

METHODIST RICHARDSON CANCER CENTER

BECAUSE CANCER SHOULDN'T HAVE THE LAST WORD

We strive to give patients our best

As chairman of the Methodist Richardson Cancer Center Cancer Committee, it is my honor to give a brief overview of the activities of the cancer program from 2013.

One of the main functions of the committee is to ensure compliance with standards of the American College of Surgeons Commission on Cancer® (CoC). When patients turn to a CoC-accredited facility such as ours, they can trust that they will receive:

- High-quality care close to home
- Comprehensive treatment from a wide range of technologically advanced services and equipment
- A multidisciplinary team approach to their care
- Access to cancer-related information, education, and support
- Access to clinical trials for new treatment options
- A cancer registry that collects data on cancer type, stage, and treatment results and offers lifelong patient follow-up, ongoing monitoring, and improvement of care.

Life-changing programs

In 2013, the Cancer Center and Methodist Richardson Medical Center Foundation partnered to expand the Artist-in-Residence Program for a second year. By doing art projects during chemotherapy treatment, patients can channel stress or emotions relating to the cancer journey in a positive and creative way.

We also began offering our patients Pillars4Life™, an online coping skills class, to build the necessary psychological tools to deal with all the changes that living with cancer brings.

We're directing much of our attention to cancer survivors and oncology rehabilitation. Our team has worked toward STAR Program® Certification, which uses evidence-based treatments for current patients and survivors who struggle with the side effects of their cancer treatment.

With so many programs in place to benefit our patients' physical, emotional, and spiritual well-being, it is an understatement to say that Methodist Richardson Cancer Center is a busy place. But it's also a place of compassion and hope. I am grateful to everyone involved in our program and for the high standard of care provided to our patients.

Respectfully submitted,

Sam Bibawi, MD, FACP

CANCER COMMITTEE CHAIRMAN, METHODIST RICHARDSON CANCER CENTER



SUCCESS STORY: Shelley Schmidt was able to speed past breast cancer with the multidisciplinary treatment she received at Methodist Richardson Cancer Center. Watch her share her story at MethodistHealthSystem.org/ShelleySchmidt.



Methodist

RICHARDSON CANCER CENTER

Confronting cancer with a team approach

It has been my privilege to serve again in 2013 as the cancer liaison physician for the Methodist Richardson Cancer Center and its Cancer Committee.

In both this role and my role as a breast surgeon, I have seen the tremendous benefits to patients and families when cancer care is approached from multiple care disciplines. Patient care is coordinated and streamlined, and there is excellent communication among medical professionals and with patients.

I believe our team approach is one of the most important attributes of our Cancer Center. Offered to every patient, it allows care to be coordinated among different specialties and disciplines, providing patients with access to advanced treatment options and integrative therapies that help to support healing and wellness.

Our excellent patient care conferences are a formal example of our multidisciplinary team in action. During these biweekly conferences, each patient's medical team members meet to discuss the diagnosis and treatment recommendations. This communication continues informally throughout treatment and into survivorship.

On our medical team are a variety of specialists, including medical oncologists, radiation oncologists, pathologists, surgeons, radiologists, nurses, and technicians in all areas of oncology. Physical therapists, social workers, and chaplains also contribute physical, emotional, and spiritual support for patients and their families during treatment and recovery.

Together with our patients and their loved ones, our team forms a strong bond to fight cancer and empower healing. I am privileged to be part of this amazing team and witness the significant benefits to our patients.

Best regards,

Jenevieve Hughes, MD, FACS

CANCER LIAISON PHYSICIAN,
METHODIST RICHARDSON CANCER CENTER



We care about the whole person — body, mind, and spirit

Cancer affects more than a person's body. It leaves its mark on a person's mind and spirit as well.

To help patients and their families cope with the disease treatment, a variety of complementary therapies is available at Methodist Richardson Cancer Center:

- American Cancer Society's Look Good, Feel Better class

- Arts and crafts through the Artist-in-Residence Program
- Breast Cancer Education and Social Group
- Cancer Support Resource Center, which provides educational materials, resource pamphlets, and children's literature
- Massage therapy
- Music (a pianist also performs a few times a week in the center's lobby)

- Pillars4Life online coping skills training course
- Relaxation DVDs
- Yoga and guided meditation.

FOR LIFE AFTER CANCER. Methodist Richardson Cancer Center now offers the STAR Program® (Survivorship Training and Rehab) to help patients recover more fully from cancer treatment. Learn more by calling 469-204-6010.

"I've seen firsthand the positive effects of the Artist-in-Residence Program. The pieces we created instilled a lot of pride and joy in me when I really needed it." — Laura Johnson, breast cancer survivor

Technology that's right on target

If radiation therapy could be compared to a golf game, the tumor would be the hole, the radiation would be the ball, and our advanced technology would be the club.

Driving the shot would be the expert radiation team at Methodist Richardson Cancer Center. Our No. 1 goal: Score a hole in one — every time.

Just as in golf, radiation therapy also requires precision, accuracy, and focus. And with some of the most innovative treatment options at our fingertips, we're seeing great wins for our patients.

Here are just a few of the noninvasive and minimally invasive treatment methods we offer:

Stereotactic body radiation therapy (SBRT) — With a specially designed coordinate system, our team can pinpoint the exact location of a tumor, conform to its shape, and deliver a highly precise and potent dose of radiation.

Stereotactic radiosurgery (SRS) — This technology operates like SBRT, but it is directed solely toward the brain.

Intensity-modulated radiation therapy (IMRT) — In order to reduce the exposure of healthy tissue to radiation, IMRT maps the best route for delivering radiation to the tumor site.

Image-guided radiation therapy (IGRT) — IGRT determines the shape of the tumor and conforms the radiation beam to deliver just the right dose to each part of the tumor.

Accelerated partial-breast irradiation (APBI) — APBI allows women to complete radiation treatment in five days as opposed to six to eight weeks with conventional therapy.

High-dose-rate (HDR) brachytherapy —

This technique is most often used in APBI. Thin catheters threaded directly to the tumor deliver highly concentrated and calculated doses of radiation.

We also have an in-house large-bore **positron-emission tomography and computed tomography** unit for convenient

diagnostic imaging and as another tool for targeting tumors.

Quality control and safety of our radiation oncology program is enhanced by participation in the quality audit program of clinical cooperative trials offered through the National Cancer Institute-supported Radiological Physics Center at MD Anderson Cancer Center.

CATCHING CANCER EARLY: Methodist Richardson offers low-cost, low-dose lung screenings for people at increased risk for lung cancer. Call 469-726-6100 to learn more.



Clinical trials: Game changers in the fight against cancer

In October 2012, Methodist Health System launched its Clinical Research Institute (CRI), which has led to many exciting opportunities for the Methodist Richardson Cancer Center and our patients.

At the close of 2013, the CRI team was facilitating 136 clinical trials in 19 clinical specialties with 41 investigators. These studies are all U.S. Food and Drug Administration-approved trials and include federally funded, industry-funded, and Methodist Health System Foundation-funded trials. The studies are critical in determining issues that will help improve medical practice.

Methodist is focusing significant efforts toward research to help support advances in medicine, which provides the most advanced care possible. We have trials at the Cancer Center that cover lung cancer, patient support programs, and every aspect of cancer in between.

In particular, we are excited about the Pillars4Life trial we are conducting with grant funding from the Livestrong® Foundation. This will help provide much-needed assistance to help patients deal with the immense stress of a cancer diagnosis and move forward to a normal life.

READ UP ON RESEARCH: Learn more about the Methodist CRI at MethodistHealthSystem.org/Research.



All-star support starts here

At the heart of the Methodist Richardson Cancer Center is the unparalleled support of the Methodist Richardson Medical Center Foundation. The Foundation's hallmark fundraising events — WildRide! WildRun! Against Cancer and the Yellow and Black Tie Gala — have helped ensure that the Cancer Center remains a valuable resource for our community.

The Foundation broke its fundraising records in 2013 and was able to dedicate more than \$550,000 to the Cancer Center. Among projects funded were:

- Varian tandem and ring applicator set with vaginal cylinder: \$24,986
- Elekta Stereotactic Body Frame System: \$20,343
- Gaumard® patient simulator: \$47,995
- Portable carts: \$15,276
- STAR Program®: \$17,325
- Artist-in-Residence Program: \$15,730
- Patient care: \$16,000 (includes medication, COBRA payments, and home health equipment).

GET INVOLVED. To learn how you can support the Methodist Richardson Foundation, visit MethodistHealthSystem.org/RichardsonFoundation.



Enjoying the Yellow and Black Tie Gala's silent auction are (from left) Ty Maxfield, Methodist Richardson Foundation board president; Rhonda Maxfield, RN, intensive care unit; Lisa Bibawi; and Sam Bibawi, MD, Cancer Committee chairman.

Find us in your community

Because the fight against cancer goes beyond the walls of the Methodist Richardson Cancer Center, we find ways to reach out to the community. In 2013:

- Our Asian Breast Health Outreach Program provided 1,902 mammograms, 343 diagnostic exams, and 55 biopsies to uninsured and underinsured Asian women in Dallas, Collin, Denton, and Tarrant counties.
- We jumped on our bikes and threw on our running shoes to support the WildRide! WildRun! Against Cancer, which raised almost \$182,000 for the Cancer Center.
- Our quarterly Food for Life series educated people about the role nutrition plays in preventing cancer and provided recipes to help them get started.
- Our physicians offered health education and advice at the free moMEntum men's health event at TopGolf Allen and Wellness for Women events.
- Methodist Health System's Prostate Screening and Awareness Program and mobile mammography unit screened 933 men and 890 women for prostate and breast cancers, respectively.
- Methodist Richardson employees hit the track for the Richardson/Plano and Wylie/Sachse/Murphy Relay for Life events.



Methodist Richardson's (from left) Ruth Aguilar; Jane Reeves, RN, BS, CBCN; and Rebecca Donnelly, RN, BSN, CCRN, man a booth at the American Cancer Society's Richardson/Plano Relay for Life on April 19.



Frances Leung, ABHOP community outreach manager (center), promotes early breast cancer detection awareness at the Dallas Thai Festival.



Cyclists line up at the starting line for the 2013 WildRide! Against Cancer on May 18.



Coming in April 2014!

The new Methodist Richardson Medical Center opens in April, which will offer our patients added convenience.



P.O. BOX 655999
DALLAS, TX 75265-5999



2013 METHODIST RICHARDSON CANCER CENTER CANCER COMMITTEE: (back row, from left) Siohban Cole, American Cancer Society representative; Debbie Sutherland, MS, CCC-SLP; Wareef Kabbani, MD; Bryan Maupin, MD; Paul DeRose, MD, Sam Bibawi, MD, FACP; Alan Trumbly, DO; and Doris Cheng, guest representative from the Asian Breast Health Outreach Project; (front row) Randi Aaronson, PhD; Monica Vehige; Jane Reeves, RN, BS, CBCN; Francine Hamza, CTR; Swarnakala Kura, CTR; Aline Williams, MSW, LCSW, OSW-C; Jenevieve Hughes, MD, FACS; Rebecca Donnelly, RN, BSN, CCRN, OCN; Larissa Burch, RN, OCN; and Christy Thorton, OT; not pictured: Dustin Clark; Kim Hanna Hollwedel, Justin Peter; and Ramsey Stone, MD.

Methodist Richardson Cancer Center

2805 E. President George Bush Turnpike (at Renner Road)
Richardson, TX 75082

Hours: 8 a.m. to 5 p.m., Monday through Friday



GET CONNECTED. If you're interested in the services offered at the Cancer Center or if you would like to make an appointment, please call 469-726-6100 or visit us at MethodistHealthSystem.org/RichardsonCancer.