

CANCER PROGRAM

2018 Cancer Program Annual Report

with data from 2017



Adventist Health Portland



Chair's Report



Aaron Hicks MD
Medical Director, Radiation Oncology
Chairman, Cancer Committee



Skin cancer is by far the most common type of cancer. An estimated 5.5 million skin cancers will be diagnosed next year in the U.S., exceeding the incidence of all other cancers combined. Basal cell carcinomas and squamous cell carcinomas account for the vast majority of these cases.

Although they rarely lead to death, they do represent a massive health care burden for Americans and our country's health care system. Medicare costs for treatment of basal cell carcinomas alone exceeds \$400 million annually. And the number of people diagnosed each year continues to rise rapidly, most likely due to people living longer and increased sun exposure.

Although melanoma skin cancer is much less common, with an estimated 90,000 cases diagnosed each year, this disease is more likely to grow and spread and causes a large majority of skin cancer related deaths. The rates of melanoma have been rising for the past 30 years and people who live in the Pacific Northwest are at much higher risk of being diagnosed with melanoma than the average American.

Oregon is ranked #6 in the U.S. for rates of melanoma according to statistics from the CDC gathered from 2011–2015. That is higher than California, Texas, Florida, Arizona, Nevada or New Mexico. Our many cloudy days in the Portland metro area do not protect us from the UV rays that can cause skin cancer.

The rates of melanoma in the communities surrounding Adventist Health Portland, including Clackamas and Multnomah counties, are higher than the average rate in Oregon. In fact, out of the 36 counties in Oregon, Clackamas County has the 4th highest rate of melanoma.

Given these concerning statistics, our Cancer Program at Adventist Health Portland worked on improving skin cancer prevention and screening in our community this past year. Our cancer team partnered with Good Skin Dermatology to hold free skin cancer screenings at Impact Your Health Portland, a local health clinic event held annually to provide free health services to uninsured and under-insured people in the Portland metro area.

Additionally, we provided free skin cancer prevention education to attendees of the event. This included a brief multiple-choice

questionnaire at the end of the education to determine if the participants understood the most important information for preventing skin cancer. As you will read later in this annual report, both the skin cancer prevention and screening activities were a wonderful success.

The importance of developing novel strategies to successfully treat cancer is undeniable. But I firmly believe, as do most oncology providers, that the best approach to combating cancer is preventing the disease from ever developing in the first place or otherwise discovering it early when cancer is most likely to be cured with treatment.

Over the next year, with this in mind, our cancer program plans to grow the reach and scope of our cancer prevention and screening activities with the hope of bringing greater wellness to the people in our community.

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Acknowledgments

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A special thank you to our community, the American Cancer Society and our private donors.

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

2018 Cancer Committee Roster

Oregon is ranked #6 in the U.S. for rates of melanoma according to statistics from the CDC gathered from 2011–2015. That is higher than California, Texas, Florida, Arizona, Nevada or New Mexico. Our many cloudy days in the Portland metro area do not protect us from the UV rays that can cause skin cancer.

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Learn more about the Cancer Program at
www.AdventistHealth.org/Portland/Cancer.

Prevention and Screening

As part of our community prevention and screening efforts, Adventist Health Cancer Committee presented a Skin Cancer prevention and screening activity at the Impact Your Health Community event on August 10 and 12, 2018. Over the course of the two days 743 services were delivered to patients.

Skin cancer is the most common form of cancer nationally and Oregon has the sixth highest occurrence rate in the United States. Due to the high rate of overall skin cancer in Oregon, the Adventist Health Cancer Committee developed a two-pronged event to address these concerns.

The prevention event involved a “Don’t Fry: Preventing Skin Cancer” flyer with skin protection facts in English from the American Cancer Society on one side and a five-question quiz on the opposing side. The quiz was provided in English, Spanish and Russian. These were distributed to patients as they entered the clinic and reviewed with patients as they exited.

A small first-aid kit with sunscreen was given to patients as a complimentary gift for completing the quiz. One hundred sixty quiz surveys were completed over both days. Of these, 115 surveys had correct answers (71.8%) and 45 were incorrect (28.1%). 132 surveys (82.5%) were completed in English, 26 surveys (16.2%) in Spanish and 2 surveys (1.2%) in Russian. This event brought important information on skin cancer prevention to our community.

Caring for Our Community: Prevention

Adventist Health Cancer Committee presented a Skin Cancer prevention and screening activity at the Impact Your Health Community event at Portland Adventist Academy on August 10 and August 12, 2018.

Impact Your Health Portland is an annual free health, dental and vision clinic for the City of Portland. It also provides access to community resources, so individuals who are underinsured or have no insurance can register for State food aid, Medicaid and affordable insurance options. This event is sponsored by the Adventist Medical Evangelism Network, the local faith community and other medical partners. Over the course of the two days, 743 services were delivered to patients. Of these, 118 (16.07%) received medical care, 380 (51.77%) received dental care, 162 (22.07%) received vision care and 72 (9.80%) received skin cancer screening.

Additional prevention and awareness activities include:

- Colorectal cancer awareness campaign—posters, materials and public displays in March

- FREE weekly smoking cessation support group
- Community programs on lifestyle approaches and cancer risk reduction (nutrition, exercise, stress reduction, water, sunlight, rest, etc.) including Complete Health Improvement Program (CHIP), Sleeping Well Again, Pre-Diabetes class, cooking schools, etc.
- Co-sponsor of Northwest Health and Nutrition Conference—a professional conference on the health benefits of a whole food, plant-based diet
- Sunny City Family Fair at Portland Adventist Academy
- Portland VegFest booths on prevention
- Portland Race for the Cure
- Digestive Hope and Healing Days, March 26–29, featuring the inflatable colon to educate the public on colon cancer prevention and included the “Gut Check Challenge” using ACS Colorectal guidelines and a GI health video for education regarding reducing colorectal cancer risk. This was provided at the March event and afterwards emailed to attendees, including CHIP program participants. Over 125 attended the colorectal event and 36 people participated in the post test challenge.

The above events have provided a variety of information on cancer prevention, screening and healthy lifestyles to our community.

Cancer Screening

Every year about 2,200 Oregonians are diagnosed with melanoma and 150 patients die annually from this disease in our state. This places Oregon at the fifth highest nationally for melanoma deaths.

This year the Cancer Committee partnered with Goodskin Dermatology to perform skin cancer screenings at Impact Your Health Portland event on August 10 and August 12, 2018. Dermatologist Paul Aanderud DO and staff performed screenings from 10 am to 4 pm on both days. Patients with positive findings were notified immediately and computerized records kept by the Goodskin Clinic for effective patient follow-up.

On August 10 and 12, 2018, seventy-two patients were screened for skin cancer. Six (8.3%) patients were positive for basal cell carcinoma and 3 (4.1%) were positive for squamous cell carcinoma. Melanoma was not identified in any patient. Eight (11%) patients had actinic keratosis or pre-cancerous lesions. The patients with the positive results were appropriately

Skin Cancer in the United States

An estimated 5.5 million skin cancers will be diagnosed next year in the U.S., exceeding the incidence of all other cancers combined.

Prevention and Screening

notified as per the established pathway recommended for further medical intervention.

Additional Screening Activities

- Mammography Outreach Program provides breast cancer screening for low income or underinsured women. This program continues to grow due to need in our community. 42 exams were provided with these funds in the first half of 2018.
- Radon informational podcasts
- Home radon screening project in partnership with the American Lung Association targeting previous and current smokers
- Ongoing lung cancer screening program, January through November 2018, resulted in 441 individuals scanned with low dose CT imaging and 5 patients identified (4 pathologically confirmed cancers and 1 clinically diagnosed) with disease.

Community Outreach

Prevention, education and 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
- Skin cancer education and screening
- Tobacco cessation support groups and services
- Bereavement luncheons
- Cancer Nurse Navigation services
- Genetic counseling referral by partnering with medical oncology specialists, including OHSU/Knight and Compass Oncology
- Individual and group grief support
- Look Good, Feel Better® classes, free wigs and wig fittings by cancer nurse navigator in collaboration with the American Cancer Society
- Spiritual care services
- Cancer support group for patients and significant others

Cancer Data Services: Cancer Registry

by Laura Wallace RHIT, CTR

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.

Adventist Health 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.

Adventist Health 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-degreed, 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 Adventist Health Portland cancer navigation program offers assistance with cancer education and information, guiding patients and families to Adventist Health Portland 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. Adventist Health Portland cancer navigation services are free.
- Radiation oncology

Cancer Data Services: Cancer Registry

by Laura Wallace RHIT, CTR

American Cancer Society

Adventist Health Portland Cancer Program partners with the American Cancer Society (ACS) and provides up-to-date, evidence-based educational materials published by the ACS. Adventist Health Portland 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.

- 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 aid 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, telephone or via live internet
- Inpatient and outpatient psychiatric consultation and care
- Hyperbaric medicine therapy for some cancer-related conditions
- Durable medical equipment services

Community Outreach

- Adventist Health 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 Health 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 and diagnostic biopsy to eligible women.

2017 Cancer Data Year Analytic Cases – Site & Stage Distribution

Primary Cancer Sites	Male	Female	STAGE							Total Cases
			0	I	II	III	IV	N/A	UNK	
BREAST FEMALE	0	107	15	39	40	9	2	0	2	107
LUNG	36	49	1	26	11	13	31	0	3	85
PROSTATE	44	0	0	8	19	12	4	0	1	44
COLON	22	18	0	6	10	10	10	0	4	40
URINARY BLADDER	18	9	12	5	5	3	0	0	2	27
RECTUM	10	7	0	0	2	4	4	0	7	17
PANCREAS	12	5	0	4	5	1	7	0	0	17
NON-HODGKINS LYMPHOMA	7	9	0	6	5	0	4	0	1	16
STOMACH	7	6	0	1	2	2	7	0	1	13
KIDNEY	7	5	0	8	1	1	1	0	1	12
UNKNOWN SITES	4	6	0	0	0	0	0	10	0	10
THYROID	3	6	0	5	2	0	0	0	2	9
CORPUS UTERI	0	8	0	6	0	0	2	0	0	8
LIVER	4	4	0	1	1	2	4	0	0	8
MELANOMA SKIN	4	3	1	4	1	0	1	0	0	7
ESOPHAGUS	6	0	0	0	0	2	2	0	2	6
MULTIPLE MYELOMA	5	1	0	0	0	0	0	6	0	6
SOFT TISSUE	4	1	0	0	2	0	2	1	0	5
OVARY	0	4	0	1	0	2	1	0	0	4
OTHER URINARY	1	3	1	0	0	0	1	0	2	4
OTHER MALE GENITAL	3	0	0	1	0	0	0	0	2	3
CERVIX	0	3	0	1	0	1	0	0	1	3
SMALL INTESTINE	1	2	0	1	0	0	1	0	1	3
OTHER DIGESTIVE ORGAN	2	1	0	0	1	0	0	1	1	3
ANUS	2	1	0	0	2	1	0	0	0	3
OTHER RESPIRATORY	2	0	0	0	0	0	1	0	1	2
BREAST MALE	2	0	1	0	1	0	0	0	0	2
MYELOID AND MONOCYTIC LEUKEMIA	0	2	0	0	0	0	0	2	0	2
BENIGN BRAIN AND CNS	1	1	0	0	0	0	0	2	0	2
ILL-DEFINED SITES	0	1	0	0	0	0	0	1	0	1
OTHER FEMALE GENITAL	0	1	1	0	0	0	0	0	0	1
BRAIN AND NERVOUS SYSTEM	0	1	0	0	0	0	0	1	0	1
LIP ORAL CAVITY PHARYNX	0	1	0	0	0	0	0	0	1	1
TOTAL	207	265	32	123	110	63	85	24	35	472

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