

Expanding Breast Care Access In Bucks County



As part of our ongoing expansion in Bucks County, Capital Health proudly announces that access to our expert physicians and leading-edge cancer care just got easier. Patients can now visit **DR. LISA ALLEN** and **DR. ROSE MUSTAFA**, fellowship trained breast surgeons, at our Capital Health Multispecialty Care - Lower Makefield office located at 1050 Stony Hill Road in Yardley, PA.



New, current, and past patients are welcome. Services include new patient appointments, consultations, follow-ups, and post-surgical visits.

"We are thrilled to meet the growing needs in Bucks County and to be able to bring our nationally accredited breast health program to residents," said Dr. Lisa Allen, director of the Center for Comprehensive Breast Care. "Our mission is to provide women the best options for breast

cancer - this includes diagnosis, cutting-edge treatment, survivorship, and support. The new location is just one more example of our commitment to deliver high-quality medical care in the region."

The new office and their main office at Capital Health Medical Center – Hopewell use a shared electronic medical records system, allowing physicians secure access to medical records while increasing the convenience for patients to continue care across our network. Patients can manage their health using our patient portal, access information about office visits and studies, communicate with their providers, and request prescription refills.

The Center for Comprehensive Breast Care is accredited by the National Accreditation Program for Breast Centers (NAPBC), a program of the American College of Surgeons, for achieving excellence in providing the highest quality care.

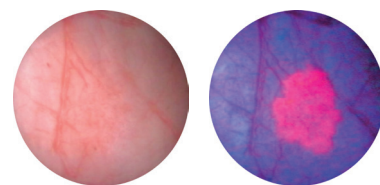
To make an appointment with Dr. Allen or Dr. Mustafa in Bucks County or Mercer County, call 609.537.6700 or visit capitalsurgical.org/breastsurgery for information.

IMPROVING DETECTION AND SURVIVAL OF BLADDER CANCER

"We are proud to be the first in central and south New Jersey and only the second New Jersey health provider to offer an exciting new procedure, Blue Light Cystoscopy with Cysview," said Dr. Brad Rogers, director of Urology at Capital Health. "This technology not only provides a new option to diagnose bladder cancer earlier with significantly better outcomes, but it helps to reduce the likelihood of recurrence." The American Cancer Society estimates 80,000 new cases of bladder cancer are diagnosed each year, affecting 61,700 men and 18,800 women.

In a standard cystoscopy, a long thin tube (cystoscope) is inserted into the bladder. A white light illuminates the bladder wall enabling the surgeon to view suspicious areas. However, not all lesions or cancers may be visible.

During a blue light cystoscopy, an agent, Cysview, is injected into the bladder and absorbed by cancerous cells. Under a blue light, these infused cells appear hot pink while the surrounding tissues remains blue, making it much easier to identify smaller tumors and lesions including some not visible with white light. The use of blue light significantly improves tumor detection and enables the physician to treat the patient earlier with improved outcomes. Surgeons are also able to check for clear tissue margins after surgery and use for ongoing surveillance.



MEET OUR NEW ONCOLOGY SPECIALISTS

Learn more on pages 4-5





MESSAGE FROM THE DIRECTORS

Dr. Cataldo Doria, Medical Director, Cancer Center

Rona Remstein, Director, Cancer Center

Three years ago, Capital Health initiated an extensive strategic planning process to enrich the lives of patients receiving care at our Cancer Center. Our driving force has been providing compassionate, multidisciplinary cancer care close to home. We realized that there were several gaps in the region and we knew there needed to be more options when it comes to treating cancer. During this time, we consulted with members of administration, our physicians, nurses and staff to create a wish list to meet this objective for our community. Happily, we are now watching this plan come to fruition!

One of the main components of the plan is enhancing our surgical oncology capabilities. At this time, we are very pleased to welcome many new expertly trained and talented board certified surgeons. In this newsletter, we will introduce you to many of them. Dr. John Abraham, an orthopaedic oncologist from the Rothman Institute, specializes in rare cancers of the bone and connective tissue. Providing our community with much-needed gynecologic oncologic care is Dr. Joyce Varughese. Dr. Brad Rogers is helping us start a urological oncology program for patients experiencing prostate, bladder, and ureter issues. Earlier this year, Dr. Rose Mustafa, breast surgeon, joined our Center for Comprehensive Breast Care and Dr. Cataldo Doria has been delivering surgical care to patients with liver, pancreas, and biliary cancers.

Starting this fall, there are two more surgeons that we are proud to introduce. Dr. Africa Wallace, thoracic surgeon, offers care to patients with lung, bronchial and esophageal cancer. In addition, Dr. Ashlee Godshalk Ruggles, a colorectal surgeon, assists patients undergoing issues related to the colon and rectum.

This is a very exciting time for the Cancer Center and we are especially grateful for the administrative support that we have received. With the addition of these surgeons, we are delighted to enhance the already superb cancer care we provide.



capitahealth
CANCER CENTER

SUPPORT GROUPS

Groups are open to anyone with cancer, regardless of where they are receiving treatment. Visit capitalhealth.org/cancer for more information.

Survivors Breast Support Group · 609.537.7485

- ... Second Tuesday of each month at Hopewell · 6 – 7:30 p.m.
- ... Third Tuesday of each month at Hamilton · 6 – 7:30 p.m.

Metastatic (Stage IV) Breast Support Group · 609.537.6363

- ... Second Tuesday of each month at Hopewell · 11:15 a.m. – 12:45 p.m.

Brain Tumor Support Group · 609.537.7157

- ... Third Thursday of each month at Hopewell · 3 – 4:30 p.m.

LECTURE AND EDUCATION SERIES

You are invited to our free educational programs held throughout the year. For upcoming events and details, visit capitalhealth.org/events.

NOVEMBER 21 – PANCREATIC CANCER:

Managing Risk, Making and Understanding a Diagnosis

- ... Speaker: **DR. JASON ROGART** (Interventional Gastroenterology and Therapeutic Endoscopy)
- ... Capital Health Medical Center – Hopewell | 6 p.m.



COMMUNITY CANCER CHAMPIONS



A very big thank you to the Hopewell Valley Gridiron Club Bulldogs Football for their generous donation of \$1,500 toward breast cancer patient assistance and

supporting two important breast cancer awareness initiatives: the Capital Health "Hope is in the Bag" campaign and the school's annual "Pink Out" game. Accepting this wonderful gift is DR. ROSE MUSTAFA, breast surgeon, and TRISH TATRAI on behalf of the Capital Health Center for Comprehensive Breast Care. Donations like these make a real impact in the lives of our patients and we could not be more grateful.

Rose Kline Oncology LECTURE SERIES



DR. CATALDO DORIA, medical director of Capital Health Cancer Center, led "Current Issues in Cancer Care: Balancing Science, Ethics, and Alternative Treatments" as part of the Rose Kline Oncology Lecture Series, a continuing medical education program for physicians and medical professionals. This is just one more way we are helping to improve the lives of those impacted by cancer. We are especially thankful to our presenters, Arthur Caplan, PhD and bioethicist, NYU School of Medicine; Dr. Timothy Chen, Radiation Oncology, Capital Health Cancer Center; Jamie Ware, Esq., Holistic Industries; and Dr. Neel Gandhi, Mercer Bucks Hematology Oncology.



Meet KIM CENTO, Radiation Oncology Nurse

She is the smiling face greeting patients in Radiation Oncology after a cancer diagnosis. She provides patients and families vital support - guiding them, explaining radiation therapies, providing symptom management consultations, and fielding questions - seeking to make each visit comfortable and easy.

Kim got into oncology care almost by accident. While working on the medical surgical unit, she had the option to relocate with the unit to a different floor or work in oncology. She chose oncology and proudly marks her 22nd year as a radiation oncology nurse.

Working at the Cancer Center has many rewards for Kim. "It is not the sad place many believe, but a happy environment where I get to help wonderful people going through a difficult period," she said. "I get to appreciate the resilience of the human spirit, celebrate when someone has great news, and become a part of their family for a little bit."

Kim is the recipient of a DAISY AWARD, a national program that honors select nurses who demonstrate the principles of integrity, commitment, advocacy, respect, and excellence for nursing care of the highest quality.

"I often stop and think how different life could be," said Kim, reflecting on her nursing career. "I see myself in my patients, my family in their family. I see how a small turn of events can abruptly change one's life. And because of this, I've come to appreciate life more, people more, and family more."

YOUR ACCESS to Health

CANCER CENTER — 609.537.6363

Capital Institute for Neurosciences
609.537.7300

Center for Comprehensive Breast Care
609.537.6767

Center for Digestive Health
609.537.5000

SCREENING PROGRAMS

Breast 609.394.6695

Colorectal 609.303.4444

Esophageal 609.537.5000

Lung CT 844.303.5864

Pancreas 609.537.5000

RESOURCES/SERVICES

Central Scheduling 609.394.6695

Cancer Genetics Program 609.537.7043

CyberKnife® Center 609.303.4565

Radiology & Imaging 609.394.6695

Oasis Salon & Wellness Spa 609.537.6544

Support Groups 609.537.7485

••• WELCOME TO OUR NEW ••• CANCER CARE PROVIDERS



ASHLEE N. GODSHALK RUGGLES, MD *Colorectal Surgeon*

Dr. Ashlee Godshalk Ruggles is a board certified, fellowship trained colorectal surgeon with a focus on minimally invasive

procedures. After receiving her medical degree at Thomas Jefferson University in Philadelphia, PA, Dr. Godshalk Ruggles completed her internship and general surgery residency at Dartmouth Hitchcock Medical Center in Lebanon, NH. She continued her education by completing two fellowships at the University of Texas Health Science Center in Houston, TX—the first in minimally-invasive colon and rectal surgery where she focused entirely on a laparoscopic and robotic approach to colorectal surgeries. She furthered her expertise by completing an additional fellowship in colon and rectal surgery the following

year, this time expanding her focus to include advanced endoscopy and all approaches to surgery.

As a colon and rectal surgeon, Dr. Godshalk Ruggles' sole focus is the prevention and treatment of diseases of the colon, rectum, and anus. Her clinical interests include improving patient quality of life, implementing Enhanced Recovery After Surgery (ERAS) protocols, and utilizing a minimally invasive approach to surgery.

Dr. Godshalk Ruggles is a member of the American Society of Colon and Rectal Surgeons and the American College of Surgeons. She has presented colorectal surgery research at national conferences and published research on other topics in professional medical journals.



AFRICA F. WALLACE, MD *Director, Thoracic Surgery*

Dr. Africa Wallace is a board certified thoracic surgeon who specializes in minimally invasive cardiothoracic

procedures using video-assisted or robotic approaches. She obtained a Bachelor of Arts degree in biology from Harvard University and received a medical degree from the Georgetown University School of Medicine in Washington, D.C. Dr. Wallace completed her general surgery residency at Georgetown University Hospital and her cardiothoracic surgery residency at the University of Pittsburgh Medical Center (UPMC) in Pennsylvania. In addition, she completed postgraduate training as a minimally invasive thoracic and esophageal surgery fellow at UPMC.

Before joining Capital Health, Dr. Wallace was a thoracic surgeon at Piedmont Heart Institute, part of Piedmont Healthcare in Atlanta, GA.

She has participated in research in the areas of thoracic oncology at University of Pennsylvania, cardiovascular biology at Harvard School of Public Health, rheumatology and immunology at Brigham and Women's Hospital, and nephrology at Boston Children's Hospital. Some of her research has been published in medical journals and presented at numerous medical conferences.

Dr. Wallace is secretary of the Eastern Cardiothoracic Surgical Society. She serves on the Diversity and Inclusion Task Force of the Society of Thoracic Surgery. In addition, she is a member of the Women in Thoracic Surgery and Association of Women Surgeons. Her current research interests include racial disparities in the surgical management of thoracic cancers and clinical outcomes as they pertain to minimally invasive approaches to pulmonary and esophageal surgery.



JOYCE VARUGHESE, MD, FACOG

Medical Director, Gynecologic Oncology

Dr. Joyce Varughese is a board certified, fellowship trained gynecologic oncology surgeon specializing in traditional and

minimally invasive procedures using the da Vinci robotic surgery system. Dr. Varughese completed her fellowship training in gynecologic oncology and residency in obstetrics and gynecology, serving as administrative chief resident, at Yale University. She received her medical degree at Albert Einstein College of Medicine in Bronx, New York and her undergraduate degree magna cum laude from Harvard University.

Before joining Capital Health, Dr. Varughese was interim division director of Gynecologic Oncology at Saint Peter's University Hospital in New Brunswick,

New Jersey and a gynecologic oncologist at Saint Peter's Physician Associates in New Brunswick, New Jersey.

Dr. Varughese is a clinical assistant professor at Robert Wood Johnson-Rutgers Medical School. She is also a fellow of the American Congress of Obstetrics and Gynecology and an active member of the Society of Gynecologic Oncology where she serves on the Diversity and Inclusion Task Force and is a Congressional Ambassador. She is active in the International Gynecologic Cancer Society, serving as a Gynecologic Cancer Expert for the Virtual Tumor Board with Da Nang Hospital, Vietnam. Locally, she serves as an HPV expert for the American Academy of Pediatrics—New Jersey Chapter.



BRAD ROGERS, MD

Director, Urology

Dr. Rogers is a board certified urologist with extensive experience in diagnosing and treating patients in all aspects

of urological care. He has certifications and training in Blue Light Cystoscopy with Cysview (see page 1), extracorporeal shockwave lithotripsy (a non-surgical option for treating kidney stones) and green light laser treatment (a minimally invasive treatment for enlarged prostate), and also works closely with Capital Health Cancer Center to provide prostate brachytherapy and CyberKnife treatments for patients with prostate cancer.

Dr. Rogers received his medical degree from Jefferson Medical College, Philadelphia, PA. He completed his urology residency at Jackson Memorial Hospital, a division of University of Miami Hospital System in Miami, FL, where he also served as chief resident. Before joining Capital Health, Dr. Rogers was in private practice serving patients in Central New Jersey and Lower Bucks County. He is a member of the American Urological Association and the Mid-Atlantic Urology Association.

NOW TREATING ORTHOPAEDIC, BONE AND SOFT TISSUE SARCOMAS



While primary bone cancers are rare, cancer that starts somewhere else and spreads to the bone is common and can cause severe weakness and pain. Capital Health is now able to treat the entire spectrum of these conditions by collaborating

with surgeons and specialists from Rothman Orthopaedic Institute, including **DR. JOHN ABRAHAM**, a nationally recognized orthopaedic oncology surgeon and founder of the Orthopaedic Oncology Service at the Rothman Orthopaedic Institute.

Dr. Abraham graduated magna cum laude from Harvard University, and then went on to graduate with High Honors from Yale School of Medicine, where he was inducted into the Alpha Omega Alpha Honor Society. He then returned to Harvard to complete an orthopaedic surgery residency, and went on to pursue his orthopaedic oncology fellowship at Harvard, based at Massachusetts General Hospital and Children's Hospital Boston. Dr. Abraham was then elected to the faculty of the Dana Farber Cancer Center, one of the leading sarcoma centers in the world, where he served as their primary orthopaedic oncologist for five years, gaining tremendous experience dealing with very difficult and advanced sarcoma and orthopaedic oncology problems.

NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH

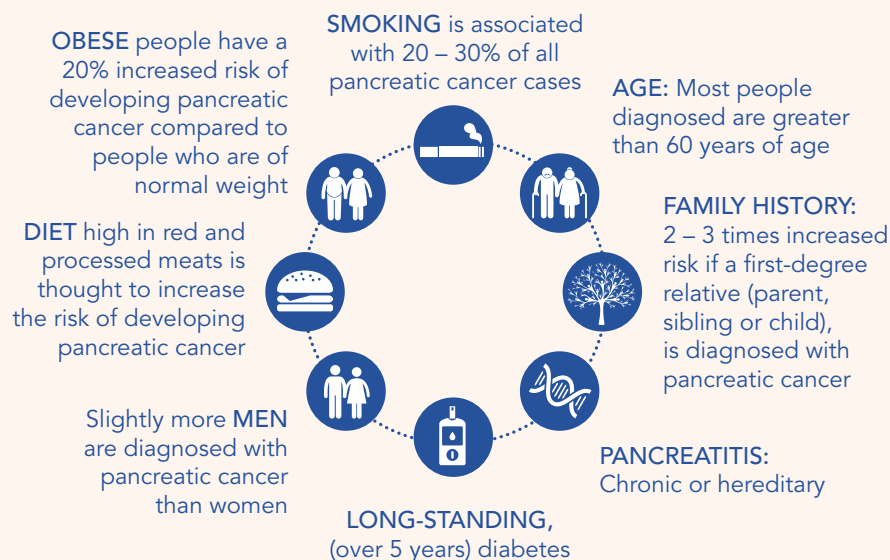
The exact cause of pancreatic cancer is not yet well understood, but research has identified certain risk factors that may increase the likelihood that an individual will develop pancreatic cancer. Symptoms are rather general in nature, meaning pancreatic cancer often goes undetected until the later stages. There is currently no standard diagnostic tool or established early detection method for pancreatic cancer, so knowing the symptoms and your risks are important.

DO YOU KNOW THE SYMPTOMS AND RISKS?

SYMPTOMS*

- + Ascites - abnormal buildup of fluid in the abdominal cavity.
- + Change in stools - diarrhea or constipation.
- + Digestive difficulties - loss of appetite, indigestion and nausea.
- + Jaundice - yellowing of the skin and eyes.
- + New onset diabetes in people over the age of 50.
- + Pain in the abdomen and/or back.
- + Significant unexplained weight loss.

RISKS



SURVEILLANCE PROGRAMS for people who are considered at high risk for developing pancreatic cancer:

- + Having two or more first-degree relatives (siblings, parent or child) diagnosed with pancreatic cancer.
- + Having a first-degree relative who developed pancreatic cancer before the age of 50.
- + Having an inherited genetic syndrome associated with pancreatic cancer.

**If someone is experiencing one or more of these symptoms, it does not mean that he or she has pancreatic cancer, but that he or she should visit their primary care provider.*

Minimally Invasive Screening Options, Accurate Results



Led by **DR. JASON ROGART**, director of Interventional Gastroenterology and Therapeutic Endoscopy at Capital Health, Capital

Health's Pancreas Screening Program aims to identify early pre-cancerous lesions before they turn into cancer. While screening the general population for pancreatic cancer is not recommended, there are high-risk groups of people who should consider screening, such as those with a family history of the disease.

Options May Include:

- ... **Endoscopic ultrasound (EUS):** Endoscopic Ultrasound (EUS) examines the organs of the digestive tract and the surrounding tissue. EUS is the most accurate test for identifying and diagnosing pancreatic cancer and pre-cancerous cysts, often finding tumors that can be missed by CT scan or MRI. During the procedure, a sample of suspicious tissue or a cyst may be obtained via fine needle aspiration (FNA) as an alternative to exploratory surgery or other invasive testing.
- ... **Magnetic resonance imaging (MRI) and Magnetic resonance cholangiopancreatography (MRCP):** Tests that produce detailed images of the pancreas, liver, gallbladder, bile ducts, and pancreatic duct without X-rays.
- ... **Computed Tomography (CT) scans:** Sometimes called a "cat" scan, this imaging test uses special X-ray equipment to obtain images from different angles around the body. The Spiral CT scanner at Capital Health Medical Center – Hopewell provides extended coverage of the body, produces images with much greater detail, and allows for a faster and more accurate assessment of the pancreas and other organs.

To make an appointment with Dr. Rogart, call 609.537.5000 or visit capitalhealthGI.org to learn more.

Launch Of The Capital Health Biorepository HELPING TO ACCELERATE CANCER RESEARCH

Capital Health recently launched a biorepository (also known as a tissue bank), further enabling researchers and clinicians to conduct vital cancer research. Using tumor tissue, scientists can develop new cancer therapies, new methods for drug delivery, and personalized medicine.

"Precision medicine for every patient is the ultimate goal, but in order to get there researchers and scientists need access to human biospecimens for use in basic, translational, and clinical research," said Dr. Cataldo Doria, medical director of Capital Health Cancer Center. "Launching a biorepository not only supports current research efforts, it opens the door for new opportunities in the future."

A biorepository is a bank of carefully collected and frozen human tissue, including blood and tumor specimens. Having access to actual cancer tissue is vital for researchers because obtaining sufficient quantities of the right samples for scientific research is a hurdle they encounter often.

Specimens are routinely obtained from patients undergoing a surgical or biopsy procedure to remove a cancerous tumor or to better diagnose the suspicious mass, but sometimes there is leftover tissue that is not utilized. The biorepository will store the extra tissue under deep freeze conditions for use in the future by researchers who are developing new tests, methods, and treatments. Participation is voluntary, and if patients agree, their specimens are stored in the biorepository. Biorepositories must maintain strict standards regarding anonymity of participants, collection, storage, and processing.

Because of clinical research, patients today are attaining better outcomes and improved quality of life, helping doctors understand how specific patients and their cancers respond to different treatments, enabling earlier diagnoses, and developing more personalized treatment plans.

An Uplifting Journey by a Lung Cancer Survivor



After a 2017 X-ray, Karen Allen's physician, Dr. Shodhan Patel, saw what he thought was a tumor on her lung and recommended a follow up treatment. Shortly thereafter, Karen received the news—it was non-small cell lung cancer (NSCLC). Looking back, Karen Allen is grateful for the many fortunes that got her where she is today – from an unrelated chest X-ray that revealed the tumor, to a chance encounter with a friend

who recommended Dr. David Schaebler, to choosing Capital Health for treatment.

One year of chemotherapy and 33 radiation treatments followed surgery. With the support of family and her worship congregation, fear gave way to the knowledge that she would be okay. As a counselor herself, Karen knew that those who help sometimes need help. She embraced faith and a life-long trait of determination to complete whatever is placed in front her.

She began to look forward to her weekly visits and seeing hospital staff. "Everyone was there for me during every visit with hugs and smiles, from the valet to registration, the radiation therapists, the infusion nurses,

every doctor, and even the cafeteria staff. They are all my heroes," Karen said.

She is steadfast in wanting people to know that cancer is not a death sentence. There are many blessings and fortunes to be discovered during and after a cancer journey. For Karen, this included the expertise, outstanding care and the genuine love received at Capital Health that allowed her to get back to enjoying life and helping others once again.



When you shop and dine at participating Mercer-Bucks County merchants, you help to raise breast cancer awareness, educate the community that 1 in 8 women will be affected, and underscore the importance of screenings and mammograms for early detection.

All funds raised through Hope is in the Bag enhance supportive services for women (and men) cared for at the Capital Health Center for Comprehensive Breast Care.

Learn more at capitalhealth.org/hope.



Cramer's Bakery in Yardley is a 2019 participating merchant.

NEW FRONTIER: Body Composition Analysis for Cancer Survivors



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Oncology clinicians at Capital Health Cancer Center have introduced a new tool for patients - state-of-the-art body composition analysis technology known as Bioelectrical Impedance Analysis (BIA). During treatment, changes in appetite and eating behaviors, fatigue, and decreased physical activity are common. This can result in undesirable shifts in body composition. BIA can assess and track changes in muscle mass, fat mass and hydration status.

What is lost and gained in terms of muscle and fat is important. For example, excess body fat is linked to 12 different cancers including postmenopausal breast, colon, and head and neck cancers. By decreasing body fat stores, which the BIA can pinpoint, one may be able to decrease the risk of recurrence of some cancers. Or, if regaining muscle mass is a priority, BIA can be used to evaluate progress.

"After cancer treatment, many survivors want to reclaim their sense of identity. This includes healing, regaining strength, and recharging the mind, body and soul. It's getting life back to where it was before the cancer diagnosis," said Melissa Phelps, a registered dietitian and certified specialist in oncology. "BIA is a great tool to empower survivors because it provides tangible evidence that they can improve their overall body composition, something a standard scale at home cannot do."

Capital Health Cancer Center offers BIA at no cost to its patients. A registered dietitian can determine if a patient is a good candidate for BIA testing. The BIA is easy and painless, taking less than one minute to complete. Patients stand on a scale-like device and hold hand electrodes. Results can be printed and reviewed with the patient immediately and used to customize nutrition and fitness plans.

On behalf of patients and their families, we thank our extensive community of donors whose gifts enabled Capital Health Cancer Center to purchase this technology and advance the care of our patients.



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS



A QUALITY PROGRAM
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GIFTS to the Cancer Center
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Make yours today online at
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To subscribe to this FREE newsletter,
email [@Diane_Hasili](mailto:Diane_Hasili) at ddhasili@capitalhealth.org.



capitalhealth.org/cancer