“I didn’t need to research it a lot because I trusted my doctor.”

Greg Stodola
Cancer survivor
Every person in our community with cancer is our concern.

Did you know over 70 percent of patients with cancer in the United States are treated at community cancer centers as compared to large academic centers? At HSHS St. Vincent Hospital Cancer Centers, every person in our community with cancer is our concern. From the youngest cancer patients to the elderly, we’re here to provide care and expertise to help our friends and neighbors through their journey. Our program is not limited to treating only the most common cancers—we provide care locally for even more complex cancers, including adult acute leukemia and childhood cancers.

Throughout this calendar you’ll gain insight from our patients about their cancer journey and the care they received. No two people are the same, and neither are their cancers or their responses to treatment. At HSHS St. Vincent Hospital Cancer Centers, each of our patients receive personalized treatment plans, the latest evidence-based treatment and access to our AnewSM Cancer Survivorship program. Through this unique approach, patients receive a helping hand, guidance and support throughout their cancer journey. We provide resources and services designed to meet each person’s needs.

In addition to providing the latest treatment advancements available, we are helping to create treatment advancements through cancer clinical research. The HSHS St. Vincent Cancer Research Institute works with the National Cancer Institute (NCI) to provide our community with a broad array of clinical trials. Clinical trials are a treatment option for many cancer patients. Through clinical trials, doctors determine whether new treatments are more safe and effective than current treatments. When patients take part in a clinical trial, they gain access to cutting-edge treatments not yet available in other cancer centers. They also add to our knowledge about cancer and help improve cancer care for future patients. Clinical trials are the key to making progress against cancer.

We are deeply grateful to everyone who so willingly shared their stories within these pages. Please visit stvincenthospital.org/cancer to learn more about them and their journey with cancer.

We hope you enjoy this calendar and the information provided in it. If you have questions, please contact us at (920) 433-8488.

David Groteluschen, MD
President
Green Bay Oncology

Laura Nelson, MD
Chief Medical Officer
Prevea Health

Anthony Jaslowski, MD, FACP
Chair, Department of Oncology &
Cancer Committee
Green Bay Oncology
Pathology/Laboratory:
- 10-color flow cytometry technology
- Advanced regionalized microbiology laboratory
- Complete pathologic tumor staging
- Comprehensive tumor marker testing
- Cytologic and tissue cancer diagnosis
- Interoperative consults
- Prognostic tumor analysis

Diagnostic Imaging and Interventional Radiology:
- Central line insertions
- Computerized tomography (CT)
- CT guided biopsies
- 2D and 3D (digital) mammography
- Extensive range of interventional radiology procedures (i.e., radiofrequency ablation, chemotherapy embolization, G-tube placement, renal cyst ablation)
- Lung cancer screening/Low dose CT
- Magnetic resonance imaging (MRI)
- Mobile mammography
- Needle localization
- Nuclear medicine
- Port insertions for chemotherapy treatments
- Positron emission tomography (PET)
- Stereotactic breast biopsy
- Therapeutic radioisotopes
- Thoracentesis, paracentesis, and aspirations
- Treatment medications for specific cancers (i.e., Xofigo® for advanced prostate cancer)
- Ultrasound

Other Specialized Diagnostic Procedures:
- Bronchoscopy
- Colon cancer screening
- Colon polyp removal
- Cryoablation for benign breast fibroadenomas
- Endoscopic retrograde cholangiopancreatography (ERCP)
- Endoscopic ultrasonography (EUS)
- Mediastinoscopy

Medical Oncology and Hematology:
- Access/flushing of central venous catheters
- Acute leukemia treated locally in Green Bay
- Blood and platelet transfusions
- Blood draws for laboratory testing
- Chemotherapy administration
- Hormonal therapy
- Biotherapy
- Immunotherapy
- Infusions and injections of supportive medications
- Targeted Therapy
- Therapeutic phlebotomy
- Palliative Care Services

Radiation Oncology:
- 3-dimensional conformal therapy
- Brachytherapy
- Image guided radiation therapy (IGRT)
- Intensity modulated radiation therapy (IMRT)
- Stereotactic body radiation therapy (SBRT)
- Stereotactic radiotherapy (SRS)
- Superficial skin cancer radiation treatment

Gynecologic Oncology:
- Region’s first Gynecologist Oncologist — providing surgical expertise for all gynecologic cancers
- Minimally invasive robotic surgery
- Reproductive cancer screening program

Pediatric Oncology and Hematology:
- Region’s only pediatric hematology and oncology team of experts, including physicians, nurse practitioners, nurses, child life specialists and support staff
- Chemotherapy administration
- Treatments for both cancer and non-cancer blood diseases
- Biotherapy
- Immunotherapy
- Infusions and injections of supportive medications
- Therapeutic phlebotomy
- Palliative Care Services

Surgery:
- Sub-specialized surgical experts through Prevea Health in gynecologic, breast and hepatobiliary (liver, pancreas, bile duct) cancers
- Inpatient and outpatient surgery
- Minimally invasive robotic surgery
- Sentinel node biopsy
- Transoral robotic surgery (TORS)

Tumor Boards:
- General
- Breast
- Molecular
- Pediatric
- Head & Neck

Anew™ Cancer Survivorship Program:
- The Brighter Side Boutique
- Bridge to Wellness
- Prehab and rehab
- Dietitian services
- Financial counseling
- Healing arts program
- Social work services
- Spiritual support
- Behavioral and emotional support

Clinical Research:
- National Cancer Institute Clinical Research Program (NCORP) participant
- Genetically tailored research trials
- Pediatric Clinical Trials with Children’s Oncology Group
- Prevention trials to help people remain cancer free
- Quality of life studies

Genetics:
- Genetic counseling
- Genetic testing and interpretation
- Cancer risk assessment
- Medical management recommendations

The HSHS St. Vincent Hospital Cancer Centers are improving cancer care for Green Bay and its surrounding communities to patients of all ages. Our cancer program encompasses the full continuum of services including prevention, early detection, treatment, supportive services and follow-up. Our comprehensive array of services demonstrates our commitment to enhance the quality of care to our patients.
In January 2017, Tara and her husband found out they were expecting their second child. But less than two weeks later, Tara felt tightness and pain in her chest. In early March, Tara went to her doctor for tests that showed she was at an elevated risk for a blood clot. After performing a chest CT, the tests showed enlarged lymph nodes and nodules in her lungs. Two months later, she was diagnosed with Hodgkin Lymphoma.

Her team of physicians at HSHS St. Vincent Hospital Cancer Centers recommended starting chemotherapy as soon as Tara entered her second trimester. With 3-year-old Emmett at home, a baby on the way, and a cancer diagnosis, Tara felt overwhelmed. But her care team put her at ease, and she was impressed with the level of coordination between her OB physician and her oncologist.


“The staff at HSHS St. Vincent Hospital Cancer Centers took the time to get to know us on a personal level,” Tara said. “I didn’t feel like just another patient file. I felt a connection. It was that personalized level of care.”

Now, Tara is embracing being a mother of two, and will continue to receive routine follow-up care at HSHS St. Vincent Hospital Cancer Centers to monitor her health.

Read my full story at stvincenthospital.org/cancer
Welcome to The Brighter Side Boutique

The Brighter Side Boutique is a community service provided by HSHS St. Vincent Hospital Cancer Centers, and supported by the American Cancer Society, Lindeman's Cleaning, Paul Mitchell the School and countless other volunteers who work together to provide special services to any cancer patient in our community.

The boutique provides the following at no charge:

- **Wigs, hats, scarves and turbans for women while they are undergoing cancer treatment.**

- **Mastectomy bras and prostheses for women who have had cancer.**

The Brighter Side Boutique is located at:
HSHS St. Vincent Hospital Cancer Centers at
HSHS St. Mary’s Hospital Medical Center
1726 Shawano Ave., Green Bay

By appointment only.
For more information, please call (920) 433-8488.
Jeff’s Story

When Jeff was diagnosed with colon cancer in 2015, he felt blindsided. He had been feeling uncomfortable, tired and weak, several weeks prior; but he didn’t expect to hear the word “cancer” after undergoing a colonoscopy.

“I was still pretty out of it during the diagnosis, but I could hear my wife crying quietly,” recalls Jeff. “She understood, but I was having a hard time grasping it at the time.”

Jeff knew he needed to take every step possible to get better for his wife and two daughters.

“My diagnosis really got me thinking about my wife and kids and how they’re going to need me some day,” said Jeff.

Jeff beat cancer thanks to his team of doctors and the experts at HSHS St. Vincent Hospital Cancer Centers. Now, he’s taking his battle against cancer one step further, by taking part in a clinical trial to test the use of a drug created to reduce cancer reoccurrence. Jeff feels passionate about sharing his story hoping to convince more people to take better care of their health.

“I get after things quicker these days,” said Jeff. “I’m not going to live another 50 years. Now is the time to get up and do what I want to do.”

See my story at stvincenthospital.org/cancer
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**Anew℠ Cancer Survivorship and Bridge to Wellness**

Surviving cancer is an accomplishment that deserves to be celebrated. Anew℠ Cancer Survivorship offers a unique program called Bridge to Wellness, an exercise and nutrition series for cancer survivors. For ten weeks, participants learn about exercise, nutrition and making healthy choices as a cancer survivor. Each participant meets one-on-one with a cancer exercise specialist and an oncology dietitian. The program is a partnership between HSHS St. Vincent Hospital Cancer Centers and Western Racquet and Fitness Club.

For more information visit stvincenthospital.org/bridge or email bridgetowellness@hshs.org or call (920) 433-8488.

“This program helped me move on after cancer. It provided the physical training, emotional support, and nutrition education to bring me back from my treatments.”

- Bridge to Wellness participant

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**February 2018**

**Anew℠ Cancer Survivorship**

**HSHS St. Vincent Hospital Cancer Centers**

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**World Cancer Day**

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**Look Good Feel Better**

10:00 am HSHS St. Vincent Hospital - Cancer Center Conference Room 2
Steven's Story

73-year-old Steven is a retired marine engineer who spent a career inspecting ships and now enjoys his time working on wooden boats and living in beautiful Door County.

Steven's first journey with cancer began in 2008, when he was diagnosed with stage IV colon cancer which had spread to his liver.

“During my initial consult, my doctor’s final remark was that we’re going for a home run,” recalls Steven.

Steven received chemotherapy treatments close to home from HSHS St. Vincent Hospital Cancer Centers at Door County Cancer Center in Sturgeon Bay.

“It was convenient to not have to travel far,” recalls Steven. “I would arrive at the cancer center before my engine could even warm up.”

Surgery, chemotherapy and radiation helped Steven overcome his first cancer diagnosis, but unfortunately, it wouldn’t be his last.

In 2015, doctors discovered cancer in Steven’s prostate and right lung. Today, he continues to receive treatment at HSHS St. Vincent Hospital Cancer Centers. While he experiences weakness and doesn’t have the energy he used to, Steven believes his attitude and faith keeps him going.

Reflecting on his cancer journey, Steven shares, “I’d say that throughout two separate journeys with stage IV cancer over the course of nine years, the ball not only cleared the fence, but easily sailed out of the park.”

See my story at stvincenthospital.org/cancer
**Tumor Board**

*Cancer Care As Unique As You.*

HSHS St. Vincent Hospital Cancer Centers has multiple Tumor Boards where physicians and other medical experts come together to review individual patient cases. An important part of this discussion is to review various treatment alternatives and provide the treating physician with advice from multiple specialists. As a result, the best treatment plan, *individualized to address the uniqueness of each patient’s disease and other personal factors* is developed.

HSHS St. Vincent Hospital Cancer Centers currently holds up to 18 tumor board meetings each month encompassing all cancer types, including pediatric cancers. This allows our cancer experts many opportunities to discuss their patient’s cases to help ensure that optimal and personalized treatment plans can be developed for each patient.
Tom’s Story

Tom was diagnosed with polio when he was four years old. He remembers little of his two week stay at HSHS St. Vincent Hospital during that time in the early 1950s, but he learned an important lesson following his recovery. “I have an attitude that any time I get sick, I will conquer it,” said Tom.

That attitude proved important in May 2016 when Tom went to his dentist to get fitted for new dentures. It was then that his dentist noticed a sore on Tom’s gum. Although Tom had noticed the sore in the past, he thought little of it. Out of concern, the dentist referred him to a surgeon at Prevea.

Following a biopsy, Tom learned he had stage IV tonsillar cancer.

“We’re going to conquer this,” Tom recalls telling his cancer team.

And he did. Following 33 radiation treatments, six chemotherapy treatments and surgery to remove his lymph nodes, Tom was cancer free.

“Hearing this lifted a huge weight off my shoulders,” Tom said. “The staff at the HSHS St. Vincent Hospital Cancer Centers are God’s angels sent down here to help people.”

Read my full story at stvincenthospital.org/cancer
Cancer and Aging

Those age 65 and older are expected to nearly double by the year 2030. Not only are people living longer, more are surviving cancer. There is a shortage of health care professionals with experience in geriatric oncology to care for the aging adults in the United States.

Not only is HSHS St. Vincent Hospital Cancer Centers committed to providing care for the increasing number of adults with cancer, but this past year, our nurses—the only from Wisconsin—participated in year one of “Geriatric Oncology: Educating Nurses to Improve Quality Care” project. This five-year project, funded by the National Cancer Institute (NCI), is designed to teach oncology nurses how to address the unique needs of older adults with cancer.

Jen Witterholt, BSN, RN, OCN®,
Manager, Inpatient Medical
Mary Schueller, MSN, RN, AOCNS®, CHPN,
Oncology Clinical Nurse Educator
Beth Simoens, BSN, RN-BC, OCN®,
Facilitator, Outpatient Medical Oncology
Clinical Trial Aims to Reduce Sleep Problems Among Cancer Survivors

URCC 14040: A Randomized Clinical Trial Comparing the Effectiveness of Yoga, Survivorship Health Education, and Cognitive Behavioral Therapy for Treating Insomnia in Cancer Survivors.

Sleep problems are a commonly reported side effect of cancer treatment. HSHS St. Vincent Cancer Research Institute makes an ongoing effort to improve the quality of life of local cancer patients. A clinical trial began in fall of 2017, that tested three possible treatments for insomnia among cancer survivors.

The clinical research study, known as YOCAS, compares the effectiveness of yoga, general survivorship education, and non-medication strategies for treatment of sleep problems in cancer survivors. Approximately 630 cancer patients across the U.S. will take part in this study. HSHS St. Vincent Cancer Research Institute actively enrolled participants.

The study will determine which intervention best helps cancer patients with sleep problems.

The HSHS St. Vincent Cancer Research Institute participated in this clinical trial through the University of Rochester Cancer Center, funded by the National Cancer Institute. For more information about this clinical trial or other available clinical trials, contact HSHS St. Vincent Cancer Research Institute at (920) 433-8889 or visit www.stvincenthospital.org/cancer.
## Cancer Research Leader in Northeast Wisconsin

More Than 30 Years of Cancer Research and Counting…

HSHS St. Vincent Cancer Research Institute is a nationally recognized research center with more than 30 years of experience in conducting clinical trials. During this time, over 700 different clinical trials have been provided to more than 3,000 patients of all ages.

Patients accepted into the clinical research trials program may receive their care at any HSHS St. Vincent Hospital Cancer Centers location or affiliated organization.

Nationally, approximately 2-4\% of cancer patients participate in clinical trials. At the HSHS St. Vincent Hospital Cancer Centers, we have enrolled from 13\%-21\% of patients annually in the past five years. This is due to the large number of clinical trial opportunities we offer, along with our oncologists’ unwavering commitment to provide patients with the most advanced options available.

## Types of Cancer Research

**Basic research** seeks to understand the fundamental aspects of nature. It provides the foundation for advances against cancer.

**Clinical research** tests drugs, medical devices, or other interventions in human volunteers to improve all aspects of patient care.

**Population-based research** explores the causes of cancer, cancer trends, and factors that affect the delivery and outcomes of cancer care in specific populations.

**Translational research** moves basic research findings into the clinic and clinical research findings into everyday care. In turn, results from clinical and population-based studies can guide basic research.

### May 2018 Calendar

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National Cancer Survivors Day

National Cancer Survivors Day is a celebration for all who have been touched by cancer. Each year, HSHS St. Vincent Hospital Cancer Centers hosts a special celebration for cancer survivors and a guest.

An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Our AnewSM Cancer Survivorship program focuses on the health and life of our patients. We continually seek to optimize patient health before, during and after cancer treatment, while supporting an optimal care and surveillance plan to address any potential recurrence of cancer.
2018 National Cancer Survivor’s Day
Celebrate Life: With Resilience!

SAVE THE DATE
National Cancer Survivors Day Celebration

Date: Tuesday, June 5

Location: The Radisson Hotel & Conference Center - Green Bay

Keynote Speaker: Drew Ebersole

Topic: “Celebrate Life: With Resilience!”

Vendor Expo: 3:30 p.m.

Dinner: 5 p.m.

Speaker: 6 p.m.

Drew Ebersole is a national speaker and professional coach, with a focus on being present and mindful. In September 2016, Drew underwent brain surgery to remove a golf ball size acoustic schwannoma tumor. He experienced many life altering challenges, including facial paralysis. Drew incorporates current research to support his approach of getting the most out of every day and living in the moment.

Space is limited. Watch for more information regarding this special event, or call (920) 433-8488 for more information or to register.

HSHS St. Vincent Hospital Cancer Centers
Greg's Story

In the fall of 2012, Greg and his wife were newlyweds starting a journey together. They were getting settled in their newly-remodeled home on the family farm where Greg plays a prominent role as a dairy and custom farmer.

It was just before Christmas when Greg noticed a lump on his neck. While he didn’t think much of it, his wife gave him the extra push to get it looked at.

“I went to get it looked at and they did a biopsy,” said Greg. “I remember getting the phone call with the results. The lump on my neck had tested positive for Hodgkin Lymphoma.”

This led Greg to HSHS St. Vincent Hospital Cancer Centers where, right after Christmas, he began chemotherapy and radiation.

Hodgkin Lymphoma is a cancer that is a part of the immune system called the lymph system. The earlier diagnosed, the more effective the treatment can be.

“I didn’t need to research it a lot because I trusted my doctor,” said Greg. “I walked out of there every day feeling great. There were sad times, but there was that comfort of knowing you were in his hands and he was going to take care of you.”

Greg completed his chemotherapy and radiation treatments. Today, he is cancer-free and continues yearly visits to HSHS St. Vincent Hospital Cancer Centers to monitor his health.

See my story at stvincenthospital.org/cancer
### Cancer Genetics

HSHS St. Vincent Hospital developed the first clinical genetics programs in northeast Wisconsin.

Our team of experts has been providing quality genetics services and counseling to patients and their families for decades.

Through genetic counseling, individuals and families learn about genetic conditions and tests that can check for genetic defects or disorders, and decide whether or not to have genetic testing. Genetic counselors have counseling skills to help families understand the information obtained through genetics evaluation.

The development of cancer depends on many factors including age, lifestyle, and personal and family history. **Although most cancer is not hereditary, about 5 to 10 percent of many types of cancers are inherited.**

When a hereditary cancer syndrome is identified in a family, there are preventative actions and cancer screening plans that can be put into place to prevent cancer or to diagnose it at an early stage.

**The goal is to identify individuals and families at increased risk for cancer and assist in medical management.**

- Nationwide, 5 to 10 percent of cancer cases are due to an identifiable hereditary gene mutation.
- 15 to 20 percent of cancer cases appear to be related to genetic risk factors for familial cancer, but we cannot identify a hereditary gene mutation.
- 70 to 80 percent of cancer cases are considered sporadic, meaning it is not due to an inherited gene mutation.
Debbie’s Story

“They noticed something right away on the screen. It was a white mass. I thought, ‘How could that be?’

Debbie’s breast cancer diagnosis in January 2016, at age 59, came as a shock. There was a history of breast cancer in her family, but it didn’t affect her aunts until much later in life.

“I was just so surprised,” says Debbie, who has always been diligent about having yearly mammograms.

Debbie was diagnosed with an aggressive breast cancer called triple-negative breast cancer. When she learned she needed surgery, chemotherapy and radiation, she felt relief when she learned that she could receive her treatments close to home at Door County Cancer Center in Sturgeon Bay, part of the HSHS St. Vincent Hospital Cancer Centers.

Debbie found that she received more than cancer treatment at Door County Cancer Center. She appreciated the wide range of added support offered to her, including hand and foot massages to help make her more comfortable, access to hats, scarves and wigs, and colleagues that went the extra mile to make her feel special. While receiving treatment on her birthday, cancer center colleagues surprised her with a birthday cake and sang “Happy Birthday.”

“There is just so much compassion and support there for patients.”

Today, Debbie is cancer-free and happy to be back at work, running a successful landscaping business in Door County.

See my story at stvincenthospital.org/cancer
## Nurse Navigator

**A guide, a friend.**

HSHS St. Vincent Hospital Cancer Centers nurse navigators provide one-on-one consultation to help answer questions, explain options, address barriers to care and listen. Navigators are available from the day of diagnosis to provide any assistance needed. They help navigate one’s cancer treatment and also the supportive services provided, including: cancer rehabilitation therapies, nutrition counseling, massage therapy, healing arts, emotional care, financial counseling, spiritual support and more.

Doctors, nurses and other care providers are always here to help, but it can be hard to process all the information and make choices about care and treatment. The nurse navigators are provided at no charge. If you have a cancer diagnosis and would like to talk with a nurse navigator call HSHS St. Vincent Hospital Cancer Centers at (920) 433-8488.

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### August 2018 Calendar

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**World Lung Cancer Day**

**Look Good Feel Better**

10:00 am

HSHS St. Vincent Hospital Cancer Conference Room 2

**Cancer Support Group**

6:00 pm

HSHS St. Mary’s Hospital Medical Center - Cancer Center Lobby
In March 2009, feeling tired and uncomfortable, Tavia made an appointment at a clinic near her home on the outskirts of Appleton. Convinced it was nothing more than another case of low iron levels, she figured she would be in and out of the clinic quickly and on her way to the airport, where she needed to catch a flight for work. However, tests revealed Tavia’s symptoms were a sign of something much more serious - stage 3C ovarian cancer.

Tavia was referred to HSHS St. Vincent Hospital Cancer Centers in Green Bay where she could be offered the best possible treatment options and precise coordination designed to help her navigate treatments, tests, routine appointments and everything in between.

“I was able to make treatment what I wanted it to be,” said Tavia. “Everyone at the cancer center seemed to know my story. I knew they were genuinely concerned about me. I wasn’t just another patient.”

Tavia’s treatment was a success. Today, she remains cancer-free and maintains life-long friendships with members of her care team at HSHS St. Vincent Hospital Cancer Centers.

“They were my saving grace, and they were right here, close to home,” said Tavia.

See my story at stvincenthospital.org/cancer
# Cancer Prehab is Pre-treatment Rehabilitation

Cancer prehab is a revolutionary approach to cancer care. The AnewSM Cancer Survivorship program provides pre-treatment rehabilitation, known as “prehab”, to help our patients be as strong as possible for their cancer treatment. Through a variety of tests and measures, our clinician works closely with our patients to define their baseline function and set goals based on their upcoming treatment plan.

More than 95% of cancer patients experience a side effect that interferes with life such as fatigue, pain or weakness. Research shows that prehab promotes improved treatment tolerance and reduces these side effects.

Prehab is available at HSHS St. Vincent Hospital Cancer Centers. If you have a cancer diagnosis and would like to discuss the AnewSM Cancer Survivorship program or prehab, please call us at (920) 272-3380.
Stay-at-home mom, Mayme, was busy helping raise her two stepchildren and her two biological children. Part of her busy routine included exclusively pumping her breast milk for her newborn son, Noah. In October 2015, Mayme noticed a lump in her breast.

“I had to pump all of my son’s milk and I was just about done pumping his meals and found a lump that I thought was a blocked milk duct,” recalls Mayme. “Something in the back of my mind kept telling me I should go see a doctor.”

However, convinced that it was nothing more than a blocked milk duct, Mayme didn’t go to the doctor until the end of June 2016.

Tests showed the lump in Mayme’s breast was part of stage 2 breast cancer that would require surgery, chemotherapy and radiation treatment.

“You don’t ever think it’s going to be you,” said Mayme. “I was just 32-years-old with no family history of breast cancer. It was a total shocker.”

Mayme sought treatment at HSHS St. Vincent Hospital Cancer Centers and found comfort in how well coordinated and organized her care was. She appreciated the way her care team provided her with treatment options.

“They involved me in my treatment plan and made sure each step was okay with me and it was what I wanted,” said Mayme. “And then, gave me the option to choose.”
**October 2018**

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**Columbus Day**

**Cancer Support Group**
6:00 pm
HSHS St. Mary's Hospital Medical Center - Cancer Center Lobby

**Look Good Feel Better**
10:00 am
HSHS St. Vincent Hospital-Cancer Center Conference Room 2

**National Mammography Day**

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**Understanding Mammogram Types**

Screening mammograms are routine mammograms for women with no breast changes or concerns. The goal of a screening mammogram is to detect breast cancer when it is too small to be felt. A diagnostic mammogram is needed when symptoms occur that may indicate breast disease. It may also be done after an abnormal screening mammogram to better evaluate the area of concern. Mammograms are offered using two forms of technology; 2-D or 3-D.

**2-D mammography** is the current gold standard of care and, for screening mammograms, is usually covered by insurance. Two-dimensional images of each breast are taken using compression.

**3-D mammography** (breast tomosynthesis) is similar to 2-D in that it provides a digital image of the breast using compression. The 3-D image allows doctors to see breast tissue within the individual layers of the breast, versus a flat image generated with 2-D technology. 3-D is especially useful for patients with dense breast tissue or those at high-risk for breast cancer. While effective for cancer detection, not all health insurances cover a 3-D screening.

Check with your health care provider to find out when it’s right for you to begin screening and which option, 2-D or 3-D, is best for you.
Rodney’s Story

In February 2016, Rodney knew something was wrong when he woke up in the middle of the night with a pain in his side. Despite his best efforts to go back to sleep, the pain didn’t go away.

Rodney went to HSHS St. Clare Memorial Hospital in Oconto Falls and after running tests, it was determined he had appendicitis and his appendix needed to be removed. But, the CT scan also revealed a cyst on his pancreas.

“I was in shock by the findings and had no idea how long it had been there or if it was too late,” recalled Rodney.

Rodney was referred to the region’s only pancreatic specialist at Prevea to drain the cyst and have a sample of the fluid tested to determine if cancer cells were present. The procedure took place in March 2016 and at the follow-up appointment, Rodney learned that the pancreatic cyst contained precancerous cells.

“Cancer can be a scary word, but for me, I still had time to correct this before any cancer started; we caught it in time,” said Rodney.

On May 3, 2016, Rodney underwent surgery to have 20 percent of his pancreas removed and did not require chemotherapy. “I consider myself lucky. Had I never had appendicitis, my care team would not have found the pre-cancerous cells when they did. My appendicitis was a blessing in disguise,” said Rodney. “To this day I am thankful that I’m still here living life with those who matter most.”

Read my full story at stvincenthospital.org/cancer
**Nutrition in Cancer Care**

Nutrition is especially important for someone who has cancer. HSHS St. Vincent Hospital Cancer Centers offers the services of a dedicated oncology dietitian. Personalized nutrition plans help patients deal with the unique challenges of their illness and treatments. With specialized dietary guidance, a patient’s nutrition can be optimized to support treatment and combat symptoms and side effects of cancer.

At HSHS St. Vincent Hospital Cancer Centers, patients can receive one-on-one nutrition consultations at no charge. Our registered dietitian helps our patients navigate your unique cancer journey.

<table>
<thead>
<tr>
<th>1</th>
<th>Look Good Feel Better</th>
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<tbody>
<tr>
<td>2</td>
<td>Great American Smokeout</td>
</tr>
</tbody>
</table>

**Strategies for Healthy Eating**
Cancer challenges everything, including your nutritional needs. Learn what a balanced diet looks like for you.

**Side Effect Management**
Many side effects of cancer treatment can be managed by changing what and how you eat.

**Survivorship Nutrition Tips**
Good nutrition throughout your journey can help you feel better, maintain strength, and speed recovery.

**Additional Nutrition Resources**
Based on your specific needs, we will point you toward additional resources, both online and in your area.
Kira’s Story

When Kira was four years old, her parents, Jill and David, found her to be more tired than other kids her age. She had hernia surgery, but even after that, her parents recalled that things didn’t seem right as she was in a lot of pain. Further testing revealed a diagnosis that changed their lives.

“It was pretty surreal. Jill got the call from Kira’s family doctor that they needed to go to the hospital right away,” recalls David. “You look back and realize that it was the hardest day of your life.”

Kira was diagnosed with acute lymphoblastic leukemia and treatment needed to begin right away. The family, who lives in Chilton, took Kira to HSHS St. Vincent Children’s Hospital in Green Bay, where she was cared for by the pediatric oncology experts of HSHS St. Vincent Hospital Cancer Centers.

“I remember Child Life swooped in right away when we got to St. Vincent and they were a life saver,” recalls Jill. “They did so many special things to make Kira feel welcome and comfortable. Then, we met the doctors and nurses, and everyone was so good at communicating with us every step of the way and letting us know what was going on.”

Kira completed more than two years of treatment in December 2013, and today remains cancer free. While the Baileys have returned to a more normal life outside of the hospital, they say they will never forget the care and compassion shown to Kira and their family during Kira’s treatment.

See my story at stvincenthospital.org/cancer
Children’s Cancer Survival Rates on the Rise

Every day in the U.S. 43 children are diagnosed with cancer. As the only pediatric hematology/oncology experts in northeast Wisconsin, HSHS St. Vincent Hospital Cancer Centers with HSHS St. Vincent Children’s Hospital offers around the clock care for kids who are fighting cancers and blood disorders. Clinical trials are also offered for pediatric cancer and non-cancer blood diseases.

The pediatric hematology/oncology program includes physicians, nurse practitioners, nurses and child life specialists.

The annual number of diagnosed childhood cancer cases has not declined in nearly 20 years. However, through clinical trials, research and treatments, there have been advances in cure rates from an overall survival rate of 10 percent just 40 years ago, to more than 80 percent today. However, the survival rate is still much lower for many rare cancers.

5-Year Survival Rate, Age 0 - 19

<table>
<thead>
<tr>
<th>Disease</th>
<th>Survival Rate</th>
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<tbody>
<tr>
<td>Acute Lymphoblastic Leukemia</td>
<td>90%</td>
</tr>
<tr>
<td>Acute Myeloid Leukemia</td>
<td>65.7%</td>
</tr>
<tr>
<td>Hodgkin Lymphoma</td>
<td>97.2%</td>
</tr>
<tr>
<td>Non-Hodgkin Lymphoma</td>
<td>85.9%</td>
</tr>
<tr>
<td>Bone and Joint</td>
<td>74.6%</td>
</tr>
<tr>
<td>Brain and CNS</td>
<td>74.4%</td>
</tr>
<tr>
<td>Neuroblastoma</td>
<td>74.1%</td>
</tr>
<tr>
<td>Soft Tissue</td>
<td>77.9%</td>
</tr>
<tr>
<td>Wilms Tumor</td>
<td>93.1%</td>
</tr>
</tbody>
</table>

Source: Surveillance, Epidemiology, and End Results (SEER) Program (seer.cancer.gov) SEER 9 area. Based on follow-up of patients into 2012
How to help someone with cancer

According to the American Cancer Society, one in two men and one in three women will hear the words “you have cancer” during their lifetime. More than likely, one of them will be your family member, friend, co-worker or neighbor. What can you do to help them? Listed below are a few suggestions to get you started:

At the time of diagnosis:

• Get in touch and stay in touch. Don’t “disappear.”
• Listen and be supportive. Try not to judge or offer advice unless the person asks.
• Refrain from sharing stories about other people you know with cancer or treatment options.
• Respect the persons need to share or their need for privacy; everyone is different.
• Be specific with your offers of help. Say, “I would like to...” rather than saying, “Let me know if you need help.”
• Let them know you care. Be calm and genuine.
• Give a homemade present.
• Don’t use clichés (such as fight or battle).

During treatment:

• Send or prepare a meal. Arrange a schedule for meal delivery.
• Care for pets or the garden/plants.
• Offer to help with childcare or relieve the caregiver.
• Offer rides to and from treatment or to take notes during a medical appointment.
• Help run errands.
• Respect their decisions about treatment.
• Include them in usual plans and social events.
• Recognize that they may need rest or alone time.
• Keep your relationship as normal and balanced as possible.

• Talk to them about normal life events other than cancer.
• Coordinate a benefit or fundraiser to help provide financial support.
• Give gift cards for gas or the grocery store.
• Don’t be afraid to laugh or touch them.
• Help keep co-workers updated.

After treatment ends:

• Maintain contact. This can be a lonely and scary time for people even if they are “cured.”
• Approach them in a calm, unhurried manner (especially during anxious times).
• Arrange a celebration if they are agreeable.
• If a cure is not possible, support their wishes and decisions.
• Share how they have been a blessing to you or others.
• Read to them or play their favorite music.
• Recognize the role spirituality may play.
• Help them finish undone projects (like a photo album, letter writing, or giving items to loved ones).
Accreditations and Recognition
As an integrated network cancer program—**the highest level of accreditation possible for a non-teaching hospital**—we take our job very seriously and remain committed to providing the highest quality of care to our patients. To ensure we are providing the highest quality of care, we submit ourselves to rigorous reviews through various accreditations and focus on continuous improvement.

HSHS St. Vincent Hospital Cancer Centers has been accredited by the Commission on Cancer (CoC) for over 55 years; and at our previous survey we received the **CoC Outstanding Achievement Award**. This award is granted to accredited cancer programs that exceed compliance expectations of the CoC standards. Our CoC accreditation shows that our patients have access to a full scope of specialized care from prevention and detection through treatment and survivorship. CoC surveys are conducted every three years; our next survey is scheduled for 2018.

We have also achieved accreditation by the National Accreditation Program for Breast Centers (NAPBC), holding us to the highest standards of care for patients with diseases of the breast.

And, for three consecutive years, we are recognized by Becker’s Hospital **Review as Top 100 Hospital and Health Systems With Great Oncology Programs in the nation**.

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**Estimated New Cancer Cases — 2016**

State of Wisconsin — Select Cancer Types

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Estimated Cases</th>
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<tbody>
<tr>
<td>Female Breast</td>
<td>4730</td>
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<tr>
<td>Lung &amp; Bronchus</td>
<td>4230</td>
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<tr>
<td>Prostate</td>
<td>3570</td>
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<tr>
<td>Colon &amp; rectum</td>
<td>2520</td>
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<tr>
<td>Uterine corpus, cervix &amp; ovary</td>
<td>1940</td>
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<tr>
<td>Kidney &amp; renal pelvis</td>
<td>1630</td>
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<tr>
<td>Non-Hodgkin’s lymphoma</td>
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<tr>
<td>Melanoma of the skin</td>
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<tr>
<td>Leukemia</td>
<td>1260</td>
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<tr>
<td>Kidney &amp; renal pelvis</td>
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</tr>
<tr>
<td>Pancreas</td>
<td>1050</td>
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<tr>
<td>Liver &amp; intrahepatic bile duct</td>
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</table>

Source: American Cancer Society
Great Ways You Can Get Involved

1. Pray for Our Caregivers and Our Patients.
2. Volunteer.
   Volunteers are key members of the HSHS St. Vincent/HSHS St. Mary’s Foundation. They help carry out our healing mission while demonstrating the hospitals’ core values through a variety of responsibilities. For more information, please contact MaryAnn Brunette at (920) 433-8561.

3. Spread the News.
   Tell your friends and family members about the wonderful things that are happening at our hospitals — because of you!

Yes, I want to help provide compassionate, comprehensive care to my neighbors, friends, and loved ones!

☐ Here is my gift of $ ______________________

To be directed to: (Please select one)
☐ HSHS St. Vincent Hospital
☐ HSHS St. Mary’s Hospital Medical Center

To be used for: (Please select one)
☐ Where most needed
☐ Other ____________________________

Name __________________________________________________________________

Address __________________________________________________________________

City _________________________________________  State _______  Zip ____________

☐ I wish to remain anonymous

☐ My check is enclosed

☐ Please charge  ☐ Master Card  ☐ Visa  ☐ Discover

Card Number _______________________________________  Expiration Date _________

Signature _____________________________________________ 3 Digit Code _________

You can also make a gift safely and securely online at svg.thankyou4caring.org or smg.thankyou4caring.org

Please make your check payable to the “HSHS St. Vincent/HSHS St. Mary’s Foundation” and mail it to HSHS St. Mary’s Hospital Medical Center Foundation, 1726 Shawano Ave., Green Bay, WI 54303. Your gift is tax-deductible to the fullest extent allowed by law.

Thank you!
Notice Informing Individuals about Nondiscrimination and Accessibility Requirements and Nondiscrimination Statement: Discrimination is Against the Law

HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, HSHS St. Nicholas Hospital and HSHS St. Clare Memorial Hospital comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, HSHS St. Nicholas Hospital and HSHS St. Clare Memorial Hospital do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, HSHS St. Nicholas Hospital and HSHS St. Clare Memorial Hospital:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact 1-217-464-7600 (TTY via Illinois Relay 800-526-0844).

If you believe that HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, HSHS St. Nicholas Hospital or HSHS St. Clare Memorial Hospital has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

System Responsibility Officer and 1557 Coordinator
4936 Laverna Road
Springfield, Illinois 62794
Telephone: (217) 492-6590, FAC: (217) 523-0542

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the System Responsibility Officer and 1557 Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW, Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

HSHS St. Vincent Hospital Cancer Centers at HSHS St. Vincent Hospital
835 S. Van Buren St.
Green Bay, WI 54301

HSHS St. Vincent Hospital Cancer Centers at HSHS St. Mary’s Hospital Medical Center
1726 Shawano Ave.
Green Bay, WI 54303

HSHS St. Vincent Hospital Cancer Centers at Door County Cancer Center
323 S. 18th Ave.
Sturgeon Bay, WI 54235

HSHS St. Vincent Hospital Cancer Centers at HSHS St. Clare Memorial Hospital
Medical Office Building
853 S. Main St., Suite C
Oconto Falls, WI 54154

HSHS St. Vincent Hospital Cancer Centers at Prevea Marinette Health Center
1409 Cleveland Ave.
Marinette, WI 54143

HSHS St. Vincent Hospital Cancer Centers
Administrative Office
835 S. Van Buren Street
Green Bay, WI
(920) 433-8488

HSHS St. Vincent Cancer Collaborative Member Hospitals
Through the HSHS St. Vincent Cancer Collaborative, components of HSHS St. Vincent Hospital Cancer Centers’ nationally recognized cancer program are combined with the strengths of individual community hospitals in Manitowoc and Sheboygan.

Our collaborative member hospitals include:
Holy Family Memorial Hospital, Manitowoc
HSHS St. Nicholas Hospital, Sheboygan