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St. Luke's

Oncology Annual Report
2018



St. Luke's Regional Cancer Center Accreditation

St. Luke's has been accredited by the Commission on Cancer since 1991. The American College of Surgeons is dedicated to improving quality of care for cancer patients. To earn voluntary CoC Accreditation, the cancer center is required to meet or exceed 34 Commission on Cancer Standards. To maintain accreditation, the cancer center must undergo an on-site survey every three years. In 2018, St. Luke's Regional Cancer Center successfully underwent its latest three year survey, which was performed by a representative (Surveyor) on behalf of the Commission on Cancer.

Accreditation is granted only to those facilities that have voluntarily committed to providing the best in cancer diagnosis and treatment and comply with established CoC standards. Patients who obtain care at a CoC-accredited cancer program receive the following benefits:

- Quality cancer care
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multidisciplinary, team approach to coordinate the best cancer treatment options available
- Access to cancer-related information and education
- Access to patient-centered services such as psychosocial distress screening and navigation
- Options for genetic assessment and counseling, and palliative care services
- Assessment of treatment planning based on evidence-based national treatment guidelines
- Information about clinical trials and new treatment options
- Follow-up care at the completion of treatment, including a survivorship care plan
- A cancer registry that collects data on cancer type, stage, and treatment results, and offers lifelong patient follow-up

St. Luke's offers the highest level of care that is available close to home. We are continuously informed about clinical research studies and trial options. The Whiteside Institute for Clinical Research is St. Luke's research department and allows the Regional Cancer Center to conduct clinical trials that would normally only be available at much larger institutions.

St. Luke's Regional Cancer Center Celebrates New Linear Accelerator

St. Luke's Regional Cancer Center celebrated the opening of its new linear accelerator with a ribbon cutting ceremony and open house.

Construction for a vault to house the new accelerator at St. Luke's Regional Cancer Center began in late 2017 and finished in April 2018. The linear accelerator replaces an older linear accelerator at St. Luke's. The TrueBeam linear accelerator from Varian allows oncologists to treat patients through external beam radiation by delivering high-energy x-rays and electrons directly to a tumor. Designed from the ground up to treat moving targets with advanced speed and accuracy, the TrueBeam system treats cancer anywhere in the body where radiation treatment is indicated, including lung, breast, prostate, and head and neck.

"It's a treatment option that was created with the patient's comfort in mind," St. Luke's Regional Cancer Center Clinic Manager Stacy Annear said. "Being treated for cancer can be scary and we want to make the process as smooth as possible for patients while giving them the best results."

The carefully guided, automated workflow on the TrueBeam system uses intuitive visual cues to enhance safety and reduce operation times. Streamlined imaging and patient positioning tools enable more flexibility to treat clinical cases throughout the body. Having the power to not only treat quickly, but to deliver high, accurate dose rates, are hallmarks of the TrueBeam system.

To learn more about St. Luke's Regional Cancer Center and cancer treatment options, visit slhduluth.com/cancer.



Ribbon Cutting for St. Luke's Regional Cancer Center's Linear Accelerator.

St. Luke's Cancer Committee Membership

The cancer committee is multidisciplinary, representing physicians from diagnostic and treatment specialties and non-physicians from administrative and supportive services. The committee meets quarterly to discuss program goals, screening programs, prevention programs, community outreach events, and to evaluate patient outcomes, discuss treatment results, and find opportunities for improvement.

**Medical Oncologist
Cancer Center Director
Cancer Committee Chair
Tumor Board Coordinator**
Dr. Homam Alkaied

Radiation Oncology
Dr. Steven Bonin
Dr. Nils Arvold

Radiology
Dr. Morgan Althoen
Dr. Naveen Gowda
Dr. Kerri Harting
Lynn Davis, RT

General Surgery
Dr. Daniel Opheim
Dr. John Bollins
Dr. Joshua Larson
Dr. Jennifer Witt

Palliative Care
Linda Hesch, RN, BSN, CHPN
Beth Nordstrom, RN, BSN, CHPN

Clinical Research
Marilyn Odean, MS
Karley Respet

Community Outreach
Stacy Annear, CPC

Dietician
Brenda Schwerdt, RDN, LD, CNSC

Pharmacy
Ben Anderson, PharmD, BCOP

Rehabilitation Services
Brett Osborne, PT

Cancer Liaison Physicians
Dr. Anna Perelshteyn – Oncology
Dr. Anne Silva-Benedict – Oncology

Certified Tumor Registrars
Cynthia Erangey, CTR
Laurel Lyytinen, CTR

Quality Management
Leah Berg, MS, RN
Cindy Prout, RN

Cardiothoracic Surgery
Dr. Mary Boylan

Gynecology
Dr. Melissa Miller

Cancer Registry
Mary Lehet, RHIA

Pastoral Care
Dulce Proud, M.Div.

Pathology
Dr. Steven Eastep
Dr. Sarah Lundeen

Cancer Program Administrators
Eric Barto, RN
Sue Hamel, RN

Oncology Nurses
Hillary Nelson, RN, MSN, CMSRN
Shari Tollerud, RN

Social Work/Psychosocial Services
Tina Roberts, LSW
Leslie Sauve, LSW

ENT/Surgery
Dr. Todd Freeman

Urology/Surgery
Dr. Nicholas Johnson

American Cancer Society
Pamela Mason

Psychiatric/Mental Health
Petra Woehrle, PhD, LP

2018 Programs & Events

The Commission on Cancer requires accredited facilities to meet standards annually. The cancer committee must organize and offer at least one cancer screening program that is designed to decrease the number of patients with late-stage disease. Furthermore, the cancer committee must also organize and offer at least one cancer prevention program designed to reduce the incidence of a specific cancer type. Both events must be targeted to meet the prevention and screening needs of the community.

SCREENING

St. Luke's cancer registry data displays late-stage colon cancer as the second most diagnosed stage IV cancer at St. Luke's, next to lung cancer. The Minnesota Cancer Facts and Figures confirm that lung and colon cancer are the top two cancers with the highest mortality rates. This provides an identified need for more colon cancer screenings.

Three members from St. Luke's staffed a colorectal screening and educational booth at the annual Rhubarb Festival in Duluth on June 23, 2018. There were American Cancer Society colorectal screening and prevention flyers available for visitors to take. Overall it was very successful and most visitors at the booth stated they were up-to-date with their colon cancer screenings.

On November 15, St. Luke's held a colorectal screening event open to the community at St. Luke's Miller Creek Medical Clinic in Hermantown. A representative from the American Cancer Society was present at the event and provided resources to visitors. A member of St. Luke's Gastroenterology Associates was available to assist patients with a risk assessment evaluation. Fecal immunochemical tests (FIT) kits were available free of charge for those interested in at-home screening. They had approximately 40 visitors stop by the booth and distributed 47 FIT kits.

PREVENTION

St. Luke's cancer registry data displays lung cancer as the top leading cancer site in 2012, 2013, 2014, 2015, and 2016. The committee decided to focus the 2018 prevention events around lung cancer, primarily on youth tobacco prevention since there has been an increase of vaping and E-Cigarette usage among young adults. This provides an identified need for more prevention and education.

Prevention activities for 2018 were developed through a partnership with the American Lung Association and Hawks for Health, a community group committed to promoting health through effective tobacco control efforts. On August 29, 2018, a member from St. Luke's education department staffed a table at the Hermantown Middle and High Schools open house events, alongside the American Lung Association and Hawks for Health, to support the Tobacco 21 initiative to increase the age to

purchase tobacco in the city of Hermantown to 21. During the event, staff members at the booth interacted with parents, students, and teachers to discuss the health risks of tobacco use, including the effects of nicotine on the developing brain and the long term risk of lung cancer. Printed materials from the Centers for Disease Control and Prevention were distributed, along with Hermantown community-specific data on student tobacco use from the MN Student Survey. Participants were encouraged to pledge their support to the Tobacco 21 initiative to limit the availability of tobacco products for the youth population. At the table they also advertised and encouraged attendance to a community education event, including a panel discussion on youth tobacco and vaping, to be held at the school on September 25, 2018. Overall, the response was positive, and 88 individuals signed up to support the T21 policy change. St. Luke's staff members then testified at public hearings when the city council discussed whether to approve the T21 policy. The council approved T21 on November 5, and the law will go into effect January 1, 2019.

On September 25, an educational panel discussion on vaping/e-cigarettes and tobacco prevention was held at the Hermantown High School Auditorium. Dr. Amanda Webb, St. Luke's Pediatric



Associates, participated in the panel discussion and presented on the health risks of tobacco use in the youth population. Other panelists included the American Lung Association Manager of Tobacco Programs, a St. Louis County Public Health Educator, and a Hermantown High School student. Approximately 50 parents, students, and family members participated in the event. At the conclusion of the event, 90% of the participants reported that, based on their current knowledge, they felt "very" comfortable talking to their family members about e-cigarette use.



Members from the educational vaping/e-cigarette and tobacco prevention panel.

Understanding Cancer: Survivorship Lecture Series

St. Luke's hosted its 12th lecture in the Understanding Cancer: Survivorship Lecture Series on February 20, 2018 at Marshall School in Duluth. The focus of this lecture was on managing cancer. Physical Medicine & Rehabilitation Specialist Dr. Leslie Cavazos and St. Luke's Interventional Pain Management Specialist Dr. Kathryn Thompson shared how physical therapy, fall prevention, and nutrition can help with managing cancer during and after treatment.



St. Luke's hosted its 13th lecture in the Understanding Cancer: Survivorship Lecture Series on June 12, 2018 at Marshall School. The focus of the lecture was on managing the financial aspects of cancer. Experts addressed powers of attorney, health care directives, how to apply for disability or supplemental income, and accessibility assistance options.

The next Survivorship Lecture will be in the summer of 2019. All survivorship lecture series are held at Marshall School and are free to the public, courtesy of St. Luke's Regional Cancer Center and St. Luke's Foundation.

2018 Improvements

Quality improvements are continuously being made throughout St. Luke's to improve the care and experience for cancer patients. Improvements made in 2018 include:

RADIOLOGY DEPARTMENT

- In addition to the newly installed PET/CT scanner, we are now able to provide Axumin PET/CT scans. Axumin is an FDA-approved, Medicare-covered scan that can achieve early detection of recurrent prostate cancer after surgery or radiation. St. Luke's is the only hospital in the region offering this scan.
- St. Luke's Radiology Department is now offering MRI Brain Spectroscopy to measure biochemical changes in the brain, especially the presence of tumors.

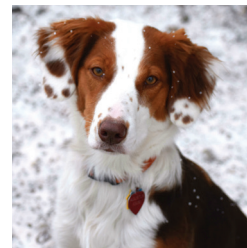
HOSPICE/HOME CARE

- St. Luke's offers Sentimental Journey. Similar to Make-A-Wish, a patient enrolled in hospice who wants to go someplace "one last time," but can't due to transportation and care needs, Gold Cross will provide a caregiver and transportation to help make that happen at no cost to the patient.

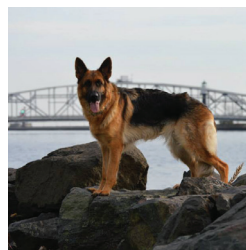
- Grief Companions are now available for those who have lost a loved one. Volunteers have been trained in what to look for in the bereaved and will support those who they are paired with for 13 months following the death. These companions can offer companionship, support, and possibly assist with tasks for the bereaved, such as helping with cards, thank you cards, and going through personal belongings.
- St. Luke's offers volunteer pet training; we now have 17 pet volunteers. Pets offer a welcome distraction from illness and help people feel a little less lonely. Below are some pictures of our current pet volunteers.



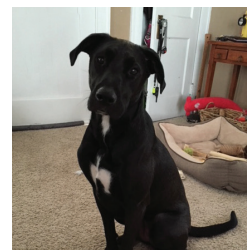
Finley



Gus



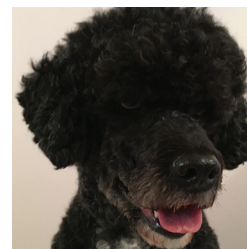
Winnie



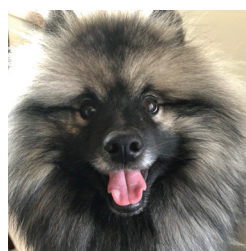
Ellie



Leonard



Star



Murphy

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Improvements, continued...



CLINICAL RESEARCH/ WHITESIDE INSTITUTE

- Dr. Homam Alkaied, St. Luke's Oncologist, was named an Adjunct Full Professor of the Department of Biomedical Sciences at the University of Minnesota Medical School, Duluth Campus.
- The research department opened four cancer studies to enrollment as of 10/2018: one breast cancer registry study, two pharmaceutical-sponsored, and one National Clinical Trial Network (Cooperative Group)-sponsored clinical trial. Clinical Trials provide opportunities for St. Luke's patients to have access to investigational new drugs not available outside of a study.
- St. Luke's Oncologists Dr. Anna Perelshteyn, Dr. Homam Alkaied, and Dr. Anne Silva-Benedict, along with St. Luke's Radiation Oncologist Dr. Steven Bonin, are serving as principal investigators for certain clinical trials. With the addition of these principal investigators, the Whiteside Institute will be able to open more clinical trials for St. Luke's patients.
- Patients can receive a labeled research folder if they are taking part in or considering taking part in an oncology clinical trial. The folder will hold research-related information and education.

ONCOLOGY INPATIENT UNIT

- Obtained six new vitals machines
- Purchased new furniture for the Solarium
- Increased nursing staff
- Updated code status and modified code status implementation. The use of a new "modified code status" band will be used to indicate patients with a specific code status.

INFUSION THERAPY CLINIC

- A new aromatherapy program means patients are offered aromatherapy patches to put on their chest. There are three options for patients:
 - Nausea prevention
 - Relaxation
 - Calming effect
- A new activity cart provides books, puzzles and games for patients and their loved ones during infusion visits
- Chemo binders are given to patients when they receive chemo education. The binders include information on a variety of topics including chemo brain, lifestyle changes and sexuality, and skin care.
- A new treatment is available for Hodgkin's disease: A+ADV has replaced ABDV.
- There are six dedicated nurses for the Vascular Access Device (VAD) Team. The VAD Team also expanded its hours and coverage for the hospital: Monday – Friday 6 am – 10:30pm, and Saturday and Sunday, 7:30 am – 10:30 pm.
- Quarterly patient "fun days" create a special excitement for patients. On Halloween, staff wore Halloween costumes that patients enjoyed.





Dr. Kerri Harting, St. Luke's Breast Center, talks with a breast cancer survivor.

St. Luke's Breast Cancer Screening Saves Lives

Published in *Woman Today* magazine October/November 2017

It is the diagnosis no woman wants to hear. "You have breast cancer."

A year ago in June, an RN who works at St. Luke's felt a lump in her right breast. After an ultrasound and biopsy at St. Luke's Breast Center, she was diagnosed with breast cancer.

Because of her busy life, with illnesses of other family members and some other medical issues of her own, she had put off having a mammogram for 8 years after her first mammogram had been normal.

When she chose to have a bilateral mastectomy, Dr. Mark Monte, a board certified general surgeon at St. Luke's, did her surgery. "I received wonderful care from Dr. Monte and everyone who cared for me at St. Luke's after the surgery," she explained.

"Women should not minimize the value of simple preventative care and going in to get an annual mammogram," she said. "The staff members at the Breast Center are discreet, compassionate and informative people who are there to help."

She added, "I 'cheated' cancer and I know many people who are less fortunate than I am. I am reminded of how lucky I am when I spend time with the brave oncology patients I work with every day. I have a greater understanding and empathy for what they are going through."

EXPERT DIAGNOSIS AND CARE

St. Luke's Breast Center, located inside St. Luke's Hospital in Duluth, promotes breast health with educational outreach. They offer state-of-the-art equipment for early

detection of breast cancer. Patients receive top-notch care from their dedicated staff.

The Center works efficiently to get the results back to patients as soon as possible after their exams. St. Luke's Patient Portal system is another way that communication about results is done quickly so patients who are anxious about their results can access them sooner.

St. Luke's now uses the Genius 3D Mammography System. As with the 2D mammogram, the patient has a technologist position the breast for compression. With the 3D mammogram, however, rather than just seeing four pictures, the doctor is able to see many pictures, layer by layer of the breast tissue, making fine details more visible.

3D mammography detects 41 percent more invasive breast cancers and reduces false positives up to 40 percent. It has been found to be particularly effective for women with very dense breasts.

Radiologist Dr. Kerri Harting, board certified by the American Board of Radiology, works in the St. Luke's Breast Center doing Diagnostic Radiology and Breast Imaging. She completed a residency in radiology at the University of Missouri, Columbia, MO, and a second residency at St. Luke's Medical Center, Milwaukee, WI. She also completed a fellowship in Breast Imaging at the world-renowned Mallinckrodt Institute of Radiology at Washington University, St. Louis, MO.

While Dr. Harting spends roughly half of her time reading mammograms, she also does breast MRIs, breast biopsies and other diagnostic radiology.

Dr. Harting speaks highly of the 3D mammography imaging. "With hundreds of pictures, it shows one millimeter sections. We can detect smaller cancers and detect cancers sooner."

She talks with every patient who has an abnormal mammogram. Thankfully, she says, the vast majority of patients diagnosed with breast cancer are in the early stages.

Dr. Harting recommends that beginning at age 40, every woman has a mammogram every year. "Life happens, women get busy, and some forget to make that appointment. Take twenty minutes to do this for yourself. Live life without the regret of 'what if I had come in sooner?'"

Other preventative measures that Dr. Harting recommends include quitting smoking, eating a healthy diet with natural foods, avoiding caffeine and getting exercise.

Continued on next page...

Screening Saves Lives, continued...

KNOWING THE NUMBERS

Statistics about breast cancer from the National Breast Cancer Foundation (NBCF) are sobering:

- On average, every two minutes a woman is diagnosed with breast cancer and one woman will die of breast cancer every 13 minutes
- One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women
- Breast cancer is the second leading cause of cancer deaths among women

Some positive news is that there has been a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates have declined since 1990, likely due to better screening, early detection, increased awareness and improvement of treatment options.

Also great news is that women whose breast cancer is detected at an earlier stage have a 93 percent or higher survival rate in the first five years. The NBCF estimates that there are 2.8 million breast cancer survivors alive in the United States today.

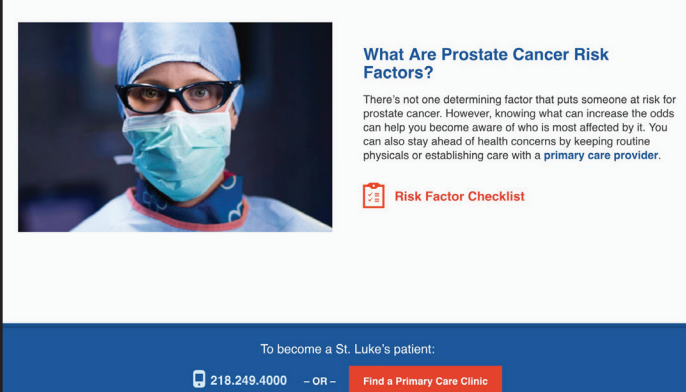
With October being Breast Cancer Awareness Month and National Mammography Day on the third Friday in October, women who may have put off getting a mammogram, should schedule one today and remind other women in their lives to do the same.

NBCF's slogan rings true, "No one should face breast cancer alone." Or better yet, with preventative measures and annual mammograms, no woman should have to face breast cancer at all.

For more information or to schedule a mammogram, call St. Luke's Breast Center at 218.249.5361.

Prostate Cancer Risk Factors Website Checklist

St. Luke's launched a marketing campaign in spring 2018 that included highlighting our urology experts. The website, www.ChooseStLukes.com, features a prostate cancer risk factor checklist.




What Are Prostate Cancer Risk Factors?

There's not one determining factor that puts someone at risk for prostate cancer. However, knowing what can increase the odds can help you become aware of who is most affected by it. You can also stay ahead of health concerns by keeping routine physicals or establishing care with a **primary care provider**.

[Risk Factor Checklist](#)

To become a St. Luke's patient:
 218.249.4000 - OR - [Find a Primary Care Clinic](#)



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Age
 As a man ages, his risk for getting prostate cancer increases. More men with prostate cancer are 65 or older.

Family history
 Certain genes inherited from parents may affect prostate cancer risk. Currently, no single gene is sure to raise or lower the risk of getting prostate cancer. However, a man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.

Race
 Prostate cancer is more common in African-American men. It tends to start at younger ages and grow faster than in other racial or ethnic groups.

Source: Centers for Disease Control and Prevention

[Download Checklist](#) Close x

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