A Note for the Community
From the Medical Director of Hall-Perrine Cancer Center

Dear Friends,

I am excited to share how we are building on Mercy’s legacy of providing the highest quality of cancer care with expanded services and new technologies at the Hall-Perrine Cancer Center. We remain dedicated to our mission to improve the health of the communities we serve with the very best cancer care here at home.

This has been an exciting year at the cancer center. Some highlights include:

✓ Adding five new multidisciplinary clinics, like thyroid and lung, to move patients from diagnosis to treatment faster as patients see all their doctors in one day, during one appointment
✓ Offering 3D mammography in Mercy Women’s Center
✓ Being the only hospital to offer MarginProbe® technology to improve outcomes for early-stage breast lumpectomy surgeries
✓ Using our newest linear accelerator, the Varian TrueBeam®, to offer patients powerful and precise radiotherapy cancer treatments within just a few minutes per day
✓ Introducing Stereotactic Body Radiation Therapy (SBRT) through TrueBeam to deliver a higher daily dose of radiation to a very focused treatment area to treat certain types of cancer, like some early stage lung cancers and liver tumors
✓ Offering many free cancer screenings, such as for prostate and skin cancers, throughout the community
✓ Earning accreditations from the Commission on Cancer (CoC), American College of Radiation Oncology (ACRO) and Quality Oncology Practice Initiative (QOPI)
✓ Conducting a clinical trial on radon testing compliance at well-child physicals with IRB approval with Linn County Public Health and MercyCare Marion.
✓ New educational and support services offered to the community through the Family Cancer Resource Center

We are grateful for the expertise of our Cancer Committee, comprised of physicians and care providers who are committed to enhancing this multidisciplinary approach to patient care. The Committee meets quarterly to discuss issues relevant to the quality of care for cancer patients and their families and to ensure that all of the standards of the American College of Surgeons (ACoS) Commission on Cancer are met.

On behalf of the Cancer Committee I extend thanks to our community, the Medical Staff and Mercy Medical Center administration and staff for the continuing support of the cancer program.

Sincerely,

Vincent Reid, MD, FACS
Director of Surgical Oncology
Medical Director, Hall-Perrine Cancer Center
On Behalf of the 2014 Cancer Committee

The Cancer Committee is a multidisciplinary committee of Hall-Perrine Cancer Center Medical Staff. The committee meets quarterly to provide leadership for the cancer activities at the medical center and oversee the operations of the Cancer Registry. The Cancer Committee is involved in evaluating new technologies, establishing new programs and making recommendations for improving cancer care within the healthcare community.

CHAIRMAN
Vincent Reid, MD
Surgical Oncologist,
Hall-Perrine Cancer Center Medical Director

COMMITTEE MEMBERS
Vincent Reid, MD, Chair, Surgical Oncologist
Julie Netser, MD, Pathologist
Janet Merfeld, MD, Radiation Oncologist
Kevin Murray, MD, Cancer Liaison, Radiation Oncologist
Samuel Wood, MD, Medical Oncologist
Laura Hemann, MD, Radiologist
Penny Glanz, RN, MS, CNOR, Service Lines Operations Director
Lynn Arens, CCRP, Clinical Research Coordinator
Sandra Ahrendsen, Community Outreach Coordinator
Lauren Hansen, CTR, Cancer Registry Quality Coordinator
Christine Harlander, RN, BSN, Palliative Care
Missy Keen, Social Worker, BSW, LIMSW, Psychosocial Services Coordinator
Jeanne Noble, BSN, RN, OCN, Oncology Nurse Manager
Brenda Werner, RN, OCN, Cancer Conference Coordinator
Carisa Cross, RN, OCN, MS, Quality Improvement Coordinator
Kate Durda, MS, CGC, Genetics Counselor
Arun Movva, MD, Endocrinologist
Mark Valliere, MD, Senior VP Medical Affairs & CMO
Ronald Reider, MD, Medicine/Geriatrics
Amanda Sommerfeldt, MD, Hospice
Deborah Wilbur, MD, Medical Oncologist
Scott Huebsch, MD, ENT Surgeon
Logan Hoxie, MD, Urologist
Nora Royer, MD, General Surgeon
Ken Cearlock, MD, Hospice & Palliative Care
John Banks, MD, Family Practice Physician
Dean Abramson, MD, Gastroenterologist
Shelly Walker, American Cancer Society
Carla Tedlock, CTR, RN, MBA, Cancer Registrar
Nancy Jolliffe, RD, CDA, LD, Oncology Dietitian
Aimee Bell, RN, Clinical Supervisor
Rita Harris, RTT, CMD, BS, Director - HPCC
Tammy Buseman, Pastoral Care
Joan Ortega, BSW, Social Worker
Sallie Buelow, RN, BSN, CBCN, Oncology Nurse Navigator
Lou Ann Weber, OTR/L Rehab Services
Kris Sargent, RN, OCN, Oncology Nurse Navigator
Stacey Pohlman, RN, OCN, Surgical Inpatient Nurse Manager
Becky Prior, RN, Nurse Manager
New cases: An estimated 224,210 new cases of lung cancer are expected in 2014, accounting for about 13% of all cancer diagnoses. The incidence rate has been declining since the mid-1980s in men, but only since the mid-2000s in women. From 2006 to 2010, lung cancer incidence rates decreased by 1.9% per year in men and by 1.2% per year in women.

Deaths: Lung cancer accounts for more deaths than any other cancer in both men and women. An estimated 159,260 deaths, accounting for about 27% of all cancer deaths, are expected to occur in 2014. Death rates began declining in 1991 in men and in 2003 in women. From 2006 to 2010, rates decreased 2.9% per year in men and 1.4% per year in women. Gender differences in lung cancer mortality reflect historical differences in patterns of smoking uptake and cessation over the past 50 years.

Signs and symptoms: Symptoms may include persistent cough, sputum streaked with blood, chest pain, voice change, and recurrent pneumonia or bronchitis.

Risk factors: Cigarette smoking is by far the most important risk factor for lung cancer; risk increases with both quantity and duration of smoking. Cigar and pipe smoking also increase risk. Exposure to radon gas released from soil and building materials is estimated to be the second leading cause of lung cancer in Europe and North America. Other risk factors include occupational or environmental exposure to secondhand smoke, asbestos (particularly among smokers), certain metals (chromium, cadmium, arsenic), some organic chemicals, radiation, air pollution, and diesel exhaust. Additional occupational exposures that increase risk include rubber manufacturing, paving, roofing, painting, and chimney sweeping. Risk is also probably increased among people with a medical history of tuberculosis. Genetic susceptibility plays a contributing role in the development of lung cancer, especially in those who develop the disease at a young age.

Early detection: In 2010, results from the National Lung Screening Trial (NLST) showed 20% fewer lung cancer deaths among current and former heavy smokers who were screened with spiral CT compared to standard chest x-ray. In January 2013, the American Cancer Society issued guidelines for the early detection of lung cancer based on a systematic review of the evidence. These guidelines endorse a process of shared decision making between clinicians who have access to high-volume, high-quality lung cancer screening programs and current or former adult smokers (quit within the previous 15 years) who are 55 to 74 years of age, in good health, and with at least a 30-year pack history of smoking. Shared decision making should include a discussion of the benefits, uncertainties, and harms associated with lung cancer screening. For more information on lung cancer screening, see the American Cancer Society’s screening guidelines on page 68.

Treatment: Lung cancer is classified as small cell (14%) or non-small cell (84%) for the purposes of treatment. Based on type and stage of cancer, as well as specific molecular characteristics of cancer cells, treatments include surgery, radiation therapy, chemotherapy, and targeted therapies. For early stage non-small cell lung cancers, surgery is usually the treatment of choice; stereotactic body radiation therapy may also be an effective option. Advanced-stage non-small cell lung cancers are usually treated with radiation therapy, chemotherapy or a combination of the two. Some patients are eligible for targeted drugs. Chemotherapy alone or combined with radiation is the usual treatment of choice for small cell lung cancer; on this regimen, a large percentage of patients experience remission, though the cancer often returns.

Survival: The 1- and 5-year relative survival rates for lung cancer cases diagnosed during 2003-2009 were 43% and 17%, respectively. Only 15% of lung cancers are diagnosed at a localized stage, for which the 5-year survival rate is 54%. The 5-year survival for small cell lung cancer (6%) is lower than that for non-small cell (18%).
LUNG CONFERENCE
This weekly meeting was developed to review newly diagnosed patients with lung cancer, esophageal cancer and other more challenging diagnoses. A team of specialists consisting of pulmonologists, pathologists, interventional radiologists, medical oncologists, radiation oncologists, and thoracic surgeons come together to review each case individually to determine the best plan of care for each patient.

MULTIDISCIPLINARY LUNG CLINIC
The lung clinic is for newly diagnosed lung cancer patients and their families to meet with a multidisciplinary team of specialists including a medical oncologist, radiation oncologist, surgical oncologist and pulmonologist to discuss the best course of action and treatment plan for each individual patient.

Lung Cancer Screening Program
Since 2011, Mercy Medical Center has offered a simple, safe screening and education for long-term, heavy smokers. The screening is for those age 55 or older, have a smoking history of greater than 30 pack years and is a current smoker or has quit within the last 15 years. The screening includes a low-dose CT chest screening exam and lung cancer risk assessment. Additionally, patients will receive tobacco cessation, education and healthy lifestyle modification provided by a Mayo-trained Certified Tobacco Treatment Specialist.
One Visit – Multiple Physicians
Hall-Perrine Cancer Center’s Multidisciplinary Clinics

With many advances in cancer treatments, we feel it’s important to have a collaborative approach to ensure each patient’s treatment plan is comprehensive and effective.

The goal of the Hall-Perrine Cancer Center’s Multidisciplinary Clinic is to move patients from diagnosis to treatment faster — that’s why our patients see all their doctors in one day, during one appointment. The team is tailored to each patient’s needs and may include a medical oncologist, radiation oncologist, oncologic surgeon, oncology nurse navigator, oncology genetic counselors and other specialists. The patient’s treatment plan is evaluated together as a team to ensure quality care.

BENEFIT TO PATIENTS —
✓ See all their oncology physicians during one single visit
✓ Specially designed rooms for examination and consultation
✓ Shorter time between diagnosis and treatment
✓ Faster treatment

Lung Clinic: This clinic is for newly diagnosed lung cancer patients. The specialists providing care in this clinic include a medical oncologist, radiation oncologist, surgical oncologist and a pulmonologist.

Breast Clinic: During Breast Clinic, surgical, medical and radiation oncologists will meet with a newly diagnosed breast cancer patient. A specific treatment plan will be outlined with the patient at the end of the appointment.

GI Clinic: The GI Multidisciplinary Clinic is for new gastrointestinal cancer patients. This clinic brings together a surgical oncologist, medical oncologist and radiation oncologist. Collaboratively, these specialties provide the best comprehensive approach for management of the patient’s cancer.

Thyroid Clinic: Dedicated to the diagnosis and comprehensive care of thyroid cancer, thyroid nodules and other complex thyroid disorders. Our physicians specialize in surgical oncology, endocrinology, radiation oncology and medical oncology.

Skin Clinic: The Dermatology Skin Clinic provides comprehensive care for those that have suspicious skin lesions/moles. Concerns include a change in the color or size of the lesion, bleeding or large-sized lesions. The patient’s skin will be examined by a dermatologist and a surgeon. Collaboratively, these physicians will devise a skin care action plan.

CLINICS ARE HELD ON THE FOLLOWING DAYS:
Lung Clinic: Thursdays afternoons
Breast Clinic: Tuesday afternoons
GI Clinic: Thursday mornings
Thyroid Clinic: Tuesday mornings
Skin Clinic: Friday mornings
Mercy Pulmonology Clinic

Mercy’s Pulmonology Clinic specializes in the diagnosis and treatment of patients with illnesses that affect the lungs and breathing. The board certified pulmonologists are committed to high patient quality and provide care in an outpatient, inpatient and intensive care setting. They are part of the Hall-Perrine Cancer Center’s multidisciplinary care at both the lung conference and lung clinic where they collaborate with oncology specialists in providing the best treatment plan for each patient.

CONDITIONS TREATED AT MERCY PULMONARY CLINIC INCLUDE:
✓ Lung nodules, lung cancer, screening & diagnosis
✓ COPD and emphysema
✓ Asthma
✓ Pneumonia
✓ Sleep apnea
✓ Lung fibrosis / interstitial lung disease
✓ Pulmonary hypertension

ADVANCED DIAGNOSTIC AND THERAPEUTIC PROCEDURES INCLUDE:
✓ Endobronchial ultrasound bronchoscopy (EBUS)
✓ Electromagnetic navigational bronchoscopy (superDimension®)
✓ Rigid bronchoscopy (pulmonary stenting)
✓ Bronchial Thermoplasty

Pulmonologists at Mercy Pulmonology Clinic

Martin Cearras, MD
Pulmonologist, Critical Care

Suraj Bopanna, MD, MRCP
Pulmonologist, Critical Care

Eduardo Celis, MD
Interventional Pulmonologist, Critical Care
Radiation Oncology: Hall Radiation Center

Since 1956, Mercy’s Hall Radiation Center has been a leader in cancer treatment and the first to offer radiation treatment technology west of the Mississippi River. That legacy continues as the radiation center offers the most comprehensive and advanced technology, including the Varian Trilogy linear accelerator, TomoTherapy, large bore CT Simulator, state-of-the-art PET/CT scanner, IMRT 3 dimensional radiation and High Dose Rate (HDR) radiation therapy (MammoSite® and gynecologic implants). In early 2014, Hall Radiation Center treated its first patient with TrueBeam™, the newest radiotherapy system available to treat cancer with pinpoint accuracy and precision, allowing faster delivery of treatment. This technology opens the door to new possibilities for the treatment of lung, breast, prostate, head and neck, as well as other cancers.

2014 HALL RADIATION TREATMENT STATISTICS:

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<th>Radiation Modality</th>
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<td>Varian Linear Accelerators</td>
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<tr>
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<td>Brachytherapy—</td>
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<td>MammoSite HDR</td>
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<td>Prostate seed implants</td>
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<td>Thyroid I-131:</td>
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In 2014, 600 new patients were seen at the Hall Radiation Center. Also 96 patients returned for additional radiation therapy treatments. A total of 14,961 radiation therapy treatments were administered using external beam therapy, including linear accelerator, TrueBeam, TomoTherapy image-guided radiation therapy (IGRT) and Brachytherapy as outlined above.

STEREOTACTIC BODY RADIATION THERAPY (SBRT)

In March of 2014 the Hall-Perrine Cancer Center delivered its first stereotactic body radiation therapy (SBRT) treatment. This advanced treatment utilizes the most advanced technology to deliver a high dose of radiation to a small, targeted area, limiting the radiation dose to the surrounding tissue. The TrueBeam linear accelerator allows the clinician to acquire images prior to each treatment. Using these images the physician can visualize the tumor and make small adjustments so that each treatment is targeted at the tumor with sub millimeter accuracy. This precision is what allows the physician to give a high dose of radiation to the tumor volume while limiting side effects. The TrueBeam accelerator also utilizes a high dose rate mode as well as volumetric modulated arc therapy (VMAT) which combine to significantly shorten treatment times. Decreasing treatment time increases accuracy as well as patient comfort during treatment delivery. Patients receive a full course of therapy in three to five treatments and each treatment is completed in less than 20 minutes. SBRT is specialized treatment best utilized in certain lung, pancreas, liver and brain cancers.
Medical Oncology services at Hall-Perrine Cancer Center provide high-quality, expert cancer care and chemotherapy treatment by the practicing physicians of Oncology Associates at Mercy Medical Center. The goal is to provide comprehensive and personalized cancer care to patients using a variety of the latest, most effective therapies. The practice includes four oncologists who also offer services for patients with blood disorders (hematology). Along with their dedicated staff, the physicians work to ensure that patients receive individualized treatment planning, therapy and follow-up care. Oncology Associates at Mercy Medical Center works together with the patient’s support system of family and friends, while providing excellent medical care in the comfort of, or close to, their home community. With that in mind, the oncologists travel to outreach clinics in the surrounding areas, including Anamosa, Independence, Manchester and Vinton. Chemotherapy infusions are provided at the practice’s Manchester Outreach Clinic which enables the continuity of high-quality oncology care for patients with limited access or limited transportation to oncology health services.

### 2014 HEMATOLOGY /ONCOLOGY STATISTICS:

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<td>HPCC Clinic Established Patient Visits</td>
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<td>HPCC Treatments</td>
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### 2014 OUTREACH CLINIC STATISTICS:

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<td>Outreach Clinic New Patients</td>
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<td>Outreach Clinic Established Patient Visits</td>
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<td>Total Outreach Clinic Patients</td>
<td>632</td>
<td>Outreach Infusions (Manchester, IA)</td>
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Surgical Oncology

Hall-Perrine Cancer Center’s Surgical Oncology Department offers the highest level of cancer care under the direction of the only fellowship-trained oncologic surgeon in Cedar Rapids, Dr. Vincent Reid. Dr. Reid has advanced training in surgical oncology and is skilled in the latest surgical procedures, offering patients with cancer the best possible outcomes.

MARGINPROBE®

Hall-Perrine Cancer Center is the first hospital in Iowa to use MarginProbe® technology during early-stage breast lumpectomy surgeries. Now, surgeons performing breast cancer surgery at Mercy will be able to use the probe on removed cancerous tissue to detect whether there is any remaining cancer surrounding a removed lump. The MarginProbe System delivers clarity in real-time, reducing doubt and the likelihood of a second surgery. Learn more about MarginProbe by visiting www.hallperrinecancercenter.org/marginprobe.

See the difference MarginProbe® can make in reducing the need for a second surgery.

DR. REID 2014 RE-EXCISION RATE WITH MARGINPROBE®

In July 2014, Dr. Reid's surgical oncology practice moved to a new office space on the 2nd floor of the Hall-Perrine Cancer Center.
RESEARCH
For nearly 30 years, Oncology Associates at Mercy have been participating in clinical research studies funded through the National Cancer Institute. Clinical trials are an important step in finding new and better ways of treating cancer. Hall-Perrine Cancer Center is dedicated to advancing cancer care by leading and participating in many clinical trials that test the safety and efficacy of new or modified cancer treatments. As a member of the Iowa-Wide Oncology Research Coalition NCORP, Oncology Associates at Mercy and Mercy Medical Center participate in clinical trials offered through the Alliance for Clinical Trials in Oncology, the Eastern Cooperative Oncology Group (ECOG), NRG Oncology, Wake Forest NCORP Research Base, and the Cancer Trials Support Unit (CTSU). In 2014, research conducted at Oncology Associates at Mercy and Mercy Medical Center included participation in biorepository, prevention and treatment studies. Quality of life, observation and pre-registration studies were conducted there as well. These studies were conducted via the NCI’s National Clinical Trials Network and pharmaceutical based research.

CANCER CONFERENCE
Hall-Perrine Cancer Center held 48 lung and 46 multidisciplinary cancer conferences in 2014. These conferences provide physicians with the opportunity for discussion of diagnosis, tumor staging, treatment and outcomes of cancer patients. Treatment recommendations are made to provide the highest quality of care. Representatives from the major disciplines including medical oncology, radiation oncology, surgery, pathology, plastic surgery and radiology participate in discussing diagnostic and therapeutic alternatives for the cancer patient.

CANCER REGISTRY
The Hall-Perrine Cancer Registry was established in 1998 to collect data for all hospital patients diagnosed and treated at the facility for cancer. To date, the Hall-Perrine Cancer Registry has more than 22,000 patient records in its database. Data collection of cancer diagnosis and treatment is an important part of a successful cancer program to monitor patient care outcomes. A Certified Tumor Registrar (CTR) collects demographics, pathology, radiology and treatment information on each cancer patient diagnosed and treated at Hall-Perrine Cancer Center. This information is reportable by the Iowa State Health Department regulations. The data provides medical staff and administrators with statistical information for research investigation, facility utilization assessments, the allocation of resources and patient care outcome improvements.

Cancer Projections for 2014

Projected number of new cancer cases in Iowa for 2014
The State Health Registry of Iowa estimated there were 17,400 new cancer diagnoses in the State of Iowa in 2014.

Source: www.public-health.uiowa.edu/shri/pubs.html
The cancer registry information is submitted to the State Health Registry of Iowa and the National Cancer Database (NCDB) for research and statistical purposes. The Cancer Registry complies with data standards regulated by the American College of Surgeons Commission on Cancer (ACOS or ACCS) and the Surveillance Epidemiology and End Results (SEER) program of the National Cancer Institute (NCI). Iowa is a population-based registry established by SEER and NCI as a source for cancer incidence and survival data for 28% of the U.S. population. The development, ongoing growth and support of the registry shows the commitment of the Hall-Perrine Cancer Center as it continues to provide high-quality, comprehensive care for its cancer patients.
DIETITIAN
Nutrition plays an important role in the care and healing of individuals with cancer. Individualized nutrition assessment and education is offered to patients during their cancer treatment. The nutrition services are provided by a Board-Certified Specialist in Oncology Nutrition (CSO). The two registered dietitians at Hall-Perrine Cancer Center carry the CSO credential. Board certification as a specialist in oncology helps to identify a registered dietitian with a specialized skill set as a nutrition expert for patients who are seeking timely, accurate and reliable information on eating well before, during or after cancer treatment.

SOCIAL WORKER
Cancer treatment and care involves not only medical care but attention to the emotional, psychosocial and spiritual issues of the patient and family. At the Hall-Perrine Cancer Center, the social worker can provide assistance through ongoing supportive care, practical issues, community resources and referrals.

NURSE NAVIGATOR
The role of the Nurse Navigator is to ease the burden of cancer treatment on both the patient and family. The Nurse Navigator will also coordinate the efforts of the medical team, help patients and families understand their diagnosis and assist them through the healthcare system. There is no cost to utilize the services of the Nurse Navigator as it is part of the Hall-Perrine Cancer Center’s comprehensive cancer care.

THRIVE THERAPY FITNESS AND WELLNESS PROGRAM
Thrive Therapy is a program designed to improve a patient’s functional strength and exercise ability during and following the course of their cancer treatments. A physical therapist will perform an initial assessment to determine any weakness in daily activities, balance or walking stability issues, as well as measure the patient’s exercise ability. An individualized program is developed and then implemented by oncology-trained rehabilitation staff.

SYMPTOMS INCLUDE:
✓ Tingling, burning, coldness, weakness or numbness in the hands or feet.
✓ Pain or difficulty walking.
✓ Difficulty picking up small objects, buttoning, typing, etc.

INFRARED LIGHT THERAPY
Infrared Light Therapy is used to treat patients with neuropathy, pain and poor circulation caused by a range of factors including chemotherapy, diabetes, acute injuries and vascular disease. This non-invasive, evidence-based therapy emits monochromatic infrared light, which increases circulation and triggers the local release of nitric oxide to promote healing and decrease pain and inflammation. This therapy provides symptomatic relief while avoiding systemic side effects.

CANCER PATIENT REHABILITATION
Hall-Perrine Cancer Center offers a full range of rehabilitation and support services for cancer patients, including physical therapy, breast therapy, occupational therapy and speech therapy, with the goal of maximizing and enhancing the quality of cancer survivorship.

✓ Physical therapy provides individualized solutions to improve/maintain maximum strength, balance and mobility, including the use of specialized exercises, assistive devices such as canes and walkers and caregiver education.
✓ Breast therapy offers support to lymphedema and axillary web syndrome (or “cording”) patients with their pre- and post-treatment needs. Additional services include garment and prosthetics fittings from our certified mastectomy fitter.
✓ Occupational therapy provides specialized services in breast cancer rehabilitation, exercise instruction to prevent limitations in upper extremities, lymphedema prevention and treatment, scar massage and patient and caregiver training in adaptive equipment to maximize independence.
✓ Speech/swallowing therapy provides specialized services to head and neck cancer patients, optimizing the safety and efficiency of oral intake and development of assistive communication devices and prescription exercises to inhibit fibrotic tissue changes following surgery and radiation therapy.
RENEW IMAGE CENTER
Beyond the state-of-the-art technology in the Hall-Perrine Cancer Center you’ll find ReNew, a holistic image center providing patients with services focused on treating the whole person — during and after treatment. Services include massage therapy to relieve stress and tension, salon services providing products and hair services as well as post mastectomy products and fittings.

PALLIATIVE CARE
Palliative Care is specialized care for those experiencing a serious, chronic or life-limiting illness. The goal of Palliative Care is to relieve the pain, symptoms and stress of a serious illness to achieve the best quality of life, while supporting patients and their families, regardless of treatment goals and life expectancy. The Palliative Care Program is an integral part of Hall-Perrine Cancer Center’s comprehensive cancer care.

MASSAGE THERAPY
The Hall-Perrine Cancer Center’s licensed massage therapists use skilled touch and therapeutic techniques to knead muscles and soft tissues in the body to promote relaxation and well-being. Each massage session is customized to fit the patient’s needs and safely nurture the mind, body and spirit. This service is offered as a natural approach to aid the body in the healing process. Hall-Perrine Cancer Center patients undergoing treatment have the option to schedule a complimentary massage as part of their comprehensive cancer care.

OUTREACH COORDINATOR
The Outreach Coordinator at Hall-Perrine Cancer Center serves as a resource in the development, implementation and evaluation of cancer-related educational programs within the hospital and the community.

FAMILY CANCER RESOURCE CENTER
The Hall-Perrine Cancer Center conducted a community needs assessment and recognized that there are limited resources available in our community to support family members and those who care for patients with cancer. To meet this demand, the Hall-Perrine Cancer Center opened the Family Cancer Resource Center in August 2013 to provide comprehensive services and resources for individuals affected by a cancer diagnosis, with the primary focus on the patient’s spouse, children, parents, friends, caregivers and support persons. The center will also serve the larger community as a hub for educational and support services. The goal is to connect individuals with services within the Hall-Perrine Cancer Center as well as other services offered throughout the community by providing:

- Education and support in schools and area businesses
- Awareness and referral to community support groups
- A physical space for children as their parents are receiving cancer treatment
- Access or referral to home services such as cleaning and lawn care
- Many other services to address the needs of individuals whose loved ones are affected by cancer

CHILD LIFE SPECIALIST
Child Life Specialists are trained to address the common reactions of children to the medical environment. The Hall-Perrine Cancer Center’s Child Life Specialist has a background in Child Development, and works to support children through medical events. Stress-point support is provided to assist children impacted by cancer diagnosis in a loved one. Therapeutic activities and art are often used to facilitate communication, understanding of diagnosis/treatment, work on coping skills, and bereavement support.
GENETICS AND CANCER RISK ASSESSMENT

Approximately ten percent of cancers are hereditary. This means that individuals are born at a higher than average risk to develop cancer. By identifying individuals and families that have a hereditary cancer syndrome, we can discuss additional cancer surveillance and also preventative strategies. The Genetics and Cancer Risk Assessment Program helps patients assess, understand, and manage their risk of developing cancer. During the free genetic consultation, the patient meets with our Certified Genetic Counselor and discusses personal cancer risks, education regarding preventative measures to decrease those risks, early detection procedures, and the benefits and limitations of genetic testing. Additional services, such as DNA banking, participation in research studies, and providing support and resources to patients and families are also available. Assistance with insurance coverage issues is also provided. Since its inception, the program has served more than 1,000 individuals; more than 200 patients have been seen in 2013. In the past year, the Genetics and Cancer Risk Assessment program has been integrated into EPIC. Now referrals can be made within EPIC, patients are scheduled by Central Scheduling, and documentation of genetic counseling and genetic testing is available within the electronic health record. This has improved communication with referring providers. A genetic database has been created using Progeny software that we were able to purchase thanks to the Aiming For A Cure Foundation. We have opened and recruited patients to a cancer genetic research registry study, which involves national and international collaborators. The Certified Genetic Counselor participates in Multidisciplinary Clinics within our cancer center. We have worked to educate the public and other healthcare professionals on issues related to cancer genetic counseling and genetic testing through educational presentations.

MERCY WOMEN’S CENTER

Mercy Women’s Center is designated by the American College of Radiology as a Breast Imaging Center of Excellence. The Center provides breast care screening and diagnostic services, including Digital Mammography, Digital Breast Tomosynthesis (3-D Imaging) which offers the latest state of the art imaging, diagnostic mammography, Molecular Breast Imaging; ultrasound; nonsurgical breast biopsies; and education about early detection of breast cancer. Specially trained Registered Nurses offers education, resources and support to individuals newly diagnosed with breast cancer. A Dedicated breast nurse navigator acts as a case manager for each newly diagnosed breast cancer patients from diagnosis through treatment and beyond. Since 1991, free mammograms and other breast care services have been provided to area women in need through the Especially For You Race Against Breast Cancer. In addition, the Women’s Center offers mobile mammography service to 27 surrounding communities in Eastern Iowa. This service provides convenient access to patients with transportation and/or physical limitations. In 2013, Mercy’s Women’s Center has become a participant in the National Quality Measure for Breast Centers Program (NQMBC). This program identifies quality core measures, and provides immediate access to information and allows breast centers to compare their performance with others across the U.S.

SUPPORT GROUPS

Support groups provide patients, friends and family members with a time and place to connect with others facing the same challenges. These meetings provide a forum to educate, share thoughts and address issues related to cancer treatment and survivorship. Hall-Perrine Cancer Center offers monthly support groups for patients with cancer, as well as those specific to breast, prostate and multiple myeloma. In May and September 2013, Hall-Perrine Cancer Center and PrairieWoods Franciscan Spirituality Center in Hiawatha offered a relaxing retreat day for cancer survivors called “Celebrating Life.” The retreat was a day for those who have had cancer or were undergoing treatment to refresh, renew and celebrate the “journey.” The retreat was facilitated by Hall-Perrine Cancer Center’s oncology social worker.
Community Events & Education

Sponsorship and involvement in cancer-related community events allow Hall-Perrine Cancer Center to give back to the community while raising awareness and funding for cancer research. In conjunction with the American Cancer Society and other community agencies, Hall-Perrine Cancer Center sponsors annual cancer screenings and programs for the community at large. The programs for 2014 included:

- **Especially For You®** Breast Cancer Support Group
- **US TOO!** Prostate Cancer Education & Support Group
- General Cancer Support Group
- Together We Care Children’s Support Group
- Multiple Myeloma Support Group
- Celebrating Life Retreat for Cancer Survivors
- Rejuvenate Retreat for Cancer Care Givers
- Thrive Cancer Fitness & Wellness Program
- Journey to Wellness activities
- Breast Cancer Screening
- Skin Cancer Screening
- Cervical Cancer Screening
- Prostate Cancer Screening
- Head and Neck Cancer Screening
- American Cancer Society - I Can Cope
- Gems of Hope Monthly Workshops
- American Cancer Society — Look Good Feel Better
- Public Forums on Breast, Colon, Prostate, Head & Neck, Lung, Skin and Cervical Cancer
- Public Forums as related to cancer or cancer treatment on: Genetics, Survivorship, Smoking Cessation, Exercise and Nutrition
- Health fairs at various area businesses and community events
- **Especially For You®** Race Against Breast Cancer
- Mercy Medical Center’s Power of Pink
- Hall-Perrine Cancer Center Survivors Day
- Sizzlin’ Summer Celebration
- Holiday Magic Celebration
- Dancers Against Cancer
- American Cancer Society - Relay for Life
- Gems of Hope - Daffodil Days
- Annual American Cancer Society — Gala

* The Support Group and Community Events and Education section meet the requirements for the Commission on Cancer standards 4.1 and 4.2.