

da VINCI® SURGICAL SYSTEM — ADVANCED TECHNOLOGY

Minimally Invasive Surgery Offers Less Pain
and Faster Recovery Time

Our surgeons are at the leading edge of robotic surgery using powerful technology such as the da Vinci® Surgical System, a sophisticated robotic platform expanding a surgeon's capabilities to perform highly complex procedures and minimally invasive surgery.

At the Cancer Center, da Vinci® is just one of many state-of-the-art technologies used to treat benign conditions and various cancers. From a remote console, the surgeon views a magnified,

high-resolution 3-D image of the surgical site. It translates the surgeon's hand movements into precise micro-movements controlling super-fine surgical instruments through small incisions.

da Vinci® provides surgeons greater precision, dexterity, and control than in traditional open surgery while only requiring 1- to 2-cm incisions. Benefits include faster recovery times, less pain, and less use of pain medication after surgery, enabling patients to return to work and other activities sooner.

This is just one more way we are delivering on our commitment to provide unmatched advanced cancer care and specialized medical services close to home.

Good Vibrations

Chances are you will probably hear **NANCY BEAL** before you see her. A harp therapist, Nancy knows the power of music and good vibrations. You will most often see her visiting patient rooms, our Radiation Therapy Department, and our Infusion Center.

Plucking strings on her Celtic harp, Nancy draws upon a sizeable repertoire of songs. She has a knack for sensing what patients need — a slow tempo, a beloved hymn, or calming notes. She allows the music to do the speaking when connecting with patients.

Harp therapy is helpful in reducing anxiety and boosting one's mood. The resonating vibrations, tone, and repetitive melodies enable patients to relax. For cancer patients, it can help ease nausea from chemotherapy and reduce pain intensity. "I can watch a patient's heart rate and blood pressure lower on the monitor as I play," she shares.

Nancy has become an integral part of our cancer center and patients love her. After all, she's delivering healing with her good vibrations.



>>Capital Health's Supply Chain team went "pink" and hosted a breast education lecture learning about the role of mammograms, symptoms, and treatment options by becoming advocates and increasing cancer awareness in the community.



>>We are proud to have been selected by **Unite for HER** as its first New Jersey hospital partner. Together, we held a Wellness Day providing breast patients greater comfort, hope, and healing.

>>Current or former smokers are at greater risk of lung cancer. Studies show that those who take **just 10 seconds** of their lives for a low-dose CT screening could have better outcomes if cancer is detected early.

1.844.303.LUNG (5864) • www.capitalhealth.org/lungct



Capital Health is committed to advancing cancer care and actively participates in many trials including National Cancer Institute (NCI), university, and pharmaceutical phase II and III clinical trials.

Trials may be focused on cancer prevention, treatment, identifying and diagnosing cancer, and even managing symptoms and side effects of treatments. Participation is voluntary. Two current NCI trials seeking patients include:

... NRG-BN003 (Brain): Phase III Trial of Observation Versus Irradiation for a Gross Totally Resected Grade II Meningioma.

... NRG-BR003 (Breast): A Randomized Phase III Trial of Adjuvant Therapy Comparing Doxorubicin Plus Cyclophosphamide.

FOR A FULL LIST OF OUR CURRENT TRIALS,
visit www.capitalhealth.org/cancer.



CANCER CENTER
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CANCER CENTER

SPRING 2019

community



BREAST SURGEON joins Center for Comprehensive Breast Care

Dr. Rose Mustafa, a fellowship trained breast surgeon specializing in surgical care for benign diseases and cancer, is joining the Capital Health Center for Comprehensive Breast Care, located at Capital Health Medical Center – Hopewell, in February.

Dr. Mustafa's clinical background includes the most advanced surgical treatment options for breast cancer including skin-sparing, nipple-sparing mastectomies and modern oncoplastic techniques. Certified in hidden scar breast cancer surgery, she completed fellowship training in breast surgical oncology at the Hospital of the University of Pennsylvania in Philadelphia, PA. She completed her surgical internship at Mount Sinai Hospital, Icahn School of Medicine, New York NY, and her general surgery residency at Montefiore Medical Center-Albert Einstein College of Medicine, Bronx, NY.

"I'm thrilled to join the team at Capital Health that believes, as I do, that the best way to treat breast disease is to treat the person who has it. Not the patient, the person. I look forward to adding to the already impressive level of care being provided," said Dr. Mustafa.

TO MAKE AN APPOINTMENT, call 609.537.6700 or visit capitalsurgical.org/breastsurgery for information.

Introducing
3D MAMMOGRAMS
with curved paddles
to enhance comfort



We are excited to offer the latest in mammogram technology — 3D mammograms and curved paddles at our Hopewell and Hamilton campuses.

While traditional 2D mammograms provide single image views, 3D mammograms provide a multi-dimensional view for better detection of abnormalities. It can also reduce "false positives" requiring fewer women to return for additional testing and the associated anxiety of a callback.

The new curved paddles provide improved comfort by matching the contour of your breast, which results in a more even compression. Most women regardless of their breast size and level of breast density can be accommodated.

To schedule your diagnostic mammogram, call Central Scheduling at 609.394.6695.

LEADER of the Pack

Our cancer registry was the only New Jersey registry to receive a Gold Level award in 2018 from the New Jersey State Cancer Registry for Excellence in Timely and Complete Cancer Case Reporting. Registries are required by law to report all cancer cases according to rigorous rules and benchmarks. The de-identified data is used by the National Cancer Database and the National Cancer Institute to analyze cancer trends. It is also used by cancer programs, such as ours, to monitor and improve the care they provide. Congratulations to our registrars!



609.537.6363 | capitalhealth.org/cancer



make a gift

GIFTS to the Cancer Center
MAKE A DIFFERENCE.

Make yours today online at
www.capitalhealth.org/makeagift.

To subscribe to this FREE newsletter,
email **Diane Hasili** at dhasili@capitalhealth.org.

@capitalhealthnj



capitalhealth.org/cancer

2019 LECTURE & EDUCATION SERIES

You're invited to free educational programs held throughout the year.
FOR DETAILS, visit www.capitalhealth.org/events.

MAR 19 Colorectal Cancer Awareness Day at Capital Health Regional Medical Center — Trenton

MAR 27 Treating GERD (Acid Reflux) and Barrett's Esophagus with Dr. Jason Rogart

APR 11 Flush Colon Cancer: Know Your Risk Factors, Screening Guidelines & Treatment Options with Dr. Jyoti Bhatia

APR 29 Gut Reaction: Current Medical Management Options for Crohn's Disease and Ulcerative Colitis with Dr. Anil Balani

MAY 01 Pancreatic Cancer: Managing Risk, Making, & Understanding a Diagnosis with Dr. Jason Rogart



MESSAGE FROM THE DIRECTORS

Dr. Cataldo Doria, Medical Director, Cancer Center
Rona Remstein, Director, Cancer Center

A Bold Vision and Promising Future for the Capital Health Cancer Center

The Capital Health Cancer Center continues to advance its quest to further elevate excellence in cancer care and research on the local, national and international level. We continue to guide our center's emergence as a leader in prevention, diagnosis, and treatment of cancer.

Our efforts in Mercer and Bucks counties aim at offering better access, higher quality, lower costs and patient-centered care delivered closer to home, so that patients with cancer and their loved ones will not have to travel long distances to receive state-of-the-art cancer treatment. We began this process by performing very advanced hepato-pancreato-biliary surgeries, such as pancreatectomies, for locally advanced pancreatic cancer with replacement of the vessels involved by cancer. Also, we launched the liver auto-transplant program dedicated to patients with liver cancer that is not otherwise treatable. We will march up to our final goal of offering comprehensive treatment for every form of solid cancer by appointing specialists in colorectal, thoracic, gynecological, and urological surgery.

In addition to overseeing the development and growth of the program and team members, we will ensure that our multi-disciplinary care team is prepared to encounter and address emerging challenges that come with a cancer diagnosis. We will work on implementing cutting edge treatment, such as immunotherapy, integrative medicine, and a personalized medicine program. On the surgical front, we will focus on scaling the usage of the da Vinci® platform, a minimally invasive surgical approach to cancer that allows faster recovery and return to a productive life.

A component of our vision is to increase our national and international visibility. This will be accomplished by developing relationships with world-renowned translational scientists aiming to enhance discovery and cures for cancer. In the coming years, the Capital Health Cancer Center will continue to build our program with the final objective of becoming an international leader in treating patients diagnosed with cancer.



SUPPORT GROUPS

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

Survivors Support Group · 609.537.7485

- ... First Tuesday of each month at Hopewell · 6:30 – 8 p.m.
- ... Third Tuesday of each month at Hamilton · 6 – 7:30 p.m.

Metastatic (Stage IV) Support Group · 609.537.6363

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

Living Beyond Breast Cancer: Young Survivor's Initiative

- ... Special program for women diagnosed with breast cancer before age 45. March 25, April 15, May 20, June 10. 6-8 p.m. at Hopewell. Must pre-register. 609.537.7485

MARCH IS NATIONAL COLORECTAL CANCER MONTH

According to the Centers for Disease Control and Prevention, the risk of getting colorectal cancer increases with age. Despite the fact that nearly 90 percent of all cases diagnosed occur in people over age 50, a recent study from the American Cancer Society shows a sharp rise in colorectal cancer diagnosis in adults who are in their 20s or 30s.

During March, you will see a lot of blue at Capital Health—a reminder that colorectal cancer does not discriminate and that it is preventable, treatable and beatable.

Colorectal cancer typically starts as a polyp, a small growth that forms on the inner wall of the colon. Not all polyps become cancer, but finding and removing them can be effective. It is important to note that colon cancer symptoms may be barely noticeable or not present at all in the early stages, so screenings are recommended.

SYMPTOMS may vary. Here are a few things to look for:

- + Changes in bowel habits lasting several days, including constipation, diarrhea, or narrowing of the stool
- + Blood in the stool
- + Unintentional weight loss
- + Fatigue

RISK FACTORS generally fall into one of two categories: modifiable and non-modifiable:

- + Modifiable risk factors include obesity, smoking, alcohol and tobacco use.
- + Non-modifiable risk factors include age, personal history of polyps or colorectal cancer, a family history of polyps or colorectal cancer, a personal history of inflammatory bowel disease (IBD), race and ethnicity, diabetes, and rare inherited conditions such as Lynch syndrome.

YOU ARE INVITED to join us at one of our many educational lectures or activities throughout March to learn more about colon cancer, prevention, and risks. Visit capitalhealth.org/events or facebook.com/capitalhealthnj.

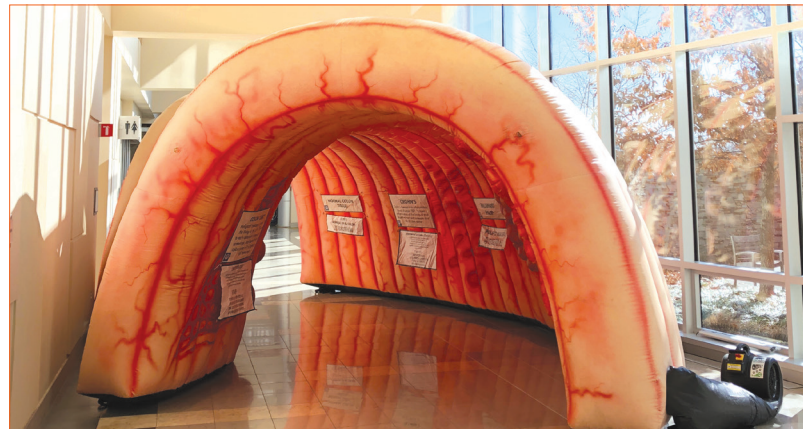
WHO SHOULD BE SCREENED

Individuals who should consider a colonoscopy include:

- + Individuals age 50 or older of average risk
- + African Americans age 45 or older
- + Those at increased risk of colon cancer. You have a higher risk if:
 - You have an immediate family member who was diagnosed with colorectal cancer under the age of 60 or
 - You have two immediate family members who have been diagnosed with colorectal cancer.

If these high-risk scenarios apply to you, you should begin colonoscopy screening at age 40 or 10 years younger than the age the immediate family member was diagnosed, whichever is earlier.

SCHEDULE your screening colonoscopy directly, if at average risk, without a pre-procedure office visit by calling **609.537.6363**.



A LARGER THAN LIFE EXPERIENCE

On **WEDNESDAY, MARCH 6** our **COLORECTAL CANCER AWARENESS DAY** featured the Rollin' Colon at Capital Health Medical Center – Hopewell. Attendees walked through a **20-foot replica of a human colon** and learned about colorectal cancer development, symptoms, and related-diseases. They also met our gastroenterologists, oncology nutritionist, pharmacists, and GI nurse navigator to ask questions, learn about new prep options, and picked up free giveaways and healthy recipes.

ADVANCED TESTING AND SURGERY FOR PANCREATIC CANCER AVAILABLE

More than 48,000 new cases of pancreatic cancer are diagnosed in the U.S. each year. Because pancreatic cancers and precancerous lesions are among the most challenging tumors to diagnose and effectively treat, we offer the most advanced screening and treatment options as part of our Center for Digestive Health and Cancer Center, both located at Capital Health Medical Center – Hopewell. Depending on personal risk factors and medical history, screening options we provide may include endoscopic ultrasound, MRI and MRCP and CT scans. We can treat cancers and other pancreatic lesions using minimally invasive techniques with the da Vinci® Surgical System that are proven to reduce recovery time.

INTEGRATED CANCER CARE UNDER ONE ROOF

As an accredited member of the Commission on Cancer®, a program of the American College of Surgeons, we are nationally recognized for high quality, multidisciplinary, patient-centered cancer care.

We believe cutting edge cancer care belongs under one roof, close to home. Highly specialized in the diagnosis and treatment of cancer, expert physicians, advanced technology, and progressive treatment for even the most complex cancers can be found at our state-of-the-art Capital Health Medical Center – Hopewell.

SPECIALIZED EXPERTISE

- + Center for Digestive Health
- + Capital Institute for Neurosciences
- + Center for Comprehensive Breast Care
- + Women's Imaging Center

ADVANCED TECHNOLOGY FOR IMPROVED OUTCOMES

- + da Vinci® Surgical System
- + Diagnostic Imaging Technology (PET/CT, Breast MRI, 3D Ultrasound, 3D and 2D Mammograms)
- + Radiation Technology (CyberKnife®, TrueBeam®, HDR)



PATIENT-CENTERED CARE

Our multidisciplinary team focuses on each patient individually to develop a personalized, evidence-based treatment plan. We provide:

- + Cancer screening programs (breast, lung, pancreas, colon)
- + Full spectrum of oncology services (radiation, surgical, medical, radiology, pathology)
- + A team of cancer navigators
- + Multidisciplinary case conferences
- + State-of-the-art technology
- + Cancer genetics program with licensed genetic counselors
- + Clinical trials and research
- + Cancer survivorship and wellness programs
- + Infusion center for chemotherapy, immunotherapy, and transfusions
- + On-site Center for Outpatient Rehabilitation
- + Full-service wellness spa

Our comprehensive care includes survivorship care, psycho-social counseling, prevention education, support groups, financial counseling, and nutrition support.

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