

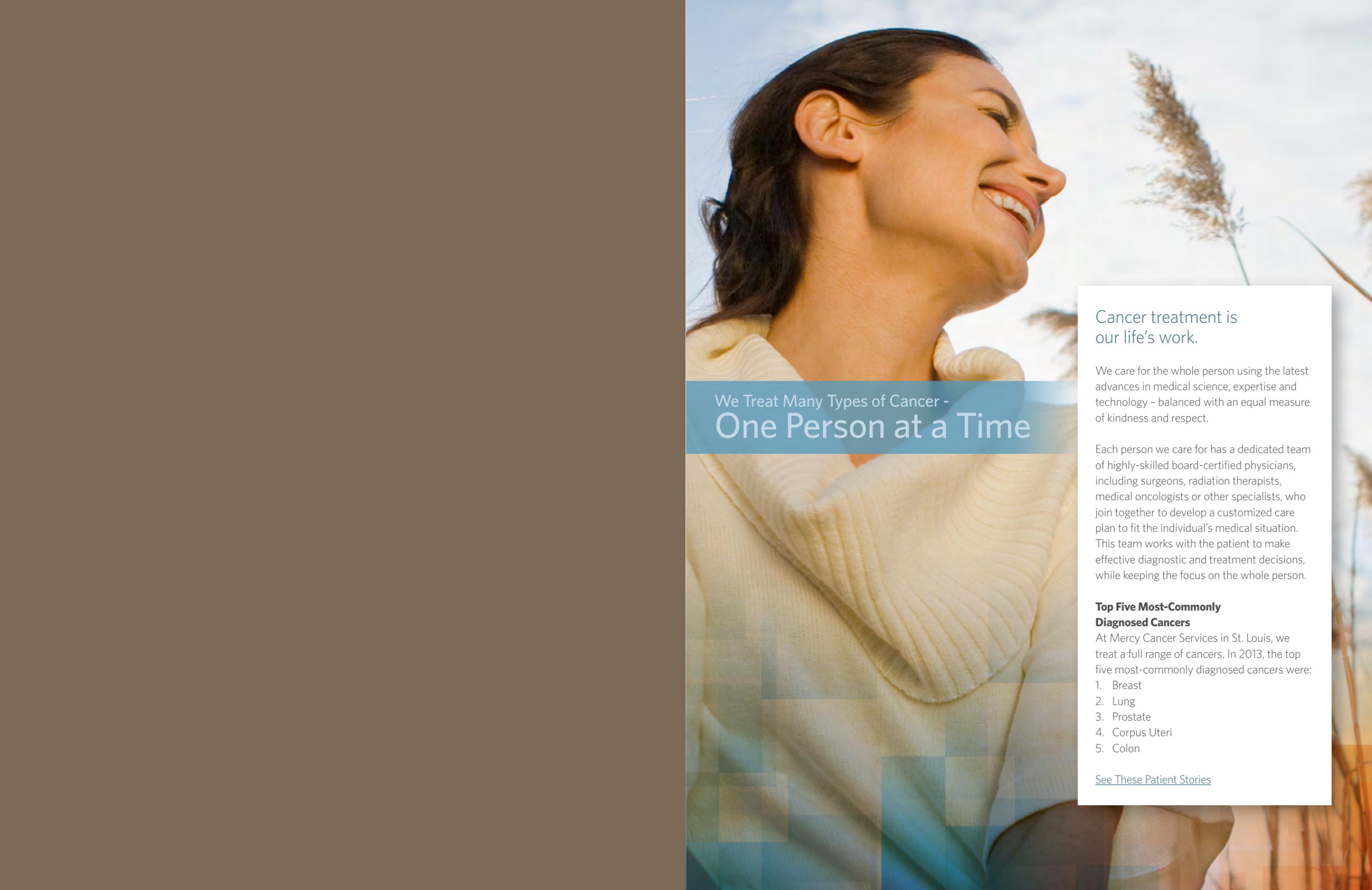


**Mercy Cancer Services**  
2014 Cancer Annual Report



*Your life is our life's work.*

[mercy.net](http://mercy.net)



We Treat Many Types of Cancer -  
**One Person at a Time**

## Cancer treatment is our life's work.

We care for the whole person using the latest advances in medical science, expertise and technology – balanced with an equal measure of kindness and respect.

Each person we care for has a dedicated team of highly-skilled board-certified physicians, including surgeons, radiation therapists, medical oncologists or other specialists, who join together to develop a customized care plan to fit the individual's medical situation. This team works with the patient to make effective diagnostic and treatment decisions, while keeping the focus on the whole person.

### **Top Five Most-Commonly Diagnosed Cancers**

At Mercy Cancer Services in St. Louis, we treat a full range of cancers. In 2013, the top five most-commonly diagnosed cancers were:

1. Breast
2. Lung
3. Prostate
4. Corpus Uteri
5. Colon

[See These Patient Stories](#)



## New Services in 2014

### Mercy Offers 3D Mammography at Two Locations

Mercy Breast Center now offers 3D tomosynthesis mammography for women who are at high risk for breast cancer or who have dense breast tissue. A 3D tomosynthesis mammogram can detect breast cancer at early stages because it provides more images for the radiologist to review. It also helps reduce the number of false positives for breast cancer, so women don't have to return for additional screening mammograms as often.

Women who have a history of breast cancer should ask for a 3D mammogram when they schedule their annual mammogram. It's available at Mercy Breast Center in Tower A on the Mercy Hospital St. Louis campus and at the Mercy Breast Center at Mercy Clayton-Clarkson.

Learn more [Mercy Breast Center Medical Tower A](#).



## Stereotactic Radiosurgery and Stereotactic Body Radiotherapy

**Stereotactic Radiosurgery (SRS)** is precisely targeted radiation treatment used to treat intracranial tumors and other less common neurological diseases. Radiosurgery doesn't involve surgery, but is the delivery of a dose of radiation with the precision of surgery. Treatment is highly precise and painless. Treatment is given on an outpatient basis at a dedicated radiosurgery suite. Because there is no surgical incision, patients are able to go home the same day and return to their usual activities within 24 hours. SRS procedures are administered by a team of physicians including a radiation oncologist, neurosurgeon and medical physicist.

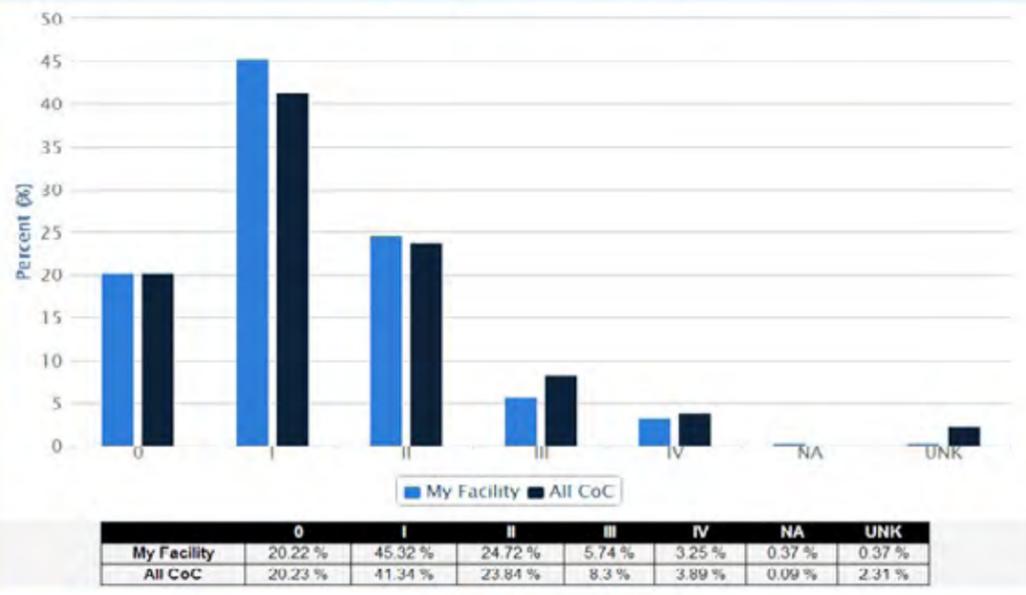
**Stereotactic Body Radiotherapy (SBRT)** is precisely-targeted radiation treatment used to treat tumors in the lung, liver, pancreas, spine, head and neck region, adrenal gland, pelvis and bone. Treatment is precise, painless and takes only one to five treatment sessions as compared to several weeks for traditional radiation therapy. In some patients with lung or abdominal tumors, an Active Breathing Coordinator (ABC) is used

to produce repeated deep breath holds which immobilizes the tumor during treatment. Multiple beams are used, allowing the shape and dose of the radiation to precisely treat the target - and spare surrounding healthy tissue. SBRT is a non-invasive, outpatient procedure. Because there is no surgical incision, patients are able to return to their usual activities immediately.

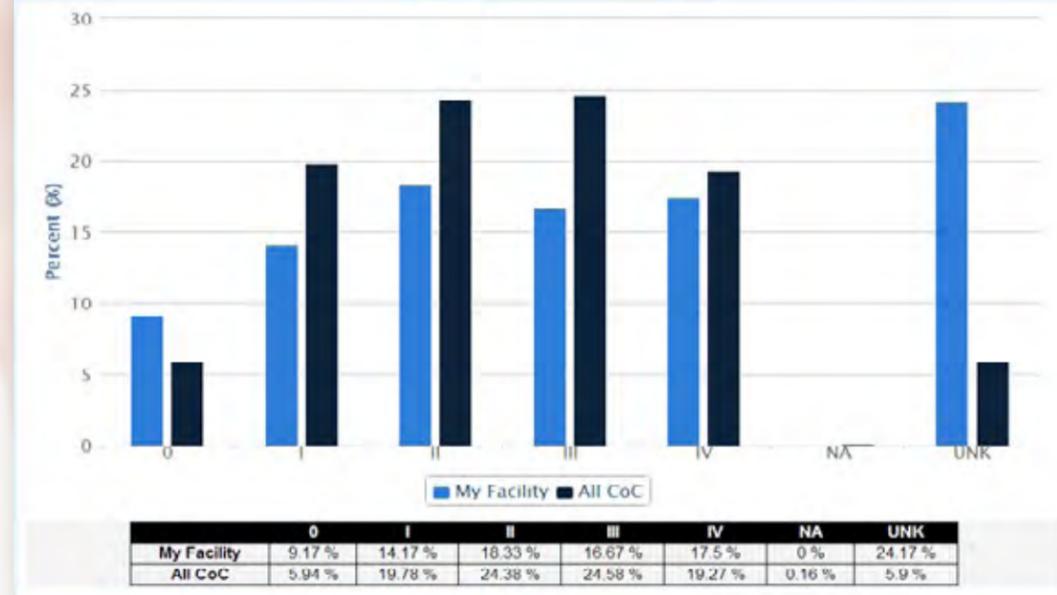
**SRS and SBRT** treatments are performed using a sophisticated system specifically designed to deliver highly-precise treatment - in a dedicated radiosurgery suite at the David C. Pratt Cancer Center. Unlike traditional linear accelerators, this system includes a specially designed robotic table which ensures the target is precisely localized. The ideal tumor for SRS/SBRT is relatively small with well-circumscribed borders that are accurately imaged by MRI or CT. SRS/SBRT is ideal for specific tumors, including melanoma, renal cell carcinoma and soft tissue sarcoma. SRS/SBRT has been most extensively studied for tumors of the brain, lung, liver and spine.



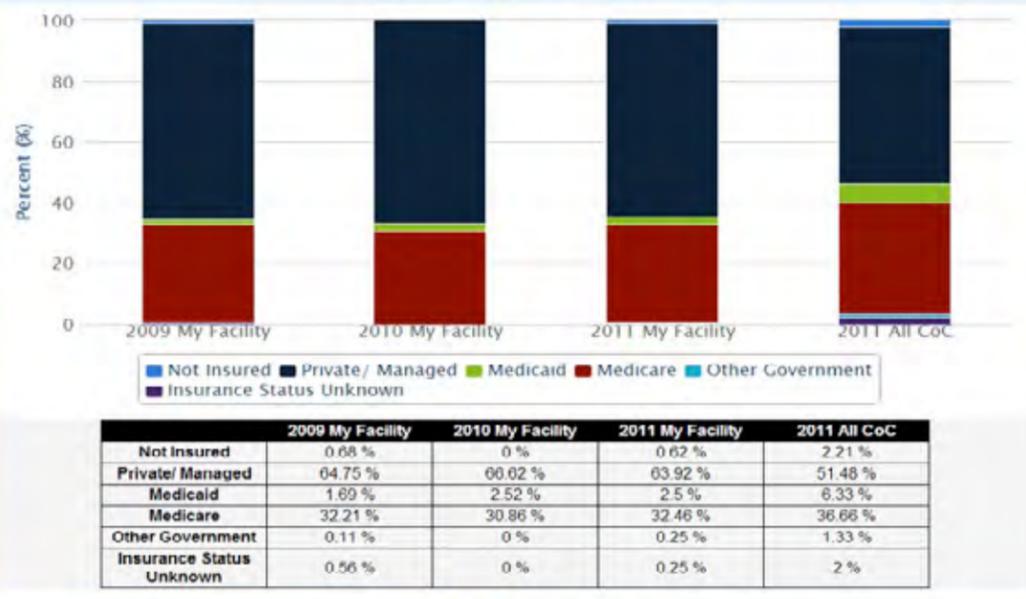
Stage Distribution - Breast Cancer Diagnosed in 2011, My Hospital vs. All CoC



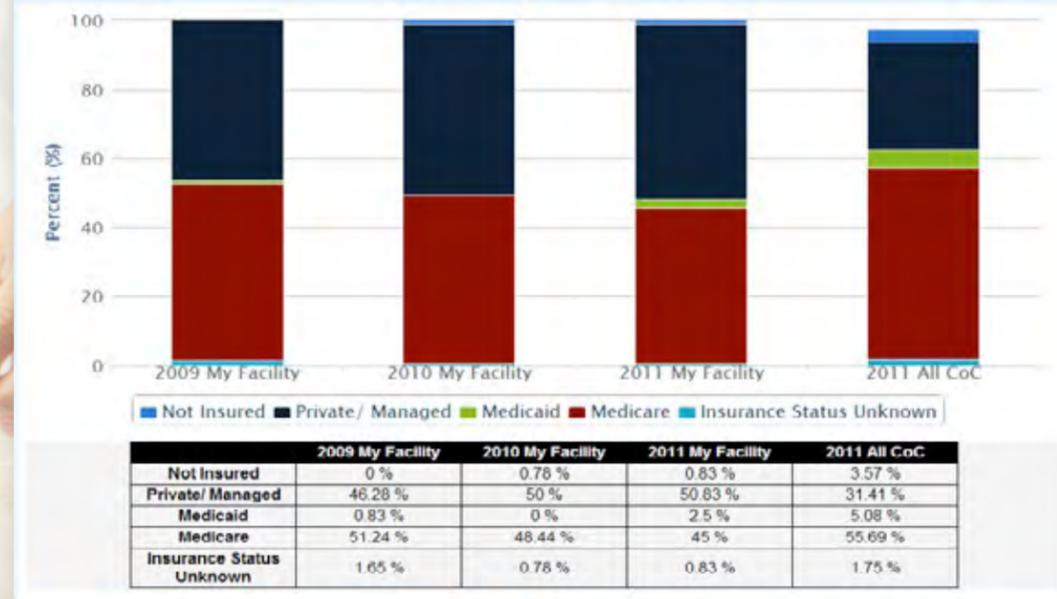
Stage Distribution - Colon Cancer Diagnosed in 2011, My Hospital vs. All CoC



Insurance Status - Breast Cancer, 2009 - 2011 My Facility vs. All CoC



Insurance Status - Colon Cancer, 2009 - 2011 My Facility vs. All CoC



## Caring Goes Beyond Traditional Treatment

### Clinical Trials Information

Clinical trials offer cancer patients new hope and are an important aspect of care at Mercy Cancer Services. We're committed to making a variety of opportunities available to patients who are interested in participating in research studies.

Our Department of Oncology Research provides clinical and administrative support for clinical trials both within Mercy Hospital St. Louis and nationally.

For example:

- We participate in trials offered by the National Cancer Institute (NCI) via the National Community Oncology Research Program (N-CORP). Through this program, more than 50 NCI Phase II, III and IV trials in cancer prevention, treatment and supportive care are available to our patients, both adults and children.
- 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 Midwestern states.
- This affiliation complements our clinical trial offerings from other NCI groups as well as studies sponsored by pharmaceutical companies.

In 2013:

- We facilitated more than 130 clinical trial enrollments.
- Adults were enrolled in 20 different cancer studies.
- Thirty pediatric patients were enrolled in various Children's Oncology Group protocols.

Looking ahead, we plan to offer patients additional options to increase participation in clinical research through improved access and education.

### Breast Screening and Education Programs

Continuing the mission of the Sisters of Mercy before us, Mercy Cancer Services serves those in need. Our breast screening and education outreach program provides breast self awareness education, free breast screening and diagnostic services to women who either have no insurance or are underinsured.

We receive funding for screening women ages 40 - 49 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. We offer breast screening and education events at Mercy facilities and in the community with our mobile mammography van. We also partner with community agencies and churches to provide services.

Thanks to generous grants from these organizations, we screened 1,179 uninsured or underinsured women in 2013; 15 of them were diagnosed with breast cancer.



### Skin Cancer Screening

Each May, we conduct a free skin cancer screening for the public. Last year's was sponsored by Mercy, the American Cancer Society and the American Academy of Dermatology. This screening was offered to the general public and the uninsured. In May 2014:

- 75 patients were screened for skin cancer.
- 22 patients were referred for follow-up of skin lesions.
- Biopsy was recommended for 10 lesions.
- Presumptive cancer diagnoses were:
  - Basal cell carcinoma in 5 lesions.
- Other presumptive diagnoses included:
  - Seborrheic keratosis in 23 lesions.
  - Actinic keratosis in 11 lesions.
  - Dysplastic nevus in 8 lesions.
  - Mole/nevus in 18 lesions.
- Other non malignant dermatological conditions in 15 lesions.

### Multidisciplinary Cancer Conferences

The David C. Pratt Cancer Center holds site-specific cancer conferences to bring together physician sub-specialists and other health care professionals to examine specific cases and suggest the most appropriate treatment. These conferences benefit patients by encouraging collaboration while each member brings 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
- Neurology
- Surgical Oncology Conference
- Thoracic Conference
- Urology Conference

## Caring Goes Beyond Traditional Treatment

### Mercy Cancer Services Patient Resources

We're committed to supporting our patients as they journey through diagnosis, treatment and beyond. In addition to medical treatment, we offer patients and families a variety of resources and support.

We added one new ongoing cancer educational program in 2014.

This year, we added a new cancer educational program in 2014 in addition to the other educational and support groups we already offer to patients and families:

- Food for Thought is a nutritional program serving all individuals who've been diagnosed with cancer. The program is facilitated by a registered dietitian. It meets monthly and focuses on seasonal and healthy eating habits.

[Learn More About Cancer Support Groups.](#)

### Palliative Care improves quality of life.

Palliative care, specialized medical care for people with serious illnesses, is an integral part of our oncology program at Mercy. It provides relief from the symptoms, pain and stress of illness, improving the quality of life for both patient and family.

Palliative care's focus is on managing and relieving the underlying symptoms of disease but it can be combined with healing treatments. Mercy's palliative care team includes physicians, nurses, specialists and others who work with the patient's doctors to offer an extra layer of support depending upon the patient's changing needs.

[Learn More About Palliative Care.](#)

### We offer specialized pediatric palliative care, too.

And because we believe all children deserve the medical care and emotional support they need to live life to its fullest, our palliative care team also includes a board-certified pediatric palliative care specialist, Mary Beth Chismarich, MD. As one of just a few in her field, Dr. Chismarich is specially trained to coordinate with other pediatric specialists, focus all aspects of care upon the child's illness and provide guidance and support to families. Learn more about pediatric palliative care.



Cardinals Kids Cancer Center



Top: Knitting Support Group at David C. Pratt Cancer Center. Bottom: St. Louis Symphony musicians in Mercy Infusion Center.

### Integrative medicine promotes healing and wellness.

Integrative medicine focuses on the patient's physical well-being as well as their spiritual and emotional health. It promotes healing and wellness using methods like acupuncture, nutritional counseling and guided imagery, as well as manual therapies such as massage therapy, lymphedema therapy, physical therapy, reflexology, chiropractic and healing touch. These services can be a great option to aid patients with pain, nausea and stress reduction, and relaxation.

[Learn More About Integrative Medicine.](#)

### Mercy STAR® Program helps survivors heal.

For cancer patients, finishing treatment is just the beginning of the journey of survivorship. Cancer survivors often suffer debilitating side effects caused by the treatments used to rid them of disease. To help these patients, Mercy offers STAR® Program (Survivorship Training and Rehabilitation) cancer rehabilitation services.

This nationally recognized certification and cancer survivorship program focuses on helping survivors heal physically, emotionally and spiritually. As with many Mercy programs, STAR® utilizes an interdisciplinary approach with caregivers from different specialties teaming up – in this case, to help patients increase strength and energy, alleviate pain, and improve daily function and well-being. The goal of this program is to return patients to their pre-treatment lives and activities.

[Learn More About Mercy's STAR® Program.](#)

**Cancer Information Center provides information, education and support.**

The John F. Krey III Cancer Information Center in the David C. Pratt Cancer Center is committed to assisting our patients and their families on their cancer journey. Services include health promotion, education, early detection and support for cancer patients who are trying to find the best way to cope with a serious disease affecting nearly every aspect of their lives.

Staffed by a team of professionals, including RNs, an oncology social worker and dietitian, among others, it offers free cancer information and assistance with a variety of issues beneficial to patients undergoing treatment.

**Nurse Navigator educates, advocates and guides.**

The Nurse Navigator, an RN available to breast cancer patients, serves as an educator, advocate and guide. The Nurse Navigator helps patients through detection and diagnosis. She is a resource for guidance, support, and answers.

**Patients and families rely on the Nurse Navigator for:**

- Education, advocacy and guidance to further their understanding.
- Clarifying medical terminology.
- Emotional support.
- Coordination of appointments with physician specialists.
- Providing resources within Mercy Cancer Services.



## 2014 Cancer Committee

A multidisciplinary 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.

Robert C. Frazier, MD  
*Radiation Oncology, Chairman*

Sue Garrett, RN, BS, CCRP  
*ONC Research*

Susan Pearson, DO  
*Palliative Care*

John Finnie, MD  
*Medical ONC/HEM  
Cancer Liaison*

Carrie Harrison  
*Executive Director Home  
Services*

Ken Potzman  
*Pastoral Care*

Luis Anglo, MD  
*Urology*

Kerri Harting, MD  
*Radiology*

Katie Robinson, RD, LD  
*Nutrition Services*

Julie Binder, RN, MSN  
*Quality Management*

Paul Hintze, MD  
*Administration*

Mark Stiffler, VP  
*Operations*

Mark Blucher, MD  
*Surgery/Thoracic*

Gail Hurt, ANP-BC  
*Palliative Care*

Michelle Smith, DC  
*Integrative Medicine and  
Therapy Services*

James Boyd, MD  
*Surgery/Otolaryngology*

Christine Janney, MD  
*Pathology*

Jaymeson Stroud, MD  
*Radiation Oncology*

Paul Buse, MD  
*Gastroenterology*

Susan Luedke  
*Medical ONC/HEM*

Emily Summers, PharmD  
*Pharmacy*

Helen Cassidy, RN, CHPN  
*Hospice*

Kim McGrath, RN, MSN  
*Oncology*

Edie Vallo, CTR  
*Cancer Registry*

Doris Conn, RN, AOCN, CNS  
*Oncology, Inpatient Unit*

Carol Murphy, MSW,  
LCSW, ACSW-C  
*Cancer Information Center*

Susan H. Westfall, MD  
*Surgery*

Jeffrey Craft, MD  
*Radiation Oncology*

Michele Nobs, NP, MSN, OCN  
*Medical Oncology*

Katie Wren  
*American Cancer Society*

John Finnie, MD  
*Medical ONC/HEM*

Joe Pecoraro, Executive Director  
*Radiation Oncology*

Amy Flakes, RN, BSN  
*Oncology, Inpatient Unit*

