Winchester Medical Center
2019 Cancer Program
Annual Report
To Our Community:

On behalf of everyone on the team at the Valley Health Cancer Center, we are delighted to share this 2019 Cancer Program Annual Report with you.

Our Commitment: Delivering the Best Care, Every Person, Every Day

**Best Care**…The team of professionals at the Valley Health Cancer Center follows national, evidence-based guidelines in the care and treatment of cancer. Our team approach and commitment to the best care demands that we keep current with the latest that science has to offer in the treatment of cancer. We deliver the best care…not just the best that we can do in Winchester and the Shenandoah Valley but also the best that can be done anywhere. We also have developed collaborative relationships with researchers and specialists throughout our region for those rare circumstances when a patient is in need of care that is best offered in an academic setting.

**Every Person**…Each cancer diagnosis is as unique as the patient facing this new challenge. We treat the whole person…physical, emotional, and spiritual.

**Every Day**…We are relentless in making sure each person’s care experience at Valley Health is the best that it can be every day – consistently day in and day out. We welcome feedback, both positive as well as constructive ideas that serve to make us better.

This year we are pleased to announce the addition of high dose rate brachytherapy to our Radiation Oncology services (page 4). Also, we share in the excitement of advances in the area of lung cancer detection and treatment under the leadership of our expert team in thoracic surgery (page 6).

The Valley Health Cancer Center team is dedicated to expanding and growing with the needs of our community. The trust our patients bestow in us as they place themselves in our care is testimony to the honor and commitment we have in caring for our friends, colleagues, co-workers, neighbors, and family members who come to Valley Health.

Sincerely,

Richard M. Ingram, MD

Bruce L. Flax, MD

Patrick Wagner, MD
About Valley Health

Valley Health is a not-for-profit health system serving a population of more than 500,000 in northwest Virginia, West Virginia’s Eastern Panhandle, and western Maryland. Valley Health includes six hospitals, more than 55 physician practices, a regional medical transport service, home care, and Urgent Care centers in six communities. Winchester Medical Center is Valley Health’s 495-bed tertiary referral hospital. Valley Health dedicated a new 52,000-square-foot regional cancer treatment facility at Winchester Medical Center in August 2016. Caring for more than 1,300 newly diagnosed cancer patients each year, the Cancer Center offers comprehensive services that combine advanced technology, collaborative treatment and support for patients and families from throughout our region. Valley Health is committed to providing the best care possible for cancer patients with the most current technology supporting the expertise of our physician leaders.

855-9-VH HOPE (855-984-4673)
www.valleyhealthlink.com/cancerservices
2019 Cancer Committee Members

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(January – September 2019)

Cindy Tillman, CTR
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Genetic Counselor
Treatment Services

Medical Oncology and Hematology

Shenandoah Oncology, PC, located in the Valley Health Cancer Center on the hospital’s campus, provides comprehensive and individualized care to patients with cancer and blood disorders. Physicians oversee patients undergoing cancer staging, treatment, monitoring response to therapy, and surveillance for recurrence.

Shenandoah Oncology is comprised of a team of board certified medical oncologists, oncology certified nurse practitioners, oncology certified registered nurses, laboratory staff and medical assistants. Shenandoah Oncology’s entire staff is focused on providing the best clinical experience for our patients.

Before our patients begin chemotherapy, each has a one-on-one chemotherapy teaching with a nurse practitioner. This class is designed to provide patients a basic understanding of how chemotherapy works, how to prepare for treatment, the common side effects that can occur and information on how to manage their side effects. They are also made aware of available resources and contact numbers to assist them during their treatment.

Shenandoah Oncology strives to provide the current and latest breaking therapies to cancer patients in an outpatient setting. We also offer extensive clinical trial options from both the US Oncology Network and Virginia Commonwealth University’s Oncology Research Program.

Currently, Shenandoah Oncology is participating in the Oncology Care Model (OCM) to improve quality of care and the patient’s overall experience. OCM focuses on the patient and the patient care team. The patient care team includes the patient and their family as well as physicians, nurse practitioners, patient financial counselors, billing staff, nursing, laboratory staff, social worker and a dietician. With OCM, the practice has expanded their services to include a written treatment plan. The treatment plan encourages the patient to be more engaged in his or her care and decision-making. The plan allows patients to be fully informed and encourages them to be engaged in their cancer care goals of therapy.

As cancer care and treatment continues to evolve, the physicians at Shenandoah Oncology are utilizing these advancements to care for their patients. Every day, new targeted therapies are recommended. Targeted cancer therapies are drugs that “target” specific cancer cells. Some of the cancers against which targeted therapies have been utilized include gastric, breast, neuro-endocrine, bladder and colorectal.

Radiotherapy Treatment

High Dose Brachytherapy

Valley Health offers a high dose radiation (HDR) brachytherapy program at the Valley Health Cancer Center. Brachytherapy is a medical procedure performed in Radiation Oncology that places radioactive sources directly inside the patient on a temporary or permanent basis to damage cancer cells’ DNA and destroy their ability to divide and grow. The procedure allows the physicians to prescribe a higher total
dose of radiation to treat a smaller, more focused area in less time than conventional external beam radiation therapy. Doctors perform the procedure by placing radioactive materials in a body cavity, such as a windpipe or vagina, using a cylindrical device, or they may place the material directly into the body tissue. The process can take several minutes to several days depending on the dosage, and some treatments involve permanently placing the radioactive seeds inside the patient. Side effects vary depending on the treatment area and may include swelling and tenderness at the site of radiation.

HDR brachytherapy is a powerful form of internally delivered radiation therapy that destroys many types of cancers including skin, cervical, prostate and breast. It can be used as a standalone treatment or after a tumor has been surgically removed to eliminate any remaining cancerous cells.

During treatment, a computer-controlled machine sends the small radioactive seeds down each catheter to deliver radiation at multiple depths and varying times. The overall treatment time at the tumor site is 10 to 20 minutes. The seeds are then removed so that no radioactive material remains in the patient’s body. Depending on the type of cancer being treated, a high-dose rate treatment plan may require one session or multiple sessions over a course of up to five days.

Types of brachytherapy procedures include:
- Interstitial HDR brachytherapy – often used for prostate cancers, the radiation is delivered directly into tissue.
- Intracavitary HDR brachytherapy – often used for breast, cervical and vaginal cancers, the radiation is delivered to the tumor from the cavity left by the recently removed tumor.
- Episcleral brachytherapy – the radiation source is attached to the eye to treat melanoma inside the eye.

Benefits of HDR brachytherapy include:
- Extremely precise radiation therapy delivered internally
- Used alone or applied after surgery to help prevent recurrence of cancer
- Convenient treatments that reduces the number of treatment visits by one to five fractions
- Minimizes risk of common short- and long-term side effects

Stereotactic Radiosurgery
Stereotactic radiosurgery (SRS) and stereotactic radiotherapy (SBRT) are highly advanced treatments preformed in Radiation Oncology that focus mostly on the treatment of brain, spine and certain lung cancers.

Radiosurgery is a non-surgical minimally invasive procedure that delivers large doses of precisely targeted radiation to small tumors. This spares critical organs and healthy tissue, providing a significant advantage for patients. SRS and SBRT work in the same way as other forms of radiation treatment, destroying cancer cells and causing tumors to shrink. Each session can take anywhere from 30 to 60 minutes. Patients may have a single treatment or multiple treatments.

Surgical Oncology

Valley Health Surgical Oncology continues to offer an extensive range of surgical procedures for gastrointestinal malignancies, including tumors of the esophagus, stomach, liver, pancreas, colon and rectum. We also offer endocrine surgery for malignancies of the thyroid, parathyroid and adrenal gland.
Our surgeons use the da Vinci® Xi™ surgical robotics system to enhance our ability to provide minimally invasive surgical options to patients with a wide variety of malignancies. We provide expertise in the management of skin and soft tissue malignancies, including melanoma and sarcoma.

**Robotic Surgery at Winchester Medical Center**
At Winchester Medical Center, we’re using the latest generation surgical robot, the da Vinci® Xi™, to perform advanced minimally invasive procedures to treat several types of cancer. Robotic technology augments our ability to perform highly complex procedures through small incisions. The advantages of robotic surgery include improved visualization and technical maneuverability, which can lead to better outcomes for patients, such as shorter hospital stays and fewer complications.

At Winchester Medical Center, we’re treating several types of cancer using advanced robot-assisted surgical techniques:
- Colorectal cancer
- Esophageal cancer
- Small intestine (bowel) cancer
- Stomach (gastric) cancer
- Pancreatic cancer
- Lung cancer

Our expert team consists of several accomplished robotics-trained surgeons who work with a dedicated robotic surgery team in the operating room to deliver this 21st century minimally invasive treatment for our patients.

Our fellowship-trained surgeons are using robot-assisted surgery to advance treatment options for patients in our region within several distinct surgical specialties, including surgical oncology and thoracic surgery.

**Thoracic Oncology**

Valley Health is proud to present updates on the Thoracic Oncology Program. We have a lot to be proud of as we continue to make tremendous advances in finding, diagnosing, and treating lung cancer and other chest malignancies. Our program is comprehensive and based on a multidisciplinary approach as outlined below.

**Screening and Prevention**
The American Cancer Society estimates the incidence for lung cancer in the United States for 2019 are:

- About 228,150 new cases of lung cancer (116,440 in men and 111,710 in women)
- About 142,670 deaths from lung cancer (76,650 in men and 66,020 in women)

Lung cancer still is by far the leading cause of cancer death among both men and women. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.
More than half of lung cancers have distant metastasis at the time of diagnosis, and the five-year relative survival rate after distant metastasis is less than 5%. So the key to cure lung cancer is to find it early. Survival rates for Stage 1 and 2 lung cancer with appropriate diagnosis and treatment can be up to 80%, for 5 years.

**Low Dose Computed Tomography (LDCT) Lung Cancer Screening**

We have a well-known and established lung cancer screening program that is approved by CMS and other commercial insurance payers.

In 2013, the US Preventative Services Task Force recommended “annual screening for lung cancer with LDCT in adults ages 55-80 years who have a 30 pack year smoking history and currently smoke or have quit within the past 15 years.” For Medicare and Medicaid, the ages are 55-77. Interval screening continues until a person no longer meets criteria, or wishes to receive treatment. This screening service is covered by most insurance companies for individuals who meet qualifying criteria. LDCT screening does not prevent lung cancer or eliminate the need for smoking cessation measures.

LDCT screening is offered at all six Valley Health hospital locations, which are American College of Radiology designated Lung Cancer Screening Centers. LDCT results are tracked and reviewed by a multidisciplinary team skilled in the evaluation and treatment of lung cancer in an every-other-week thoracic tumor board. Data from screening scans is then entered into a national lung screening registry. Early detection saves lives! Since 2015, Valley Health has screened just about 4000 people. More than 40 people have been diagnosed and treated for lung cancer with multiple modalities as a result of their LDCT lung screening scan. Some individuals require a follow-up LDCT scan in three or six months, while others continue on a yearly surveillance schedule. Any change in a surveillance scan, or suspicious findings on a baseline scan may require additional work up such as a PET scan, biopsy, thoracic surgery consultation, or referral to our multidisciplinary Lung Nodule Clinic. The multidisciplinary thoracic tumor board reviews all suspicious findings, and the thoracic oncology navigator provides patient support as well as communicate recommendations to the ordering provider and the patient.

**Free Smoking Cessation Program**

Valley Health is a smoking cessation referral site for the Quit Now program in the states of Virginia and West Virginia, and we offer a free smoking cessation program through the American Lung Association’s Freedom From Smoking® program. We are ready to assist patients with this very difficult but life-changing decision. Valley Health’s system-wide smoking cessation program makes it easier than ever for patients who are ready to quit. The Freedom From Smoking course is a step-by-step plan to quit smoking and transition to a smoke-free lifestyle. The course includes eight small group classes over seven weeks. Classes are offered at participating Valley Health hospitals throughout the year and are led by Valley Health staff members who are American Lung Association certified facilitators.

The Freedom From Smoking program is free and is open to Valley Health patients and community members. Course dates, times and locations can be found at valleyhealthlink.com/quitsmoking. Those ready to quit can register for a class by calling 833-847-3627.
Valley Health Lung Nodule Clinic

Every year, more than 150,000 people are diagnosed with pulmonary nodules. They are usually found by chance in otherwise healthy patients without symptoms of cough, bloody mucus, or unexplained weight loss. While more than 90 percent of these nodules are benign, a small number may represent a very early lung cancer.

For a number of years, Valley Health has made available lung cancer screening using low-dose CT scans for eligible high-risk patients. To build on those efforts, Valley Health is pleased to introduce our multidisciplinary Lung Nodule Clinic. This clinic has been designed to provide evaluation and treatment not only for positive LDCT screening patients, but also for patients who have incidental nodules found during routine or emergency imaging. The goal of the clinic is to expedite the workup and management of these patients by our expert group of thoracic and pulmonary physicians. Patients will now be evaluated, carefully monitored and treated through our multidisciplinary lung nodule program. Studies show that careful surveillance can eliminate unnecessary surgery and diagnose lung cancer at a curable stage.

One or more team members evaluate each patient referred to the clinic, and a comprehensive plan is developed for the patient and referring physician. After reviewing the imaging and information with the patient, the team may recommend several options:

- Additional imaging with a PET scan to better highlight the nodule
- Monitor the abnormality with regularly scheduled imaging
- Biopsy
- In some cases, move directly to surgery
  - Some patients will be asked to take a complete pulmonary function test to assess lung capacity if surgery is being considered.

Our Expert Team

T. Glen Bouder, MD, FCCP – Pulmonary Medicine
*Lung diseases and advanced diagnostic and interventional bronchoscopy*

Raju Century, MD – Pulmonary Medicine
*Lung disease and endobronchial ultrasound (EBUS)*

Christian LaFalce, MD, FCCP – Pulmonary Medicine
*Lung disease and general bronchoscopy*

Shalini Reddy, MD – Thoracic Surgery
*Thoracic disease and advanced minimally invasive and robot-assisted chest surgeries*

Our lung nodule team also includes physicians from specialties such as diagnostic radiology, interventional radiology, radiation oncology and medical oncology as well as a thoracic oncology nurse navigator. The Lung Nodule Clinic is located in the office of Valley Health Pulmonary Specialists in Medical Office Building 2, Suite 410, on the Winchester Medical Center campus. For information or to refer a patient, call 540-536-LUNG (5864).

Advanced Diagnostic and Interventional Bronchoscopy

This program continues to offer a wide array of diagnostic and interventional procedures in support of the thoracic oncology program. We have added to our state-of-the-art diagnostic capabilities by acquiring our new robotic assisted bronchoscopy platform called ION.
The ION endoluminal system is made by Intuitive (the makers of the DaVinci surgical robot). This is a robotic-assisted bronchoscopy platform for minimally invasive biopsy in the lung. The system features an ultra-thin, ultra-manueverable catheter that allows navigation far into the peripheral lung, and unprecedented stability that enables the precision needed for biopsy. It will also help to precisely mark lung nodules for surgical resection. Some of these nodules are very small and in a difficult location to identify. By using the robotic platform, the nodule can be easily marked with a dye and fiducial markers so that they can be easily resected robotically by Dr. Reddy.

Winchester Medical Center is the first hospital system in the state of Virginia and the mid–Atlantic region to acquire the ION robotic bronchoscopy platform. Dr. Bouder and his team successfully completed their first case using ION on November 12, 2019.

**Minimally Invasive Thoracic Surgery**

Since 2016, Minimally Invasive thoracic surgery has been offered to all patients who needed to undergo any thoracic surgery procedure. With remarkable improvement in post-operative pain reduction, these minimally invasive techniques permit our patients to be discharged earlier and return to their own lives in the comfort of family and friends. An additional benefit is that if adjuvant chemotherapy and/or radiation therapy is needed, these patients are able to initiate treatment much earlier and better.

Winchester Medical center submits data to the Society of Thoracic Surgery, STS, database and reports are generated on a yearly basis about each programs outcomes and minimally invasive approach to treat lung cancer. We are proud to announce that since January 2016, we were able to achieve 100% minimally invasive resection to all stage I patients compared to national average of 78.8%. We have performed about 200 Robotic assisted thoracic surgery for lung cancer since inception of Da Vinci robot in November of 2016.

Enhanced recovery after surgery (ERAS) is a multidisciplinary perioperative care pathway designed to achieve early recovery for patients undergoing surgery. In 2018, our thoracic surgery team began using an ERAS protocol for any patients scheduled for elective surgery at Winchester Medical Center and developed a patient handbook, *Enhanced Recovery in Thoracic Surgery: A Guide for Patients Undergoing Thoracic Surgery* outlining the protocol. We designed this guide to help educate patients and to serve as a resource for questions they may have prior to and after surgery. We encourage them to bring the handbook with them to every office visit, on the day of surgery for their admission to the hospital, and to their follow-up visits. We started utilizing ERAS protocol actively in January 2019 and have been using the data to compare it with patients who have not utilized ERAS protocol. We will have final results of the study by end of this year and plan to use it for quality improvement processes.

**Lung Cancer Treatment Options**

Although surgery is the best treatment option for early stage lung cancers, not all patients are surgical candidates. Radiation Therapy can also be used in treating lung cancer in the non-surgical patient. Our Radiation Oncologists are able to offer radiation through Stereotactic Body Radiation (SBRT) as well as IMRT, as another modality for treatment. This therapy is outlined more in depth in the Radiation section of this report.
Systemic therapy is also available for patients who are not eligible for surgery, and in a more advanced stage of cancer at the time of diagnosis. This treatment option is possible through our Medical Oncologists at Shenandoah Oncology Associates. Patients can receive first line systemic therapy for their lung cancer diagnosis and for those appropriate, may receive a second line of therapy or immunotherapy to treat their disease. More information on Medical Oncology can be found in that section of this report.

**Care Continuum Center of Excellence**

The GO2 Foundation for Lung Cancer has recognized Winchester Medical Center’s thoracic oncology team for its commitment to providing patient-focused, coordinated and multidisciplinary care. Foundation representatives confirmed on November 12 that WMC has been designated a Care Continuum Center of Excellence (CCCE), the first hospital in Virginia to earn that designation.

The GO2 Foundation for Lung Cancer identifies hospitals that meet rigorous qualifying criteria and works closely with staff to ensure the highest quality of multidisciplinary care with a patient-centric approach. Meeting the criteria for Care Continuum Center of Excellence provides patients with access to the latest innovations across the lung cancer care continuum not typically found in community hospitals. During their November 12 site visit to WMC, GO2 Foundation staff met with members of the thoracic oncology team to review Valley Health’s multidisciplinary approach to lung cancer care from screening to diagnosis and treatment to survivorship support. They noted that as a Care Continuum Center of Excellence, WMC has access to educational materials and resources for patients, clinical research and opportunities for networking with other CCCE hospitals.

The GO2 Foundation is the result of a 2019 merger between the two nonprofit organizations serving the lung cancer community, the Bonnie J. Addario Lung Cancer Foundation and Lung Cancer Alliance.

**Survivorship**

As part of our comprehensive approach in caring for thoracic oncology patients, we continue to care for patients after their active treatment is completed. At this time patients move into the survivorship phase where we educate them about their plan of care moving forward, which includes:

1. A schedule for follow-up exams and tests
2. A list of possible late- or long-term side effects from treatment, including what to watch for and when they should contact their doctor
3. A schedule for other tests that might be needed to look for long-term health- effects from cancer or its treatment
4. Suggestions for things that might improve their health, including possibly lowering their chances of the cancer recurring.

Patients are informed that even though they are no longer under active treatment, their care team is always present and able to support their needs in oncology care.
Breast Cancer Care

Breast Imaging
Valley Health offers comprehensive, high quality and patient centered breast imaging services. Digital 3-D mammography and breast ultrasound are available at all Valley Health hospitals. Additionally, breast MRI, molecular breast imaging and minimally invasive image guided breast biopsy is available at the Outpatient Diagnostic Center of Winchester Medical Center. The breast imaging team of radiologists, nurses and technologists meets every two weeks to review the imaging findings and pathology results for patients who had biopsies and improve the quality of our service. In an effort to provide better patient centered care, our referring physicians can order a comprehensive breast cancer screening evaluation. This order enables the breast imaging team to provide the patient what she needs – from screening to diagnostic work-up to biopsy to delivering results and coordinating additional care as needed – in an efficient way that minimizes delays and anxiety and in a comprehensive way that takes care of the patient every step of the way.

Valley Health’s digital breast tomosynthesis (3-D mammogram) is offered at all six Valley Health hospital locations. For patients at elevated risk of developing breast cancer, screening whole breast ultrasound can be performed at any Valley Health imaging center, at the time of a screening mammogram. In addition, automated breast ultrasound screening (ABUS) has been added at the WMC Outpatient Diagnostic Center. This new technology is an alternative to traditional hand-held ultrasounds for supplemental use. Like traditional ultrasound, ABUS uses high-frequency sound waves targeted at the breast, but the scans provide physicians with a 3-D image of the entire breast. These 3-D images are more beneficial to women within the dense breast population because they allow radiologists the ability to check the breast from a variety of angles and offer a better interpretation.

Valley Health Breast Center
The Valley Health Cancer Center has a dedicated Breast Center and a comprehensive, nationally accredited breast care program. Our program has been designed, in cooperation with our associated physicians, in an effort to better serve our breast cancer patients. Our main goal is to deliver care using a coordinated team approach in a setting that is efficient, supportive, convenient, easy to access, and as flexible as possible.

Our program has repeatedly earned full accreditation by the National Accreditation Program for Breast Centers (NAPBC). This accomplishment recognizes our comprehensive, multidisciplinary care for patients from evaluation through treatment and follow-up care. To earn NAPBC certification, a center must undergo a rigorous evaluation and demonstrate compliance with standards for treating women who are diagnosed with the full spectrum of breast disease.

A dedicated Breast Nurse Navigator is a vital part of our breast program and is available to serve our breast cancer patients as they progress through active treatment into survivorship. Joyce Dunlap BSN, RN, OCN, can be contacted at 540-536-6022 for breast care navigation needs.

In August 2016, the privately owned practice of Winchester Breast Center became the Valley Health Breast Center. It is housed on the second floor of the Cancer Center, connected by a covered walkway.
to the WMC Diagnostic Center. This allows for a closer coordination with the necessary breast imaging services.

The breast imaging team at the Diagnostic Center provides breast cancer screening and diagnostic modalities for women. Services include extended hours of business, discounted price mammograms for self-pay patients and prompt scheduling of diagnostic studies and breast biopsies. We are proud to provide the most up-to-date mammograms, known as 3D mammograms, especially helpful in patients with dense breasts. Also available are molecular breast imaging, screening whole breast ultrasound and breast MRI.

Anita Minghini, MD, Director of Breast Care at Winchester Medical Center, participates in the American Society of Breast Surgeons’ Mastery of Breast Surgery databank. She routinely averages 95% or better in meeting performance standards in nine quality metrics, including procedural and clinical benchmarks. As a program, we have access to genetic counseling, clinical trials, state-of-the-art radiation, and beautiful chemotherapy infusion areas.

Our breast care team includes a board certified plastic surgeon to provide reconstruction to eligible patients. Pros and cons of immediate vs. delayed timing are considered, as well as various reconstructive options. Symmetry surgery is also offered for those patients who are treated with breast conservation.

Samantha Hanson, PA has joined the Valley Health Breast Center, and as a team, she and Dr. Minghini provide comprehensive and compassionate care to those with breast problems.

In January 2019, we established a High Risk Breast Clinic, for women who wish to learn more about their individual lifetime risk of developing breast cancer. Potential need for genetic counseling is evaluated, as well as consideration of advanced breast imaging.

Our Breast Center strives to provide the best care possible for benign and cancerous breast disease, and we will continue to grow the program for the benefit of our community.

**Interventional Radiology**

**Microwave Ablation (MWA)**

Interventional Radiology offers microwave ablation (MWA) at Winchester Medical Center. This proven technology is useful in various organ systems, although primarily liver, kidney and lung, and is a minimally invasive method to ablate tumors without surgery or radiation. The procedure is performed by an interventional radiologist who inserts a microwave probe into a tumor under CT guidance. Once the probe is in proper position, microwave is generated and the tumor is heated to a temperature that causes cell death.

For patients who are not good surgical candidates, this is an excellent option. For masses less than 3.0 cm, it has cure rates comparable to surgery. Specifically for lung masses, there is zero decrease in FEV1, making it especially enticing, as these patients may have COPD or other chronic illness that may increase operative risks.
These are single-session outpatient treatments, and the patients may go home after brief observation. Since access into the tumor leaves only a small skin puncture, a band-aid is all that is needed.

**Transarterial Chemoembolization (TACE)**
This procedure involves selectively delivering intra-arterial chemotherapy to tumors using x-ray guidance in the interventional radiology suite, and then occlude the blood supply (embolizing) to the tumor. This is used to treat liver neoplasms. This is an excellent option for non-surgical candidates to achieve local tumor control, as it has been proven to prolong quantity and quality of life. In properly selected patients, this is even a curative approach in lieu of surgery.

Starting in year 2020, TARE (transarterial radioembolization) using Y90 will be offered at WMC. Using the same method, but in lieu of delivering chemotherapy, we deliver internal radiation, specifically beta-emitting particles. These high-energy particles travel only 2 mm in vivo, providing an elegant and precise way to target cancer cells with minimal surrounding healthy-tissue “friendly-fire.” Like TACE, in the properly selected patients, Y-90 can be curative.

Chemoembolization and radioembolization compliments surgery by converting unresectable cases into surgically treatable cases. For example, radiation segmentectomy may treat tumor in one segment of the liver leaving tumor in another segment of the liver to be surgically resected. Tumor size may also shrink with these methods and render a mass from being unresectable to resectable. Patients who have hepatocellular carcinoma in the setting of cirrhosis may have the tumor treated and still qualify for liver transplant.

Both TACE and Y-90 can also be combined with microwave ablation for larger masses (greater than 3 cm) to achieve local tumor control, if not a cure.

Interventional radiology is a prime example of 21st century minimally invasive care, without a scalpel and in many cases as outpatient treatment. Our team looks forward to serving as an adjunct for cancer patients at WMC and continuing to advance cancer care.

**Clinical Trials**

Clinical trials are an integral part of our commitment to providing comprehensive cancer care to our patients in Virginia, West Virginia and Maryland. Through Shenandoah Oncology’s affiliation with US Oncology Research, we have access to cutting-edge and innovative research trials. We are also a clinical research affiliate of VCU Massey Cancer Center, a National Cancer Institute-designated cancer center with one of the largest offerings of clinical trials in the state of Virginia. These affiliations allow our patients to receive advanced, university-level care close to home.

Clinical trials are research studies in which patients help doctors find ways to improve one’s quality of life and cancer care. The goal of every clinical trial is to move the science of cancer care forward in traditional therapies and exciting new treatments such as targeted therapies or immunotherapies, as well as improving quality of life through data collection. Many cancer care therapies available today are the result of patients participating in clinical trials such as these. Patients can benefit from participating in clinical trials as they can gain access to medications and interventions before they become widely
available. Clinical trial participants are very closely monitored by their doctor and a staff of highly trained research professionals.

The Valley Health Cancer Center is proud of our long-standing relationship with Shenandoah Oncology, PC, which offers a wide array of clinical trials, including a cooperative study that looks at whether losing weight, by eating less and exercising more, changes the risk of cancer recurrence in women who have been diagnosed with early breast cancer.
Support Services

Patient Navigators

The role of a navigator is to meet with patients to provide support, information, and resources. The navigation team at Winchester Medical Center’s Cancer Center consists of two registered nurses and a social worker, who work to eliminate obstacles for patients who are receiving care at the Cancer Center.

Navigators assist patients with transportation barriers. Many patients are unable to afford the cost of transportation to chemotherapy and radiation treatments. Navigators are available to assist with finding help with paying for transportation or securing transportation sources that will pick the patients up and bring them to and from their treatments.

Connecting patients with financial assistance is also a vital role that a navigator plays. Navigators can link patients with assistance programs that help pay for medications, or even the cost of daily bills when patients become unable to work full time while undergoing treatments. Navigators have a wealth of knowledge about the area resources that can assist patients. Finding adequate and affordable housing is also a facet of their services.

Because patients often have a multidisciplinary team of providers, navigators assist in making sure that patients’ care is coordinated and that they find their way smoothly through the health system. Navigators also frequently refer patients to health services such as rehabilitation programs, dieticians, integrative care, and smoking cessation as needed. They attend weekly tumor board meetings for information about complex cases. If patients become unable to care for themselves as they used to, navigators can assist with linking patients to community services that provide help in the home.

Navigators also assist with emotional support. Patients often experience a range of emotions and many times face anxiety and depression due to their diagnosis. Many patients benefit from referrals to professional counseling. Navigators also facilitate a monthly support group for cancer survivors and their families.

The navigators’ other duties include survivorship care plans, completing advance directives and presenting health information at events promoting the importance of screening and early cancer detection. The oncology service line has recently added a survivorship navigator who is dedicated to seeing our patients through survivorship by preparing and reviewing a survivorship care plan with eligible patients.

Oncology Genetic Counseling

In 2016, Valley Health brought genetic counseling services to the Winchester area with the addition of a genetic counselor on the Winchester Medical Center campus. Christie Jett is a licensed, board-certified genetic counselor who divides her clinical time between the Shenandoah Valley Maternal Fetal
Medicine practice and the Oncology Genetics Program. Christie first opened her doors to oncology patients in June 2016 and since that time has worked with more than 600 families from Winchester and the surrounding areas. Most patients with a personal or family history of cancer do not have a hereditary cancer syndrome, but about 5-10% of oncology patients do have one of these syndromes that can lead to increased cancer risks in themselves and their family members. Some red flags for a hereditary cancer syndrome include early ages at diagnosis, multiple family members affected with the same kind of cancer, and certain patterns of cancer or rare kinds of cancer. Roughly two thirds of patients are referred for genetic counseling due to a personal or family history of breast cancer. The remaining one third of patients are referred for colorectal or other types of cancer, such as pancreatic or ovarian.

The genetic counselor reviews family history, medical history, and the risks and benefits of genetic testing to help each patient make the best decision about genetic testing for himself/herself. For those patients that do choose to have genetic testing, the genetic counselor can then help coordinate testing and help with insurance prior authorization, if necessary. About 15% of patients who pursue genetic testing will get a positive result. This means that their own history of cancer and possibly their family history of cancer can be explained by a single genetic mutation that is being passed on through the family. For these patients, a genetic diagnosis can change not only their medical management but also impact the care of their siblings, children, and even more distant relatives. The genetic counselor also reviews evidence-based cancer screening recommendations, based on a patient’s personal and family history of cancer. Roughly half of patients who meet with the genetic counselor will learn about changes they can make in their recommended cancer screenings, regardless of whether they have genetic testing done.

The Oncology Genetics Program also collaborates with the Pathology Department on a universal screening program for Lynch syndrome. Starting in July 2016 all newly diagnosed colorectal tumors at WMC are screened for Lynch syndrome, the most common hereditary colorectal cancer syndrome. This program helps identify patients who would benefit from increased cancer screenings and may not otherwise be considered high-risk. Confirming a Lynch syndrome diagnosis in a family can help both that patient and their family members get the most appropriate cancer screenings.

**Nutrition Therapy**

The Valley Health Cancer Center offers outpatient services for cancer patients undergoing treatment as well as survivors experiencing treatment side effects. Physicians can refer individuals with nutrition challenges to a board certified oncology nutritionist who can assist with eating challenges to provide support while undergoing cancer treatment and beyond.

Nutrition plays a significant role in supporting our body, but when our body is under the stress of a serious illness such as cancer, adequate nutrition can become more of a challenge for an individual and his or her caregivers. At times individuals going through cancer treatment, or even afterwards, may need help in determining what foods are needed for healing.
Each cancer patient experiences his or her own challenges with nutrition during treatment. Depending on where an individual’s cancer is located, they can experience a wide variety of nutrition challenges. Most often, an individual will have problems with one or several of the following: taste alterations, swallowing difficulties, nausea/vomiting, and/or diarrhea/constipation. Often these nutrition challenges cause an individual’s appetite to decline, leading to weight loss, dehydration and malnutrition. In some cases where maintaining nutrition becomes a greater challenge, an individual may be faced with needing a feeding tube or, if the digestive system is compromised, IV nutrition may be indicated.

Almost all individuals diagnosed with head and neck cancer seen in our clinic have challenges with eating during cancer treatment. The dietitian helps them to adjust their diet to maximize their nutritional intake. We have witnessed better tolerance of nutrition for individuals choosing to have a feeding tube placed earlier in treatment rather than when absolutely necessary. Risk for malnutrition in this population of cancer patients is high, and earlier nutrition intervention is key to a successful treatment plan.

**Rehabilitation Services**

An integral component of cancer care is rehabilitation. Cancer and cancer treatments can physically, mentally, and socially affect a person’s ability to be independent, work or even just do the day-to-day activities. Rehabilitation Services can play a major part and make a positive impact on recovery. These therapy services include outpatient physical therapy, occupational therapy and speech and language pathology at nine locations throughout the Valley Health service area.

Our certified lymphedema therapists (physical and occupational therapists) help breast cancer patients and other cancer patients experiencing swelling due to disruption of their lymphatic system through surgery. Over 40 referrals were made this year to help our cancer patients with drainage, compression and a home maintenance program to manage this chronic condition.

While our physical and occupational therapists are specialized in specific rehabilitative cancer treatment, they also can help improve tissue mobility at the surgical scar site to regain range of motion and provide training for activities of daily living. Prior to having surgery due to cancer, our therapists can provide a fit for surgery plan that will have lasting rehabilitative benefits before and after surgery.

Our speech/language pathologists work closely with the dietitian to address the nutritional needs and potential swallowing issues that head and neck cancer patients might experience from surgery and treatment.

Additionally, Winchester Rehabilitation Center offers hospital-level care and intensive therapy for people whose lifestyle and physical abilities have changed due to cancer. Our rehabilitation team focuses on helping patients be as independent as possible and getting them ready to go home. Medical and rehabilitation physicians are available 24 hours a day to manage the patients’ rehabilitation.

**Integrative Care**

Valley Health’s Integrative Care Program offers additional resources to help manage pain, stress, anxiety, depression, and other side effects of a cancer diagnosis and treatment. These services are available at no charge for Valley Health Cancer Center patients who are currently receiving treatment
or services. For appointments or more information, contact our Integrative Care Program Coordinator, April Adams, at 540-550-3597 or comfort@valleyhealthlink.com

Reiki therapy is an ancient Japanese technique that provides a relaxing, safe, effective tool for managing stress, pain, and emotional wellness. Patients lie on a massage table, fully clothed, and the practitioner’s hands are gently placed on or near the body to facilitate energetic movement and promote wellness. Available by appointment.

Meditation is a practice that uses concentration to relax the body and calm the mind, allowing for feelings of serenity, clarity and bliss. The Cancer Center provides a meditation room that is open for personal use anytime, with private guided meditations available by appointment.

Sitting Tai-Chi classes are offered in the Cancer Center’s upstairs lobby every first and third Wednesday. Utilizing the Eastern practices of Tai Chi and yoga, participants will be guided through movements that help to stretch the limbs and oxygenate the body. No appointment necessary.

For hundreds of years, many cultures have used music to aid physical, mental, emotional and spiritual healing. The Happy Harper and the Shenandoah Valley Threshold Singers provide music at the Cancer Center each month to enhance our patients’ experience.

Classes and workshops are offered at the Cancer Center every second Wednesday, providing education about various holistic healthcare topics from local experts, including herbal medicine, Ayurveda, aromatherapy, homeopathy, guided imagery and more. Watch for updates on the Valley Health website calendar and look for flyers in the Cancer Center. Online registration requested, but not required.

**Palliative Care**

The Palliative Care consult service at Winchester Medical Center is staffed with two board-certified palliative medicine physicians, a nurse practitioner, a physician assistant and a social worker, all with advanced certification in palliative care for their disciplines. The Palliative Care team collaborates with the medical, surgical, and radiation oncologists for clinical issues and the oncology navigators for resource assistance for patients after discharge. A Palliative Care team representative participates on the Cancer Committee, Ethics Committee, Advance Care Planning Task Force and others. The Palliative Care Resource Network meets bimonthly for staff interested in palliative care issues. The team provides information and education to clinical staff as well as community groups. As the Palliative Care team expands, we expect to provide outpatient services as well as ongoing provider and community education.

**Wellspring**

Wellspring brings together healthcare, community and supportive services to address the needs of the “whole” person experiencing cancer and other chronic diseases. Our goal is to help patients and their families find the resources they need in a compassionate, non-clinical setting.
We added a new support program, “More than Beauty,” in 2018. The program offers personalized suggestions by specially trained licensed cosmetologists for skin, hair and nail care and hands-on lessons to help women and men while they’re undergoing treatments or when they need a boost. This new program helps women and men answer questions regarding safe hair, nail and skin products and nutrition challenges. More than Beauty is designed to help nourish the natural person, inside and out.

To better serve our uninsured patients, Wellspring received a grant from the Winchester Medical Center Foundation to provide wigs to those patients who lack insurance or are facing financial challenges.

In 2019, we became certified in Eyes on Cancer, a program through SkyMD that offers training to beauty/wellness professionals to spot early signs of skin cancer. The program allows clients to upload photos of any skin disorder and a board certified dermatologist will then diagnose and treat. We alert our clients of any unusual skin features we might identify. The clients can at that point use the telemedicine platform for quick and easy access to a physician or see their regular dermatologist if they choose.

Our point-of-sale computer system keeps track of statistics and offers tracking of care bag distribution and services used by patients. Wellspring has continued to support an increase in the number of care bags given to cancer patients and an increase in the number of patients using Wellspring for their free support services.

So Wellspring can continue to provide many free services to our patients, we have added more fee-based services such as manicures, pedicures and facials for customers who are not current cancer or chronic care patients.

**Cancer Program Resource Liaisons**

Valley Health serves a population of more than 500,000 across regions of Virginia, West Virginia and Maryland with six hospitals including Winchester Medical Center, home to our nationally accredited community cancer program. To facilitate access to our cancer services while optimizing patient care across the continuum, Cancer Program Resource Liaisons (CPRL) have been identified at each of the other Valley Health hospitals.

Each on-site liaison is passionate about improving the quality of cancer care for our patients. They serve as a local resource at their community hospital for healthcare providers, patients and their families. The CPRLs are knowledgeable about our services and available to help with a referral or to answer questions. They can provide informational materials about our program and have access to a supply of cancer patient handbooks and Wellspring care bags for newly diagnosed patients.

The Association of Community Cancer Centers recognized Valley Health’s Cancer Resource Liaison Program in the category of Outreach and Supportive Care at the association’s 2016 national annual meeting.
Cancer Tumor Registry

Winchester Medical Center’s cancer registry is a standardized data system used to collect, manage and analyze data on patients with neoplastic diseases. As a Commission on Cancer (CoC)-approved comprehensive community cancer program, WMC has maintained a cancer registry for patients diagnosed with cancer since January 1, 2000. The cancer registry contains clinical data on malignant tumors from all anatomic sites and benign central nervous system tumors diagnosed and/or treated at the hospital. Clinical cancer data management professionals, known as certified tumor registrars, capture a complete history, diagnosis, treatment, and patient health status for every cancer collected. Cancer registry data provides essential information to researchers, health care providers, and public health officials to better monitor and advance cancer treatments, conduct research, and improve cancer prevention and screening programs. Winchester Medical Center’s cancer registry now contains data on more than 34,000 cancers. Confidentiality of patient identifying information and related medical data is strictly maintained. Aggregate data are analyzed and published without any patient identifiers.
LIFE

Wellspring offers holistic approach to cancer treatment

By JOSETTE KEELOR
For The Winchester Star

WINCHESTER — Cosmetologist Mary Vorous recalled recently when she and some fellow hairdressers at Wellspring spotted what turned out to be melanoma.

If she finds a sign of what could be cancer on a client’s skin, she said she takes a photo of it with the client’s cell phone, so the client can research it online and send the photo to a doctor. Vorous said this can be a speedier process than having the client make an appointment with a dermatologist, which she’s noticed can take several weeks of nervous waiting.

Vorous, the manager of Valley Health’s Wellspring cancer resource center, is in the unique position of being a resource for cancer patients before, during and after their journey through treatment.

A salon owner for 29 years and a hairdresser for 39 years, she said that at Wellspring she’s found “the perfect job made in heaven.”

Wellspring offers more than a beauty program, she said. It’s a resource for those who are struggling with what are likely the scariest and most difficult times of their lives.

The resource center at 525 Amherst St. has a store where clients can purchase items for themselves or loved ones dealing with cancer, such as shirts, headscarves, compression socks and motivational gifts.

Wellspring also features a meditation room, a hair studio and a wig room for those who have lost their hair during chemotherapy treatments.

Anyone can come to Wellspring, she said. Cancer patients who come there usually have referrals from their doctors, which she said can get them discounts and insurance coverage on certain items and services. Patients also get a free care package of items to help them through their battle with cancer, such as lotion, hand sanitizer and other personal items.

“Everything kind of has a rhyme and a reason,” Vorous said.

She recently recalled a client who left with a wig featuring gray and purple highlights that, although not her usual style, completely suited her.

“This has brought me to places I never would have gone otherwise,” the client told her.

Though they work with cancer patients, Vorous said Wellspring is not on the medical side of health care. Instead, they focus on more holistic treatments of mind, body and soul.

Everything is all natural, she said — “fun, positive, uplifting things.”

“We spend a lot of time with the patient,” she said.

But it’s also good when she doesn’t see them for a while, she said, because that means they’re doing well.

Breast Cancer Survivor Dinner on Oct. 19

Kappa Epsilon Professional Pharmacy Fraternity is holding a Breast Cancer Survivor Dinner from 5:30 to 7:30 p.m. Oct. 19 at the Shenandoah University Health Professionals Building on the Winchester Medical Center campus. Ticket prices are $20 for adults and $15 for students and $10 for kids. Survivors and their plus-one eat for free. Participants are encouraged to wear masquerade-type masks. RSVP via email to kjensen17@su.edu

BREATHE CANCER

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Survivor group helps patients find their new normal

By JOSETTE KEELOR
For The Winchester Star

WINCHESTER — When Melinda Topham formed the monthly Surviving Survivors lunch, it grew from a need to inspire cancer survivors to get out and meet people with similar stories.

“We just sort of knew we needed more,” said the Winchester resident.

The group, which meets once a month at Valley Health’s Wellspring cancer resource center at 525 Amherst St., started in January, she said.

Liz Braichini, of Winchester, an 80-year-old survivor, said she attended a couple of other groups, before finding this one.

“We’re survivors, warriors and friends,” she said.

The group is mainly composed of breast-cancer survivors but other cancer survivors are welcome, too.

Sara Ascencio, of Winchester, was diagnosed with leukemia in January 2018.

She spent a month at the University of Virginia hospital, going through four rounds of chemo before receiving a stem-cell transplant.

She was considered cancer-free after the first round of chemo but said she considers her true remission date June 14, the day she had her stem-cell treatment.

Now 38, the mother of two said she still has regular checkups to make sure her cancer doesn’t return.

Although she didn’t have the same experience as others in the group, “We basically did because we had cancer,” she said.

At a recent Wednesday lunch, group members stressed that cancer isn’t the same for everyone. Though some might view the journey of cancer treatment as including similar milestones such as diagnosis, surgery, chemotherapy, hair loss and radiation, everyone’s journey is different. Not everyone loses their hair. Not everyone needs radiation.

“You cannot compare one person to another,” said Mary Vorous, manager of Wellspring.

Overcoming cancer isn’t always about reaching remission either, she said.

Instead, she tells survivors to “find your new normal.”

One of the first tests of that reality is when cancer survivors return home from their treatment, and loved ones might be all too ready to move on.

“Friends and family forget but you don’t forget,” said Sharon Carpenter, of Hodgesville, W.Va.

Stephensonton resident Sandi Fitzpatrick agreed “Just because you have come back [home] does not mean you’re cancer-free.”

It can take years before doctors declare a patient in remission, if at all. Some aggressive forms of cancer could return or present in another way, requiring more treatment.

Those who successfully battle cancer, still have years of follow-up appointments with doctors and might also have years of medication. Survivors carry with them memories of fear and pain, along with uncertainty for the future.

“I have not had reconstruction yet,” said Fitzpatrick, who had a mastectomy after being diagnosed with aggressive triple-negative breast cancer in December 2017.

She said she won’t be considered cancer-free until five years out.

“Cancer’s still a part of your every day,” said Carpenter.

She enjoys being in a group with other survivors because “It’s a part of their every day.”
Community Outreach and Education

Prevention, screening and early detection are the cornerstone of our community outreach and education program. Our outreach program interacts across a broad range of community partners who work collaboratively toward improving the health of every family. We plan our array of outreach activities in accordance with Valley Health’s Community Health Needs Assessment as well as evidence-based guidelines. Our team attends and supports various employer sponsored health fairs, wellness festivals and county health fairs throughout the year.

Additionally, our staff plans the following for our community:

**National Cancer Prevention Month**
We encourage families to make healthy food choices during the month of February and provide education on eating strategies for our survivors. A “Healthy Eating Seminar for All” was held in the Cancer Center Conference Room, where attendees learned how to make healthy smoothies, discovered food tips from the American Institute for Cancer Research and learned about the Dirty Dozen™ and Clean Fifteen™ lists.

**Colorectal Cancer Awareness – Surviving with Laughter**
*Surviving with Laughter* is an annual event open to all female cancer survivors and a guest. Dr. Devin Flaherty presented on the importance of colorectal screening followed by dinner and entertainment by a professional comedian. We collaborate with the local American Cancer Society office and alternate our location each year to offer a convenient opportunity for all community members.

**Skin Cancer Awareness Month**
Collaborating with a local dermatology office since 2016, we offer an American Academy of Dermatology SPOTme® skin cancer screening day. Since its inception, 153 community members have been screened for skin cancer, resulting in eight skin cancer diagnoses and seven pre-cancerous skin cancers treated according to American Academy of Dermatology guidelines. *Oncology Issues*, a publication of the Association of Community Cancer Centers, highlighted our collaborative work on the cover of the publication’s May-June 2018 issue. Free sunscreen samples are available in the Valley Health Cancer Center lobby for everyone all summer long.

**National Cancer Survivor Day**
We team up with local American Cancer Society offices in our region to celebrate Relay for Life in various communities. Every survivor receives a “Today, I am Celebrating” sign to decorate which they carry during the survivor lap.

**National Subaru Loves to Care Program**
The Leukemia and Lymphoma Society partners with the local Subaru dealership in Winchester to distribute blankets to our patients. Local Subaru management and their staff deliver the blankets to our Cancer Center.
Breast Cancer Awareness Month – Breast Health Empowerment Day & Breast Cancer Survivors Celebration

Breast Health Empowerment Day is an annual event featuring a free educational symposium for the public and a celebration for breast cancer survivors. Valley Health’s cancer physicians present on the latest breast health and breast cancer news during a panel discussion that allows audience members to participate. A celebratory luncheon follows for all breast cancer survivors and a guest. The 2019 event also included presentations on federal and state legislation related to breast cancer patients and a licensed professional counselor who offered ways to promote self-growth, serenity and balance as people navigate life’s challenges.

Community Low Dose CT Lung Cancer Screening for Uninsured/Underinsured Patients

New for 2019 – A limited number of patients who met eligibility criteria were screened at this one-time event in November for an all-inclusive rate of $99. If initially eligible, patients were scheduled for the scan; upon arrival each patient spoke with a physician to discuss eligibility and meet the shared decision making requirement. Patients were informed of their scan results before leaving and had an opportunity to speak with a smoking cessation counselor.

Lung Cancer Awareness Month – A Gathering to Honor Lung Cancer Survivors

This event offers an opportunity to greet the thoracic surgical oncology team and share stories and experiences. The event also includes a candlelight memorial to remember loved ones.

Community Celebration Honoring All Cancer Survivors

Our team hosts this annual dinner event for all cancer survivors and a guest in collaboration with the Winchester Medical Center Foundation and our local American Cancer Society. Moderated by local radio celebrities, the evening includes a presentation followed by dinner and an opportunity to share experiences and stories of hope. This year’s guest speaker was Dr. Marlana Orloff, Assistant Professor, Department of Medical Oncology, Thomas Jefferson University Hospital. Dr. Orloff presented on “Immunotherapy for Cancer: The Good, The Bad, and The Future.”

Smoking Cessation

Valley Health offers the American Lung Association’s Freedom from Smoking© course year-round. The free course, led by Valley Health staff members who are American Lung Association certified facilitators, provides a step-by-step plan to quit smoking and includes eight small group classes over seven weeks.
Clinical Educational Offerings

Valley Health Oncology Symposium Regional Conference

*Delivering the Best Cancer Care from Diagnosis to Survivorship*
A full day conference provided comprehensive and clinically relevant information to optimize cancer patient care and outcomes.
Topics: Oncology and Virginia Legislative Updates, Cancer Survivors – Late and Long-Term Effects of Cancer Treatment, Financial Toxicity – The Oncology Pharmacist’s Role in Reimbursement Advocacy – Putting the Pieces Together, Cancer Survivorship – The Role of Emerging Technology in Supportive Care, Lifestyle Practices for Cancer Survivors – Manipulating the Tumor Microenvironment Through Seven Healing Practices, Valley Health’s Wellness & Fitness Centers’ Next Steps™ Cancer Exercise Program – A Discussion with Patients, and Survivorship Care Plans – Their Role in the Cancer Care Continuum
September 2019; Middletown, VA

Winchester Medical Center Grand Rounds

*ERAS Update.* Devin Flaherty, DO, Valley Health Surgical Oncology. April 2019

*NAPRC: The WMC Journey to Rectal Cancer Center Accreditation.* Patrick Wagner, MD, Valley Health Surgical Oncology. May 2019

*Immunotherapy for Cancer: It’s a Team Sport.* Marlana Orloff, MD, Thomas Jefferson University Hospital. October 2019
Presentations by Oncology Staff Members

Our physicians and advanced practice clinicians seek to provide comprehensive and clinically relevant information to optimize cancer patient care and outcomes by sharing their expertise.

Flaherty, Devin, DO
- Colorectal Cancer Prevention Lecture. *Surviving with Laughter – Annual Colorectal Cancer Awareness Program*. March 2019; Winchester, VA
- ERAS Update. *Winchester Medical Center Grand Rounds*. April 2019; Winchester, VA

Hoefler, Tracey, DNP
- Weight Loss in Breast Cancer Survivors. *Breast Cancer Conference*. June 2019; Winchester, VA

Houck III, William, MD
- Medical Oncology Updates. *Breast Health Empowerment Symposium*. October 2019; Winchester, VA

Minghini, Anita, MD
- Contrast Enhanced Mammography. *Breast Cancer Conference*. April 2019; Winchester, VA
- Valley Health’s High-Risk Breast Clinic. *Breast Health Empowerment Symposium*. October 2019; Winchester, VA

Nieman, Christopher, MD
- Updates in Mammography. *Breast Health Empowerment Symposium*. October 2019; Winchester, VA

Reddy, Shalini, MD
- Raising the Bar in Lung Cancer Care, *Robotic Surgery Symposium – Cutting Edge Technology*. June 2019: Martinsburg, WV

Rice, Rhonda, OTR/L, CHT, CLT
- Lymphedema. *Breast Cancer Conference*. February 2019; Winchester, VA

Wagner, Patrick, MD
- NAPRC: The WMC Journey to Rectal Cancer Center Accreditation. *WMC Grand Rounds*. May 2019; Winchester, VA
Publications by Oncology Staff Members

Devin Flaherty, DO, PhD, FACOS, FACS, Valley Health Surgical Oncology, authored two publications this year including a study accepted for presentation at a national conference and an article in a national journal.

References:

Digit Preserving Surgical Therapy For Invasive Melanoma of the Toe
Jon Dillard, DPM¹, Roland Ramdass, DPM, FACFAS², Devin Flaherty, DO, FACS, PhD²
American College of Foot and Ankle Surgeons 2020 Scientific Conference
¹Resident, INOVA Fairfax Medical Campus, ²Attending, Winchester Medical Center

In the 2018 reporting year, the cancer registry accessioned 1,454 cases into the registry database. Of these cases, 1,250 were analytic, cases diagnosed and/or receiving all or part of the first course of therapy at Winchester Medical Center. The other 204 cases were non-analytic, patients receiving the first course of therapy elsewhere prior to referral to WMC. The following statistics reflect only analytic cases.

<table>
<thead>
<tr>
<th>Primary Site</th>
<th>Total Cases (%)</th>
<th>Male</th>
<th>Female</th>
<th>Stage 0</th>
<th>Stage I</th>
<th>Stage II</th>
<th>Stage III</th>
<th>Stage IV</th>
<th>88</th>
<th>Unknown</th>
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<tr>
<td>ORAL CAVITY &amp; PHARYNX</td>
<td>37 (3.0%)</td>
<td>29</td>
<td>8</td>
<td>0</td>
<td>11</td>
<td>9</td>
<td>5</td>
<td>10</td>
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<tr>
<td>Tongue</td>
<td>13 (1.0%)</td>
<td>11</td>
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<td>0</td>
<td>3</td>
<td>3</td>
<td>1</td>
<td>4</td>
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<tr>
<td>Salivary Glands</td>
<td>3 (0.2%)</td>
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<td>3</td>
<td>0</td>
<td>1</td>
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<td>0</td>
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<td>1</td>
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<td>Gum &amp; Other Mouth</td>
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<td>1</td>
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<td>Oropharynx</td>
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<td>Hypopharynx</td>
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<td>123</td>
<td>21</td>
<td>56</td>
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<td>6</td>
<td>10</td>
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<td>Stomach</td>
<td>19 (1.5%)</td>
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<td>3</td>
<td>0</td>
<td>9</td>
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<td>2</td>
<td>3</td>
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<td>Colon Excluding Rectum</td>
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<td>49</td>
<td>62</td>
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<td>22</td>
<td>26</td>
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## 2018 PRIMARY SITE TABLE — Based on 2018 Statistics

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<th>Stage III</th>
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