

AURORA CANCER CARE NEWS & VIEWS

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Message from the Vice President, Aurora Cancer Care



James Weese, MD, FACS
Vice President,
Aurora Cancer Care

2018 is moving forward as a banner year for Aurora Cancer Care (ACC). Amy Bock has transitioned well into her new role as Senior Director for the Cancer Service Line. Recently we have added some updates to the Aurora Health Care - Cancer Care website pages <https://www.aurorahealthcare.org/services/cancer>. Jennifer Jarvey Balistreri continues to expand the



ACC outreach program with over 37,000 members of our local communities covered last year and many events scheduled for this year already. Particularly important is the program to discuss cancer screening and HPV vaccinations in Milwaukee Public Schools (see pg. 2). The Precision Medicine program continues to expand rapidly; our original estimate was to evaluate 50 patients in the first calendar year, but it now appears that 150 will be more accurate. Installation of the Syapse Platform and participation in their precision medicine network continues to move forward.

“The accelerated expansion of our clinical trials program has allowed us to bring exciting new treatments to cancer patients throughout the Aurora footprint.”

This allows us to compare the molecular tumor profile of Aurora patients to thousands of others who have had molecular testing and see how similar patients responded to innovative new molecular therapy.

Dr. Mike Thompson and Jen Godden continue to expand this program on a weekly basis.

The accelerated expansion of our clinical trials program has allowed us to bring exciting new treatments to cancer patients throughout the Aurora footprint.

We anticipate further growth in clinical trials sponsored by the National Cancer Institute and pharmaceutical companies, allowing us to bring exciting new treatments to patients throughout Aurora Cancer Care.

As you can see from the format of this Aurora Cancer Care News and Views, we have decided to combine the caregiver and patient newsletters into one document that will be published four times a year.

With all of the exciting new activities and the highly informed nature of ACC patients, we felt this new format was most appropriate. Please let us know what you think.



Finally, the anticipated merger of Aurora Health Care and Advocate Health Care became official on April 1, 2018. Now that we are officially one, the real transformation work begins. We look forward to working closely with our excellent colleagues at Advocate Health Care to provide outstanding evidence-based, protocol-driven and innovative cancer care to a much broader group of cancer patients. ■

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Did you know?

Aurora brings HPV awareness to Milwaukee Public Schools

By Jennifer Jarvey Balistreri, MS, Community Impact Coordinator Senior, Aurora Cancer Care

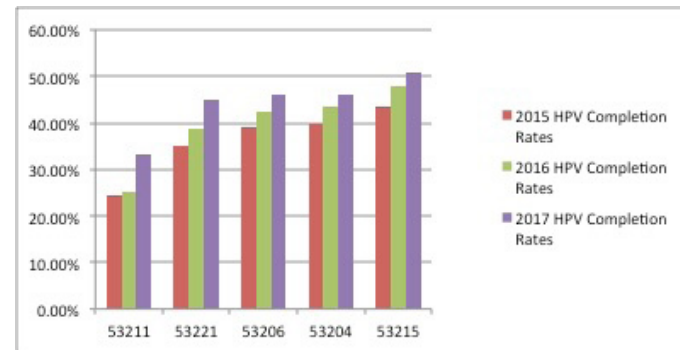
Aurora Cancer Care has been collaborating with Milwaukee Public Schools (MPS) for the past two years to further educate Milwaukee youth about cancer risks, screening and preventive behavior specific to human papillomavirus (HPV). Our MPS HPV awareness program goal has three parts: to increase the reported HPV vaccination rate in Milwaukee; to increase the knowledge of HPV contraction; and impact decision-making on safe sex behaviors. Thus far, we have successfully educated over 1,000 students in Milwaukee and our program continues to grow. Feedback from students is used for overall program improvement and continued engagement in HPV awareness.

Wisconsin Comprehensive Cancer Control Program HPV State Summit

In October 2017, Aurora Cancer Care was invited to the Wisconsin Comprehensive Cancer Control Program HPV State Summit, where we shared our successful best practice of the HPV awareness and education program partnership with MPS. Aurora Cancer Care presented in the Outreach & Education Efforts session. Our HPV program champion provider, Cathy Schulz, APNP, presented the program as a best practice and answered questions about our strategy and potential program growth. The feedback on her presentation was overwhelmingly positive. The summit's purpose was to analyze current data, build HPV awareness, educate on best practices and increase HPV immunization rates throughout Wisconsin in both urban and rural areas.

HPV awareness successes

Aurora Cancer Care's HPV awareness initiative recently received a grant award from the Wisconsin Comprehensive Cancer Control Program to boost the current MPS HPV awareness program development. These funds will help expand educational services with anatomical models and HPV educational materials. We will also support the National HPV Vaccination Roundtable, established by the American Cancer Society (ACS) and the Centers for Disease Control and Prevention (CDC), as a resource for administering HPV awareness and education as a local best practice program.

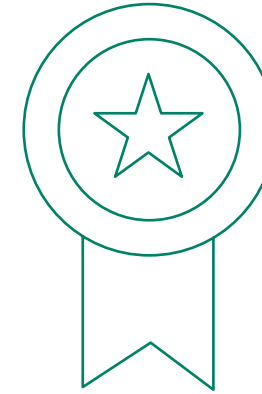


Vaccination Completion Rates by Zip Code

Thus far, there is an increase of HPV vaccine series completion within the Milwaukee zip codes where the HPV awareness and education provided to MPS has been presented. We strive to continue to see an increase in these rates, as well as expand the program to additional schools. The continued support from Aurora Cancer Care and various external organizations, such as ACS and the Wisconsin Comprehensive Cancer Control Program, will ideally aid in a more rapid increase of vaccination rates for the youth within the City of Milwaukee. ■

Four-year accreditation achieved for radiation oncology services

The Radiation Oncology clinics at Aurora West Allis Medical Center (AWAMC) and Aurora Medical Center Summit (AMCS) have demonstrated compliance with the standards of the American Society for Radiation Oncology (ASTRO) Accreditation Program for Excellence (APEX®), effective November 2017 for a four-year accreditation of their radiation oncology services. They were the first two clinics in the state of Wisconsin to attain this quality benchmark. APEX is an independent radiation oncology practice accreditation program developed by ASTRO based on a comprehensive set of 16 evidence-based standards of radiation oncology practice. The 16 standards are focused on five pillars of patient care: the process of care; the radiation oncology team; safety; quality management; and patient-centered care.



"ASTRO is excited to recognize both AWAMC and AMCS Radiation Oncology clinics for achieving APEX accreditation," said ASTRO Chair Brian Kavanagh, MD, MPH, FASTRO. "They have demonstrated a commitment to providing their patients with safe, high-quality radiation therapy services."

“Both AWAMC and AMCS are pleased to receive APEX accreditation from the largest radiation oncology society in the world.”

Accreditation through APEX is a rigorous, voluntary, multistep process that can take up to a year to complete. Each center seeking APEX accreditation must have its policies and procedures evaluated using objective, verifiable expectations for performance in radiation oncology. It must demonstrate its commitment to high standards of safety and quality in the practice of radiation oncology and that it practices patient-centered care by promoting effective communication, coordinating treatment and engaging patients and their families as partners in care. ■



"Both AWAMC and AMCS are pleased to receive APEX accreditation from the largest radiation oncology society in the world," said Sarah Seiler, manager of AWAMC radiation oncology. "Evaluating our processes in relation to ASTRO's high standards, including standards for safety and quality, validates our practices and recognizes the efforts of our radiation oncology team to deliver patient-centered radiation oncology care."

National Cancer Institute's (NCI) Community Oncology Research Program update

By Neha Glandt, Research Program Administrator, NCORP

Through the National Cancer Institute's (NCI) Community Oncology Research Program (NCORP), Aurora offers patients more than 50 clinical trials for multiple cancer types and stages. Thomas Saphner, MD, and Michael Thompson, MD, PhD, serve as principal investigators for Aurora NCORP.

NCORP trials include those that address the effects of cancer treatment. For example, the Yoga, Survivorship Health Education and Cognitive Behavioral Therapy in Reducing Insomnia in Cancer Survivors, or YOCAS II, compares three interventions to determine the most effective therapy for insomnia.



"Insomnia is often the No. 1 complaint among cancer patients," said Dr. Saphner. "Offering this trial to our patients allows us to help study different treatments to mitigate sleep problems in cancer survivors."

Starting in January 2018, 15 patients who completed their cancer treatment took part in either yoga, cognitive behavioral therapy or health education. The study was developed by the University of Rochester Cancer Center (URCC) and is approved by the Aurora Institutional Review Board.

YOCAS is just one example of the NCORP trials available at 17 Aurora Cancer Care clinics throughout eastern Wisconsin. A full listing of all NCORP trials can be found on the recently launched Aurora Research Institute website at aurora.org/ncorp.

Aurora NCORP, now in its fourth year, has grown dramatically since it first began in August 2014. (The grant year runs from August 1 to July 31.) "The first year, we enrolled 140 patients. This year, at only the halfway mark, nearly 200 patients were enrolled in NCORP trials. We're fortunate to have more than 60 physicians serving as Aurora NCORP investigators. They, backed by our dedicated team of clinical research coordinators, are why we can be more successful year after year," said Dr. Thompson.

“Insomnia is often the No. 1 complaint among cancer patients,” said Dr. Saphner. “Offering this trial to our patients allows us to help study different treatments to mitigate sleep problems in cancer survivors.”

"We can thank investigators like Dr. Shamsuddin Virani, our current top enroller, for our growing enrollment," continued Dr. Thompson. "This grant year alone, he and his team have enrolled 34 patients at Aurora Cancer Care clinics in Fond du Lac and Oshkosh to NCORP trials."

Dr. Saphner adds, "Clinical research coordinators, like Michelle Martin on Dr. Virani's team, play a vital role in our ongoing success. Likewise, coordinators Angi Kraut and Annie Schueppert were an essential part in the success of YOCAS."

Aurora is one of 34 NCORP sites in the nation bringing NCI-sponsored clinical trials directly to patients in the community. **If you or someone you know may be interested in participating in an NCORP trial, please call (414) 302-2304 or email ncorp@aurora.org.**

Welcome New Cancer Care Provider



Isaac Melguizo-Gavilanes, MD
Neuro-Oncology

As a neuro-oncologist, Dr. Isaac Melguizo-Gavilanes treats his patients with humanity and compassion.

Dr. Melguizo-Gavilanes provides current, evidence-based treatment for benign or malignant brain and spinal cord tumors, both primary and metastatic. He has a special interest in treating gliomas and meningiomas.

Dr. Melguizo-Gavilanes earned his medical degree at the Universidad Pontificia Bolivariana in Medellin, Antioquia, Colombia. He completed his residency in Neurology at the University of Southern California in Los Angeles and his fellowship at the University of Texas MD Anderson Cancer Center in Houston. He is board-certified by both the American Board of Psychiatry and Neurology and the United Council for Neurologic Subspecialties and is fluent in Spanish.

In his free time, Dr. Melguizo-Gavilanes enjoys soccer, yoga, travel and listening to and playing piano and saxophone. ■

Good news for Waukesha and Jefferson County residents



NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

Last fall, Aurora Medical Center Summit's Comprehensive Breast Center was awarded a full three-year accreditation by the National Accreditation Program for Breast Centers (NAPBC) through the American College of Surgeons (ACoS). This accreditation validates that Aurora Summit's Breast Program complies with the highest quality standards for caring for patients with breast disease and meets evidence-based performance measures established by national health care organizations. Providers include board-certified physicians, nurses, patient navigators and genetic counselors who offer state-of-the-art prevention, diagnosis and treatment services, all of which are centrally located on the beautiful Summit campus in the heart of Lake Country. ■

Summit joins the ranks of other Aurora Centers which are also NAPBC Accredited:

Aurora St. Luke's Medical Center
Aurora West Allis Medical Center
Aurora Sinai Medical Center
Aurora Bay Care Medical Center
Aurora Kenosha Medical Center

Aurora Memorial Hospital
of Burlington
Aurora Medical Center Oshkosh
Aurora Sheboygan
Memorial Medical Center

Simple solutions for caregiver stress

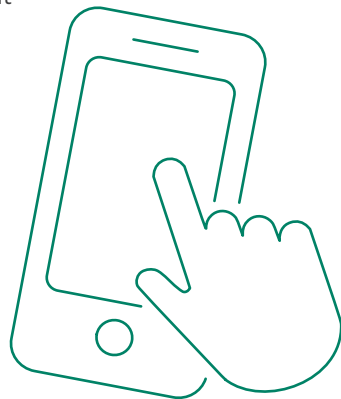
By Shannon Behring, RN, and Roberta Zapp, BSN, RN, OCN, Aurora Cancer Care

The stress and emotional effects of caring for people with cancer can be exhausting and put caregivers at risk for compassion fatigue. Compassion fatigue stems from the stress or emotional effects of helping others. The stress of not being able to help may make us feel guilty and out of control. This lack of control can interfere with our interpersonal relationships. Furthermore, this stress can cause difficulties sleeping and imbalances in our diet and levels of activity.

What can caregivers do that can make a difference balancing their lives and keeping them resilient? Here are a few helpful tools to use in the workplace.

Be mindful. Mindfulness is more than just a buzzword. Mindfulness is awareness of the moment in the moment. It is becoming fully engaged and being aware of our thoughts, feelings, body sensations and surrounding environments. Full engagement with the “now” can help us worry less about future events and form fewer opinions or regrets about the past. Begin to have awareness of the destructive thoughts and behavior and recognize them before acting. The practice of mindfulness helps with both physical and mental health. One way of reaching mindfulness is with meditation.

There are several free apps that can help guide you through a quick meditation, like **Calm** (meditation to relax, focus and sleep better); **Relax Melodies** (sleep sounds, fan and white noise); **Head Space** (guided meditation); **Simple Habit** (guided meditation and mindfulness); **Breathe** (guided meditation); and **Mindfulness**.



Be Active. We know the benefits of physical activity. Light exercise increases our endorphins and makes us feel better. Taking a break from daily responsibilities to perform 30 seconds to one minute of exercise can be beneficial.



There are several apps that focus on physical activity, from yoga to pushups. Examples include **Sworkit** (customizable workout app for a busy lifestyle); **Seven** (quick workout ideas); **Movesum** (step-counting, movement goals and diet); **Pedometer** (step-counting); and **DailyYoga** (guided meditation and yoga poses). You may also want to spend time to record your daily steps. Take the long way to the lunch room or to fill up your water bottle. Every bit of activity counts and can help you de-stress.

Do what will work for you! Try a new app on your phone or develop your own routine. Do whatever makes you successful in your journey to improve your stress. You may be overwhelmed by your daily workload and think it's unreasonable to step away from your duties. I challenge you to take the time to focus on you, the caregiver. Simply start by taking an additional 30 seconds of activity or meditation to be in the moment.

Another point to remember: Aurora has additional resources available, like the Employee Assistance Program, Integrative Medicine and clinic services like aromatherapy, massage therapy, Reiki and acupuncture. ■

Have you heard about our new summer walks to support cancer care?



A MINDFUL TRI AGAINST CANCER



Whether it's in your family, the patients you care for, or even yourself, cancer is something that touches us all. We're all part of the fight against it. In fact, it's you who makes the difference.

This June, we're asking you to join us for totally new way to support the fight against cancer. It's called Hope.Heal.Feel: A Mindful Tri Against Cancer. All funds raised will enhance Aurora's research efforts, integrative medicine therapies and cancer clinics in your area.

What is a Mindful Tri?

It's a holistic, walk-style event in a triathlon format.

Phase 1: Stretch with yoga or tai chi

Phase 2: Take a mindful and empowering walk

Phase 3: Relax with aromatherapy, massage or meditation

June 2, 2018

Oshkosh Clinic – Menominee Park
Germantown Clinic – Homestead Hollow Park

June 16, 2018

Grafton Clinic – Kapco Park
Williams Bay– Edgewater Park

June 9, 2018

Kenosha Clinic– Simmons Field
Sheboygan Clinic – Firehouse Park

June 23, 2018

Summit Clinic – Fowler Park
Milwaukee Clinics – Greenfield Park

Activities may vary by site. **To learn more or to register, go to auroramindfultri.org.** ■



Aaron Chevinsky, MD, FACS
Medical Director for Surgical Oncology

Did You Know?

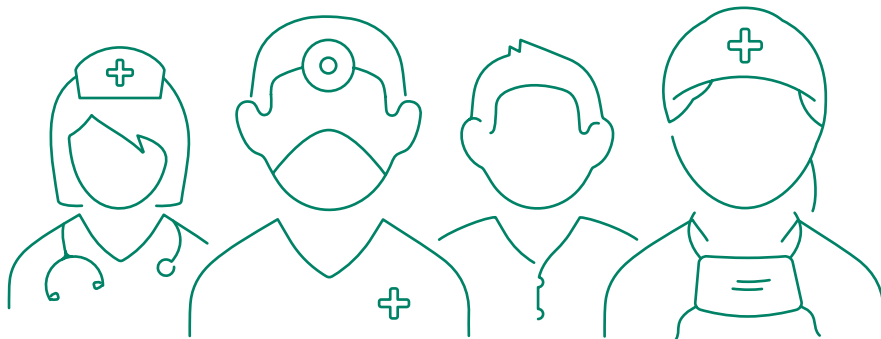
Aurora Cancer Care's multidisciplinary pancreatic center at Aurora St. Luke's Medical Center is the first and only center in Wisconsin to be named a designated Pancreatic Cancer Center by the National Pancreas Foundation (NPF).

Under the leadership of Aaron Chevinsky, MD, FACS, medical director for surgical oncology with Aurora Cancer Care, the pancreatic cancer center met the criteria established by NPF, which focuses on a multidisciplinary treatment approach to produce the best possible outcomes and improve quality of life for patients.

Aurora Cancer Care is one of only 30 centers across the nation to be named a Pancreatic Cancer Center. The designation recognizes centers that possess and maintain clinical expertise, have access to leading technology, and provide a holistic approach to patient care and clinical trials.

The pancreatic cancer center at Aurora Cancer Care offers a variety of treatment options for patients, including surgical, radiation and chemotherapy-based treatment plans featuring the latest in available technology. The center was the first in Wisconsin to use NanoKnife® technology and is a leader in the use of CyberKnife, a stereostatic body radiation therapy.

To learn more about the program at Aurora Cancer Care, visit <https://www.aurorahealthcare.org/services/cancer/pancreatic-cancer/>. ■



aurora.org/cancercare  @Aurora_Cancer on Twitter

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