



LAKE REGIONAL[®]
HEALTH SYSTEM

Lake Regional Cancer Services
2019 Annual Report



Front row, left to right: Gregory Biedermann, M.D., Margaret Coplin, M.D., Michael Wang, M.D., Brandi Kincaid, NP-C, AOCNP.
Back row, left to right: Harjyot "Joe" Sohal, M.D., Eric McQueary, D.O., Michael J. Vierra, M.D., Justin Shatto, M.D., John Patton, D.O.



Cancer Care Committed to You

Lake Regional Health System is committed to providing the best cancer care. That means providing individualized care to every patient, every time, using the latest treatments and technology available.

Lake Regional is proud to be a nationally accredited facility by the American College of Surgeons' Commission on Cancer. Achieving and maintaining this accreditation requires strict adherence to standards for prevention, early diagnosis, pretreatment evaluation, staging, best treatment, rehabilitation, psychosocial support and lifetime follow up for all patients cared for at Lake Regional Cancer Center.

Lake Regional provides a wide array of services for the treatment of most types of cancer and hematology diagnoses. Examples of these services include the following.

- physician consultation and follow-up
- chemotherapy
- radiation therapy
- cancer screening and prevention
- cancer resource navigation
- nutrition services
- patient assistance program
- palliative care
- cancer registry and lifetime follow up
- education and support

Commonly treated cancers include lung, breast, prostate, colon, bladder, lymphoma and more.

Cancer Registry

Lake Regional's Cancer Registry tracks data on all cancer patients diagnosed and treated at the facility and completes annual follow-up on each patient. This data is reported monthly, in accordance with state law, and also annually to the National Cancer Data Base. This information is used to determine treatment effectiveness, to measure treatment effects on quality of life, to look for cancer trends within certain populations and more.

The top five sites of new cancer cases diagnosed in 2018 were lung, breast, prostate, urinary

Chart 1

2018 Major Cancer Sites Analytic Cases					
	Lung	Breast	Prostate	Urinary Bladder	Skin
United States***	13%	15%	9%	5%	5%
Missouri***	16%	15%	8%	5%	5%
LRHS	23%	12%	11%	9%	8%

* Percentage of all cancer sites

++ Source: American Cancer Society Cancer Facts & Figures, 2018

Chart 2

2018 Major Cancer Sites – Stage at Diagnosis					
Stage	Lung	Breast	Prostate	Urinary Bladder	Skin
0	0%	2%	0%	59%	62%
I	12%	60%	20%	30%	19%
II	11%	20%	46%	8%	13%
III	29%	6%	26%	0%	3%
IV	41%	8%	4%	3%	0%
Unknown	7%	4%	4%	0%	3%
Total	100%	100%	100%	100%	100%

bladder and skin as shown in [Chart 1](#), which compares our statistics to the American Cancer Society's (ACS) estimated new cases for the United States and Missouri.

[Chart 2](#) shows the American Joint Committee on Cancer (AJCC) staging of patients at time of diagnosis. Treatment options are based on the stage of disease at time of diagnosis.

The total number of new cancer cases diagnosed in 2018 by primary site and gender is illustrated in [Chart 3](#).



Chart 3

2018 Cancer Sites by Gender			
Site	Male	Female	Total
Lung	56	36	92
Breast	1	48	49
Prostate	46	0	46
Urinary bladder	30	7	37
Skin-Melanoma	18	13	31
Colorectal	16	12	28
Oral Cavity/Pharynx	14	1	15
Lymphoma	6	5	11
Leukemia	10	3	13
Myeloma	7	3	10
Gynecological	0	9	9
Kidney	3	6	9
Esophagus	4	2	6
Pancreas	4	2	6
Liver/Intrahepatic Bile Duct	2	1	3
Small Intestine	1	1	2
Thyroid/Other Endocrine	0	2	2
Larynx	0	1	1
Stomach	1	0	1
Anus/Anal Canal	0	1	1
Brain	1	0	1
Other Sites	17	14	31
Total	237	167	404

High-Risk Breast Clinic

During 2019, Lake Regional's cancer care services placed additional focus on increasing awareness among women of their breast cancer risk. According to the Journal of Cancer Education, many high-risk women are under screened.

"Research indicates one-third of postmenopausal

breast cancers are thought to be preventable by modifying lifestyle risk factors, such as diet and exercise," Dr. Coplin said. "Yet, studies show 30 percent to 75 percent of women are unaware of their risk.

"If we can help more women understand their individual risk for developing breast cancer, we can provide important education about modifying lifestyle choices and, in some cases, offer risk-reducing medications."

Dr. Coplin introduced the Gail model, a breast cancer risk assessment tool, to Lake Regional community health screenings, beginning in April 2019. Among the

Dr. Maggi Coplin's training includes fellowships in hematology oncology and integrative medicine, and much of her career has been focused on helping women with breast cancer.



Lake Regional Imaging Center began offering 3-D mammograms in September 2018 for improved breast cancer screening. 3-D mammography is considered the most effective test available for early detection of breast cancer because it provides clearer images from several angles, making smaller cancers easier to see.





55 women screened, 29 percent were found to be high-risk.

“This is an important first step, Dr. Coplin said. “Lifestyle changes work, but people do not change on their

own. Identifying individuals who can benefit from these education and prevention strategies is key to reducing the number of women in our community who are diagnosed with breast cancer.”

To view the Gail model breast cancer risk assessment tool, visit **bcrisktool.cancer.gov**.

Core Components of High-Risk Breast Clinic

- Personalized risk assessment and education
- Management of lifestyle, medications to reduce risk
- Implement new standards of care as individuals change
- Provide surveillance for other cancers through prevention, early detection strategies

Cancer Support

At Lake Regional Health System, we're with you in every way in the battle against cancer. As a result, we offer a wide range of services that help our patients to feel comfortable, cared for and respected during cancer treatment. And, we have special programs that can help people in our community find cancer early or return to an active life after treatment.

Following are a few of the programs we offer.

Palliative Care

Palliative care services are available for patients who have been diagnosed with advanced-stage cancer. Caring and compassionate, our palliative care staff works to support patients and their families as they cope with the physical,

emotional, social and spiritual effects related to their disease process. The palliative care staff communicates with health care providers to ensure that every treatment plan is tailored to enhance quality of life and meet each patient's goals and wishes throughout the disease process — helping every patient live life to its fullest.

Cancer Resource Navigation

The Resource Navigator strives to ensure each patient and family receives the needed resources and assistance to effectively cope with the effects of cancer. Assistance with financial needs is a large part of the Navigator role because this can be a major stress for patients. By researching options for assistance, networking and advocacy, and by providing a thorough psychosocial assessment, the Resource

Navigator is there to support you from diagnosis to survivorship.

Nutrition Services

Proper nutrition plays an important role in the care and healing of individuals diagnosed with cancer. To help patients meet nutritional needs and goals, expert dietitians partner with the Lake Regional Cancer Center health care team to support patients throughout their cancer treatment course and recovery.

Survivorship

Survivorship is an area of cancer that focuses on patients who have a history of cancer treatment. Survivorship starts at diagnosis and extends for the remainder of the patient's life. Its main goal is to reduce the risk of cancer reoccurrence and ensure long-term monitoring of health conditions that may occur as a result of having cancer or cancer treatment.



At Lake Regional Health System, we're with you in every way in the battle against cancer.

Support Groups

The following support groups meet the last Monday of February, April, July and October in Lake Regional's Cancer Center.

- ***Look Good ... Feel Better***
9:30-11:30 a.m.
This free workshop is provided by the American Cancer Society for all women who are currently undergoing cancer treatment. Women learn beauty techniques for skin care, makeup application and how to cope with hair loss. Participants also receive a complimentary bag of makeup. Reservations are required, preferably 24 hours in advance.
- ***Cancer Support Group for Men***
12-1:30 p.m.
This support group is for men with a cancer diagnosis who currently are undergoing treatment or are in recovery. This is a lunch and share meeting. \$5 cafeteria vouchers are provided to participants.
- ***HOPE for Women***
10:30 a.m.
This support group is for women with a cancer diagnosis who currently are undergoing treatment or are in recovery. This is a lunch and share meeting. \$5 cafeteria vouchers are provided to participants.

Community Outreach

During 2019, the Lake Regional Cancer Center team participated in 13 community outreach events held throughout the tri-county region, reaching 1,084 community members. This included an open house at the Cancer Center on March 5, 2019. Community members were invited to tour the facility, meet the providers and learn more about the services provided.



Eric McQueary, D.O., and the da Vinci X robotic surgery system

Guests could test drive the new da Vinci X robotic surgery system, used to treat prostate and kidney cancers.

In addition, the following screenings were performed at Lake Regional Health System.

Colorectal Cancer Screening

During Colorectal Cancer Awareness Month in March, Lake Regional offered free colorectal cancer screening kits to lake-area residents. Kits were mailed to 144 community members who requested the service.

Low-dose CT Lung Cancer Screening

During the period Jan. 1 through Dec. 31, 2019, a total of 558 patients

participated in the LDCT program. Of the 558 lung screenings performed: 272 results were negative, 218 results were benign in appearance, 28 results were probably benign, and 40 results were suspicious for cancer.

Mammography

In 2019, 3,938 mammograms were performed (screening and diagnostic) at Lake Regional Imaging Center. Of these, 24 of the studies resulted in findings of cancer.

Melanoma Screening

A total of 97 community members participated in the annual Skin Cancer Screening held May 3, 2019, at Lake Regional Cancer Center. Twenty-two participants were referred for further evaluation of questionable lesions.



HOPE Program

Lake Regional Cancer Center is very fortunate to receive community donations each year. The HOPE Program uses those donations where many patients need them most: assistance for services related to cancer treatment.

Lake Regional wishes to extend a sincere thank you to those who have contributed. Every donation makes these services possible for patients who could not otherwise afford them.

In 2019, the HOPE program provided \$5,582.73 toward patient needs. Patients received assistance for mammograms, fuel cards, medication co-pays, nutritional supplements, hair cut vouchers and more.

To donate, contact Terri Hall, Fund Development director, at 573-348-8153.

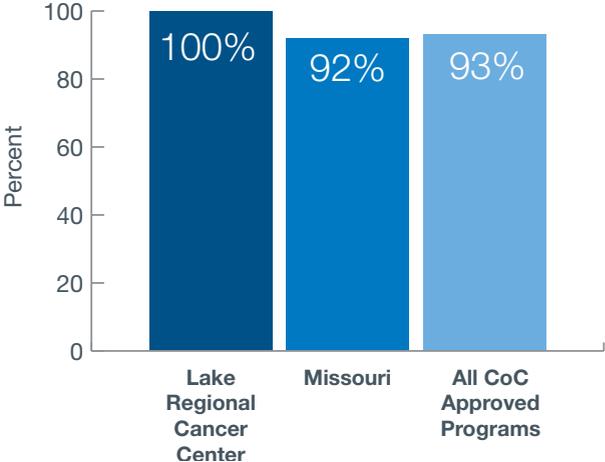
Thanks to the following businesses, organizations and individuals for donating \$500 or more in 2019.

- Baxter's Lake Grille
- Bella Donna
- Camdenton R-III Varsity Volleyball Team
- Co-Mo Electric Cooperative, Inc,
- Hy-Vee
- Lake Ozark Fire Protection District
- Shirl Melton
- Trent Russell, M.D.

Quality Performance

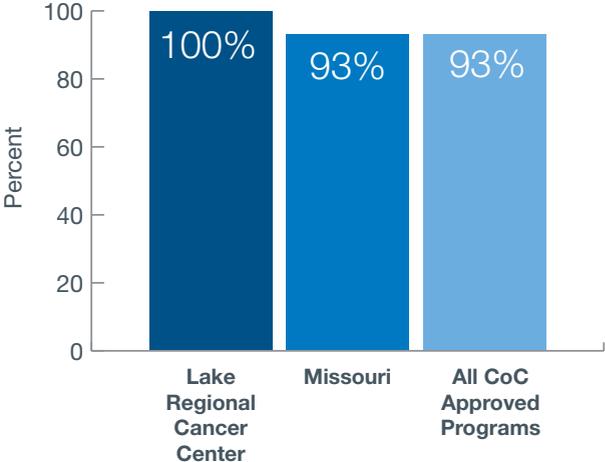
The following charts indicate treatment performance for cancers diagnosed 2013-2016.

Lung Cancer



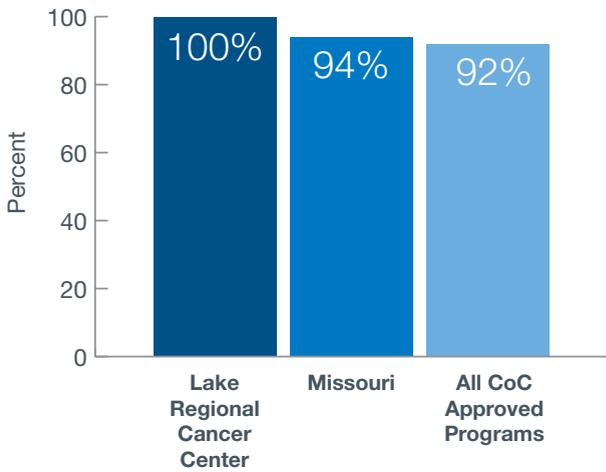
Surgery is not the first course of treatment for cN2, M0 lung cases.

Colon Cancer

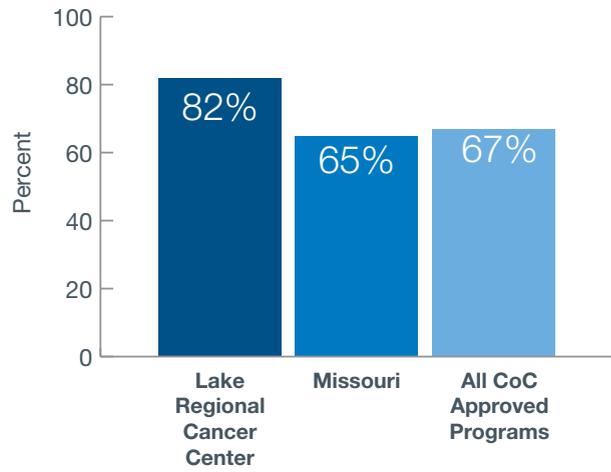


At least 12 regional lymph nodes are removed and pathologically examined for resected colon cancer.

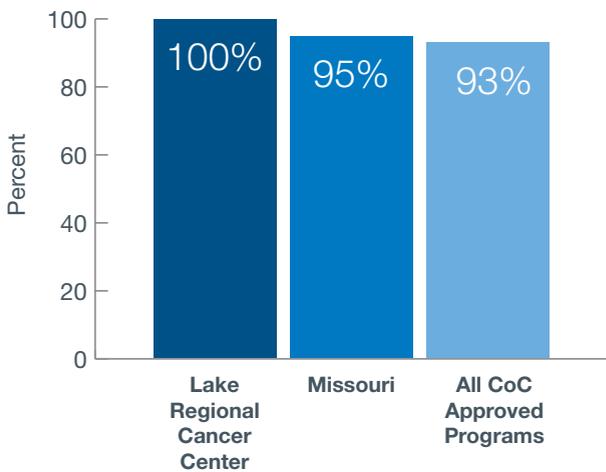
Breast Cancer



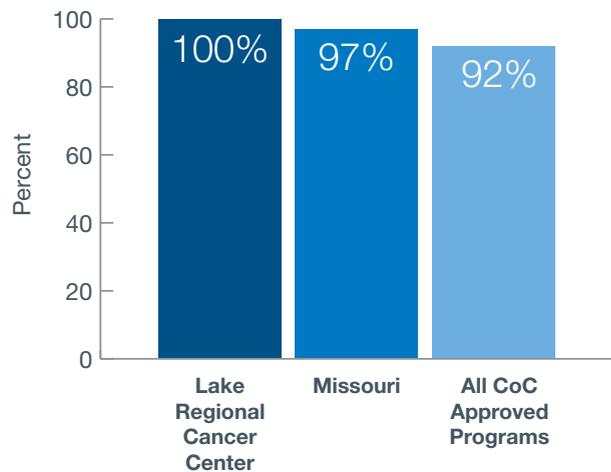
Radiation is administered within 1 year of diagnosis for women under the age of 70 receiving breast conservation surgery for breast cancer.



Breast conservation surgery rate for women with AJCC clinical stage 0, I or II breast cancer



Combination chemotherapy is recommended or administered within 4 months of diagnosis for women under 70 with AJCC T1 cNO or stage IB-III hormone receptor negative breast cancer.



Tamoxifen or third-generation aromatase inhibitor is recommended or administered within one year of diagnosis for women with AJCC t1c or stage IB-III hormone receptor positive breast cancer.

Quality Assurance

To ensure breast biopsy results are reported to ordering physicians as swiftly as possible, Pathology conducted a study of tissue sample turnaround times.

The retrospective study reviewed 52 patients diagnosed with breast cancer during the period Jan. 1, 2017, to June 30, 2018, to calculate the average number of business days required for pathology to report biopsy results.

The average time was 1.35 days per patient. This is better than the average of 2-4 days reported by the Archives of Pathology & Laboratory Medicines, 1996.

Quality Improvement

Emergency Department Utilization

During the last 30 days of life, patients may experience increased pain or other symptoms that lead them to seek emergency care. Lake Regional's Palliative Care

team focuses on helping patients manage symptoms to improve their quality of life during this time and to avoid ED visits or hospitalizations, if possible.

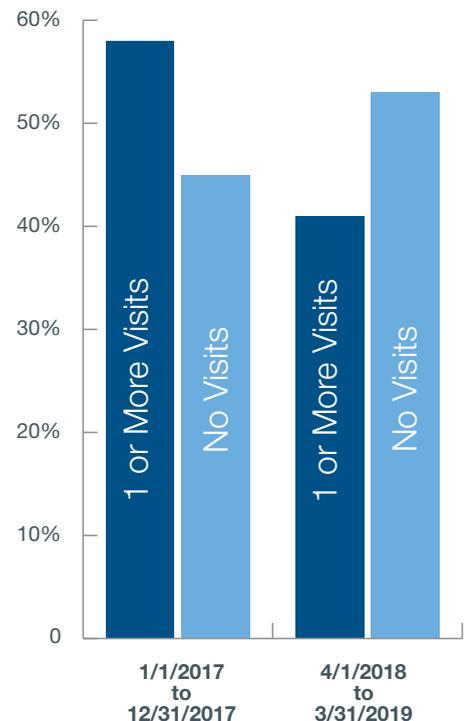
In 2018, a study was conducted comparing the ED utilization within the last 30 days of life for cancer patients during the period Jan. 1, 2017 to Dec. 31, 2017.

A cancer-center based Palliative Care nurse began meeting with patients earlier in the consult phase, continuing through treatments and during follow-up appointments. Palliative services are readily available to radiation and hospitalized patients with continued conversations on goals of treatment and quality of life.

During the study period, April 1, 2018, to March 31, 2019, 12 percent fewer cancer patients visited the ED within the last 30 days of life, compared to 2017. This

decrease was attributed to support and education provided by Palliative Care services.

ED Utilization Within the Last 30 Days of Life



Cancer Conference

Eighteen multidisciplinary cancer conferences were held during 2019. A total of 121 patient cases were presented.

Cancer Committee

Physician Members

Michael Wang, M.D.

Chairman
Hematology/Oncology

Mark Bryer, M.D.

Vice-Chair/Quality of Cancer
Registry Coordinator
Radiation Oncology

Stephen Haas, M.D.

Physician Cancer Liaison
Pathology

John Patton, D.O.

General Surgery

Michael Vierra, M.D.

Diagnostic Radiology

Harjyot Sohal, M.D.

Pulmonology

Members

Thora Conrad, CTR

Cancer Registry

Jennifer Bethurem

Public Relations

Cheryl Creasy, R.N.

Quality Improvement
Coordinator
Quality Management

Kasi DiBello, R.D., L.D.

Nutrition Services

Mike Dow, PharmD

Ancillary Services

Valerie Franke

Cancer Center Volunteer

Angel Frisbie, R.N., HPCN

Palliative Care

Dane Henry, FACHE

Administration/CEO

Courtney Hulett, P.T.

Rehabilitation Therapy

Melissa Hunter, R.N., MSN

Administration/SVP Clinical Services

Brandi Kincaid, MSN, NP-C, AOCNP

Community Outreach Coordinator
Inpatient Liaison

Nikki Leake

American Cancer Society

Marcy Maxwell, R.N.

Cancer Service Line Director
Cancer Conference Coordinator

Kevin McRoberts, FACHE

Administration/SVP Operations

Jennifer Newman, R.N., BSN, CEN

Cardiac Service Line

Lynsay North, R.N.

Clinical Research Coordinator
Cancer Center Nursing

Patrick O'Neil, D.O.

Administration/SVP Medical Affairs

Cecilia Pobst, R.N.

Cancer Center Nursing

Deidra Sickmeier, R.T.(R)(T)

Radiation Therapy

Nichole Stephens, LBSW

Psychosocial Services Coordinator
Cancer Resource Navigation

Angela Ullrich, R.N., BSN

Cancer Center Nursing

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Angel Frisbie, R.N., HPCN*

Stacy Anstine, R.T.(R), CMD



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