Comprehensive ONCOLOGY

From Prevention to Survivorship

The Geaton and JoAnn DeCesaris Cancer Institute at Anne Arundel Medical Center in Annapolis is a comprehensive, regional leader in cancer care that offers the latest prevention, screenings, diagnosis, treatment, and follow-up care for complex oncologic diseases.

Patient- and Family-Centered Care
“Our Cancer Institute is more than a treatment center,” says Barry Meisenberg, MD, medical director of the DeCesaris Cancer Institute. “To help prevent cancer, we’ve devoted significant efforts to educate the public, patients and physicians, and to provide prevention and screening programs. We have begun a cancer rehabilitation program that includes ‘prehab.’ And once the active phase of cancer treatment is complete, we help survivors by offering a survivorship program to meet their ongoing needs.”

Accessible, Coordinated Treatment
The DeCesaris Cancer Institute is growing rapidly, seeing 60 percent more patients than a decade ago. Dr. Meisenberg explains, “I attribute this growth to the depth and breadth of our programs, our physician and staff expertise and our patient-centered approach. We have an interactive group of surgeons, radiologists, medical and surgical oncologists, and other specialists, supported by an expert team of gastroenterologists, pathologists, pulmonologists, and infectious disease physicians.”

Having a patient-centric electronic medical record system promotes more coordinated care. MyChart, the patient portal, offers patients secure online access to portions of their medical records, the ability to request medical appointments, view test results, request prescription renewals, and communicate electronically and securely with the medical care team.

Highest Quality Standards
The DeCesaris Cancer Institute maintains the highest standards of multiple accrediting agencies, including the Quality Oncology Practice Initiative, an oncologist-led, practice-based quality improvement program. Dr. Meisenberg comments, “The National Accreditation Program for Breast Centers recently awarded The Breast Center a commendation, its highest level. They noted several things we do well that they plan to share with other organizations.”

For more information about cancer services at AAMC, visit askAAMC.org/cancer or call 1-800-966-2619.
The Breast Center

Anne Arundel Medical Center’s medical director of The Breast Center, Lorraine Tafra, MD, says, “We bring all the possible resources that a patient may need and want, including medical, physical, emotional, and social support, to ensure compassionate, complete care.” To accomplish this, the team includes fellowship-trained breast surgeons and microvascular plastic surgeons. The Center offers patients complex surgeries such as microvascular flaps and nipple-sparing mastectomies. In addition, The Breast Center has a robust research program, nurse navigation, an accredited breast surgery fellowship, a high-risk program including a genetic counselor, a weekly multidisciplinary tumor board, pre-operative teaching seminars, and three satellite breast centers in Bowie, Kent Island and Odenton.

Risk Assessment and Prevention
The Breast Center offers a Risk Assessment and Prevention Program (RAPP) for women at increased risk for developing breast cancer. RAPP works with patients and their medical teams to develop an individualized risk reduction plan for women ages 21 and older. This includes:
- A biannual clinical breast exam and education on proper self-exam;
- Monitored digital mammography and sonography;
- Review of current scientific data, advances in breast care and pros and cons of medications;
- Development of a plan for lifestyle changes; and
- Ongoing follow-up and continuity of care.
When indicated, RAPP also provides breast MRI, genetic counseling and testing and discussion of surgical options to reduce risk.

Learn more at askAAMC.org/breast or call 443-481-5300.

New Breast Density Notification Law
Maryland became the seventh state to enact a law requiring breast imagers to notify patients who have dense breasts, which can make cancer detection more challenging.

For a patient-friendly brochure on breast density, visit annearundeldiagnostics.com/breastdensity.

Accreditation
In August 2013, The Breast Center at AAMC was again awarded a three-year full accreditation by the National Accreditation Program for Breast Centers (NAPBC) by the American College of Surgeons.

Medical Oncology
The DeCesaris medical oncology team is composed of specialists committed to the diagnosis and treatment of cancer patients. Their areas of expertise include systemic treatments such as chemotherapy, hormone therapy and immunotherapy. They provide primary evaluation as well as continuous management and follow-up. They may act as coordinators of the oncology treatment team, evaluating and tracking test results and follow-up exams. They are also available for consultations and second opinions for both inpatients and outpatients. This multidisciplinary team collaborates to treat a wide range of malignant disorders, from cancers of the skin, lymphatic system and bone marrow, to cancers of the breast, prostate and other solid organs.

Surgical Oncology
The DeCesaris Cancer Institute’s fellowship-trained surgical oncologists handle a range of specialized procedures. Patients benefit from their clinical experience. In addition, these surgeons share their knowledge with surgical residents and fellows as medical school faculty members, and participate in a variety of clinical trials and research related to their specialties.

Gynecologic Oncology
Studies prove that when gynecologic cancer surgery is performed by a gynecologic oncology specialist, women experience higher survival rates. The DeCesaris Cancer Institute at AAMC has a leading gynecologic oncology team to care for women with cancerous and pre-cancerous genital tract malignancies. Our board-certified gynecologic oncology surgeons offer some of the most advanced treatment protocols available in the region. Surgery may include aggressive tumor removal and utilize laparoscopic and robotic surgical approaches. In addition, AAMC has a dedicated women’s surgical unit to provide specialized, women-centric care.
**Thoracic Oncology**

**Rapid Access Lung Screening**

AAMC’s thoracic oncology program has an established rapid access program that allows for an expedited, evidence-based, collaborative approach to the evaluation and management of thoracic abnormalities. Stephen Cattaneo, MD, medical director of thoracic oncology, says, “This program is increasingly important because ubiquitous CT imaging identifies abnormalities in about 30 percent of patients. The vast majority of these findings are benign, but a sensible, patient-centered and cost-conscious approach is critical to working up and following these abnormalities.”

**New Screening Guidelines for Smokers**

The U.S. Preventive Services Task Force (USPSTF) recommends that older, longtime smokers be screened annually for lung cancer using low-dose chest CT. Recent evidence from the large-scale National Lung Screening Trial and other research suggests annual scanning in the highest-risk smokers and former smokers can significantly reduce lung cancer deaths.

Dr. Cattaneo notes, “The panel now recommends annual testing for people ages 55 to 80 who are current or recent (less than 15 years ago) former smokers and who on average have smoked at least a pack of cigarettes per day for 30 years or more. They also recommend a well-defined program to evaluate the screening images with appropriate follow-up, in concert with smoking cessation efforts.” The DeCesaris Cancer Institute urges physicians to adopt the new recommendation and educate their patients about screening benefits.

For more information about lung screening, visit askAAMC.org/lungscreening or contact Maria Geronimo, RN, program coordinator, at 443-481-5838 or mgeronimo@AAHS.org.

**Help Your Patients Become Smoke-Free**

Research shows that smokers have significantly higher success rates when they participate in a program versus attempting to quit alone. AAMC has many smoking cessation resources available to your patients who need help kicking the habit. Our services include:

- **Individual counseling:** Arrange a visit with a counselor for your patient. A counselor consults with you about the patient’s treatment plan and continues to offer them advice, encouragement and additional resources where necessary.
- **Group therapy:** “Becoming Smoke-Free” classes are held throughout the year. Sessions cover issues related to maintaining a smoke-free lifestyle. Some topics include quitting smoking without gaining weight, managing stress, and dealing with other smokers.
- **Adolescent programs:** We individualize programs to meet the special needs of teens. AAMC also works with the Anne Arundel County Department of Health to address the rise in adolescent smoking.

For more information about AAMC’s smoking cessation/nicotine dependence resources or to refer a patient, contact Joanne Ebner, RN, smoking cessation counselor, at 443-481-5366 or jebner@AAHS.org.

**Radiation Oncology: High-Tech, High-Touch**

“Our radiation oncology program combines advanced technology with personalized and compassionate care,” says Angel Torano, MD, clinical director of radiation oncology at AAMC. Treatment modalities include 3-D planning and treatment, 4-D-CT simulation, PET/CT simulation, image-guided radiation treatment (IGRT), intensity-modulated radiation therapy (IMRT), stereotactic radiosurgery (SRS), stereotactic body radiotherapy (SBRT), prostate seed implants (LDR brachytherapy), partial breast radiation (PBI) with balloon breast brachytherapy, and gynecologic implants (HDR brachytherapy). Patients have access to a menu of clinical trials through AAMC’s participation with the Radiation Therapy Oncology Group (RTOG) and the Johns Hopkins Clinical Research Network.
Survivorship
Thanks to advances in cancer screening, detection and treatment, cancer survivors are living longer than ever before. An estimated 80 percent of Americans with a history of cancer survive the active treatment phase and need continuing care for medical and psychosocial needs. A pioneer in survivorship care, the DeCesaris Cancer Institute provides a range of programs to help survivors get the support they need.

The survivorship team develops a detailed care plan with the patient, which is sent to his or her physicians, including primary care. It may address needs that would otherwise be overlooked, such as nutrition, depression or anxiety.

“This program is designed to improve communication with patients and physicians, and to determine who will schedule follow-up tests and address symptoms,” notes Ravin Garg, MD, medical director of AAMC’s survivorship program. “We also have a ‘map’ that lays out the tests patients will need going forward to stay as healthy as possible.” Survivorship programs are currently available for breast, prostate and head and neck cancers, and we’re continuing to expand to support other cancers.

For more information, visit askAAMC.org/survivorship or call 443-481-5864.

Prehabilitation and Rehabilitation
AAMC offers patients undergoing cancer treatment prehabilitation and rehabilitation in order to enhance physical and emotional stamina prior to surgery, post-chemotherapy or wherever there’s a need. These programs have been shown to enhance outcomes. While it includes occupational therapy, physical therapy and other traditional therapies, it also involves less common approaches such as cognitive therapy and neuropaqhy management.

AAMC is currently developing a comprehensive cancer rehabilitation program. Under the advisement of Carol Tweed, MD, medical oncologist, the program is on track to be “STAR-certified” by March 2014. STAR, which stands for Survivorship Training and Rehab Program, has been implemented by more than 75 hospitals and cancer centers nationwide, including Johns Hopkins Hospital. “Emphasis is placed on evidence-based practice, understanding rationales for therapeutic interventions, and identifying areas where future research is needed in the field of cancer rehabilitation,” says Dr. Tweed.

For more information, contact Matthew LeBlanc, RN, nurse navigator, at 410-279-0869 or mleblanc@AAHS.org.

Nurse Navigators: Skilled Advocates
Nurse navigators are advocates who help patients access coordinated treatment, communicate with primary care doctors and specialists and interpret complex care plans. Navigators serve as a source of information and are a comforting, consistent presence.

For more information about the nurse navigator program, call 1-800-966-2619. Refer your patient to a navigator in the following specialty areas:

**BRAIN AND SPINE/HEAD AND NECK/PROSTATE**
Jacqueline Shanahan, RN, BS, OCN
443-481-5801
jshanahan@AAHS.org

**BREAST**
Alyson Figlioli, RN, BS
443-481-5386
afiglioli@AAHS.org

Donna Lizewski, RN, BS
443-481-5386
dlizewski@AAHS.org

Kimberly Stewart, RN, BSN, CBCN
443-481-5351
kstewart@AAHS.org

**GASTROINTESTINAL**
Linda Tabisz, RN, BSN, CGRN
443-481-5862
ltabisz@AAHS.org

**MEDICAL/GYNECOLOGIC ONCOLOGY**
Judeth Davis, RN, BSN, OCN
443-481-3308
jdavis@AAHS.org

**ONCOLOGY REHABILITATION**
Matthew LeBlanc, RN, BSN, OCN
410-279-0869
mleblanc@AAHS.org

**THORACIC**
Teresa Putscher, RN, BSN, OCN
443-481-5881
tputscher@AAHS.org

Infusion Center
The Infusion Center is a convenient, outpatient facility in the DeCesaris Cancer Institute. The center provides a comfortable, supportive atmosphere for patients and their families. Patients receive a wide range of treatments, including chemotherapy, blood transfusions, immune therapies, fluid therapy, and daily antibiotics. The medical team, which includes physicians, pharmacists, oncology-certified nurses, and therapists, works together to coordinate patient treatments.

For more information about infusion therapy at AAMC, contact Lynn Graze, director, at 443-481-5740 or lgraze@AAHS.org.
Continuing Medical Education

Anne Arundel Medical Center offers physicians and providers many CME opportunities with in-person and online presentations at askAAMC.org/CME. In addition, the DeCesaris Cancer Institute offers multiple tumor boards and other educational opportunities for physicians. Call 443-481-4150 for information about our tumor boards.

BREAST SEMINAR: IS IT ALL IN THE GENES? BREAST CANCER GENETIC PROFILING AND CLINICAL DECISION-MAKING
Directed by Lorraine Tafra, MD, and Carol Tweed, MD, The Breast Center at AAMC
February 7, 8am-4pm 2CAT1CME

NEW THERAPIES FOR PARKINSON DISEASE
Presented by Zoltan Mari, MD, director National Parkinson Foundation Center of Excellence
February 19, 6pm 2CAT1CME

LIVER TRANSPLANTATION
Presented by Rolf Barth, MD, director, University of Maryland Medical Center Advanced Liver Disease Program
March 19, 6pm 1CAT1CME

WHAT’S NEW WITH INFLAMMATORY BOWEL DISEASE?
Presented by Mark Lazarev, MD, assistant professor of Medicine, Johns Hopkins Hospital, Division of Gastroenterology and Hepatology
April 16, 6pm 1CAT1CME

Clinical Trials
AAMC Research Institute partners with the Johns Hopkins Institute for Clinical and Translational Research and is the inaugural member of the Johns Hopkins Clinical Research Network (JHCRN). AAMC also has affiliations with the National Cancer Institute and National Institutes of Health. AAMC currently offers clinical trials for patients with brain, breast, genitourinary, lung, gastrointestinal, and multi-disease cancers. If you would like to know more about clinical trials at AAMC, contact Stanley Watkins, MD, at 443-573-5300 or visit askAAMC.org/ri.

Welcome New Oncology Specialists

Naeem Newman, MD, is a fellowship-trained surgical oncologist with AAMC Surgical Oncology. Dr. Newman has a special interest in the treatment of gastrointestinal cancers and has offices in Annapolis, Kent Island, Odenton, and Waugh Chapel. 443-481-3717

Teresa Diaz-Montes, MD, MPH, is a board-certified gynecologic oncology surgeon with The Gynecologic Oncology Center at AAMC. Dr. Diaz-Montes has special interest in ovarian, cervical and uterine cancer treatments, minimally invasive GYN surgery, clinical research, and fertility-sparing surgery. 443-481-3356