



## Caring for Cancer Patients is a Work of Mercy

2011 ONCOLOGY REPORT TO THE COMMUNITY  
**Mercy Hospital St. Louis**



# 2011 Cancer Committee

A multidiplinary committee composed of board-certified physicians, members from administration, nursing, social services, radiology, quality assurance, pastoral care, cancer registry and other specialty-related ancillary staff.

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Cancer Liaison/Co-chair

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**Christine Janney, MD**

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**Jeannie Mollohan, RN, MSN(R), NNP-BC**

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**Edie Vallo, CTR**

Cancer Registry

**Susan H. Westfall, MD**

Surgery

**Sarah Withrow, DDS**

Dental Medicine



## Mission

As the Sisters of Mercy  
before us, we bring to life  
the healing ministry of Jesus  
through our  
compassionate care and  
exceptional service.

## Our values

Dignity  
Justice  
Excellence  
Service  
Stewardship



NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS





# Mercy: Fully Accredited. Clearly Committed.

Professional accreditations are evidence that patients can expect the highest quality of care at Mercy – innovative, comprehensive care, including information about clinical trials and new treatments, from a multidisciplinary team working together to coordinate the best, most-effective treatment options.

In 2011, Mercy's oncology program was awarded a three-year accreditation with commendations from the **American College of Surgeons on Cancer**, a distinction given to fewer than 20 percent of all cancer programs in the country. Eight standards were eligible for commendation; we received the exemplary rating of "commendation" on all eight. Mercy has been accredited by the American College of Surgeons on Cancer since 1984 and is also accredited by **The Joint Commission**.

We earned another important accreditation in 2011 as well: a three-year term of accreditation in breast ultrasound by the **American College of Radiology (ACR)**. The ACR gold seal of accreditation represents the highest level of image quality and patient safety and is awarded only after peer evaluation by board-certified physicians and medical physicists.

Additionally, we are fully accredited by the **National Accreditation Program for Breast Centers (NAPBC)** which is administered by the prestigious American College of Surgeons. Mercy was the first center in Missouri to receive this designation.

## Highlights from 2010 and 2011

In addition to recognition for our achievements through accreditation, we've made a number of significant

advancements in infrastructure and programs to benefit patients. Among them:

**Use of DoseEdge Technology.** We are committed to the safety of our patients. In March 2011, we began using DoseEdge technology, a software program fully integrated with the pharmacy application of our electronic health record system, to ensure safe and accurate preparation of chemotherapy. Every step of the process, from selection of the drug, to measurement, to compounding, is captured using bar code technology and digital imaging. This allows for verification by a pharmacist prior to dispensing the medication. Only then is the chemotherapy sent to a nurse to be administered to the patient.

**Opening of Mercy Clayton and Clarkson.** This modern, high-tech facility recently completed its first full year and brings together Mercy physicians and many other health care services in one convenient location. It is home to the Mercy Clinic St. Louis Cancer and Breast Institute, as well as heart and vascular services, internal and family medicine physician practices, and a full selection of imaging and laboratory services to support cancer patients.

**Intensified Pediatric Focus.** We provide state-of-the-art pediatric oncology care in a child-friendly setting. The grand opening of Mercy Children's Hospital St. Louis in February 2011 allowed us to expand services to our pediatric oncology patients. Comfortably designed with private rooms, areas for therapeutic play and respite, the hospital perfectly complements Cardinal Kid's Cancer Center, our family friendly out-patient oncology center which opened late in 2010.

McDonald's decision to locate the world's 300th Ronald McDonald House on the grounds of Mercy Hospital in September 2010 enhances our pediatric focus. It provides shelter for 20 families each night who have traveled to St. Louis so their children can be treated at Mercy Children's Hospital or other nearby providers.

## Looking ahead to 2012

While we're proud of our accomplishments, we are eagerly anticipating several exciting developments.

**Expansion into St. Charles County.** Mercy has announced plans to expand services and facilities in St. Charles County including a new hospital and medical office building.

**Expanded Gastroenterology Capabilities.** In December 2011, Mercy Clinic added 11 gastroenterologists to our existing group of gastroenterologists. This means more advanced GI procedures, more choices, locations and convenience for our oncology patients in the years ahead.

As we consider the future, we look forward to continuing our mission of providing outstanding cancer care.

Robert Frazier, MD  
Chairman, Cancer Committee

James Boyd, MD  
Co-Chair, Cancer Committee

# Breast Cancer Care at Mercy



**By Diane M. Radford, MD, FACS, FRCSEd**  
Surgery, Oncology

## Our name is Mercy; our spirit is compassion.

*Catherine McAuley*  
Founder, Sisters of Mercy

Breast cancer is the most commonly diagnosed cancer in women, accounting for 28 percent of all new cancers. In 2010, the American Cancer Society (ACS) estimated that 207,090 cases were diagnosed in women in the United States, and 3,880 in Missouri. Nationwide, there were 1,970 cases of male breast cancer. At Mercy in 2010, 880 cases were diagnosed in women and men, compared to 312 in 2003.

Mercy was the first program in Missouri to be accredited by the National Accreditation Program for Breast Centers (NAPBC) and our breast centers have been named "Breast Centers of Excellence," a true accolade. Mercy remains the premier provider of breast cancer care in St. Louis County, and has one of the largest breast cancer programs in Missouri. Data show that screening mammography saves lives through early detection of breast cancer. At Mercy, we adhere to the ACS guidelines of annual mammography beginning at age 40. Twenty-three percent of breast cancers diagnosed at Mercy occurred in women under age 50.

Mercy offers numerous locations for screening mammography in the St. Louis area, all staffed by dedicated breast imaging technologists: the Breast Center at Mercy Hospital, Mercy Clayton and Clarkson, facilities at Tesson Ferry, Hazelwood, O'Fallon and the traveling digital mammography van.

The ACS recommends MRI screenings for women with a lifetime risk of 20 percent or greater. MRI, using the advanced, award-winning Sentinelle Breast MRI table for increased patient comfort, is available at Mercy Hospital and Mercy Clayton and Clarkson. The average breast MRI is completed in just 23 minutes. Additionally, automated 3-dimensional breast ultrasound, another state-of-the-art imaging tool in the armamentarium for breast cancer detection, is available to our patients.

The mission of Sister Catherine McAuley continues in the healthcare ministry at Mercy with the provision of free mammography to the uninsured and underinsured. Thanks to funds from Show Me Healthy Women and Susan G. Komen for the Cure St. Louis Affiliate, over 840 uninsured or underinsured women were screened in 2010. Of those, 15 were diagnosed with breast cancer.

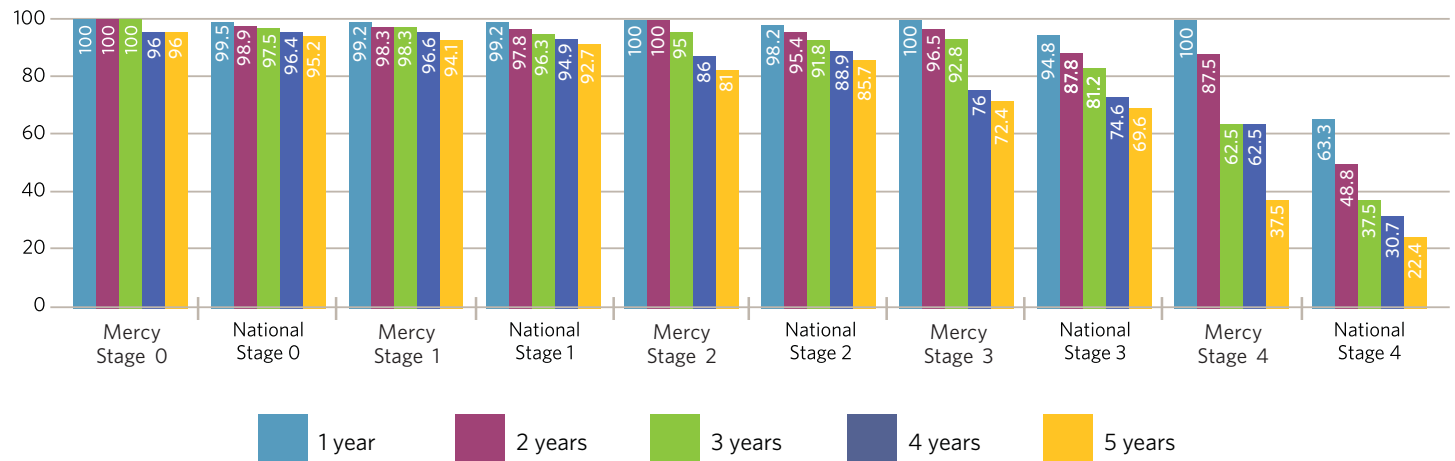
At Mercy, we recognize that a coordinated, multidisciplinary approach is essential for optimal breast cancer care. Just two years ago, Mercy joined forces with St. Louis Cancer and Breast Institute to form Mercy Clinic St. Louis Cancer and Breast Institute. This added four fellowship-trained breast surgical oncologists and five medical oncologists to our dedicated team of breast surgeons, medical oncologists, breast radiologists and radiation

oncologists who provide multidisciplinary care for patients with breast cancer.

Communication between breast care providers is enhanced by weekly multidisciplinary conferences attended by breast surgeons, medical oncologists, radiation oncologists, breast radiologists, pathologists, social workers, and research staff. Patient care is discussed and input is sought from all involved specialties. Through active participation in the Community Clinical Oncology Program, we also offer patients opportunities to participate in clinical trials when appropriate.

For the last three years, the David C. Pratt Cancer Center Radiation Oncology Department has employed the Active Breathing Coordinator (ABC) device to eliminate radiation to the underlying heart

## Five-Year Breast Cancer Survival Rate



# Advances in the Treatment of Thyroid Cancer

during left-sided breast radiation. Mercy is the only facility in St. Louis utilizing this important heart-avoidance technology. In addition, CT-based 3D radiation planning (3D-CRT) is used to produce very uniform dose distributions throughout the breast, and IMRT/IGRT using Tomotherapy is also available when appropriate. Mercy has the most active MammoSite HDR brachytherapy program for accelerated partial breast irradiation (PBI) in the St. Louis area, and was the only local center to participate in the national MammoSite Registry Study.

Support services are essential to care of the whole patient as they progress from diagnosis to survivorship. We offer a complete range of services including counseling, physical therapy, occupational therapy, myofascial release, lymphedema therapy, exercise programs and support groups. Additional programs are now available through collaboration with the Cancer Support Community.



**By James Boyd, MD**  
*Otolaryngology • Cancer Committee/Co-Chair*

For reasons that are not yet clear, the incidence of well-differentiated cancer of the thyroid, a commonly occurring malignancy, is gradually increasing in the United States. In general, it is thought to be a low-grade malignancy with an overall excellent prognosis. Cure rates are quoted at 20 years because mortality from the disease is unlikely before an extended period of time. Despite this, there are subsets of the disease that behave much more aggressively and result in death despite conventional therapy.

The well-documented approach to most thyroid cancers includes surgical removal and adjuvant therapy with radioactive iodine, Iodine 131. This is followed by ongoing suppression with synthetic thyroid hormone. For tumors greater than one cm in size, this is the treatment of choice according to the American Thyroid Association Guidelines Taskforce on Thyroid Nodules and Differentiated Thyroid Cancer. Involved local lymph nodes are resected as needed. Although this therapy results in an excellent survival rate at 20 years, disease recurrence is common (15-30 percent) even in early stage disease. With this in mind, it is important to diagnose individuals at risk for recurrence as early as possible to implement more aggressive therapy and monitoring.

The oncogene BRAF V600E mutation has recently been linked as a marker of aggressive behavior in papillary thyroid cancer. It is reported to result in upregulation of EG-VEGF (endocrine gland derived vascular endothelial growth factor) with a resultant increase in angiogenesis and cancer progression in solid tumors including the thyroid. BRAF mutation is present in as many as 45 percent of papillary thyroid cancers but the BRAF V600E mutation is detected in over 80 percent of cancers with an infiltrative pattern. In patients with metastatic nodes and an infiltrative pattern, it is present in almost 100 percent of the cases.

Knowledge of this specific mutation provides a new target for innovative

therapy for more aggressive thyroid cancer. While conventional therapy has not relied on chemotherapy as a treatment modality, several drugs are now being studied to treat refractory recurrent patients. They include Sutent (sunitinib), Nexavar (sorafenib) and Receptin (cediranib), kinase inhibitors which have demonstrated significant success in treating well-differentiated thyroid cancer. At Mercy Hospital St. Louis, an ongoing Phase II study is currently available for patients with Iodine 131 - refractory disease utilizing another kinase inhibitor, cediranib and lenalidomide.

Other advances relevant to the management of thyroid cancers relate to surgical management. While surgical removal of the thyroid is uncontroversial, the approach is variable. A minimally invasive surgical approach with smaller incisions, endoscopic techniques and robot-assisted techniques continues to minimize the impact of the surgery on the patient. The management of metastatic adenopathy with selective neck dissection is often needed as well. All of these therapies must comply with the expectations of low morbidity and virtually no mortality.

In summary, many recent advances in the treatment of thyroid cancer should continue to improve already excellent survival rates while preserving normal function and quality of life.





# Mercy Cancer Services

Each person we treat has a dedicated team of highly skilled specialists expert at diagnosing and treating all stages of cancer. Our distinguished, caring team works together to make effective diagnostic and treatment decisions, while keeping the focus on the whole person.

## **Infusion Therapy**

Mercy offers patients the convenience of three infusion centers: the David C. Pratt Cancer Center, Mercy Clinic and Hospital Services at Clayton and Clarkson, and Mercy Clinic and Hospital Services at Chippewa. All three centers offer a complete array of infusion services in light-filled, comfortable and supportive settings.

### **Services include:**

- Chemotherapy
- Complex biologicals
- Immunotherapy
- Blood products (Pratt Cancer Center only)
- IV
  - Fluids
  - Anti emetics
  - Antibiotics
  - Analgesics
- Injectable medications
- Investigational therapies

## **What is DoseEdge Technology?**

DoseEdge technology is a computer application program Mercy has adopted which uses barcode technology and digital imaging in the chemotherapy compounding, dosing and tracking process to ensure safe and accurate preparation. DoseEdge allows each order to be double-checked by a pharmacist at the preparation location, or remotely by a second pharmacist, ensuring greater dispensing accuracy.

## Chemotherapy

**Preparation.** All chemotherapy medications are prepared on site at each location using DoseEdge technology, a software program which is integrated with the pharmacy application of our electronic health record system, to ensure safe and accurate preparation of chemotherapy. Every step of the process, from selection of the drug, to measurement, to compounding, is captured using bar code technology and digital imaging for verification by a pharmacist prior to dispensing the medication. Only then is the chemotherapy sent to a nurse to be administered to the patient.

**Administration.** Patient safety is paramount and proper administration of chemotherapy requires very strict protocols. We operate under the guidelines of the Oncology Nursing Society for the administration of all chemotherapy. All nurses have completed chemotherapy certification training.

Mercy's Electronic Health Record (EHR) allows our patients to receive services across the system seamlessly. This is especially helpful to patients using our infusion centers as it allows them to go wherever is most convenient for them – and not always to the same center – and their records are instantly ready and waiting. This affords our patients tremendous flexibility at a time when they especially appreciate it.

Social workers are available at all three locations to provide counseling and assist with applications for financial resources, transportation, housing and accessing community resources.

## Radiation Therapy

Mercy Hospital's Radiation Oncology Department offers the newest, most advanced radiation therapies. Services are available at both the David C. Pratt Cancer Center and Mercy Clinic and Hospital Services at Clayton and Clarkson. Both facilities are staffed by board-certified radiation oncologists, medical physicists, radiation therapists, and nurses.

### **Radiation therapies include:**

- Intensity Modulated Radiation Therapy (IMRT)/Image Guided Radiation Therapy (IGRT)
  - Ideal for cancers of the prostate, head and neck, brain, pediatric, gynecological, thorax, and abdomen which lie near critical tissue.
  - Benefits: increased treatment precision with minimized exposure to healthy tissue.
- Brachytherapy
  - Often utilized for cancers of the prostate, breast, cervix, uterus, and vagina, and to alleviate symptoms caused by esophageal and lung cancers.
  - Examples include prostate seed implant, mammoSite HDR brachytherapy and vaginal HDR brachytherapy.
  - Benefits: fewer treatments, less radiation to surrounding healthy tissue, shortened treatment course, and enhanced patient convenience.
- Stereotactic Radiosurgery (SRS)/Stereotactic Body Radiotherapy (SBRT)
  - Ideal for cancers and benign tumors of the brain, spine, lung, liver, head and neck, pancreas, and prostate.
  - Benefits: precisely-focused high-dose radiation effectively targets tumor cells while sparing nearby normal tissue; requires few treatments.

## Innovations in Radiation Therapy at Mercy

- Mercy is the only facility in St. Louis to offer use of the Active Breathing Coordinator (ABC) during left-sided breast radiation. (Helps eliminate radiation to the underlying heart.)
- We use CT-based 3D radiation planning (3D-CRT) for more uniform dose distributions throughout the breast.
- Mercy offers five-day stereotactic body radiation therapy (SBRT) for prostate cancer.
- We are one of only a few centers in the country to have two Tomotherapy units for sophisticated IMRT/IGRT radiation treatments.
- We were the only local center to participate in the national MammoSite Registry Study.
- We participate in numerous nationwide research protocols through RTOG, SWOG, GOG, COOP, as well as several in-house IRB-approved research studies.

## Surgical Treatment

Mercy Hospital has two world-class surgery centers: our hospital and a second facility at Mercy Clayton and Clarkson.

We offer many types of surgery for the treatment of oncology patients and their specific diagnoses. Our physicians work closely with each individual patient to discuss treatment options and propose the best choice available.

Mercy is a leader in robotic surgery. We were the first hospital in St. Louis to acquire the da Vinci Surgical System in 2003 and now have three da Vinci systems. Our patients realize significant advantages: using da Vinci, surgeons work with robotic arms through small incisions – resulting in less blood loss, fewer effects from surgery and faster recovery times.



## Electronic Health Record

Mercy's Electronic Health Record (EHR) puts vital information at our physicians and patients' fingertips so better decisions can be made more quickly. Health history, previous treatments, test results, medicines taken, allergies – all are readily accessible to Mercy caregivers.

### **Benefits include:**

- Patients can easily access test results and other health information via computer or internet-enabled phone, day or night.
- Physicians can quickly access medical records such as diagnostic tests and health history.
- Mercy physicians who coordinate care can see procedures which have already been completed and review results.
- In case of emergency, authorized caregivers can access comprehensive health information – even if the patient is unable to speak.

## Services at David C. Pratt Cancer Center at Mercy Hospital

- Adult and pediatric oncology care
- Diagnostic imaging
- 3T MRI
- PET/CT Scanner
- Hospice
- Infusion therapy/targeted therapy
- Integrative therapies
- Minimally invasive and robotic surgery
- Nuclear medicine
- Oncology surgery
- Pain management/palliative care
- Radiation therapy
- Tomotherapy
- Stereotactic radiosurgery (SRS)
- Radioimmunotherapy
- Research

## Services at Mercy Clayton and Clarkson

- Mercy Clinic St. Louis Cancer and Breast Institute
- Breast Imaging Center (stereotactic breast biopsy; mammography; ultrasound)
- Nuclear medicine
- CT scan
- MRI
- Bone density testing
- Infusion therapy
- Radiation therapy
- Integrative Medicine – physical therapy, occupational therapy, acupuncture
- Ambulatory Surgery Center
- Wellness Shop
- Clinical research trials
- Pharmacy
- Laboratory



## Cardinals Kids Cancer Center

Since it opened in 2010, the Cardinals Kids Cancer Center has established itself as a leading center for pediatric hematology/oncology. In fiscal 2011, the Center had nearly 7,900 visits.

The children – and their families – who face the everyday challenges of coping with a cancer diagnosis, are welcomed by the Center’s cheery environs which are modeled after Busch Stadium. Complete with a box office reception area and baseball-themed therapy rooms, the Center offers a non-threatening, child-centered environment where children receive the therapy they need but also have freedom to explore, play and create. From the mural in the waiting room to the air hockey and arcade games in the bullpen area, the space promotes play-therapy and adds a much-needed element of fun to days that are often long and difficult for patients and their families.



## Holistic Options in the Treatment of Breast Cancer

Margaret Coplin, MD, oncologist and Mercy Clinic physician, is completing a two-year fellowship in integrative medicine. As a board-certified physician in both internal medicine and oncology, Dr. Coplin offers patients traditional treatments for breast cancer as well as less-traditional resources.

“In my practice as an oncologist, we are treating the whole person, not just the disease,” Dr. Coplin says. “Many other things have an impact on disease progression and possibly recurrence. Data supports this. For example, there is strong data on diet and exercise in the realm of prevention, recurrence, and survival. I talk to my patients about this.

“We have a psychologist in our building who will see patients on short notice to help them put the whole situation in perspective after diagnosis.”

Additionally, Dr. Coplin offers:

- Over-the-counter supplements for mood changes, fatigue and nausea.
- Acupuncture for chemo-induced nausea.
- Physical therapy for lymphedema prevention.
- Strategies, such as breathing techniques and journaling, to reduce stress as data shows it also impacts disease.

“Patients do have control over their lifestyles,” Dr. Coplin says. “They are usually grateful to have things they can do. It helps restore some sense of control.”

# Caring goes beyond providing traditional treatment.

## Palliative Care

Palliative care is an integral part of our oncology program at Mercy. We embrace the definition and goals established by the **Center to Advance Palliative Care** which defines this specialty as:

*... specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stress of a serious illness - whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.*

*Palliative care is provided by a team of doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.*

Indeed, Mercy's first palliative care team member was Catherine McAuley. She was the forerunner to our present program which has grown to include a team-based approach led by board-certified physicians and nurse practitioners specializing in palliative care.

The goal of palliative care is to improve patients' quality of life by collaborating with their physicians to better manage and relieve suffering caused by the underlying symptoms of disease. This necessitates an ongoing plan of care, since patients require different levels of support at different times during their illness.

## Clinical Trials

Offering our patients access to clinical trials is an important aspect of cancer care. We are committed to providing a variety of opportunities for patients to participate in research studies. The Department of Oncology Research provides clinical and administrative support for clinical trials both within Mercy Hospital St. Louis and nationally.

We participate in trials offered by the National Cancer Institute (NCI) through the St. Louis-Cape Girardeau Community Clinical Oncology Program (CCOP). Through this program, more than 50 NCI Phase II, III, and IV trials in cancer prevention, treatment and supportive care are available.

Mercy Hospital St. Louis is the only institution in the St. Louis area participating in The University of Chicago Phase II Consortium which offers novel investigational agents to patients from states in the Midwest. This affiliation complements our current clinical trial offerings from other NCI groups as well as our studies sponsored by pharmaceutical companies.

## Cancer Information Center

The John F. Krey III Cancer Information Center (314-251-6400), located in the David C. Pratt Cancer Center, is ready to help. Staffed with a team of professionals, including RNs, a social worker and dietician, among others, it offers cancer information and free assistance with a variety of issues beneficial to patients undergoing treatment:

- Support groups
- Review of diagnosis and steps to plan of care
- Insurance, disability and transportation issues
- Information about financial assistance
- Wigs, hats and turbans
- Nutrition consultation

## Nurse Navigator

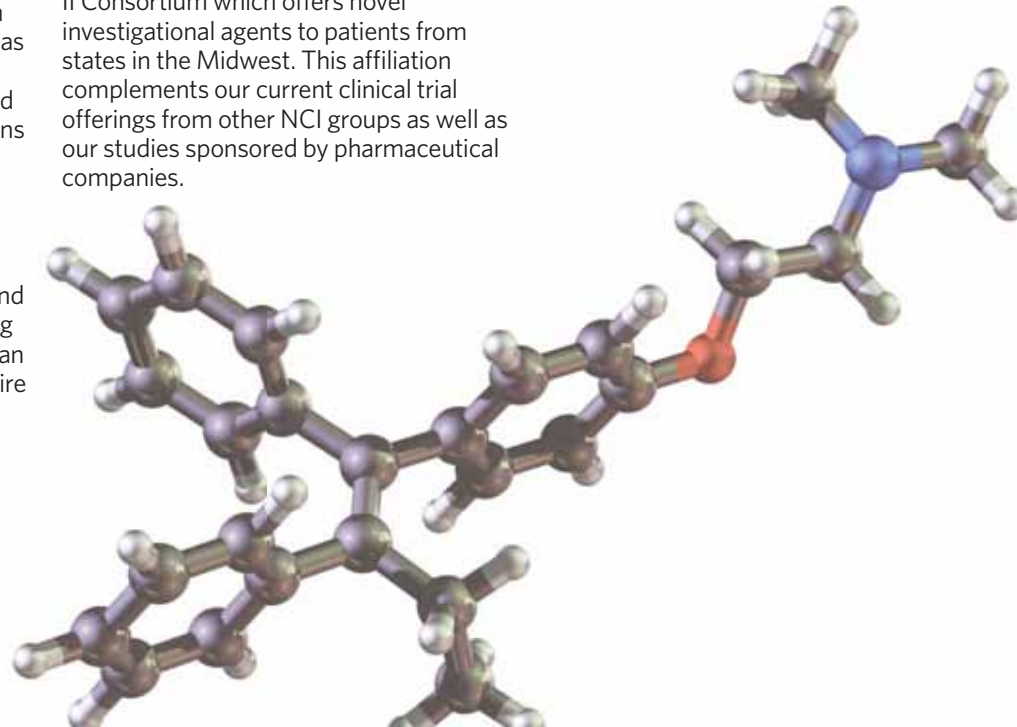
The Breast Health Nurse Navigator, an RN available to breast cancer patients, serves as an educator, advocate and guide. The Nurse Navigator:

- Provides emotional support for patients and families.
- Explains options and answers questions.
- Coordinates appointments with physician specialists.
- Provides educational materials and clarifies medical terminology.

## Breast Screening and Education Program

Continuing the mission of the Sisters before us, Mercy Hospital serves those in need. Our breast screening and education outreach program provides free screening mammograms to women who either have no insurance or are underinsured. For women ages 40-49, we receive funding for screening from Susan G. Komen for the Cure St. Louis Affiliate. Show Me Healthy Women provides funding for mammograms for women ages 50-64, as well as for women ages 35 and up if they have issues requiring diagnostic mammograms.

In 2010, over 840 uninsured or underinsured women were screened using these funds. In 2011, we will serve approximately 1,000 women through our outreach program.

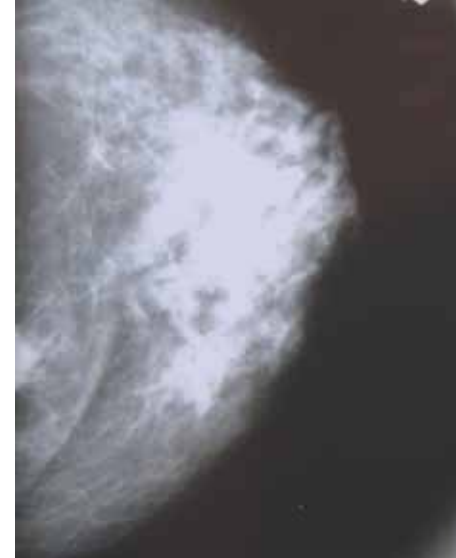


# Who We Are. How We Excel.

## Multidisciplinary Cancer Conferences

The David C. Pratt Cancer Center holds site-specific cancer conferences which bring together a variety of physician sub-specialists and other health care professionals to examine specific cases and suggest the most appropriate course of treatment. This benefits patients by encouraging collaboration from a variety of disciplines, with each member bringing a unique view of the different aspects of the patient's disease process and available treatment options. Regular cancer conferences include:

- Breast conference
- General conference
- GI conference
- Head and neck conference
- Surgical oncology conference
- Thoracic conference
- Urology conference



## Mercy Clinic

Mercy Clinic is a network of over 1,500 primary and specialty care physicians and teams across Mercy's multi-state service area committed to a better way to provide care. Linked by a sophisticated electronic health record system, these professionals share information to seamlessly collaborate - creating a highly coordinated, personal health care experience for all those we serve.

## Top 10

most commonly diagnosed cancers at Mercy Hospital St. Louis

1. Breast
2. Prostate
3. Lung
4. Colon
5. Corpus Uteri
6. Lymphoma
7. Kidney
8. Bladder
9. Melanoma
10. Thyroid

## MyMercy

Mercy patients enjoy access to MyMercy, an online health management tool that links them to their electronic health record and doctor. It's available - any time, anywhere they have Internet access - to:

- Schedule primary care appointments.
- Request specialty appointments.
- Keep in touch with their doctor.
- View lab results.
- Renew prescriptions.
- Pay medical bills.



So do not fear, for I am with you; do not be dismayed, for I am your God.  
I will strengthen you and help you; I will uphold you with my righteous right hand.

ISAIAH 41:10



**Mercy Hospital St. Louis** | 615 S. New Ballas Road, St. Louis, MO 63146 | 314-251-6000 | [mercy.net/stl](http://mercy.net/stl)