Decatur Memorial Hospital
Cancer Care Institute

2013 Focus on Breast Cancer
~ 2012 Statistical Data~
Our Mission is to support and nurture women at every stage of life and provide comprehensive breast care and education to women of the communities we serve.

Located on the DMH campus, the Women’s Health & Breast Center provides comprehensive, state-of-the-art diagnostic imaging, professional staff, comfortable, private atmosphere, support groups, health-related referrals and health information resources. Our resource library contains literature, books and videotapes on topics that affect the well being of women and their families. The center is fully accredited by the American College of Radiology and certified by the Food and Drug Administration. A multi disciplinary staff includes radiologists, oncologists, radiation oncologists, surgeons, plastic surgeons, pathologists, nurses, a breast navigator and technologists.

DMH Radiology Services and Its Impact on Breast Cancer

DMH advanced technology boosts chances of spotting breast cancer

By Jonathan Locke, MD, Radiologist

Decatur Memorial Hospital offers a full-service imaging department for the evaluation of breast disease and other women’s imaging needs. All mammography facilities at DMH sites, as well as the mobile unit, are accredited by the American College of Radiology and certified by the Food and Drug Administration. DMH offers state-of-the-art digital mammography through computerization rather than x-ray film at four different locations. Advantages of digital mammography include better visibility, imaging flexibility and allow the images to be sent electronically. Other services offered by our radiology department include breast ultrasound, bilateral breast ultrasound for high risk women/men, breast MRI, ultrasound-guided breast biopsy, stereotactic breast biopsy & needle localization. Additional diagnostic technologies include positron emission tomography (PET) & computerized tomography (CT). Our services are designed to provide multidisciplinary quality care and individual patient education and support.
Prevention and Screening Programs

As part of our Accreditation from the Commission on Cancer – DMH provides several cancer prevention programs to identify risk factors and use strategies to modify attitudes and behaviors to reduce the chance of developing cancer. Cancer Screening programs apply screening guidelines to detect cancers at an early stage, which improves the likelihood of increased survival and decreased morbidity.

The Mammography Initiative Program
No-cost Screening Mammograms

The Mammography Initiative Program is a comprehensive screening program that provides no-cost mammograms to medically underserved women in Macon and surrounding counties. Every effort has been made to eliminate the known barriers to mammography screening and to increase the awareness of the importance of prevention activities. The Mammography Initiative program includes a Physician Referral component that provides women who have breast symptoms, and do not qualify for a screening mammogram, to have a diagnostic mammogram when referred by a physician. Three other components of the program cover women that need diagnostic services. One component is coverage for women that qualify for the screening and get called back for additional views. Another component incorporates those women that need to come back in six months for a follow-up mammogram.

The last component covers women that are at high risk according to the ACRIN study “Annual Screening Ultrasound Added to Mammography Significantly Increases Invasive Breast Cancer Detection in Women at Elevated Risk” that are referred by a physician to have bilateral ultrasound.

The screenings are held at several locations in the Decatur area or can be arranged with the portable mobile mammography unit at a variety of sites in Macon and surrounding counties. Additionally, the DMH clinic at Sullivan provides mammograms for women qualified for this program. Results of the mammogram are sent to the participant’s physician and a letter to the participants. All mammography facilities at DMH sites, as well as the mobile unit, are accredited by the American College of Radiology and certified by the Food and Drug Administration.

Since 1991 over 12,000 free mammograms have been provided and 82 breast cancers have been diagnosed through the program; 21 African American and 61 Caucasian women.

Qualifications:
- Meet financial guidelines based on family income
- At least 35 years old
- 40-64 years of age, without insurance, yearly mammograms
- Over 65 years of age, Medicare pays

For an appointment, Call DMH Scheduling at 217-876-1111.

This program is supported by a grant from Come Together Let’s Walk & other community groups.
Early Detection Connection for Breast Cancer Awareness

Every day in Illinois...

- 173 people are diagnosed with cancer
- 65 people die from cancer-related causes
- 25 women are diagnosed with breast cancer

DMH holds an Annual Early Detection Connection event for Breast Cancer Awareness. It is held in October during National Breast Cancer Awareness Month.

Women can drive through one of three convenient Decatur locations and receive a free ribbon-shaped and information about the early detection of breast, cervical and ovarian cancer.

Early Detection Connection Locations include: DMH Express Care North, Cancer Care Center of Decatur, South Shores Kroger.

DMH’s Early Detection Connection is made possible by: DMH Cancer Care Institute, DMH Women’s Health and Breast Center, Cancer Care Specialists of Central Illinois, The Moweaqua Ladies Golf League and Come Together Let’s Walk.

Breast Cancer Prevention Trials

As part of the DMH Cancer Care Institute, the Clinical Research Department offers Prevention Studies to help women discover their risk:

- Assessing breast cancer risk with Vitamin D therapy for women who are at high risk. Have you been told you have an increased risk for breast cancer? Are you pre-menopausal? If you answered yes to both questions, you might be eligible to participate in this research study.

To find current breast cancer clinical trials available for patient enrollment at DMH Cancer Care Institute, go to www.createcancercare.com for a complete list of active trials.
Introduction

Breast cancer is the most common type of cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the U.S. will develop invasive breast cancer during their lifetime. It is second only to lung cancer as a cause of cancer death.

In 2013, The American Cancer Society estimates about 232,340 new cases of invasive breast cancer will be diagnosed in women in the U.S. An estimated 39,620 women will die from breast cancer.

At this time there are more then 2.8 million breast cancer survivors in the United States.

Death rates from breast cancer have been declining since 1989, with larger decreases in women younger then 50. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment.

Breast Cancer Services at Decatur Memorial Hospital

Looking at recent registry data, breast cancer was the most common cancer that was seen at DMH, with 166 new cases in 2012. Although this represents a slight decrease from 2011, overall there has been an upward trend in the number of new cases seen.
In the 5 years spanning 2003-2006 saw 529 patients with breast cancer treated at Decatur Memorial Hospital. The majority (86%) were early stage breast cancers (stage 0-II). Looking at outcomes, patients at Decatur Memorial Hospital had results similar or favorable compared to national data.

**5-Year Breast Cancer Survival Comparison (2003-2006)**

![Graph showing 5-Year Breast Cancer Survival Comparison](image)


**5-Year Breast Cancer Survival Rates by Year/ Stage (2003-2006)**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Total Diagnosis</th>
<th>Total Deaths</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Cancer Deaths</th>
<th>Non-Cancer Deaths</th>
<th>Survival %</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIS</td>
<td>114</td>
<td>11</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>9</td>
<td>98.2%</td>
</tr>
<tr>
<td>I</td>
<td>186</td>
<td>19</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td>13</td>
<td>96.8%</td>
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<tr>
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<td>3</td>
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<td>45</td>
<td>14</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>6</td>
<td>8</td>
<td>86.7%</td>
</tr>
<tr>
<td>IV</td>
<td>26</td>
<td>20</td>
<td>3</td>
<td>6</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>14</td>
<td>6</td>
<td>46.2%</td>
</tr>
</tbody>
</table>

The DMH Cancer Committee, administration, and clinicians continually evaluate the care that is available to breast cancer patients at this institution. This care is highly multi-disciplinary and carefully coordinated from the early stages of screening and diagnosis to the final stages of treatment. From timely mammography and early detection, patients undergo comprehensive evaluation with diagnostic tests, and treatment from surgeons, medical oncologists, and radiation oncologists. This treatment varies and is customized according to the stage and other prognostic characteristics of the patient’s disease.
Finally, survivorship focuses on the patient’s life and health after a cancer diagnosis and once treatment is over.

For early stage patients, the decision whether to have a mastectomy or lumpectomy is often a personal choice. Plastic surgeons offer state-of-the-art reconstructive techniques, including tissue expanders and implants, as well as the use of a woman’s own tissue. Sometimes chemotherapy can be given prior to surgery in an effort to shrink the breast tumor and therefore make a lumpectomy possible. Radiation therapy is given if a patient undergoes a lumpectomy, with survival results equal to that for a mastectomy. Radiation therapy is sometimes indicated after a mastectomy as well.

**New directions**

The landscape of breast cancer treatment is continually changing and evolving. As recent as 5 or 10 years ago, most patients would undergo a full axillary lymph node dissection, which carries a risk of lymphedema, or swelling in the affected arm, as a result of the procedure. Since then, advances in surgical technique have made it possible for most patients to undergo a sentinel lymph node biopsy, which identifies the most likely lymph node where a breast cancer cell may spread. Incorporation of this technique has significantly decreased the risk of lymphedema. Other new developments include molecular agents that target “Her2 positive” breast cancers, as well as screening practices that now incorporate ultrasound and MRI modalities based on breast tissue density and calculated personal risk of breast cancer. The physicians and programs at DMH are always striving to be on the forefront when it comes to the delivery of cancer diagnosis and treatment.
Our Breast Cancer Specialists

Personalized Treatment Plans based on individual needs and genetic make-up.

Our team of physicians work together to provide compassionate and comprehensive care for patients with breast cancer. The healthcare team of, surgeons, medical oncologists and radiation oncologists provide the most effective techniques in breast cancer treatment.

Medical Oncology
DMH physicians and researchers are discovering new treatments with promising outlooks for patients. DMH Cancer Care Institute and CCSCI have a collaborative relationship that enables us to provide the latest cancer clinical trials close to home, without traveling to a tertiary hospital.

To find current breast cancer clinical trials available for patient enrollment at DMH Cancer Care Institute, go to www.createcancercare.com for a complete list of active trials.

Radiation Oncology
Radiation therapy has an important role in the management of breast cancer. The radiation oncologist works closely with the medical oncologist, breast surgeon, and other health care providers to develop a care plan for each patient. Radiation is indicated for many patients with breast cancer, including most who undergo breast conserving surgery, and a few who undergo mastectomy. It can decrease the risk of breast cancer recurrence and, for many, improve survival rates. At DMH, we offer treatment in accordance with the National Comprehensive Cancer Network (NCCN) guidelines and established standards of care. It is our goal to provide excellent care for each patient.

Surgery
Surgery is the most common treatment for breast cancer. There are several kinds of surgery. The surgeon will describe each kind, compare the benefits and risks, and customize a treatment plan for each patient.

Multidisciplinary Breast Cancer Conference ~ Ensuring high quality care at DMH
The DMH Cancer Care Institute uses a multidisciplinary approach to diagnosing and treating patients with breast cancer. The Multidisciplinary breast conference is held monthly on the first Wednesday at 12Noon in the education classroom at the Cancer Care Center of Decatur.

Medical oncologists, radiation oncologists, radiologists, pathologists, surgeons, oncology nurses and other support staff meet to exchange knowledge and opinions to identify the most appropriate treatment options and discuss the management of care for our patients.

As part of our accredited cancer program by the Commission on Cancer, the following discussions are required; pathology, radiology, findings, prognostic indicators, staging, treatment options, National recognized treatment guidelines (NCCN), availability of clinical trials, psychosocial factors, follow-up, and other factors relating to the patient’s care.
DMH Cancer Program Practice Profile Reports (CP³R) for Breast Cancer
by Howard Wiarda, M.D., Interventional Radiology, Cancer Physician Liaison

As part of our Accredited Cancer Program, Decatur Memorial Hospital is required by the Commission on Cancer to monitor several measures related to the treatment of our breast and colorectal cancer patients. The DMH cancer committee evaluates the collected data to help monitor and make programmatic changes to improve patient care.

The Cancer Program Practice Reports displayed are the core measures used to monitor quality of care done at Decatur Memorial Hospital. It allows us to review data, at the local level, and permits hospitals to compare their care for these patients relative other providers. The aim is to identify problems in practice and delivery, and to implement best practices that will diminish disparities in care across Commission on Cancer approved cancer programs.

Our program continues to perform very well on all of the quality measures listed below. This secures our commitment to providing excellent quality of care to patients we serve at Decatur Memorial Hospital.

Our hospital performance
DMH is focused on the three breast cancer indicators of quality care. DMH performance consistently exceeds both state and national rates for these indicators of quality cancer care for the latest data available. The charts to the right compares DMH’s 2011 Performance Comparisons with other facilities.
Support Services

Helping you through your journey.

Receiving a cancer diagnosis can be a shock, making you feel out of control and overwhelmed. Getting informed can help alleviate these feelings. We understand and care about our patients and their families and have a variety of resources available to prepare patients for the journey.

**Nurse Navigators**  By Pam McMillen, RN & Heather Ludwig, RN

A breast cancer diagnosis can be overwhelming. Our nurse navigators are Registered Nurses who are available to help guide breast cancer patients through their cancer journey. They act as a liaison to enhance the quality and continuity of care for breast cancer patients. Consultations can help assess your personal needs and concerns and guide you to available resources. Approximately 1231 breast cancer patients have been supported through this program since 1999.

**Pink Link support group.** A breast cancer support group that offers an opportunity to express emotions, share personal experiences, and meet others who have experienced breast cancer, under the guidance of facilitated discussion topics. The group meets monthly on the 2nd Thursday at 6P.M

**HER (Helping Each other Recover)** provides information and assistance to women diagnosed with breast cancer in Central Illinois. Provides one-on-one assistance to newly diagnosed breast cancer patients. Call the HER helpline at 217-876-4377 or toll-free at 888-456-4377

**Facing Cancer Together** provides support for cancer patients and their families. It offers anyone with a cancer diagnosis an opportunity to share thoughts, feelings and information while experiencing understanding and support from other survivors. Meets monthly on the 2nd Wednesday at 1:30 P.M.

**Look Good Feel Better** is a free 2-hour workshop for women undergoing cancer treatment. This program helps improve self-image, appearance, and quality of life of patients by teaching beauty techniques to help cope with the temporary appearance related side effects of cancer treatment.

**Eat Right to Help the Fight.** A nutrition class, taught by a registered dietitian, designed to help cancer patients choose the best foods to eat. Participants learn how to meet their body’s needs and cope with low appetite, weight loss, taste changes, nausea, and other common symptoms of cancer treatment. Free high calorie/high protein smoothie for participants. The 1-hour class concludes with Q & A session.

**Art as Therapy** is used to help patients and their families manage physical and emotional problems by using creative activities to express emotions. Activities include: clay, paint, water color, acrylics, and many more. Art Rooms are located in front lobby area and in Complementary Medicine, Room 409. Program is supported by Cancer Care Specialists of Central Illinois and Millikin University Fine Arts.

**Emotional Support**  By Leslie Roberts, MSW

As part of the comprehensive cancer program, the DMH Cancer Care Institute provides a licensed social worker to address the psychosocial needs which often accompany a cancer diagnosis. We recognize that along with the physical aspects of cancer, there can also be emotional, social, spiritual, and practical concerns which arise as patients and caregivers cope with all stages of the disease, from prevention to bereavement. Our Social Worker is available to meet with the patient and family to assess needs, provide counseling/support, inform of community resources, assist with financial concerns, offer suggestions for coping, and help alleviate psychosocial distress. In addition, the social worker helps facilitate the support groups and works with the Hospice and Palliative Care programs for those in need of in-home services.

**Survivorship** starts at diagnosis and continues through treatment and beyond. Survivorship issues include getting good health care, living a healthy lifestyle and dealing with the late effects of treatment. Life is immediately changed by the words, “you have cancer”. Cancer affects each person differently. Accepting your feelings without judging them is a good way to start your cancer journey.

**LiveSTRONG Guidebooks** are a resource to help you navigate this challenging time, from the time of diagnosis, through treatment, and beyond. Us a planner and journal to track information and sort through thoughts and feelings. Copies are available in the Radiation Oncology Department or by calling the DMH Cancer Care Institute at 217-876-4750.

For more information about our Supportive Services please call the DMH Cancer Care Institute at 217-876-4750
Early Detection Is Key!

American Cancer Society
Breast Screening Guidelines
without symptoms

- Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.
- Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional preferably every 3 years. Starting at age 40, women should have a CBE by a health professional every year.
- Breast self-exam (BSE) is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any breast changes to their health professional right away.

DMH’s High Risk Screening Guidelines:
In April 2012 a literature review of an ACRIN breast study, prompted DMH Radiologists to begin a process to stratify patients based on breast cancer risk factors.

Annual Screening Ultrasound added to Mammography significantly increases invasive breast cancer detection in women at elevated risk.

Patients are classified as average risk, high risk and unusually high risk based on the Gail Model. Subsequent screening recommendations are tailored to risk status of the patient.

Recommendations may include ultrasound or MRI of the breast in addition to mammogram.

DMH Women’s Health and Breast Center has followed up with each of these high risk patients discussing their risk factors and scheduling appropriate testing.
**Schedule your mammogram today!!! Call 217-876-1111**

Digital Mammography is available at these locations:

- **West Hay Medical Center**
  302 West Hay
  Decatur, IL 62526

- **Forsyth Imaging Center**
  389 W. Weaver Rd.
  Forsyth, IL 62535

- **South Shores Imaging Center**
  1689 S. Franklin St.
  Decatur, IL 62521

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**Cancer Resources**

- **Decatur Memorial Hospital**
  www.dmhcares.org

- **American Cancer Society**
  www.cancer.org

- **Clinical Trials**
  www.createcancer.com

- **National Cancer Institute**
  www.cancer.gov

- **Illinois Department of Public Health**
  **Office of Women’s Health**
  www.idph.state.il.us/about/womenshealth/concern.htm

- **U.S. Cancer Centers for Disease Control and Prevention**
  www.cdc.gov

- **Illinois Breast and Cervical Cancer Program**
  www.cancerscreening.illinois.gov

- **Illinois Tobacco Quitline**
  www.quityes.org

*For more information call,*

- **DMH Women’s Health & Breast Center**
  217-876-4377

- **DMH Cancer Care Institute**
  217-876-4750