



MESSAGE FROM THE DIRECTORS

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

This year has already proven to be exhilarating and full of hope for the future. More patients are choosing Capital Health for their cancer care as we continue to expand treatment options and provide meaningful programs that benefit patients' health, wellness and quality of life. We are proud to offer world-class essential treatments and therapies that meet your needs today, and we are not slowing down.

The Cancer Center prides itself on having obtained accreditation status from many national cancer organizations. In February, we were recognized by the National Pancreas Foundation (NPF) as an NPF Center of Excellence for treating pancreatic cancer – only the third New Jersey hospital to receive this designation – attesting to our multidisciplinary approach to treating the whole patient with a focus on the best possible outcomes and quality of life. Increasing evidence shows that a multidisciplinary approach is associated with improved clinical decision making, clinical outcomes, and patient experience.

We launched Capital Health Lung Center, providing a comprehensive approach to the diagnosis and treatment of lung diseases – including cancer. This spring, the introduction of our Quit Smoking Program will help smokers reduce their cancer risk.

We welcomed three new highly regarded members to our team: Dr. Khanh Nguyen, a board certified radiation oncologist with nearly 20 years of experience providing state-of-the-art treatments for patients with prostate, lung, breast, central nervous system tumors and other adult malignancies; and nurse navigators Kristy Frascella (gastroenterology) and Myrnaivette Pierson (thoracic).

Two new patient programs were developed with the assistance of Christian Hong, oncology social worker. Our Peer-to-Peer Connection Support program for newly diagnosed cancer patients matches them with volunteer mentors who have gone through similar treatments and experiences. We also launched a monthly virtual Pancreatic Cancer Support Group. Both were designed based on patient feedback to help ease feelings of anxiety and fear.

Look for our new website launching this summer. It will be more interactive, easier to navigate, and provide all of the information that's important to you.

Because you deserve access to advanced cancer care focused on you, we are committed to providing expert cancer specialists in a state-of-the-art facility, all under one roof that is close to home.

GOLF TOURNAMENT

SET FOR JUNE 9

Registration, sponsorship and volunteer opportunities are available for the 2021 Dr. Abraham George Memorial Golf Tournament at Mercer Oaks golf course. Proceeds will benefit Capital Health Cancer Center, providing critical support for medical treatment, clinical enhancements, and educational and supportive patient care services.

To learn more, please call **609.303.4121** or email donate@capitalhealth.org.

FREE CANCER SCREENINGS

Uninsured or under-insured? You may qualify for free cancer screenings – breast, cervical, prostate, and colon – through the New Jersey Department of Health's Cancer Education and Early Detection (NJCEED) program. For information and eligibility guidelines, Mercer County residents can call **609.888.6189**. For other NJCEED offices, visit bit.ly/3bdMNj7.





SARCOMA CENTER OF EXCELLENCE

Specialized treatment
available for rare cancer

Considered a rare and complex form of cancer, sarcomas require highly specialized care. According to the National Cancer Institute, there were more than 13,000 new cases in the United States last year. Due to the low prevalence of sarcomas compared to other cancers, knowledge is not common and access to medical expertise is limited.

Sarcomas typically start in the body's extremities such as cartilage, muscle, tendons, nerves, and fat. Because sarcomas are often considered a "soft tissue" cancer, they are generally painless and often misdiagnosed as a swollen joint or painless lump. There are nearly 100 known types and subtypes of sarcoma that can afflict any one and at any age. Because of its rarity, accurate identification and providing the correct treatment can be a challenge – a family physician may only see one case a year.

SARCOMA CENTER OF EXCELLENCE

Capital Health's Sarcoma Center of Excellence is the region's only sarcoma oncology program that specializes in the diagnosis and treatment of sarcomas. Through a partnership with Rothman Orthopaedic Institute, Capital Health Cancer Center provides patients extraordinary access to two great organizations renowned for cancer expertise and advanced, comprehensive cancer care to treat these rare and potentially devastating tumors.



"Patients get it all here — superior patient care and specialized medical expertise combined with strict adherence to national treatment guidelines and advanced treatments," said **DR. JOHN ABRAHAM**, an internationally recognized orthopaedic oncology surgeon and founder of the

Orthopaedic Oncology Service at Rothman Orthopaedics. "We get to know each patient and the entire multidisciplinary team is laser focused on immediate access to treatment, so that each patient can live to the fullest."

TREATMENTS

Surgical services offered include limb sparing techniques and bone/joint prostheses for bone sarcoma, complete surgical removal for soft tissue sarcoma and plastic/reconstructive options, minimally invasive prophylactic fixation (insertion of metal into the affected bone to strengthen it and prevent breaks), joint revision (replacement of joints that have failed as the result of cancer or due to significant bone loss), and fracture repair using metal pins, rods, screws, or plates to hold the damaged bone in place.

SPECIALIZED EXPERTISE

Dr. John Abraham is the founder of the Orthopaedic Oncology Service at Rothman Orthopaedics. He is an internationally-recognized orthopaedic oncology surgeon and has 15 years of experience in dealing with bone and soft tissue sarcomas and metastatic cancer to the skeleton.

Dr. Abraham graduated magna cum laude from Harvard University and with high honors from Yale School of Medicine, where he received the prestigious Nicholas Giarman Award for Cancer Research. At Harvard, Dr. Abraham also completed an orthopaedic surgery residency and an orthopaedic oncology fellowship based at Massachusetts General Hospital and Children's Hospital Boston.

Later, Dr. Abraham was elected to the faculty at Dana Farber Cancer Center, one of the leading sarcoma centers in the world, where he served as their primary orthopaedic oncologist. During this time, he was also a member of the arthroplasty service at the Brigham and Women's Hospital of Harvard Medical School in Boston. He has served as the director of the Jefferson Musculoskeletal Oncology Center at the Kimmel Cancer Center and was an associate professor of Orthopaedic Surgery and Radiation Oncology at Thomas Jefferson University. Dr. Abraham has been named a "Top Doctor" in Philadelphia for 10 years and a "Best Doctor in America" by Best Doctors.

To make an appointment or to request a second opinion with Dr. Abraham, please call Rothman Orthopaedics at 267.339.3662. To learn more about the Capital Health Cancer Center, visit capitalhealth.org/cancer.

A VACCINATION THAT PREVENTS CANCER

Dr. Joyce Varughese's research seeks to increase immunization rates



At the Society of Gynecology Oncology's 2021 Annual Meeting on Women's Cancer, DR. JOYCE VARUGHESE recently shared a medical poster referencing her current research: *"Knowledge of the HPV Vaccine among South Asian and South Asian-American Young Adults."*

There are more than 150 human papillomavirus (HPV) related viruses with some leading to cervical, vaginal, vulvar, penile, oral, throat, and anal cancers. Fortunately, HPV vaccinations are helping to prevent infection with the types of HPV that most commonly cause cancer.

The CDC indicates:

- ... 14 million people are newly infected with HPV each year in the U.S. – most in their late teens and early 20s.
- ... 35,900 women and men are diagnosed annually with a cancer caused by HPV
- ... An HPV vaccination could prevent more than 90% of the cancers caused by HPV

Despite the cancer incidence rates and the well-established effectiveness of HPV vaccinations, Asians (Southern Asians in particular) have among the lowest immunization rates when compared to other populations. Dr. Varughese's research focuses on understanding and identifying ways to reduce this gap in eliminating HPV-related pre-cancers and cancers. As a leader in gynecologic oncology, Dr. Varughese was able to share her research findings with other physicians, surgeons, researchers and health professionals.

"I want parents to know the importance of HPV vaccinations. I see young, healthy women in their 20s and 30s with cervical cancers and the devastating effect it has on their lives," shares Dr. Varughese. "Knowing a cancer could have been prevented drives me to understand how to increase the knowledge of HPV and HPV inoculation rates."

Parents are encouraged to consult with their child's pediatrician or health care provider to make sure a HPV vaccination is part of their immunization schedule, just like tetanus and polio.

To make a gynecologic oncology appointment with Dr. Varughese, call 609.537.6700 or visit www.capitalsurgical.org for more information.

RECOMMENDED HPV VACCINATION SCHEDULE*

Vaccinations will consist of two or three shots, depending upon the age when the first inoculation was received.

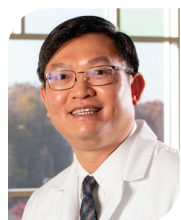
Routinely recommended at ages 11 – 12 years for boys and girls (can start at age 9 years)

- ... 2 dose series for initial vaccination at **age 9 – 14 years**
- ... 3 dose series for initial vaccination at age **15 years or older**
- ... A catch-up vaccination is recommended **through age 26** for those not previously vaccinated or those who have not completed vaccination
- ... Shared clinical decision making between physician and patients between **ages 27 – 45**

*CDC's Advisory Committee on Immunization Practices (ACIP)

Welcome Dr. Khanh Nguyen

Radiation Oncology and CyberKnife® expert joins highly-skilled team at the Capital Health Cancer Center



DR. KHANH NGUYEN, a board certified radiation oncologist with nearly 20 years of experience is providing state-of-the art treatments for patients with prostate, lung, breast, central nervous system tumors and other adult malignancies.

Dr. Nguyen is an expert in advanced radiation oncology treatment modalities, including accelerated partial breast irradiation, stereotactic radiosurgery/stereotactic body radiation therapy, intensity modulated radiation therapy/image guided radiation therapy, magnetic resonance imaging/magnetic resonance spectroscopy, and positron emission tomography/computed tomography.

After completing undergraduate and graduate studies in physics at Harvard University, he received his medical degree at the University of California, San Diego, School of Medicine, where he completed a thesis with one of the pioneers in tumor immunology. His internship in internal medicine at Pennsylvania

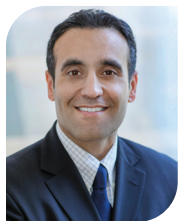
Hospital in Philadelphia was followed by a residency in radiation oncology at Fox Chase Cancer Center, where he trained with world leaders whose clinical research set the standards of care in breast and prostate cancer management.

Dr. Nguyen was previously a radiation oncologist at Bayhealth Medical Center in Dover, Delaware, where he implemented programs in high dose rate brachytherapy and stereotactic radiosurgery/stereotactic body radiation therapy, and a multidisciplinary neuro-oncology clinic. He served as an assistant professor in the Division of Radiation Oncology at City of Hope National Medical Center in Duarte, California. He also worked with Dr. David Townsend, inventor of the PET-CT scan, in the Cancer Imaging and Tracer Development Program at the University of Tennessee Graduate School of Medicine in Knoxville, Tennessee.

Dr. Nguyen is a member of the American Society for Radiation Oncology (ASTRO), the American Radium Society, and the American Brachytherapy Society.



CENTER FOR NEURO-ONCOLOGY Leads New Brain Tumor Guidelines Paper and Advances Participation in Immunotherapy Trials for Glioblastoma Patients



Capital Health's Center for Neuro-Oncology, part of Capital Institute for Neurosciences and the Capital Health Cancer Center, continues to demonstrate nationally the program's leadership and commitment to clinical excellence. The center's neurosurgical director, **DR. NAVID REDJAL**,

recently led publication of guidelines for the treatment of brain tumors, in addition to announcing the participation of Capital Health in two new immunotherapy trials for glioblastoma patients.

"Our commitment to our patients is to provide exceptional care with treatment plans specifically developed to meet each individual patient's needs," said Dr. Navid Redjal, director, Neurosurgical Oncology. "To offer this, we have to stay at the forefront of new options, and provide leadership in the broader medical community on what we offer patients with brain tumors. This allows us to consider what will best meet the needs of our patients, and be involved in taking care to the next level."

Dr. Redjal, who runs the program's multi-disciplinary Brain Tumor Clinic, as well as the program's weekly brain tumor board where patient care plans are all reviewed by a multi-disciplinary team of experts, was lead author on a recently published paper discussing updated evidence-based guidelines for treating brain tumors in the *Journal of Neuro-Oncology*.

The paper, which includes co-authors from Massachusetts General Hospital, Case Western, Mount Sinai, and Emory, was part of his work with the Joint Section on Tumors of the Congress of Neurological Surgeons (CNS) and the American Association of Neurological Surgeons (AANS).

Capital Health also recently added two new immunotherapy trials, which are being run by the National Cancer Institute as part of its clinical trial research program. Both trials involve immunotherapy drugs ipilimumab and nivolumab in treating glioblastoma.

Immunotherapy is a treatment that uses the immune system to help fight diseases, such as cancer. New approaches using immunotherapy are being tested to see how it works as part of different treatment plans. Glioblastoma is a particularly aggressive cancer that is very difficult to treat.

"Immunotherapy has shown itself to be effective in treating many cancers. Glioblastoma, however has not responded to traditional immunotherapy approaches because it is what is referred to as a "cold" tumor. Unlike "hot" tumors, cold tumors are not recognized by, and do not provoke a response by, the immune system," said **DR. NEEL GANDHI**, medical director of Hematologic and Oncologic Diseases, and a principal co-investigator of one of the immunotherapy trials. "In a cancer like glioblastoma, new research is focusing on turning this "cold" tumor "hot," to then stimulate the immune system to respond and attack the tumor. This can be tested by combining immunotherapy with surgery and radiation therapy. The hope is that future immunotherapy protocols will be successful in treating glioblastoma using this approach."

The Center for Neuro-Oncology participates in and develops numerous research studies and clinical trials. The goal is to help provide greater understanding, develop new methods to detect and diagnose those diseases, and focus on innovative treatments that are not broadly available to patients.

Clinical trials offer patients some of the very latest in care while giving physicians and researchers the opportunity to study the safety and effectiveness of new treatments. Participation is voluntary.

Our experienced neuro-oncology team carefully reviews study criteria, potential benefits, risks, and other considerations with eligible patients for enrollment into a clinical study. Once enrolled, our clinical research staff carefully monitors patients throughout the research trial and is available to answer questions.

Learn more about our Center for Neuro-Oncology at capitalneuro.org.

DIGESTIVE DISEASE EXPERTS FOCUS ON IMPROVING LIVES

Congratulations to **DR. CATALDO DORIA**, medical director of Capital Health Cancer Center, who was selected by Digestive Disease Week® to moderate the Society for Surgery of the Alimentary Tract Quick Shot Session, "Hepatobiliary & Pancreas II" at its global conference in May 2021. Nearly 14,000 physicians, researchers and industry specialists from across the world in the fields of gastroenterology, hepatology, endoscopy and gastrointestinal surgery will attend to learn about the latest discoveries and how to work together to improve the lives of patients with digestive diseases.



Adding to the Growing Body of INTERNATIONAL RESEARCH

The 14th World Congress of the International Hepato-Pancreato-Biliary Association (IHPBA) accepted six abstracts from the Cancer Center for poster presentation at its international conference. The IHPBA is a global leader focused on relieving world-wide human suffering caused by hepatic, pancreatic and biliary disorders through education, training, innovation, patient care, and research.

Dr. Cataldo Doria, medical director of Capital Health Cancer Center, spearheaded this endeavor with assistance from Cancer Center physicians and staff, the Capital Health Institute for Urban Care and scientists from the Blumberg Institute.

Primary Culture from Human Cholangiocarcinoma. Testing Metformin and Enzalutamide on Liver Cancer Cells.

Aejaz Sayeed, Alhaji Janneh, Brielle Dalvano, Xeubin Yang, Timothy Block and Cataldo Doria

Zip Codes Influence Staging of Pancreatic Cancer at Diagnosis.

Cataldo Doria, Eric Schwartz, Sherry Ranieri Dolan, Karen Yacilla, Jooyeun Chung and Patrick De Deyne.

Zip Codes Drive Overall Survival for Patients Diagnosed with Pancreatic Cancer.

Cataldo Doria, Sherry Ranieri Dolan, Patrick De Deyne, Karen Yacilla, Jooyeun Chung and Eric Schwartz.

Is Pancreatic Cancer More Prevalent in Poor Neighborhoods? Zip Codes are the New Influencers in Determining Cancer Survival.

Cataldo Doria, Eric Schwartz, Patrick De Deyne, Karen Yacilla, Jooyeun Chung and Sherry Ranieri Dolan.

Zip Codes are Associated with Disease Recurrence in Patients Diagnosed with Pancreatic Cancer.

Cataldo Doria, Patrick De Deyne, Sherry Ranieri Dolan, Karen Yacilla, Jooyeun Chung and Eric Schwartz.

Building a Successful Robotic Institute in a Community Hospital.

Cataldo Doria, Jooyeun Chung, Deborah Visconti, Patrick De Deyne, Rona Remstein, Ladan Zarifian, Jonathan Fertel and Saunsanie Kitchko.

Capital Health's participation in this international conference demonstrates our ongoing commitment to join high-impact science and advanced treatment with a compassionate, personalized experience that is delivered to patients and families when and where they need it most.

SUPPORT GROUPS

Our support groups are open to anyone diagnosed with a cancer, regardless of where they are receiving treatment. All groups are currently virtual. Pre-registration is required. Visit capitalhealth.org/events or call the appropriate phone number below:

Breast Cancer · 609.537.7485

NEWLY DIAGNOSED

Second Tuesdays
6:30 – 7:30 p.m.

SURVIVORS

Third Tuesdays
6 – 7 p.m.

METASTATIC (STAGE IV)

Second Tuesdays
5 – 6 p.m.

Pancreatic Cancer · 609.303.4068

Third Thursdays
5 – 6:30 p.m.

Brain Tumor · 609.537.7157

Third Thursdays
3 – 4:30 p.m.



2021 LECTURE & EDUCATION SERIES

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

FOR DETAILS, visit
capitalhealth.org/events.

MAY 25

Breast Health is More Than a Mammogram

with Lisa Allen, MD;
Trish Tatrai, RN, MS, CBCN, OCN;
and Aileen Diccione, RN

JUNE 1

Trends in Prostate Cancer

with Eric Mayer, MD, board certified
urologist and director of Urologic
Robotic Surgery



STATE-OF-THE-ART LUNG CENTER Opens at Capital Health

Committed to providing leading-edge care, Capital Health launched its comprehensive, state-of-the-art Lung Center located at Capital Health Medical Center – Hopewell to address the need for integrated, comprehensive lung services in the region. The Lung Center offers a full range of lung disease care, including lung cancer screenings, a lung nodule clinic, thoracic surgery, interventional pulmonology, pulmonary rehabilitation, and a smoking cessation program.

As co-leads in the development of Lung Center, **DR. AFRICA WALLACE**, director of Thoracic Surgery, and **DR. DIANA KOLMAN**, director of Interventional Pulmonology, share a common goal – to identify and treat potentially life-threatening lung conditions early, when they are most treatable.

Lung nodules are abnormal spots and quite common. They are usually discovered incidentally on imaging studies. While most nodules are benign, some may be cancerous. "Getting a fast and accurate diagnosis of a particular condition and receiving timely treatment can be critical, especially when it comes to cancer which tends to be diagnosed in later stages," said Dr. Wallace.

"We want to provide the most effective treatment pathway in a holistic, integrated approach in order to achieve the best possible outcome," said Dr. Kolman. "We collaborate to provide a treatment plan unique to your diagnosis and will work closely with your referring physician."

To learn more, visit capitalhealth.org/lung. To schedule a lung cancer screening, call 1.844.303.LUNG (5864).

YOUR ACCESS to Health

Our highly skilled physicians and multidisciplinary teams combine their knowledge, experience, and expertise to deliver coordinated, integrative, personalized care. Visit capitalhealth.org/cancer to learn more or to find a doctor that meets your needs.

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

Sarcoma Center of Excellence
267.339.3662

SCREENING PROGRAMS

Breast · 609.394.6695

Colorectal · 609.303.4444

Esophageal · 609.537.5000

Lung · 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

Oasis Salon and Wellness Spa · 609.537.6544

Radiation Oncology · 609.303.4244

Radiology & Imaging · 609.394.6695

Support Groups · 609.537.7485

Surgical Group · 609.537.6000

PUTTING THE SPOTLIGHT ON COLORECTAL CANCER

A LOOK AT A PREVENTABLE CANCER IN YOUNGER PEOPLE AND AFRICAN AMERICANS

There is a misconception that colon cancer is an “old person’s” disease – it isn’t. While most cases occur in those over age 50, it can affect any one at any age. And despite being one of the most preventable cancers, it is the third most common cause of cancer-related death for both men and women. There has been an alarming trend of increasing colon cancer incidence rates in younger people. The exact reasons for the increase aren’t known, but is thought to be linked to hereditary factors, environmental elements, and lifestyle choices. About 12% of colorectal cancers are diagnosed in individuals under age 50.



“We want everyone to know that colon cancer is common and preventable and that young onset and racial disparities are of particular concern,” said **DR. ASHLEE GODSHALK RUGGLES**, colorectal surgeon. “We encourage everyone to speak with their health care provider about their risks and when they should begin screening.”

Actor Chadwick Boseman’s diagnosis in his late 30s and passing at age 43 underscores that this disease not only affects young people but also the African American community disproportionately.

African Americans are about 20% more likely to get colorectal cancer and about 40% more likely to die from it than most other groups in the United States.

Knowing one’s risk factors, recognizing symptoms, and getting screened are important. If caught early, there is 90% survival rate. This is why knowing the facts and scheduling a colonoscopy are important. During a colonoscopy, polyps, which can be precancerous lesions, are removed to prevent them from becoming cancerous.

In 2000, President Bill Clinton designated March as National Colorectal Cancer Awareness Month. Capital Health remains a strong advocate for awareness each March promoting a “Wear Blue Day,” colon healthy foods and meals, awareness events, and social media posts.

To schedule a screening colonoscopy, speak to your gastroenterologist or visit capitalhealth.org/colonoscopy.



SCREENING GUIDELINES

Colorectal cancer screenings are recommended as follows:

- Individuals of average risk should get their first colonoscopy at age 45
- Individuals at higher risk should get their first colonoscopy based on the following guideline:
 - ... If a first-degree relative was diagnosed with colorectal cancer or a high-risk polyp, then your first colonoscopy should be at the age of 40 or 10 years younger than the age of the youngest affected relative at their age of diagnosis.



WEAR BLUE DAY National Colon Cancer Awareness Month

Cancer Center employees participated in Wear Blue Day to kick off National Colon Cancer Awareness Month in recognition of patients, survivors, and their families. While colon cancer is a leading cause of cancer-related death, it is preventable, treatable, and beatable. Know the risks and get screened – colonoscopies save lives.



Five members of our organization have been named to *SJ Magazine's* 2020 TOP FEMALE DOCS list, which

recognizes top physicians, as nominated by their peers, across a variety of disciplines and specialties in the southern New Jersey region. Congratulations to all!



LISA ALLEN, MD

Capital Health Surgical Group – Breast Surgery

CAROLYN GAUKLER, MD

Capital Health Palliative and Supportive Care Team



ROSE MUSTAFA, MD

Capital Health Surgical Group – Breast Surgery

ASHLEE GODSHALK RUGGLES, MD

Capital Health Surgical Group



JOYCE VARUGHESE, MD

Capital Health Surgical Group – Gynecologic Oncology



**DON'T
DELAY
ANY
LONGER**

If you've put off a routine cancer screening due to COVID-19, it's time to schedule that appointment. We continue to offer bladder, breast, colorectal, lung, pancreas, and prostate cancer screenings. Early diagnoses lead to more treatment options and better outcomes. Ask your health care provider about your next screening and to share any new symptoms or concerns.



NJBIZ presented **DR. CATALDO DORIA** with its "Innovation Hero Award" that honors individuals for new medical discoveries or developments. Dr. Doria's expertise led to offering robotic-assisted Whipple procedures for pancreatic cancer

at Capital Health – the only hospital in central New Jersey and the greater Philadelphia region to offer this innovative treatment. We congratulate Dr. Doria on this distinguished award and his contributions in innovative health care.

A PROGRAM OF **NJBIZ**
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CANCER CENTER

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of the AMERICAN COLLEGE
OF SURGEONS



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OF SURGEONS



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a gift*

MAKE A DIFFERENCE.
Make a gift online today at
capitalhealth.org/makeagift

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

@capitalhealthnj     

capitalhealth.org/cancer