

# 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

Aurora Health Care merged with Advocate Health Care to become Advocate Aurora Health on April 1, 2018. Although you may have seen many of the articles in the press, I'd like to review what this means for cancer patients who are seen and treated in this new system. To say the least, Advocate Aurora Health covers a large geography, extending

from the upper peninsula of Wisconsin to central Illinois, encompassing metropolitan Milwaukee and Chicago. The new organization saw over 17,000 new cancer patients last year—a number we anticipate will grow significantly in the future knowing that Aurora by itself has grown by over 20 percent in new cancer patients over the last six years. Both organizations offer clinical trials to our patients. We hope to expand our NCORP grant—designed to bring clinical trials to patients in their local communities—to include many Advocate sites in the future, extending the reach of these innovative research trials to many more patients. The Advocate cancer program has been under the leadership of Jon Richards, MD, a noted expert in the treatment of melanoma, and his dyad partner, Karen Gordon, PharmD. Jon and Karen have been working



closely with me and my dyad partner, Amy Bock, RN, MBA, to identify those areas where our cancer caregivers can work closely together to expand the excellent work done by both programs.

Advocate will transition to EPIC as their electronic medical record within the next few months. Their oncology leadership group has expressed an interest in adopting the VIA Oncology pathways we have been using in Wisconsin. We expect this will help prioritize clinical trials and standardize evidence-based therapy over an even larger group of cancer patients, which will help the system continue to move toward value-based care. We are looking to do a joint CME program in the fall for all of our caregivers, addressing cancer screening and introducing many of the innovative programs currently offered only in Wisconsin or Illinois, which will be expanded across our joint footprint as we move forward.

“Advocate will transition to EPIC as their electronic medical record within the next few months. Their oncology leadership group has expressed an interest in adopting the VIA Oncology pathways we have been using in Wisconsin.”

This introduction touches on only a small part of the value the cancer programs can bring to our patients in the future. Please join me in welcoming this exciting new chapter of care for Advocate Aurora Health cancer patients. ■

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# When you need the best cancer care, we're speaking your language

By Becky Dienberg, APNP, Aurora Cancer Care

The diagnosis of cancer crosses all cultures and is life-changing. Patients often feel overwhelmed at first and have many questions; if they have little to no fluency in English, these feelings can be even more intense. At Aurora Health Care, we know how important it is to have effective communication between patients and their care team. With this in mind, we have opened the first fully bilingual Spanish-speaking cancer clinic in Wisconsin. Lead physician, Dr. Federico Sanchez, and his staff (including our bilingual Nurse Practitioner, Social Worker and Psychotherapist) provide exceptional care in the management of cancer and other serious blood disorders while also meeting the language and cultural needs of patients and their families. Located inside the Aurora Cancer Care clinic at St. Luke's Medical Center, the Spanish clinic provides a place to discuss complex issues such as palliative care, metastatic disease, and enrollment in research/clinical trials. When patients are having difficulties

understanding or coping, it is often easier to have these conversations directly and in their native language as opposed to through the translation of an interpreter.

New this year, Aurora Health Care has partnered with the Milwaukee Brewers. On June 28, we were delighted to receive a visit from Junior Guerra, starting pitcher for the Brewers, to the Aurora Cancer Care Spanish Clinic. He engaged with our staff about the care we provide and spent quality time meeting and speaking with patients in both English and Spanish. His words of encouragement were meaningful and moving to patients going through a difficult time. Patients were pleased to have the opportunity to take photos and share their stories with someone they usually only see on TV. We sincerely thank him for brightening the days of our patients and staff. We're excited to continue this partnership with the Brewers and highlight the specialty service we're able to provide to the Spanish-speaking community. ■



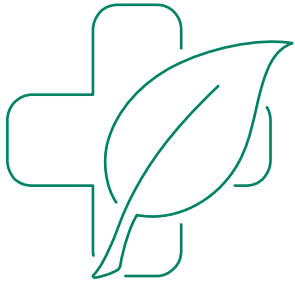
Aurora  
Cancer Care  
Spanish Clinic  
received a  
visit from  
Junior Guerra,  
starting pitcher  
for the  
Milwaukee  
Brewers.



# Integrative medicine now available for surgical oncology patients

By Aaron H. Chevinsky, MD, FACS, Medical Director of Surgical Oncology and Kathleen Engles, PA, Aurora Cancer Care

An exciting new addition has joined the surgical oncology team. Kathleen Engles, an integrative medicine, fellowship-trained physician assistant will provide integrative medicine consultations to Aurora surgical oncology patients to help them prepare for and recover from surgery.



Kathleen's professional and personal experience led her to study Integrative Medicine, a healing-oriented approach to health care that takes into account the whole person, including body, mind, spirit and all aspects of lifestyle. It appreciates the therapeutic relationship between health care

provider and patient and recognizes individual uniqueness, employing personalized strategies to help regain and maintain optimal health and vitality.

Integrative medicine's approach to cancer care incorporates evidence-based, standard-of-care oncology treatment with complementary therapies to improve symptom control, alleviate patient distress and improve overall well-being. It is holistic and personalized to the individual.

Many cancer patients are now seeking integrative care. According to a 2007 National Health Interview Survey (NHIS), which included a comprehensive survey on the use of complementary health approaches by Americans, 65 percent of respondents who had been diagnosed with cancer used complementary approaches, as compared to 53 percent of other respondents. Those diagnosed with cancer were more likely than others to have used complementary approaches for general wellness, immune enhancement and pain management.

The integrative medicine consultation provides guidance to patients using integrative medicine treatments currently available to patients at Aurora Cancer Centers and Vince Lombardi Cancer Centers, including ...

**Acupuncture:** A healing practice developed in China at least 2,000 years ago that describes a family of procedures involving stimulating anatomical points of the body by a variety of techniques. The most scientifically studied technique uses stimulation with very thin solid

needles and generally minimal discomfort. Most patients report that the acupuncture treatments are a relaxing experience and effective in reducing pain and stress. Treatments are offered individually and in a group setting. Group acupuncture offers an individualized assessment with treatment in a supportive, healing environment with others being treated at the same time. Aurora acupuncturists are licensed professionals with training in oncology acupuncture techniques. An NIH consensus conference in 1997 concluded that there was clear evidence that acupuncture was effective for the treatment of chemotherapy related nausea.

**Massage:** Defined as the use of one's hands to apply pressure and motion to another person's skin and muscle for the purpose of physical and psychological relaxation, improvement of circulation and relief of muscle tension. Research studies have shown individuals with cancer who use massage regularly report less anxiety, pain and fatigue.

Overall, massage demonstrates a reduction in distress across all ages, gender, ethnicity, and cancer type.

**Aromatherapy:** Involves the use of essential oils from flowers, herbs, and trees to promote well-being. Essential oils have many therapeutic uses and positive influences on stress levels. Scents can trigger memories and emotions, uplift mood and increase vitality, and can be incorporated in the healing environment. Patients work with team members trained in offering aromatherapy to help manage their symptoms.

*continued on page 4*





## Integrative Medicine... *continued*

**Reiki:** A Japanese word for a simple yet powerful healing technique. It is offered by a trained Reiki practitioner in a quiet setting with the person lying or sitting down. A gentle touch with specific hand positions on or above the body balances the universal life force energy and promotes relaxation. Patients report reduced stress, as well as improved relaxation and the ability to fall asleep.



### Additional available resources include:

**HeartMath®:** An innovative technological approach to enhancing a relaxation response through a sensor and a handheld device or a Smartphone application.

**Guided Imagery:** A gentle but powerful technique that focuses the imagination in proactive positive ways through the use of an audio recording with a script of healing intentions and relaxing music. A recent study supported the use of guided imagery as a supportive therapy among cancer patients.

**Breathwork:** Includes a variety of elegantly simple techniques that can reduce stress immediately by stimulating the relaxation response.

Kathleen describes the Integrative Medicine consultation as being complementary to the excellent care that patients are receiving at Aurora Health Care. She looks forward to helping individuals discover and cultivate their own inner resources of strength and healing.

**To contact Kathleen or to schedule an appointment, please call the Surgical Oncology Clinic at 414-649-3240.**

Consultations will be seen at:  
2801 W. Kinnickinnic River Parkway  
Suite 540  
Milwaukee, WI 54315

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**William B. Tisol, MD**  
*Thoracic Surgery*

## Did you know?

According to Wisconsin Hospital Association data, **Aurora Cancer Care treats more lung cancer than any other health care system in Wisconsin**, providing a highly qualified and effective treatment team for thoracic surgery patients.

Dr. William Tisol leads our nationally recognized robotic-assisted thoracic surgery program, which is the busiest robot-assisted thoracic surgery practice in Wisconsin and the Midwest.

Aurora Medical Center in Grafton serves as an observation center for the state-of-the-art Intuitive Surgical da Vinci XI® surgical system. Surgeons and their teams come from all over the country to observe robotic-assisted thoracic surgery. Aurora Medical Center at Grafton is one of 10 approved thoracic robotic surgery mentor sites in North America and one of only two in the Midwest. ■

# NanoKnife® treatment available thanks to Vince Lombardi Cancer Foundation

By Sarah Tomczyk, Donor Stewardship Coordinator- Aurora Health Care Foundation- Cancer Team

Since being the first in Wisconsin to perform surgery with NanoKnife Irreversible Electroporation (IRE) system in January 2017, Aurora Cancer Care has continued to use the technology to treat patients with liver or pancreatic tumors that doctors are otherwise unable to easily remove.

The Vince Lombardi Cancer Foundation funded the NanoKnife technology at Aurora St. Luke's Medical Center and we are, as of yet, the only health system in Wisconsin that can provide this treatment option.

Thank you again to the Vince Lombardi Cancer Foundation for funding this breakthrough technology and continued support to enhance the NanoKnife program. ■

**The Vince Lombardi Cancer Foundation funded the NanoKnife technology at Aurora St. Luke's Medical Center and we are, as of yet, the only health system in Wisconsin that can provide this treatment option.**

## Vince Lombardi Cancer Foundation gives \$420,000 to support Aurora Cancer Care Survivorship Program, research and technology

By Sarah Tomczyk, Donor Stewardship Coordinator- Aurora Health Care Foundation- Cancer Team



A sincere thank-you to Vince Lombardi Cancer Foundation (VLCF) for their generous \$420,000 gift dedicated to advance Aurora Cancer Care.

### The funds are supporting projects such as:

- A new genetic market study for breast cancer research.
- Strengthening Aurora St. Luke's Medical Center's new NanoKnife system in the quest against pancreatic cancer.

- Sponsorship of Aurora's Team Phoenix 2018 cancer survivorship triathlon training program.

For more than 20 years, VLCF has supported cancer programs and services available through Aurora Health Care.

For more information on the Vince Lombardi Cancer Foundation, go to [lombardifoundation.org](http://lombardifoundation.org). ■

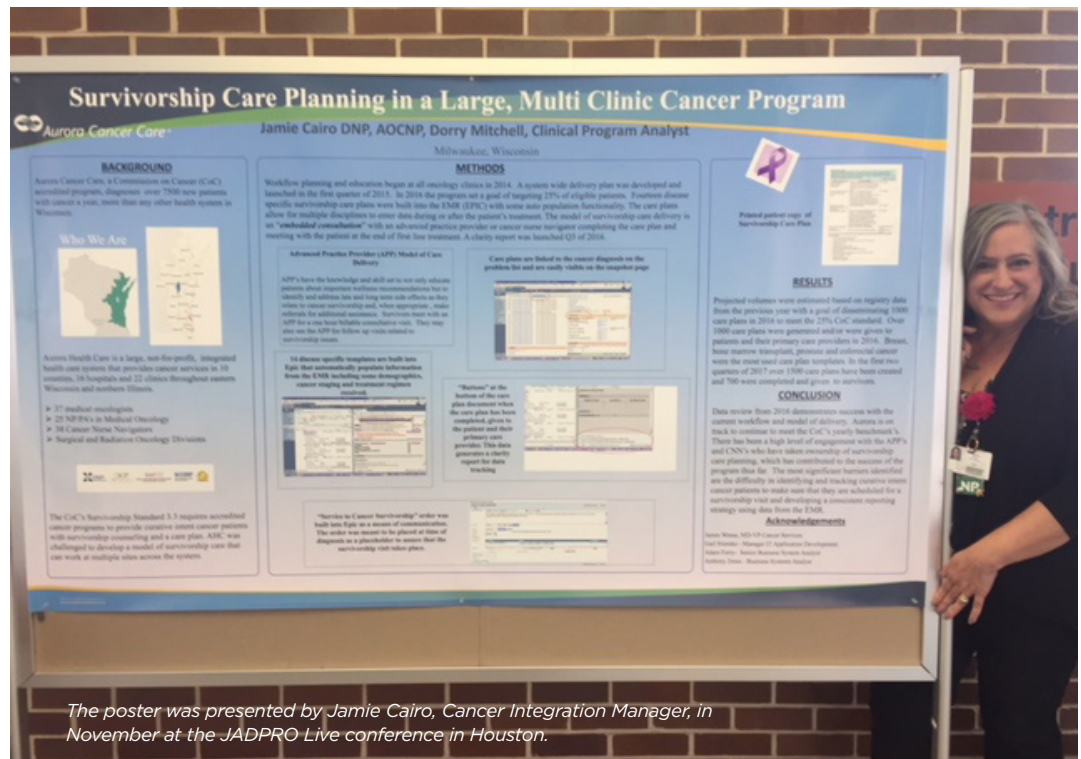
# Survivorship planning in a large, multi-clinic cancer program

By Jamie Cairo, Cancer Integration Manager, Aurora Cancer Care

For every newly diagnosed cancer case, there are approximately eight survivors living with a history of the disease. Cancer survivorship is increasingly recognized as an important part of the provision of quality care to cancer patients and is an important accreditation standard for our cancer program. After treatment is over, survivors are excited about the idea of returning to a “normal” life, but often experience physical, social, emotional, financial, and spiritual changes as a direct result of their cancer diagnosis and treatment. Depression, cognitive difficulties, fatigue, aches and pains, insomnia, and decline in social function have all been identified as potential late and long-lasting issues for cancer survivors. These delayed effects of treatment can last months or even years after treatment. It is important for cancer programs to help survivors not only address these issues, but also to help them move toward optimal wellness.

“It is important for cancer programs to help survivors not only address these issues, but also to help them move toward optimal wellness.”

As part of our comprehensive cancer program, Aurora Cancer Care has been working hard to develop a cancer survivorship approach that is multidisciplinary, wellness-focused, and integrated into the patient’s cancer care experience. Our model of survivorship care involves a visit with an advanced practice clinician or cancer nurse navigator after the completion of first-line treatment.



The poster was presented by Jamie Cairo, Cancer Integration Manager, in November at the JADPRO Live conference in Houston.

At this visit, survivors receive a personalized survivorship care plan. This comprehensive plan includes a summary of the patient’s cancer treatment and a plan for follow-up care, including recommended cancer screening and other periodic testing and examinations. We also partner with survivors to design a personalized wellness plan to help them feel better and stay as healthy as possible. Survivorship care plans can also improve coordination of care between the cancer team and a patient’s primary care or other health care providers.

A number of barriers make it difficult for cancer programs to successfully implement cancer survivorship, including time and resource constraints. Aurora Cancer Care has worked hard to begin the process of addressing these barriers. We are proud that in 2017 our program delivered over 1,200 survivorship care plans to our patients and their primary care providers. The feedback from patients has been both positive and helpful as we continue to evaluate their unique needs. This information will help us expand our approach to survivorship care and design other programs that we hope will help better support our cancer survivors.

For more information about cancer survivorship, contact the Vince Lombardi Cancer Hotline at 800- 252-2990. ■



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

By Neha Glandt, Research Program Administrator, NCORP

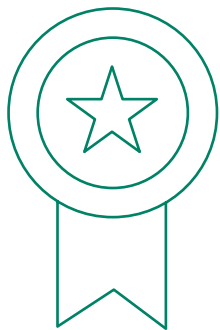
**B**eginning August 2014, Aurora Health Care has offered National Cancer Institute (NCI) clinical trials through an NCI Community Oncology Research Program, or NCORP, grant. The current grant year started August 1, 2017. Thomas Saphner, MD, and Michael Thompson, MD, PhD, serve as principal investigators for Aurora NCORP.

Since the start of the grant, enrollment to NCI trials at Aurora have nearly doubled and the number and variety of trials offered increased. Aurora NCORP offers a range of treatment, cancer prevention, screening, and cancer delivery research trials. There are currently more than 50 open trials available to patients at 17 Aurora Cancer Care clinics for a range of cancer types and stages.

“The trials offered through NCORP go beyond those that study treatment options” said Dr. Saphner. “Patients can also participate in trials that address the many aspects that affect their lives during and after treatment.”

Communication and Education in Tumor Profiling, or COMET, is one such study. The trial provides patients with advanced cancer genetic counseling and education prior to receiving tumor profiling results. COMET tests whether or not a self-guided online genetic education program can lower levels of distress (e.g. anxiety, depression and cancer worry) and increase knowledge about the tumor profiling process. Seventeen patients have participated in the study since it opened in March 2017.

“The trials offered through NCORP go beyond those that study treatment options. Patients can also participate in trials that address the many aspects that affect their lives during and after treatment.”



## Aurora recognized as a top site

Alliance for Clinical Trials in Oncology has once again recognized Aurora NCORP as a top 50 accruing site. Alliance is 1 of 7 research bases that are responsible for designing and spearheading NCORP trials.



Dr. Thompson, who serves as a member of the Alliance Board of Directors, said, “Alliance offers 3 of our 5 highest-accruing studies and represents one-third of all total enrollments during the current grant year. It’s an honor to be recognized for our involvement in their studies.” Alliance provided support for Dr. Shamsuddin Virani to attend their May semiannual meeting as a part of the recognition.

Aurora is 1 of 34 sites nationwide participating in NCORP, which brings a network of cancer clinical trials to people in their own communities. **Patients interested in learning more about NCORP trials should speak with their health care providers or visit [aurora.org/ncorp](http://aurora.org/ncorp).** ■

# Cancer Survivor Series: Moving Forward

**A**urora Cancer Care has launched a monthly action and education seminar series out of the Aurora Wellness Center in Burlington.

On the second Monday of each month, we are presenting a new topic on wellness in survivorship. Each seminar is meant to give participants action steps that can immediately be incorporated into your life, as well as additional resources for individual support in each area as desired.

We have been collecting information on level of interest and topics and plan to expand the program based on the feedback received. The series is open to all cancer survivors. If interested in joining any of the sessions, call 1-888-863-5502 to register or visit [aurora.org/events](http://aurora.org/events) and search using keywords "Moving Forward." ■



## Financial well being

**September 10, 2018 | 6-7 p.m.**

Learn how to take charge of your financial situation before holiday expenses take charge for you.



## Eating healthy through the holidays

**October 8, 2018 | 6-7 p.m.**

Tips and tricks for healthy holiday eating during all your festivities.



## Appreciation and gratitude

**November 12, 2018 | 6-7 p.m.**

Tapping into spiritual health with appreciation and gratitude in survivorship.



## Acupuncture

**December 10, 2018 | 6-7 p.m.**

Acupuncture can improve physical and emotional health.

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