Cancer Committee Roster – 2017

CANCER COMMITTEE CHAIR
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Radiation Oncology

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Radiology / Interventional Radiology

CANCER CONFERENCE COORDINATOR
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Edward Soo MD
Internal Medicine / Hematology / Oncology

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Gurleen Dhami MD
Radiation Oncology
Jingjing Hu MD
Internal Medicine / Hematology / Oncology
Wesley Rippey MD
General Surgery / Vascular Surgery
Meredith Peake MD
Chief of Pathology
Arnold Petersen MD
Obstetrics / Gynecology
Dong Xiang MD
Internal Medicine / Hematology / Oncology

CANCER DATA MANAGEMENT SERVICES / CANCER REGISTRY
Laura Wallace RHIT, CTR
Cancer Program Coordinator

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Pharmacy Director
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Social Work
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Kristi Grindle RN
Clinical Trials Nurse / Radiation Oncology
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Clinical Nurse Specialist
Ed Hoover MA
Community Outreach Coordinator
LivingWell / Community Wellness Manager
Karen Johnson RN, BSN, CHPN
Palliative Care Coordinator
Maureen McNabb RN
Administrative Director Nursing Services
Pam Proudfit Mdiv, BS
Chaplain
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Specialty Rehabilitation / Occupational Therapy
Julie Robertson
American Cancer Society
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Cancer Nurse Navigator
Susan Steffey MT
Laboratory Services Director
Teri Topf RN
Performance Improvement / Quality / Regulatory Coordinator

Acknowledgements
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Adventist Medical Center–Portland
Cancer Registry
10123 SE Market Street
Portland, Oregon 97216

To learn more about the Adventist Health Cancer Program visit:
AdventistHealth.org/Portland/Cancer
During the past year in this country, a quarter of a million women lived through the shocking and terrifying moment of learning they had breast cancer. Each one of those women staring into the hazy abyss of a future turned upside down, their mind spinning with questions of how and why, wondering what shadowy new truth lies ahead in wait. One in 8 women during their lifetime will walk this path. Fortunately, improved screening for breast cancer and emerging, novel treatments have been steadily reducing the chance that a woman diagnosed with breast cancer today will die of her disease.

At Adventist Medical Center–Portland (AMC-P), breast cancer is the single most common malignancy diagnosed each year and has been an area of special focus for our medical center and cancer program. In December 2016, our first 3D tomosynthesis mammography machine was unveiled at AMC-P and immediately provided the imaging clarity to detect breast cancer earlier, when it is most likely to be cured, and with greater accuracy leading to fewer false positives.

In 2017, under the direction of our Cancer Committee, the AMC-P cancer program initiated a campaign to improve access and utilization of a free mammographic screening program for uninsured/underinsured women in our community, a group who may otherwise not have the resources to receive this potentially life-saving cancer screening. Through this mission-inspired effort, we more than doubled the number of women in our community participating and benefiting from this program. AMC-P has also recently partnered with Multnomah County Clinics in hopes of reaching even more women in need.

Radiation has long been an integral therapy in the treatment of breast cancer, known to improve local control and survival in certain groups of women. Over the past few years, there have been significant advances in the technology and techniques for radiation delivery, improving the tolerability and efficiency of radiation treatment as well as creating the ability to sculpt the radiation dose around 3-dimensional targets with rapid dose drop off outside the tumor to protect adjacent normal tissues. At AMC-P we rapidly adopted these advances. For example, AMC-P now offers hypofractionated radiotherapy to the breast, thereby shortening the standard radiation course from 6 weeks down to 3-4 weeks, improving patient convenience and reducing cost. Also, patients have access to a special new device that can significantly reduce radiation dose to the heart during treatment of left-sided breast cancers, translating to fewer cardiac side effects in the future.

A particularly difficult moment for some women along their journey with breast cancer occurs when they begin to lose their hair from chemotherapy treatment. Our sense of self and well-being can be tied closely to our personal image and often this loss of hair is a painful insult to an already gaping wound. At AMC-P, this moment for a woman is not dismissed or overlooked. Our program has partnered with the American Cancer Society to offer our patients free access to the Look Good, Feel Better® program with workshops at AMC-P conducted by specially trained cosmetology professionals who volunteer to provide expert information regarding options related to hair loss (including wig types/care, scarves and turbans) as well as nail care, clothing tips and demonstrations on a 12-step skin care and make-up program. Women leave with a free kit of cosmetics and more importantly, a freshly inspired confidence.

As the treatments for breast cancer become more complex, a multidisciplinary approach is essential for the delivery of high quality, coordinated and personalized patient care. The breast cancer program at AMC-P, consisting of a dedicated breast surgeon, radiation oncologists, medical oncologists, reconstructive surgeons, diagnostic radiologists, pathologists, geneticists, nurse navigators, social workers, physical therapists, palliative care experts and many others, work closely as a team to ensure each woman receives compassionate, comprehensive, state-of-the-art care. Our program emphasizes a whole-person approach and individualized care plans.

At AMC-P, each woman confronting breast cancer can have the peace of mind that her care team is at her side, walking with her through every twist and turn of her journey.
Lung cancer continues to be one of the leading primary cancer sites in Oregon. At Adventist Medical Center–Portland (AMC-P) we diagnosed 95 new lung cancer cases during 2016. Lung cancer is the second most common cancer diagnosed at AMC-P. Worldwide, lung cancer is largely diagnosed at an advanced, and less treatable, stage.

While the leading cause of lung cancer is related to tobacco use, the second leading cause is exposure to radon, a colorless, odorless, radioactive gas, the result of the breakdown and decay of uranium, which is naturally found in some soils. In fact, U.S. reports suggest that around 21,000 lung cancer deaths each year are radon-related.

According to the Environmental Protection Agency, nearly one out of every fifteen American homes has an unsafe level of radon gas inside. For many zip codes within Adventist Health’s primary service area, the Oregon Health Authority has listed them as “high risk” for dangerous home radon levels.

As part of our community prevention and screening efforts, Adventist Health in Portland has engaged in a multi-year initiative to educate about radon, and to make it easier for families to access low-cost home test kits. Between January 2014 and October 2015, 25 percent of those who purchased home radon kits from us were above 4 pCi/L (“high risk”, where it recommended that residents have work done on their homes to reduce radon exposure), 23 percent were classified as “moderate risk” where repairs should be considered, and 51 percent were classified as low risk. Three of the homes tested were over 11 pCi/L.

In 2017, we are continuing to offer lung cancer prevention, screening and referral/support services.

Preventing Lung Cancer in Our Area

On Wednesday, January 18, 2017, Adventist Medical Center—Portland in cooperation with the Adventist Health Cancer Committee, the American Lung Association and Portland State University hosted a Radon Forum awareness event at our facility to provide community awareness about the risk and options for radon exposure.

Radon is the second leading cause of lung cancer in the United States. In Oregon, approximately 276 radon related cancer deaths happen each year. This evening educational event included dialogues with experts in their fields including Dr. Kamaljit Atwal, AMC-P Pulmonologist, Dr. Scott Burns, PSU Geologist and resources for testing and mitigation. There was participation by the Environmental Protection Agency (EPA), local realtors and the community.

Sixty-eight individuals attended the event. Twenty-five radon test kits were sold and 15 were submitted for testing. Of those tested, 8 tests, or 53 percent, revealed radon exposure in excess of 4 pCi/L – the threshold requiring action to disperse excess radon in the home. This event brought important information to potentially prevent cancer in our community.

Additional Prevention and Awareness Activities Included:

- Colorectal cancer awareness campaign—posters, materials & public displays in March
- FREE weekly smoking cessation support group

Cancer Screening Activities

- Ongoing lung cancer screening program. Between January and November 2017, 405 lung cancer screenings were successfully completed, detecting 6 lung cancers, more than half of which were early stage which are more easily treatable and even curable.
- Colorectal cancer screening improvement project—Adventist Health Medical Group clinics and PACS clinic
- Mammography Outreach Program for no or low-cost screening mammography
- Home radon screening project
- Lung cancer awareness—“should you be screened” low-radiation dose lung CT screen education and referral at selected community clinics and events

Community Outreach

Prevention, Education & Screening Programs

- Breast cancer/breast health education
- Colorectal cancer education
- Great American Smokeout
- Health fairs and seminars
- LivingWell staff wellness education program
- Lymphedema education and prevention program
- Nutritional education and counseling
- Oral health screening at Impact Your Health Portland and Compassion clinics
- Relay For Life events
- Skin cancer education
• Tobacco cessation support groups/services
• Bereavement luncheons
• Cancer Nurse Navigation services
• Cancer survivors day
• Genetic counseling referral by partnering medical oncology specialists, including OHSU/Knight and Compass Oncology
• Grief individual counseling
• Look Good, Feel Better™ classes, free wigs and wig fittings by cancer nurse navigator in collaboration with American Cancer Society
• Lymphedema support and treatment
• Pastoral care
• Cancer support group for patients and significant others
• Grief support group
Adventist Medical Center–Portland’s Cancer Data Services is a key component of the cancer program and is under the direction of the oncology service line, the Cancer Committee and stringent compliance to the American College of Surgeons Commission on Cancer program standards.

Cancer Data Services is responsible for managing and analyzing clinical cancer data to collaborate with physicians, administrators, and health care planners to provide support for cancer program development, treatment, providing cancer incidence, and to ensure compliance of reporting standards.

### 2016 Cancer Data Year Analytic Cases – Site & Stage Distribution

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**Total Cases:** 190 274 26 139 88 59 107 28 17 464
Adventist Medical Center–Portland Cancer Program offers:

- Education, prevention, community outreach, and early cancer detection programs
- Free, private Radiation Oncology Transportation services for those in need, and at risk of not receiving radiotherapy, without this daily service
- Financial Advisors specialized in uninsured or complex financial situations
- Financial Assistance for partial to full hospital care
- Cancer-related support groups—grief, cancer survivor, smoking cessation
- Medical oncology inpatient and outpatient units staffed by oncology-certified, bachelor-degree, registered nurses (RN, OCN)
- Oncology nutrition and dietitian services
- Social work services
- Grief and bereavement support
- Pastoral care services
- Inpatient palliative care service by a certified hospice and palliative care RN
- Cancer care coordination service by oncology-certified RN patient navigator
- The AMC-P cancer navigation program offers assistance with cancer education and information, guiding patients and families to AMC-P and community resources, with a goal to reduce barriers to cancer care. The cancer nurse navigator may assess emotional health and distress, find a care provider, or help a patient address transportation, financial, and insurance concerns encountered on the cancer journey. AMC-P cancer navigation services are free.
- Radiation oncology
- Interventional radioisotope therapy
- Surgical oncology
- Clinical trials
- Diagnostic and interventional radiology
- Personal home care by home health aides, personal caregivers, and nurses
- Hospice—MD, RN, social worker, chaplain, nurses aide and trained hospice volunteer home visits
- Outpatient palliative care for certain qualified patients
- Specialty rehabilitation services including physical therapy, speech/swallow therapy, occupational therapy and cancer-related lymphedema therapy
- Interpreter and translator services in dozens of languages and dialects—face to face, telephonic, or via live internet
- Inpatient and outpatient psychiatric consultation and care
- Hyperbaric medicine therapy for some cancer-related conditions.
- Durable medical equipment services

American Cancer Society

- Adventist Medical Center–Portland (AMC-P) Cancer Program partners with the American Cancer Society (ACS), and provides up-to-date, evidence-based educational materials published by the ACS. AMC-P helps provide new wigs donated by ACS, private wig fitting appointments, as well as Look Good, Feel Better® classes, guided by a licensed cosmetologist, and offered to women experiencing temporary side effects of certain cancer treatments. All ACS material, patient navigation and services are free.

Community Outreach

- Adventist Medical Center–Portland Cancer Program actively reaches out to the communities it serves to share information about enjoying a healthier lifestyle, the importance of regular cancer screenings, and maintaining good physical, mental, and spiritual health by being mindful of the benefits of good sleep, stress reduction, smoking cessation, a plant-based diet, and physical exercise. Outreach wellness services are open to the public, and most programs are available as free or low-cost.
- The Adventist Medical Center–Portland Cancer Program Committee is a multidisciplinary team that meets four times a year to monitor and strengthen the services offered and ensure cancer prevention, screening, and care is current, comprehensive, and meets the needs of our community. In addition, a Cancer Program subcommittee meets once a month to evaluate the cancer program objectives and progress.
- ScreenWise Oregon women’s health cancer screening and treatment assistance for women with newly diagnosed cancer who are eligible for the Oregon Health Plan.
- Mammography outreach program offering free or low-cost breast cancer screening to eligible women.
Cancer Services
AdventistHealth.org/Portland/Cancer

Screening Services
Colon cancer screening
Home radon screening
3-D digital mammography
Low-dose CT lung cancer screening

Treatment
Surgery
Inpatient chemotherapy
Radiation oncology
Outpatient infusion services
Interventional radiology
Hematology services
Cancer specialty rehabilitation
Clinical trials

Diagnostic Radiology Services
CT imaging
MRI
PET/CT
Pathology/Laboratory
Nuclear medicine imaging
3-D digital mammography
Ultrasound
Colonoscopies
Biopsies

Support Services
Cancer nurse navigator
Pain management
Pastoral care
Wellness services
Physical therapy
Specialty rehabilitation

Program Activities

Support Groups
Cancer support group
Smoking cessation support group
Hospice bereavement support group
Grief support groups and classes

Educational Activities
(partial listing)
Look Good, Feel Better® with American Cancer Society
The Latest Nutrition Discoveries
Creating Health series
Self-Help materials for tobacco cessation
Computerized health risk assessments
Fitness and nutrition challenges
LivingWell @Lunch education sessions
Weight Watchers
Web-based education including weight, tobacco, nutrition and stress

Community Activities
American Cancer Society’s Relay for Life®
Race for the Cure® walk
Community and worksite screenings
Plant-based nutrition conference
Portland VegFest
National Night Out events

When it comes to providing the best care to our community, Adventist Medical Center–Portland depends on your donations. Contact the Adventist Health Foundation at (503) 251-6197.

Adventist Medical Center–Portland
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