



As a nationally recognized, comprehensive community cancer center, the Capital Health Cancer Center proudly offers inpatient and outpatient services at the state-of-the-art Capital Health Medical Center – Hopewell, which emphasizes convenience, comfort, and best practices for quality and safety. Our Center collaborates with Capital Institute for Neurosciences, Center for Comprehensive Breast Care, Center for Digestive Health, and Women's Imaging Center to provide a network of physicians and resources to treat the most complex cancers.

- + Patient-centered, evidenced-based care
- + Multidisciplinary care team
- + Site-specific disease management groups and screening programs
- + Full spectrum of oncology services (radiation, surgical, medical, radiology)
- + A team of cancer navigators
- + State-of-the-art technology
 - + Diagnostic Imaging Technology (PET/CT, Breast MRI, 3D Ultrasound, Tomosynthesis)
 - + Radiation Technology (CyberKnife®, TrueBeam®, HDR)
 - + Da Vinci® Surgical System
- + Cancer genetics program
- + Clinical trials and research (National Cancer Institute, University and Pharmaceutical Phase II and Phase III)
- + Cancer registry
- + Cancer survivorship and wellness programs
- + Infusion Center for chemotherapy and immunotherapy
- + On-site Center for Outpatient Rehabilitation
- + Full-service spa with specialized oncology massage therapy and wig services



Staff, survivors, and friends at the Capital Health Cancer Center held an event to recognize **National Cancer Survivor Month** in June.

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One Capital Way, Pennington, NJ 08534

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CANCER CENTER

community

FALL 2018

MEET OUR NEW MEDICAL DIRECTOR

We are pleased to announce that **DR. CATALDO DORIA** has been appointed medical director of the Capital Health Cancer Center, providing specialized services and high-quality cancer care to the communities of central New Jersey and eastern Pennsylvania.



"Dr. Doria's appointment is a clear reflection of the Center's continued emergence as a leader in cancer prevention, diagnosis and treatment," said Rona Remstein, director of Oncology Services at the Capital Health Cancer Center. "One in four persons will be affected by cancer in their lifetime or know someone who is."

As the Center's top physician administrator, Dr. Doria oversees clinical operations including disease-specific clinical performance groups, clinical research, and cancer care advancements to ensure widespread access to the best possible patient care and outcomes.

AT THE FOREFRONT

An accomplished and internationally recognized physician, Dr. Doria recently served as director of the Jefferson Transplant Institute and was surgical director of the Sidney Kimmel Cancer Center – Jefferson Liver Tumor Center at Jefferson University Hospitals in Philadelphia. He has pioneered new techniques for conditions that were once considered untreatable, including bloodless liver surgery and liver autotransplantation for cancer patients. Dr. Doria specializes in hepato-bilio-pancreatic diseases (benign conditions and cancers related to the liver, pancreas, and bile duct).

[Q&A]

What attracted you to Capital Health?

DR. DORIA: Capital Health's history of staying on the cutting edge of technology—being the only center in its region to introduce both CyberKnife® radiosurgery and TruBeam® radiotherapy for example — and growing team of clinical experts demonstrates an unmatched commitment to excellence. I'm also impressed by the team's passion for cancer education and prevention in the community.

What are you looking forward to most?

DR. DORIA: I am thrilled to join Capital Health's stellar team and expand the Cancer Center's program. Together, we can deliver emerging treatments that were once considered unthinkable.

Does every cancer require major surgery?

DR. DORIA: No. Newer technology like the minimally invasive da Vinci® Surgery System allows us to deploy miniaturized instruments through small incisions. CyberKnife®, used to treat tumors virtually anywhere in the body, is a noninvasive treatment with little or no pain, fewer side effects, and virtually no recovery time.

How are diagnoses and treatments changing?

DR. DORIA: As technology advances, we can diagnose cancer earlier than ever. New procedures significantly reduce surgical and recovery times and in some cases require less anesthesia, which means patients are at less risk for complications.

Any closing thoughts?

DR. DORIA: Cancer is now a livable chronic condition, much like diabetes and heart disease. Our team stands with you during the whole continuum of care, but through clinical research and trials, we're always working to take cancer care to the next level.

TO MAKE AN APPOINTMENT for a surgical consult with Dr. Doria, call the Capital Health Surgical Group office at 609.537.6000.



Runway of Courage Fashion Show

featuring patients, physicians, and staff, will take place October 4. Visit www.capitalhealth.org/runwayofcourage for information and tickets.



More information available at www.capitalhealth.org/hope or call 609.303.4121.



Capital Health Cancer Center participates in many National Cancer Institute, university and pharmaceutical phase II and III clinical trials. Some studies lead to the discovery of new methods to detect and diagnose cancer, while others focus on innovative treatments before they become widely available.

Our experienced oncologists and research nurses carefully review the study criteria, potential benefits, risks, and other considerations before providing patient consultations. Participation is voluntary.

DR. SHIRNETT WILLIAMSON, medical director of Radiation Oncology Services at the Capital Health Cancer Center, led Capital Health's participation in a recently published cancer research study, "Multi-Center Trial of Stereotactic Body Radiotherapy (SBRT) for Low- and Intermediate-Risk Prostate Cancer: Survival and Toxicity Endpoints."

TO LEARN MORE ABOUT THE STUDY and its outcomes, visit <https://bit.ly/2Ovn08w>.



Subscribe to this **FREE** newsletter by visiting capitalhealth.org/cancer or email **Diane Hasili** at dhasili@capitalhealth.org.

@capitalhealthnj
capitalhealth.org/cancer

Meet Our Multidisciplinary Team Allison Lubina, Financial Navigator



Allison offers patients much more than a bright smile and energetic "Hello" as they pass in the halls. As the Cancer Center's financial navigator, Allison helps patients navigate the financial complexities that often accompany a cancer diagnosis as part of our center's patient-centered, multi-disciplinary care team.

Most importantly, she enables patients to focus on their well-being and treatment. She helps patients, families and caregivers understand their insurance coverage and investigates eligibility for other financial support opportunities, even assistance in enrolling in programs.

There have been occasions where patients have had to choose between stopping their treatment and medications or pay their bills. This is where Allison steps in. "I remove obstacles so that our patients' treatments aren't interrupted or stopped," she said.

It might be identifying a less costly medication or just giving a much-needed hug. She adds, "Providing peace of mind and making a patient's journey a bit easier—this is what makes my day go from good to great."

LECTURE & EDUCATION SERIES

You're invited to educational programs held throughout the year. Events are free and open to the public. **FOR DETAILS, please visit www.capitalhealth.org/events.**

OCT 22 Treating GERD and Barrett's Esophagus

NOV 07 Cancer in Families: A Look at Genetic Risks

NOV 13 Pancreatic Cancer: Managing Risk, Making and Understanding a Diagnosis



make a gift
GIFTS to the Cancer Center
MAKE A DIFFERENCE –
make yours today online at
www.capitalhealth.org/makeagift.

Turning the Tables... A STORY OF SURVIVORSHIP



In the midst of an extended trip to Chicago, **PREIONA CRUSE** noticed a breast abnormality. She told herself it was probably just a cyst since she had a clean mammogram the previous year. But there was a nagging feeling she couldn't shake. Preiona reached out to **DR. LISA ALLEN**, fellowship trained breast surgeon and director of the Capital Health Center for Comprehensive Breast Care.

Returning to New Jersey, tests confirmed it was breast cancer. Preiona was suddenly overwhelmed with the gauntlet of emotions experienced by those who are newly diagnosed. As a nurse, she knew that treatment advancements had greatly increased the odds for survivorship, but she had to learn to trust. Trust that it was beatable. Trust in her care team at Capital Health. And trust that better days lie ahead.

Little did Preiona realize how her life would change during her treatments. "The Infusion Center staff was great. They were excited to see me each visit. It's where life began to happen for me again. As I learned about their lives, they learned about me," she shared.

"At some point during my chemotherapy, it became less about the cancer and more about living. The staff was always about the world of living and activities — not cancer, not sickness," she said. It is also where Preiona came to know many survivors who soon became a source of inspiration and possibility.

"I am thankful for the Center's care team of oncologists, radiologists, surgeons, navigators, infusion specialists and everyone who played a small but critical part in my return to wellness," she adds. "They were there to take over the helm when I was too fearful and paralyzed. They were with me every step of the way. And now, I get to pay it forward helping others as an oncology nurse. I get to be the inspiration."



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CENTER FOR
COMPREHENSIVE BREAST CARE



SUPPORT GROUPS

Breast Cancer Survivors Support Group · 609.537.7485

... First Tuesday of each month at Hopewell · 6 – 7:30 p.m.

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

Metastatic Breast Cancer (Stage IV) Support Group · 609.537.6363

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

Above groups are open to anyone with breast cancer, regardless of where they are receiving treatment. **REGISTER ONLINE** at capitalhealth.org/events.

NUTRITION TIP

As part of a healthy, well-balanced diet, Brussels sprouts and other cruciferous vegetables are often referred to as "super foods." They can help prevent tumor growth, inhibit the production of cancer-related hormones, block harmful substances from damaging the body's cells, and reduce inflammation. Roasting is an excellent way to change flavor and texture. Bon appetit!



ADVANCED TECHNOLOGY CYBERKNIFE® FOR PROSTATE CANCER

Nonsurgical pain-free, pinpoint treatments in as few as
5 vs. 40 conventional treatments

There are many reasons why CyberKnife® Robotic Radiosurgery is becoming the treatment of choice for prostate cancer. It is an outpatient procedure, generally requires only five treatments (rather than 40 with conventional radiation treatments), and has virtually no side effects.

That's good news as nearly one in six American men will be diagnosed with prostate cancer during his lifetime. Today, our multidisciplinary team helps men return to active, productive lives using this advanced, state-of-the-art technology.

A leader in advancing cancer care, Capital Health was one of the first US providers to offer CyberKnife® as a breakthrough treatment option for cancers located anywhere in the body. Since its introduction 11 years ago, our experienced medical experts have treated more than 1,300 patients with cancerous and non-cancerous tumors.

A STUDY IN PROSTATE TREATMENT OUTCOMES



"CyberKnife® has proven to be compatible to other prostate cancer treatment modalities," said Dr. Shirnett Williamson, medical director of Radiation Oncology Services at the Capital Health Cancer Center. "In addition to being recommended for low- and intermediate-risk patients, CyberKnife® is an option for more advanced prostate cancer patients as a boost to their intensity-modulated radiation therapy, or as a re-treatment option."

Capital Health participated in an eight-year national study (in association with Accuray, manufacturer of CyberKnife®). Between August 2008 and August 2016, 75 men defined as low- and intermediate-risk were treated for prostate cancer only with CyberKnife® as part of a retrospective quality study. Overall, CyberKnife® patients achieved a 97% survival rate.



WHY PATIENTS ARE CHOOSING CYBERKNIFE®

"It's noninvasive. It doesn't require any surgical cuts. In fact, patients can wear their own clothes during treatments," said Dr. Timothy Chen, medical director of Stereotactic Radiosurgery at the Capital Health Cancer Center. "CyberKnife's results have been very positive as well as patient feedback."

Patient benefits include:

- + No pain
- + Outpatient treatment
- + No bleeding or blood loss
- + No anesthesia (mild sedation only in rare cases)
- + Non-invasive alternate to surgery
- + Fewer complications and risks than surgery
- + Greater comfort
- + Immediate return to normal activities

CyberKnife® is now a standard therapy for prostate cancer, approved by most insurance companies including Medicare. To determine if CyberKnife® is an option for you, call 609.303.4565 or visit capitalcyberknife.org.

SCREENING GUIDELINE Recommendations*

BREAST

- ... Women ages 40 to 44 years may choose to start annual breast cancer screening mammograms (x-rays of the breast) if they wish to do so.
- ... Women age 45 to 54 should get mammograms every year.
- ... Women 55 and older should switch to mammograms every two years or can continue annual screenings.
- ... Screening should continue as long as a woman is in good health.

Screening mammograms can be scheduled in
Hopewell, Trenton, or Hamilton by calling 609.394.6695.

LUNG

- ... Men and women ages 55 to 77 years with no symptoms and
- ... Currently smoke or have quit smoking in the past 15 years and
- ... Have at least a 30 pack-year smoking history. (A pack-year is one pack of cigarettes per day per year. One pack per day for 30 years or two packs per day for 15 years would both be 30 pack-years.)

Lung CT screenings can be scheduled in Hopewell
by calling 1.844.303.LUNG (5864).

PROSTATE

- ... Starting at age 50, men should talk to a health care provider about the pros and cons of testing to decide if testing is the right choice.
- ... If you are African American or have a father or brother who had prostate cancer before age 65, you should speak with a health care provider starting at age 45.

*Based on American Cancer Society guidelines for the early detection of cancer

Early detection matters. Know the signs. Know your risks. Get screened.

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

Central Scheduling
609.394.6695

Clinical Trials
609.537.7042

CyberKnife® Center
609.303.4565

Diagnostic Imaging & Interventional Radiology
609.394.6695

Cancer Genetics Program
609.537.7043

Infusion Center
609.537.7226

Oasis Salon & Wellness Spa
609.537.6544

SCREENING PROGRAMS

Mammograms
(Hopewell, Trenton, Hamilton)
609.394.6695

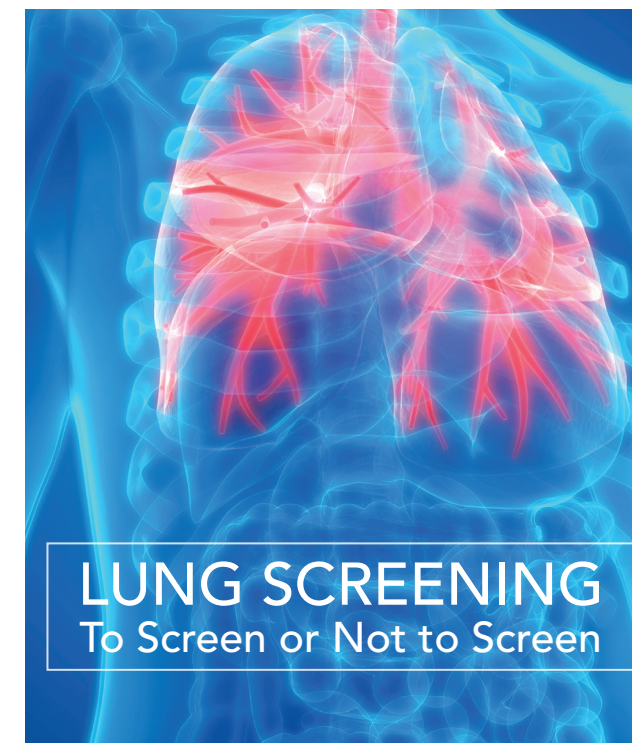
Colorectal Screenings
609.303.4444

Esophageal Screenings
609.537.5000

Lung CT Screenings
1.844.303.LUNG (5864)

Pancreas Screenings
609.537.5000

SUPPORT GROUPS — 609.537.6363



LUNG SCREENING To Screen or Not to Screen

It comes as no surprise that cigarette smoke is bad for your health. Because of other risk factors, such as air pollution and family history, most lung cancer is diagnosed at a late stage of the disease. Regular screenings are advised because, you won't likely find it unless you look for it.

Current and previous smokers, and those having known exposure, should meet with their doctor to determine if a lung screening is advised. If it is, you can schedule a counseling session where you will be asked a series of questions to determine your risk. Based on your results, a low-dose, non-invasive lung CT scan may be recommended. CT scans can detect small nodules, making it possible to diagnose lung cancer at an earlier stage and increase the likelihood for a successful outcome. Our navigator will guide you through the entire screening and registration process.

Anyone who wishes to be screened may do so. It does not require drinking contrast fluids and blood tests are not required, hence no needles. Medicare Part A and health insurance providers typically cover screenings for those who meet particular guidelines.

FOR INFORMATION OR TO SCHEDULE YOUR LUNG CT SCREENING,
call toll-free 1.844.303.LUNG (5864) or visit capitalhealth.org/lungct.