discusses the diagnosis with each woman with a positive finding (high risk lesion and cancer) and a referral is made to the San Mateo Medical Center's surgery department for follow up and treatment.

BREAST CANCER RISK REDUCTION

In June, Mills-Peninsula's Cancer Center was invited to participate in a women's fair sponsored by one of the major employers in our region. At the women's fair, two nurses were available to answer questions and provide information on reducing breast cancer risk through healthy lifestyle choices as well as knowing your family's cancer history. Written information from ACS, CDC and AICR on the key lifestyle behaviors as well as collecting a family history and genetic counseling were distributed.

OUTCOMES: Over 100 participants at the women's fair were counseled on the familial risks of cancer and on leading a healthy lifestyle to reduce breast cancer risk.