



MESSAGE FROM THE DIRECTORS

Dr. Cataldo Doria, Medical Director, Cancer Center

Rona Remstein, Director, Cancer Center

Accelerating Growth in Cancer Treatments and Research

Cancer has not stopped, and neither have we. Our Cancer Center remains open and continues to provide the high quality, expert care you have come to expect. Your health and safety remain our top priority as we continue to offer telemedicine and in-person exams, diagnostic workups and interventional care.

As a leader and trusted health care provider, Governor Phil Murphy appointed Capital Health Chief Executive Officer and President Al Maghazeh to the State of New Jersey's Restart and Recovery Advisory Council bringing together the state's top health care leaders to advise state leadership on economic issues impacted by the pandemic.

We achieved accreditation as a Center of Excellence in Robotic Surgery and Dr. Cataldo Doria as a Surgeon

of Excellence in Robotic Surgery for meeting nationally recognized robotic surgery and patient care standards by Surgical Review Corporation. We have aggressive plans and will continue to invest in new services, medical staff, and the advanced technologies to provide you with superior patient care.

Elevating our cancer research efforts, Capital Health's collaboration with The Baruch S. Blumberg Institute facilitates our scholarly and discovery research capabilities. Working with their scientists and laboratories, we can test new ideas and innovations in medical research. Through our relationship with these world-renowned translational scientists, Capital Health is advancing the discovery of new treatments and a cure for cancer.

MEDICAL CANCER CONFERENCE

Capital Health's Cancer Conference, "Expanding Options in Cancer Care, Promoting Quality of Life," is scheduled for the weekend of January 23, 2021 and will focus on changes and challenges in oncology. Presentation topics include Interventional GI Endoscopy in the Diagnosis and Management of Pancreato-Biliary Malignancies, Robotic-Assisted Whipple—A New Approach to an Old Procedure, Immuno-Oncology, The Present and Future Role of Personalized Medicine in Cancer Therapy, A Multidisciplinary Approach to Brain Cancer, and Management of Bone and Soft Tissue Sarcoma. The conference is available to physicians, clinicians, and other medical professionals who serve oncology patients. Educational credits are available. **To register or more information, visit capitalhealth.org/cancerconference.**



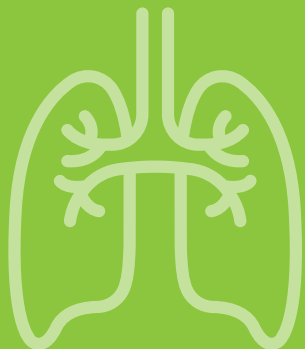
GOLF TOURNAMENT SET FOR OCTOBER 14

The 2020 Dr. Abraham George Memorial Golf Tournament will direct all proceeds to Capital Health's Cancer Center providing essential support for clinical enhancements, educational and supportive care services. While social gathering guidance remains uncertain in the months ahead, there is great assurance that this annual event will offer a day on the links, light-hearted fun on the croquet and bocce courts, and post-event reception in keeping with the traditional memorial tournament experience or welcome an event platform under a new normal of social distancing.

To register or to become a sponsor, call 609.303.4121 or visit capitalhealth.org/donate.



10 SECOND LUNG CANCER SCREENING



Lung cancer is the number one cause of cancer deaths in the world. Each year, more people in the U.S. will die of lung cancer than colon, breast, and prostate cancers combined. Statistics show one out of 15 men and one out of 17 women will develop lung cancer.

Early detection and treatment of lung cancer gives you the best chance for a positive outcome. In most cases, there are no symptoms to aid in early detection. Symptoms such as a cough or shortness of breath can sometimes provide clues. The only way to be sure is to get screened.

Lung cancer screenings are easy and painless. In just 10 seconds, a low dose CT scan can safely capture detailed images of the lungs.

Lung cancer screenings are recommended for:

- Ages 55 – 77 years old
- 30 or more pack years of smoking (examples: 2 packs/day for 15 years or 1 pack/day for 30 years)
- Current smokers or those who have quit within the last 15 years

Call 1.844.303.LUNG (5864) to schedule a lung cancer screening or for more information about the Capital Health Lung Center or visit capitalhealth.org/lung.



To schedule a consultation with DR. DIANA KOLMAN, director of Interventional Pulmonology, Capital Health – Pulmonology Specialists, call 609.815.7390.



To schedule a consultation with DR. AFRICA F. WALLACE, director of Thoracic Surgery, Capital Health Surgical Group, call 609.537.6000.

CAPITAL HEALTH SELECTED for National Care Standards Study

The Capital Health Cancer Center was selected to participate in a national, evidence-based study to validate oncology navigation metrics sponsored through a partnership between AONN+, Chartis



Oncology Solutions and the American Cancer Society.

"Of more than 60 applications from across the country, only eight academic and community institutions were selected to participate in this transforming

research. This speaks to the quality of our cancer program and navigators," said **TRISH TATRAI**, manager, Oncology Support Services and breast health nurse navigator. "The end goal is to establish evidence-based, standardized navigation benchmarks to ensure the highest levels of patient care in all cancer centers nationally."

As part of the study, ten navigation metrics were evaluated for their validity and reliability. Some of the metrics evaluated included time from diagnosis to initial treatment, navigation caseload, hospital readmissions, psychosocial distress screening, social support referrals, patient learning styles, and patient experience.

This study is just one more way our Cancer Center is contributing to understanding and advancing cancer care locally and nationally.

Multidisciplinary Teams Key to Treatment Outcomes

We recognize that cancer treatment can be complex and is constantly evolving. Studies have shown that the best cancer outcomes include a multidisciplinary team of experts focused on you and your particular cancer.

The goal of a multidisciplinary team is to provide the most effective treatment pathway in a holistic, integrated approach at each stage of your cancer experience.

Our multidisciplinary cancer teams each focus on a particular cancer disease site. Teams conduct regular case conferences to review patients' medical conditions, pathology, and imaging results. Evidence-based therapies, treatment options and the latest in scientific and clinical data are reviewed based on your cancer stage, overall health, age, and genetics to develop a personalized treatment plan for you.

The teams are comprised of expert clinicians from varying disciplines including surgical oncology, medical oncology, and radiation oncology. Specialists from clinical research, nurse navigation, pathology, radiology, clinical research, financial navigation, patient navigation, genetics, cancer registry, oncology nutrition, palliative care, plastic surgery, psychosocial support, and rehabilitation therapy are also a part of the team.

This collaboration between expert professionals ensures you receive timely treatment and coordinated, comprehensive care.

Multidisciplinary Cancer Teams

- Bone and Connective Tissue
- Breast
- Gastrointestinal
- Gynecologic
- Neuro Oncology
- Thoracic
- Urogenital

Expanding Treatment Options for PROSTATE CANCERS

As a leading Cancer Center, we continually invest in cutting-edge technologies and medical expertise that further patient care and innovation in health care. Capital Health is one of only a few hospitals to offer multi-parametric MRI (mpMRI).

The goal of cancer screening is to find cancer early when it is most treatable. Two tests commonly used to screen for prostate cancer are the prostate specific antigen (PSA) blood test and the digital rectal exam (DRE). Generally, men with prostate cancer have elevated PSA levels.

To determine if prostate cancer is actually present, typically a biopsy procedure is required. Tissue samples are analyzed to determine if the cells are cancerous or noncancerous, but the results are dependent on sampling the right tissue. The procedure is relatively safe, but carries a slight risk of bleeding or infection.

An mpMRI allows more thorough screening, thereby reducing the number of men requiring biopsy or highlighting areas of concern in those that may have cancer.

For those needing a biopsy, the mpMRI fusion procedure combines mpMRI and ultrasound images to fuse images of the body's soft tissues and structures providing detailed, real-time 3-D views. The images show a road map of the prostate and highlights areas that may have disease. This enhanced visualization enables pinpoint accuracy for targeted biopsies while reducing the likelihood of missing hidden tumors and cancerous tissues.



It takes approximately 30 minutes to do an mpMRI study and does not require anesthesia. The procedure can be performed prior to the initial diagnostic biopsy to monitor the prostate over time or for surveillance after prostate cancer treatment.

For patients with persistently high PSA levels and negative biopsy findings, an mpMRI can reduce the need for multiple biopsies. In some cases, it can rule out a problem eliminating the need for a biopsy altogether.

For additional information on this procedure, contact Dr. Eric Mayer at 609.303.4460.

Urologist Specializing in Minimally Invasive, Robotic-Assisted Procedures Joins Capital Health



DR. ERIC MAYER recently joined Capital Health as director of Urologic Robotic Surgery. He is a board certified urologist specializing in minimally invasive urologic procedures. He treats a range of urologic conditions in the male and female urinary tract system (kidneys, ureters, bladder, and urethra) and male reproductive system (penis and prostate), including cancer. His philosophy is to deliver the latest in urologic care in a personal and friendly atmosphere.

REVOLUTIONIZING UROLOGICAL SURGERY

Dr. Mayer was the first surgeon in Pennsylvania to perform a robotic-assisted laparoscopic prostatectomy using the da Vinci® surgical system — an advanced technology that allows urologists to perform minimally invasive laparoscopic surgery in bladder, prostate and kidney cancers through a few small incisions. Surgeries performed using the da Vinci® surgical system provide cancer treatment with shorter recovery and improved quality of life.

AN EXPERIENCED LEADER

Prior to joining Capital Health, Dr. Mayer was chief of Urology and Minimally Invasive Urologic Surgery at St. Luke's Center for Urology, part of St. Luke's University Health Network, in Bethlehem, PA. He received his medical degree from UMDNJ- Robert Wood Johnson Medical School in New Brunswick, NJ, where he also completed his urology residency.

Fluent in German, Dr. Mayer volunteers for international surgical missions in his spare time, and also enjoys running, skiing, mountain biking, and auto racing. He is a board certified member of the American Urological Association and the American Medical Athletic Association.

OFFICES IN NEW JERSEY & PENNSYLVANIA

Our multi-site, shared electronic medical records system allows for integrated health care across the Capital Health network. Patients can visit Dr. Mayer at his offices located in Yardley, PA or Pennington, NJ.

To schedule an appointment with Dr. Mayer, call 609.303.4460 or visit capitalhealth.org/urology.



Meet Our Experienced Cancer Specialists

At Capital Health Cancer Center, our highly skilled physicians combine their knowledge, experience, and expertise to deliver coordinated, integrative, personalized care. Visit capitalhealth.org/cancer to learn more about these physicians or to find a doctor that meets your needs.

BREAST SURGERY

Lisa R. Allen, MD 609.537.6700
Rose E. Mustafa, MD 609.537.6700

COLORECTAL SURGERY

Ashlee Godshalk Ruggles, MD 609.537.6000

GASTROENTEROLOGY

Anil Balani, MD 609.537.5000
Jyoti K. Bhatia, MD 609.818.1900
Joseph DeAntonio, MD 609.882.2185
Ravinder Dhillon, MD 609.818.1900
William Lou, MD 609.896.0622
Marion-Anna Protano, MD 609.818.1900
Mark Saxena, MD 609.528.8886
Armen Simonian, MD 609.818.1900
Douglas Weinstein, MD 609.818.1900

GENERAL SURGERY

Joseph DellaCroce, MD 609.537.6000
Michael Kalina, DO 609.537.6000
Steven Johnson, MD 609.537.6000

GYNECOLOGIC ONCOLOGY

Joyce Varughese, MD, FACOG 609.537.6000

INTERVENTIONAL GASTROENTEROLOGY/ THERAPEUTIC ENDOSCOPY

Jason Rogart, MD, FASGE 609.537.5000

INTERVENTIONAL PULMONOLOGY

Diana Kolman, MD 609.815.7390

LIVER, PANCREAS AND BILE DUCT SURGERY

Cataldo Doria, MD, PhD, MBA, FACS 609.537.6000
Jooyeun Chung, MD 609.537.6000



MEDICAL ONCOLOGY

Emily Chen, MD	609.394.0660
Neel Gandhi, MD	609.303.0747
Ellen Kenney, MD	609.303.0747
Scott Kindsfather, MD	609.303.0747
Deborah Lee, MD	609.303.0747
Hongyan Liang, MD	609.303.0747
Erica Linden, MD	609.303.0747
Abdul Mughal, MD	609.588.4747
David L. Schaebler, MD	609.303.0747

NEURO ONCOLOGY

Lee Buono, MD, FACS	609.537.7300
Navid Redjal, MD, FAANS	609.537.7300

ORTHOPAEDIC ONCOLOGY

John Abraham, MD	800.321.9999
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RADIATION ONCOLOGY

Timothy H. Chen, MD	609.303.4244
Shirnett K. Williamson, MD	609.303.4244

RADIOLOGY

Ajay Choudhri, MD	609.815.7532
Brad Hoppenfeld, MD	609.815.7532

Yaakov Applbaum, MD	609.815.7532
Anthony Andres R. DePalma, MD	609.815.7532
Sangit Malliah, MD	609.815.7532
Bradd Millian, MD	609.815.7532
James Montuori, DO	609.815.7532
Matthew Neimark, MD	609.815.7532
Ramdas Prabhu, DO	609.815.7532
Richard Rosenthal, DO	609.815.7532
Rebecca Sahlman, MD	609.815.7532
Eric Schwartz, MD	609.815.7532
Shrita Marie Smith, MD	609.815.7532
Natalya Soloveychik, DO	609.815.7532
Nylah Fatima Wasti, MD	609.815.7532

PLASTIC & RECONSTRUCTIVE SURGERY

Matthew J. Lynch, MD, PA	609.448.6200
Gary Tuma, MD	609.537.7000
Eric Wimmers, MD	609.460.8351

THORACIC SURGERY

Africa Wallace, MD	609.537.6000
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UROLOGIC ONCOLOGY

Eric Mayer, MD	609.303.4460
Brad Rogers, MD	609.303.4460

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
Lung Center 844.303.5864

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

Oncology Navigators Achieve Specialized Certification

Congratulations to our oncology navigators for receiving their navigator certifications. They include Laura Martin, BA, OPN-CG, Allison Lubina, OPN-CG, Sherri M. Mahoney, CN-BA and Trish Tatrai RN, MS, OCN, CBCN.



Each has demonstrated specialized knowledge and competencies in oncology patient navigation across the cancer care continuum. Certifications were earned through varying bodies including Oncology Nursing Society, Academy of Oncology Nurse & Patient Navigators, and the National Consortium of Breast Centers (NCBC).

As navigators, they assist patients and families by working collaboratively with the patient's multidisciplinary health care team, assessing medical care and resources, and providing educational and emotional support when needed. They help patients understand their conditions and treatment plans so they can make informed decisions and help to remove barriers preventing access to treatment. As steadfast advocates of cancer awareness, you are likely to see them at community health care events sharing cancer screening guidelines and other ways to reduce one's risk for developing cancer.

2020 LECTURE & EDUCATION SERIES

We invite you to participate in our upcoming free virtual lecture programs.

FOR DETAILS, visit www.capitalhealth.org/events.

SEPT 24 **Flush Colon Cancer: Know Your Risk Factors, Screening Guidelines and Treatment Options** with Dr. Ashlee Godshalk Ruggles, MD

SEPT 29 **Below the Belt: Preventing and Detecting Gynecologic Cancers** with Dr. Joyce Varughese, MD, FACOG

OCT 21 **CyberKnife® Radiosurgery: A Non-Surgical Option for Cancer Treatment** with Shirnett Williamson, MD

NOV 5 **Lung Cancer Screening: What, Who, When and Why?** with Dr. Africa Wallace, MD

DESIGNATED CENTER OF EXCELLENCE IN ROBOTIC SURGERY

Capital Health Medical Center — Hopewell has been designated as a Center of Excellence in Robotic Surgery and Dr. Cataldo Doria as a Surgeon of Excellence in Robotic Surgery by Surgical Review Corporation, an internationally recognized patient safety organization dedicated to recognizing and refining surgical care. These accreditations demonstrate that we meet rigorous standards for delivering safe, effective, evidence-based care and confirm our unique expertise and surgical capabilities.

For cancer patients, robotic-assisted surgery — sometimes referred to as “high-precision surgery” — may be an option to traditional surgery. Benefits generally include smaller incisions, lower risk of infection, less pain, and a faster recovery.

Since its introduction, robotic surgery techniques and procedures have been refined in the treatment of hepato-pancreato-biliary, colorectal, gynecologic, lung, and urologic cancers, and have allowed the ability to treat complex conditions with pinpoint accuracy.

As part of our expanding expertise in robotic-assisted surgery, Capital Health has invested in a “dual console” for our da Vinci® surgical platform to provide for a wider range of surgeries and to support our growing roster of surgeons with minimally invasive surgical experience. The dual console also enables a second surgeon to assist in surgeries and serves as a conduit for future surgical training.



ELEVATING Standards

Amanda Fletcher, MSN, RN, OCN • Oncology Nurse Educator



Not many hospitals can boast that they have a dedicated oncology nurse educator committed to elevating their level of cancer care. Amanda Fletcher is doing just that.

Because nurses play a vital role in the rapidly changing field of oncology, keeping abreast of new knowledge

and best practices is critical. Overseeing the Cancer Center's oncology nursing education program, her goal is to ensure staff is at the forefront of nursing by incorporating evidence-based practices and clinical research findings into all educational initiatives and care provided.

Amanda also ensures the Cancer Center follows the accreditation standards set forth by the DNV-GL NIAHO, New Jersey Department of Health, American Nurses Credentialing Center (Magnet Recognition Program), and American College of Surgeons' Commission on Cancer.

As a young girl, she knew she wanted to be a teacher. After graduating from Capital Health's nursing program, she started her professional career working in the hospital's oncology in-patient unit. She later joined Capital Health's Infusion Center where she found others with similar values – an unwavering commitment to excellence in patient care and a passion for learning. She enjoyed the collaborative nature of the team and their focus on patients not as their disease, but as individuals.

Amanda also serves on the hospital's Magnet Masters Committee in Capital Health's pursuit of its fifth consecutive Magnet® Recognition – the highest national honor for nursing practice – awarded by the American Nurses' Credentialing Center (ANCC).

She is grateful for the support of her husband and her Infusion Center colleagues while pursuing her Masters in the Science of Nursing (MSN) degree with a concentration in nursing education. She said, "I love to challenge those around me and create what's possible. Being a nurse educator and delivering personalized, patient care truly is a dream come true."

TO CALL ALONGSIDE

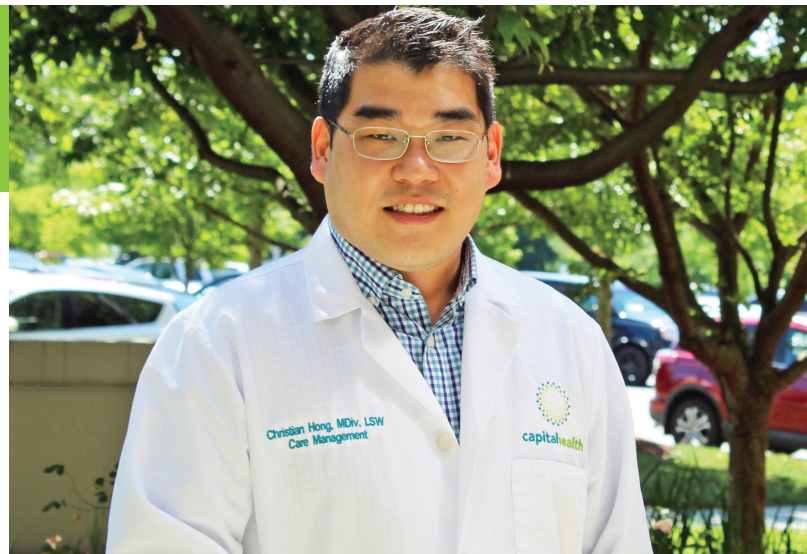
Christian Hong, MDiv, LSW • Oncology Social Worker

In Koine Greek, "parakaleo" literally means, "to call alongside." The particular verb was used to encourage and support a person to meet difficult situations with courage.

When called, Rev. Christian Hong tries to embody that meaning with every encounter. He works alongside patients and families to rediscover the hope, strength, and dignity within them for each step of their cancer journey. Christian likens himself to a cane, providing that extra support when his clients feel like falling while ensuring that each uncertain step forward will never be taken alone.

Christian provides psychotherapy, emotional support, counseling, and service coordination with community agencies and resources. "Too often, people rely upon their own strengths when facing cancer," he said. "Ironically, it is the moment you break down, grieve, and find permission to reach out to another that a light unseen is noticed. Whether you need a home care referral or a place to collect your tears, this can be the first step to know that you can do this and you are not alone."

From working with families, the chronically ill, and the psychiatric population, Christian draws upon his pastoral



and clinical experiences in both hospital and community settings. He finds this role a culmination of all his experiences. He said, "It's interesting to come back to this area where I first started my studies to now use all of my history to work with such dedicated staff who strive to go beyond the traditional expectations of patient care and walk alongside our patients."

For Christian, every day is an opportunity to reflect hope and uphold dignity to dimly lit spaces with everyone at the Cancer Center. For it is said, "Everything that is done in this world is done by hope."



SUNFLOWER AWARD HONOREE

> **SOPHIA GERGATSOULIS**, a Cancer Center radiation therapist, recently received the Sunflower Award, a national award recognizing compassionate and extraordinary patient care. We celebrate Sophia's commitment to making a difference in our patients' lives and inspiring others to reflect that same kindness and compassion. Sophia has been part of the Capital Health Radiation Oncology team for 23 years.



FROM THE HEART

The Capital Health Cancer Center thanks the Millburn Short Hills Chinese Association for their generous donation of Tyvek suits. Accepting the donations are **ALEX CHEN**, chief medical physicist; **DR. SHIRNETT WILLIAMSON**, medical director of Radiation Oncology Services; **DR. TIMOTHY CHEN**, medical director of Stereotactic Radiosurgery; and **ROXANNE O'BYRNE**, CyberKnife® manager and nurse coordinator. We appreciate all those who contributed to the safety of our clinical care teams and our patients.



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