



2018

CANCER ANNUAL REPORT

ROPER  ST. FRANCIS
HEALTHCARE

A WORD FROM OUR LEADERSHIP

We are pleased to present our 2018 Cancer Annual Report highlighting advances in state-of-the-art cancer care at Roper St. Francis Healthcare. Our goal is to fulfill the mission of Roper St. Francis Healthcare to heal all patients with compassion, faith and excellence.

We provide a range of services in the areas of cancer prevention, screening, diagnostics, therapeutics, cancer patient support and survivorship.

The services provided in 2018 included:

- Outreach prevention and screening programs for breast and colorectal cancer held at the Roper St. Francis Cancer Center
- Continued philanthropic support from the Hank and Laurel Greer Colorectal Cancer Program for colorectal cancer prevention and screening
- The services of the Donna Fielding Cancer Wellness Center that include psychological and financial counseling, nutritional counseling, an exercise rehabilitation program, therapeutic massage, art and music therapy, and a pro bono legal clinic
- 3D tomographic mammography available at five breast imaging centers
- Continued emphasis on coordinated, multidisciplinary cancer care anchored by team attendance of dedicated case conferences including breast cancer, thoracic malignancies, hepatobiliary and pancreatic malignancies, genitourinary cancers, and other solid tumors including colorectal cancer and head and neck cancer
- Continued compliance with all standards mandated by the Commission on Cancer of the American College of Surgeons that have enabled our CoC accreditation
- Re-accreditation by the National Accreditation Program for Breast Centers in 2018
- Further expansion of our low dose lung CT screening program, in collaboration with our primary care colleagues, resulted in more than 1,100 at-risk individuals screened in 2018
- A clinical trials program in collaboration with Charleston Hematology Oncology Associates and Roper St. Francis Physician Partners Breast Surgery

- Continued emphasis on advanced technologies to improve patient care:
 - A molecular tumor board held in collaboration with physicians and scientists from Foundation Medicine, a leader in tumor DNA analysis
 - An upgrade of our TruBeam linear accelerator functionality to include stereotactic radiosurgery and stereotactic body radiation therapy
 - A Hologic 3D mammographic tomosynthesis unit was installed at Roper St. Francis Mount Pleasant Hospital

This year we would like to highlight our efforts to reduce the morbidity and mortality from breast cancer in our community. Shelley Usher, MSN, will highlight our outreach prevention and screening efforts to offer the opportunity for all women in our community who meet national screening guidelines to be screened, regardless of their resources. As Shelley points out, the success of our principal breast cancer screening event was mainly attributable to the commitment of Roper St. Francis teammates, across our healthcare system.

We hope that this report provides helpful information to the community we serve. We continue to provide compassionate, individualized care to all who come to us for help.



Steven A. Akman, MD

Medical Director, Roper St. Francis Cancer Care



Karen Rowe
Breast Cancer Survivor

Multidisciplinary Breast Cancer Program

Kareem Rahbar, MD, Radiologist and Medical Director of Breast Imaging

The Roper St. Francis multidisciplinary breast cancer program continues to be the Lowcountry leader in the diagnosis and treatment of breast cancer. We are chosen to treat more patients with breast cancer than any other institution in the Tri-County area. As stewards of this trust, we continue to offer our patients cutting-edge prevention, diagnostic screening and cancer treatment with the convenience and peace of mind of being able to do so as close to home as possible. These efforts were recently recognized by the National Accreditation Program for Breast Centers as exemplary and far exceeding national standards during our 2018 reaccreditation, as well as demonstrated by our Commission on Cancer Quality measures.

Patients seen by a member of the Roper St. Francis breast team not only benefit from the experience of their treating providers but also leverage the collective knowledge of over 30 breast cancer specialists. Patient's cases are reviewed and discussed weekly among the Roper St. Francis Breast Cancer Team to ensure that all diagnostic measures are optimal, treatment options are personalized and holistic, and clinical trial candidacy is evaluated. While this is taking place, patients are continually supported and educated by our recently expanded breast cancer nurse navigator team. These experienced nurses are essential to patients' successful way-finding through complex cancer care. Together with the treating physician, the navigators evaluate every patient for participation in our Donna Fielding Cancer Wellness Program, which offers nutritional counseling, psychological and social support, exercise intervention and smoking cessation counseling.

To better serve our patients closer to their home, we have expanded services at all our locations. This includes the presence of 3D tomosynthesis breast mammography at Bon Secours St. Francis Hospital, Roper Hospital, Roper St. Francis Mount Pleasant Hospital, as well as two locations in Berkeley County. We have also expanded breast cancer surgery services at Roper St. Francis Mount Pleasant hospital to include autologous breast cancer reconstruction and lymphedema care. In addition, we extended our office hours for breast cancer surgery in Summerville in 2018.

As a comprehensive community cancer center, an integral part of our mission includes the prevention of breast cancer and treatment of all women. The high-risk breast cancer program continues to grow both in volume as well as accessibility. Patients have local access to risk assessment to include genetic counseling, genetic testing, high risk breast imaging screening and medical and surgical prevention strategies. Similarly, while fulfilling our mission to “heal all people,” we offer community outreach efforts throughout the year targeting women who have barriers to breast cancer screening and treatment so that no woman is left behind.

The Roper St Francis breast cancer program is committed to the concept that annual mammographic screening is the best way to ensure early detection of breast cancer. Screening mammography is the only imaging modality studied that decreases mortality rate associated with breast cancer. Conventional 2D mammograms detect most breast cancers, however, dense breast tissue can mask some cancers.

Digital breast tomosynthesis (also referred to as 3D mammography) was invented to address the limitations of dense breast tissue associated with conventional exams. A series of thin images of the breasts are created allowing the radiologist to better visualize the breast tissue. Detection of cancer is improved by up to 40% which can lead to earlier stage cancers and ultimately a longer period free from breast cancer. Additionally, fewer women are recalled from screening for additional workup with this technique which reduces inconvenience, cost and patient anxiety.

We are proud of our Roper St. Francis breast cancer team. It is through our collective strength that we best serve our patients. We also are humbled by the women who bravely navigate their treatment and for those who participate in clinical trials helping not only themselves but others who face the diagnosis in the future.



Breast Cancer Prevention & Screening: *Team Approach*

Shelley Usher, MSN, RN, Clinical Breast Nurse Navigator

The American Cancer Society's 2017 statistics reveal that breast cancer was the second highest newly diagnosed cancer in the state of South Carolina. Nationwide, breast cancer was the leading site of new cancer diagnoses in female patients. It is estimated that 41,070 deaths from breast cancer occurred in 2017 which made breast cancer the second leading cause of cancer death in women. Early detection and education are key to prevention and early treatment of breast cancer. Modifiable risk reduction opportunities such as diet, exercise, smoking cessation, and reduction in alcohol intake decrease the risk of breast cancer. Non-modifiable risks include familial genetic mutations, personal history of other cancers, prior radiation to the chest and dense breast tissue. Most importantly, there is a great need to provide opportunities to educate and screen those with health disparities and lack of access to care. The American Cancer Society (2017) suggests that these disparities are: barriers to quality care, prevention, detection and treatment. Our Navigation Department works diligently to provide ways to reduce barriers in quality care.

Roper St. Francis Healthcare recognizes the importance of community and living our mission of healing all people with compassion, faith and excellence. Roper St. Francis Cancer Care held an annual breast screening event on October 23, 2018 that was a collaboration of various teammates within the system

who have a passion for caring for others. Our NAPBC accredited breast program members, including our breast surgeons, physician assistants, nurse practitioners, and our Cancer Care medical director, provided free clinical breast exams to participants who met the screening guidelines. Uninsured and underinsured patients who needed mammography services, physician follow up or genetic counseling, were provided with financial assistance to obtain the necessary testing. The Bon Secours Mission Grant has generously funded our screening endeavors and provided financial assistance to 118 participants to date. Without their continued support, these events and the necessary testing would be financially challenging.

The “Ladies Night Out” event has grown over the last four years and this year we screened 138 participants in two hours. We took the opportunity to provide health and wellness education to our captive audience. While our patients were in the waiting room, our Registered Dietician talked about healthy diets. In the mammography scheduling waiting room, we had education about the importance of movement and exercise. In the lobby, we had vendor tables, showcasing our system services, including: Bariatrics, Stroke, Pastoral Care and Access Health. The Healing Boutique stayed open for extended hours and our Cancer Center Café catered nutritious food for the participants. Teammates from all areas of the system volunteered their time and talent to make our event a success. In addition to our cancer team, our volunteers came from:OB/GYN offices, navigation, scheduling, mammography/imaging support services, Occupational Therapy, financial services, physician office specialists, Access Health, Retail Services, Dietary Services and Social Work. Many of the volunteers were out of their professional “comfort zone” but recognized the importance of their work for the better of their community.

American Cancer Society (2017). Cancer facts & figures 2017. Retrieved from www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2017/cancer-facts-and-figures-2017.pdf

BREAST SCREENING

