

2015 Cancer Program Annual Report

With 2014 Cancer Registry Data



Orange Coast Memorial

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This report features data and information regarding cancers diagnosed and treated at the Orange Coast Memorial Medical Center, with a special focus on lung cancer. Designed for physicians and interested patients, this information demonstrates the patient-centered, high-quality approach to care that Orange Coast Memorial patients receive.

Cancer Committee Chairman's Report

Julio A. Ibarra, MD

As Chair of the Cancer Committee at Orange Coast Memorial, I am proud to highlight that we are on a solid path of answering the national call to action for improving the cancer patient care experience. I have noted palpable signs where our cancer programs and services have increasingly become more patient-centered, individualized in treatment plans, supported by psychosocial, nutritional, spiritual and rehabilitative services, coordinated by support through navigation services, enriched by educational opportunities, and shepherded on both ends of the spectrum by a growing movement toward survivorship care and compassionate and more timely offerings of palliative care services.

This dedication to a patient-centric experience is evidenced in our growing focus on reaching diverse populations through our extensive community education programs and events, including Vietnamese outreach in expanded tumor types such as breast, skin, prostate and colon cancer screening; extended reach in support by our Oncology Nurse Navigator in direct patient education and care coordination, tracking of incidental lung nodules, and follow-up with high-risk patients or those treated with EBUS or surgery; and explosion of growth in Low-Dose CT screenings to promote good lung health and earlier detection of lung cancer. In addition, development of the Thoracic Program was propelled by being awarded with a Lung Cancer Alliance, Screening Center of Excellence designation. This designation is a hallmark of excellence in care coordination and delivery of outstanding lung health services along the continuum.

In addition, while keeping our focus on what matters most to cancer patients, we have become more accountable, accessible, and aligned with our patients and their referring physicians. The Association of Community Cancer Centers, the Advisory Board Company and other leading professional and quality improvement organizations have all highlighted that the needs for convenience and coordination are paralleled with other patient needs that include financial support and counseling, survivorship support services for patients/families, and an emerging generation of cancer patients/consumers who demand more transparency in cost, participation in decision-making, information (including online reports) about quality performance and technical expertise, access to clinical trials and advanced technology, and higher-quality service delivery. The MemorialCare® Cancer Institute at Orange Coast Memorial has addressed these requests over the past year with the following service offerings, performance outcomes, and strategic initiatives:

- *Development of a Community Resources Guide to direct patients to resources in the community—financial, housing, transportation, support groups, rehabilitation services, meal services, etc.*
- *Ongoing distribution of funds to support select patient needs from our “March for Hope” fund*
- *Development of a funding proposal by the Cancer Institute’s survivorship work group to solicit funds to support the organization’s baseline survivorship care services/programs and move beyond to comprehensive survivorship care clinics*
- *Initiation and/or continuation of various oncology dashboards and reports that highlight outcomes in cancer care—the Commission on Cancer’s (CoC) CP3R report, required performance measures from the National Accreditation Program for Breast Centers (NAPBC), Thoracic Program dashboard, and Palliative Care dashboard*
- *Stellar performance in Avatar® patient satisfaction survey reports for Inpatient Oncology and the Infusion Center*
- *Expansive medical staff education through on-site cancer program updates/education at various medical groups; an interdisciplinary team approach in presentation at the November (Lung Cancer Awareness Month) Grand Rounds that achieved a first-time ever perfect satisfaction score in ratings by those attending; and outreach and education at numerous corporate wellness events/employee forums including Edwards Life Sciences and Western Digital*
- *Highly improved employee engagement as evidenced in Gallup® scores for all areas in oncology and successful project leadership by staff on key initiatives*

Julio A. Ibarra, MD Cancer Committee Chairman's Report

As I reflect on our longstanding relationships with generous donors and community partners, I am reminded of how events such as “Fall Festival for Life,” “March for Hope,” and “Fight with Grace” have not only brought resources for funding advanced technology, financial support to patients at their most vulnerable times, and fun-filled gatherings for all to be made more aware of the impact of cancer, but these events have also graced our Cancer Institute with meaningful relationships that have enriched everyone’s quality of life and will carry us forward to the next wave of growth in developing our cancer programs.

Given our notable track record in outcomes and survivorship, we will boldly move forward with the Community Advisory Council, American Cancer Society, Jodi Ferragamo Foundation, Vietnamese American Cancer Foundation (VACF), and renewed and growing corporate partners to focus more over the next year on quality of life and survivorship for a growing legion of cancer survivors. We welcome and encourage your commitment on our journey towards “*Excellence in Health Care - Exceptional People. Extraordinary Care. Every Time.*”

In partnership,

Julio A. Ibarra

Orange Coast Memorial Cancer Institute 2015 Cancer Committee Members

Thomas Asciuto, MD

Pulmonary Medicine
Medical Director, Critical Care and
Pulmonary Services

Cindy Callaghan

Director, Imaging Services and
Breast Center

Lynne Daniels, LCSW

Oncology Psychosocial Coordinator

John Fenger

Manager, Rehabilitation Services

Deborah Fridman, RN, MS

Research Program Director, Todd
Cancer Institute

Asif Harsolia, MD

Radiation Oncology

Stan Hill, PharmD

Director, Pharmacy

Erin Hotra-Shinn

Vice President, Strategy &
Business Development

Julio Ibarra, MD

Chair, Cancer Committee
Director, Pathology
Medical Director, Pathology OCMBC

Jack Jacoub, MD

Cancer Liaison Physician
Medical Director, Thoracic
Oncology Program

Jamie Jernigan, CTR

Cancer Registrar

Jane Kakkis, MD

Medical Director, Surgery OCMBC
General Surgery

Barbara Kingsbury, RN

Oncology Nurse Educator

Marie M. La Fargue, MPH

Director, Oncology Programs

Jeanne McCullough, RN, BSN

American Cancer Society,
Health Systems Manager, Hospitals

Jenny Mendola, MSN, RN, OCN

Director, Oncology Services

Bichlien Nguyen, MD

Medical Director, Research, OCMBC
Medical Oncology

Joanne O'Heany

Director, American Cancer Society
Information Center

Robin Phillips, RN, MSN, BSN

Nurse Navigator

Ajmel Puthawala, MD

Radiation Oncology

Emily Randle

Chief Operating Officer

Jessica Rayhanabad, MD

General Surgery

Richard Reitherman, MD

Medical Director, Imaging, OCMBC
Radiology

Julie Rothermich

Clinical Research Coordinator

Homayoon Sanati, MD

Medical Director, Breast Center
Medical Director, Palliative Care
Program

Chris Shinar, PharmD

Executive Director, Performance
Improvement/Patient Safety

Suellen Skow

Administrative Assistant, Oncology

Trish Stines, CTR

Cancer Registry Coordinator

Dale Vital, RN, BSN, MBA

Vice President Nursing
Chief Nursing Officer

Collin Vu, MD

Medical Oncologist

Richard Wasley, MD

Director Radiology
Chair, QA/QI Committee

Diane Woods, RN

Breast Center Nurse Coordinator

A Message from the Director of Oncology Programs

Marie M. La Fargue, MPH

Cancer is not contagious, but the promise of hope is in the air and spreading an infectious spirit of promise with the growing number of cancer survivors in the United States. At Orange Coast Memorial, our clinical outcomes prove that we have been instrumental in ushering many cancer patients to a phase along the journey that we call **survivorship**.

According to the American Cancer Society, a cancer survivor is anyone who has been diagnosed with cancer—from the time of diagnosis through the balance of life (Cancer Treatment & Survivorship Facts & Figures, 2014-2015). This journey of survivorship can be divided into three distinct phases: (1) diagnosis to the end of initial treatment; (2) transition from treatment to extended survival; and (3) long-term survival. Throughout these phases some may live cancer-free for the remainder of their lives, live with complications due to treatment, live for many years and then face a late recurrence, develop a second cancer or multiple cancers, live with intermittent periods of active disease requiring treatment, or live with cancer continuously without a disease-free period.

In its 2015 The Survivorship Challenge report, the Advisory Board Company indicated that there are 18 million (and growing) cancer survivors in the United States. This number is exponentially increasing due to an aging population and improved methods for early detection and treatment. Upon completion of treatment, cancer survivors have often been lost in transition—some suffering in silence with many of the long-term complications and late effects after treatment ends that primary care physicians are often not equipped to treat or understand.

Out of these side effects, symptoms, and other post-treatment dysfunctions have grown greater collaboration and guidance between primary care physicians, the Institute of Medicine (IOM), American Society of Clinical Oncology (ASCO), and other leading medical/professional organizations. In addition, specialty programs/services have emerged that deal with the long-term side effects of this devastating disease—Onco-Contraception, Onco-Cardiology, Familial Cancer Registries, etc.

What has become evident is the need for more formalized survivorship care, including centers of excellence focused solely on this topic such as the LiveStrong™ Centers at leading academic institutions. While community-based medical centers do not necessarily need to construct the “bricks and mortar” and house such institutions, they would serve their patients well by developing Survivorship Care Programs that usher patients to a better quality of life through carefully drafted plans of long-term follow-up care.

The publication of a 2006 IOM report highlighted the following unmet psychosocial and physical needs of cancer survivors:

- **More** individualized education/communication
- **More** consistent, continuous education and evaluation to address ongoing challenges
- **More** access to care in one location—versus travel to multiple facilities at different times
- **More** streamlined communication by care providers—versus the challenge of determining which provider they should contact in time of need

At the MemorialCare Cancer Institute at Orange Coast Memorial, we are on a steady, guided path toward better outcomes in quality of life and survivorship for patients in our leading tumor types. Ushering our patients through treatment is not enough to meet our high standards of extraordinary care in the hands of exceptional people. We strive to build a longstanding relationship with our patients and their referring physicians that will encourage them to reach for us in every encounter of care—throughout their lifetime.

A Message from the Director of Oncology Programs Marie M. La Fargue, MPH

The programmatic building blocks that we have developed in survivorship care through the support of interdisciplinary colleagues, volunteers, community leaders, donors and many other constituents will garner the support needed to develop a leading, community-based Survivorship Program. This commitment and strategic direction is amplified in our mission and purpose outlined below:

Charter Statement Survivorship Care Team at Orange Coast Memorial

Orange Coast MemorialCare Cancer Institute seeks to usher its patients on a path to triumphant survivorship by starting a care plan at the first encounter - day one. Our quest is to ensure that patients are empowered to own their care plans so that no one gets lost in the maze of cancer care and is restored to a better state of well-being without suffering loss of spirit and sense of self-worth.

Our multidisciplinary team provides a haven of hope and resources along the continuum of care in best-practice, evidenced-based therapies for physical rehabilitation, nutritional counseling, psychosocial support, complementary therapies, and surveillance of the mind, body and spirit to ensure that each survivor thrives with an optimal post-treatment quality of life.

In search of the perfect cancer care experience,

Marie M. La Fargue, MPH

Cancer Liaison Physician Report

Jack Jacob, MD

The role of the Cancer Liaison Physician is to spearhead CoC initiatives within Orange Coast Memorial's cancer program; collaborate with local agencies, such as the American Cancer Society; and to facilitate quality improvement initiatives utilizing data submitted to the Commission on Cancer's National Cancer Database. These functions are aligned with the goals of all the physician and ancillary members of our cancer program who collaborate to eliminate cancer and to reduce the burden it places on our patients, their loved ones and our communities.

Early Detection and Prevention through Education and Screening:

We are committed to providing education on cancer prevention and early detection. Our focus is to increase awareness about the warning signs of cancer and to provide access to regular, free cancer screenings and prevention education. Through our involvement in community wellness programs, individual counseling and support, and offering information to make lifestyle changes which may help to reduce the risk of a cancer diagnosis, we make clear our dedication to lessening the effects of cancer on our community.

- ✦ Vietnamese Prostate Cancer Screening held in January where 41 men received PSA and digital rectal screening examinations. All men received copies of their screening forms with recommendations and were provided with copies of their PSA results; 5 men had elevated PSA levels and were referred to their PCP for follow-up.
- ✦ "Lymphedema Causes and Treatments" education session held in January and 20 community members attended.
- ✦ "Relief for Severe GERD" education session held in February and 24 community members attended.
- ✦ Orange Coast co-hosted two Hepatitis Screening events with the Vietnamese American Cancer Foundation in March & October; 617 community members were screened. All patients were provided with copies of their results and 95 patients were found to be positive for Hep B and Hep C and were referred to their PCP for follow-up.
- ✦ Clinical Breast Examination Workshop including consultations with Dr. Bichlien Nguyen were held in May and November with a total of approximately 113 women screened. All patients were provided with a copy of their findings and recommendations for follow-up; 34 women were referred to their PCP for imaging and follow-up of suspicious findings.
- ✦ The "Beyond the Mammogram – Exploring Options in Breast Cancer Detection" event, which was cosponsored by the Ferragamo Foundation and the Orange Coast Memorial Foundation, with Nancy Cappello, Ph.D., Executive Director and Founder, Are You Dense, Inc., and Dr. Reitherman, Director of Breast Imaging at Orange Coast, was held in honor of Breast Cancer Awareness month. Approximately 75 community members attended the event.
- ✦ Skin Cancer Screening was held in June and November with 175 community members were screened, all patients were provided with a copy of their results and 41 attendees were referred to their PCP or dermatologist for follow-up of suspicious findings.
- ✦ Prostate Cancer Screening was held in September and 32 men received PSA and digital rectal screening examinations. Six men had suspicious findings.
- ✦ Our first Vietnamese Colorectal Education & Screening Event was held in August. 120 members of our Vietnamese community attended and 92 attendees took home FIT kits and 77 patients returned the FIT kits for screening with 68 negative results and 9 positive results for occult blood in the stool. Patients were provided with their results and referred to their PCP or GI specialist for follow-up.
- ✦ 87 men and women underwent Low-Dose CT Lung Cancer Screening in 2015 with 59 patients having negative findings. The other patients were followed in keeping with national guidelines.
- ✦ Fall Festival for Life Community Education & Survivorship event was held in November with 314 community members attending. Ask the Doctor Booths and multiple screenings were conducted during the event.

Survivorship & Community Outreach:

We are proud of the quality, comprehensive services that we offer to our patients and families during the diagnosis and treatment of cancer and the continued surveillance and support offered after the completion of definitive treatment. In 2014, approximately 3,000 members of our community participated in monthly support group meetings and community outreach activities at Orange Coast Memorial Medical Center.

- *A team of more than 100 members represented Orange Coast Memorial Medical Center at this year's Susan G. Komen "Race for the Cure" on September 27, 2015. Funds raised at Race for the Cure will help support local breast health outreach, screening coordination of mammograms for women in need and treatment and support services to underserved women in the community. 25% of the funds raised also go directly into the Komen's Research and Scientific Grant Programs to energize science to find the cure.*
- *The Community Cancer Advisory Council for the Cancer Institute planned and coordinated the fourth annual "Fall Festival for Life", a survivors' celebration/health fair to provide education to the community on cancer services available at OCMMC. The "Fall Festival for Life" was held on November 14, 2015, over 100 volunteers and physicians were on hand to greet, educate and provide screening to 312 attendees.*
- *Our fourth annual "March for Hope" was held on March 15, 2015 at the Center Club. This event is a collaborative effort of the Community Cancer Advisory Council and Orange Coast Memorial physicians, nursing and ancillary staff. Monies are raised to meet the unfunded needs of our patients during their journey with cancer.*
- *Support Groups: "The Journey" is a support group for women at any stage of the breast cancer experience, female family members and friends. "Women in Treatment" (WIT) is a special group for women currently undergoing treatment for cancer. The prostate cancer support group provides supportive discussion and educational information for prostate cancer patients, family members and friends. "Support Connection" is a general cancer support group. "Bereavement/Transitions" group provides support to adults who have recently lost a loved one to cancer. The Yoga and Cancer group utilizes yoga in the healing process. Yoga instruction provided free of charge.*

Commission on Cancer (CoC) Accredited Cancer Program & National Cancer Data Base

Cancer programs that are accredited by the Commission on Cancer submit their institution's cancer data to a national cancer data base known as the NCDB. This allows a facility to look at its treatment of cancers by stage and site and compare themselves to the national and state treatment averages. The NCDB has developed Cancer Program Practice Profile Reports (CP3R) that look at specific quality of care indicators for the major cancer sites.

The following primary site report on lung cancer includes outcomes for the non-small cell lung cancer measures of the National Quality Forum (NQF) adopted by the Commission on Cancer.

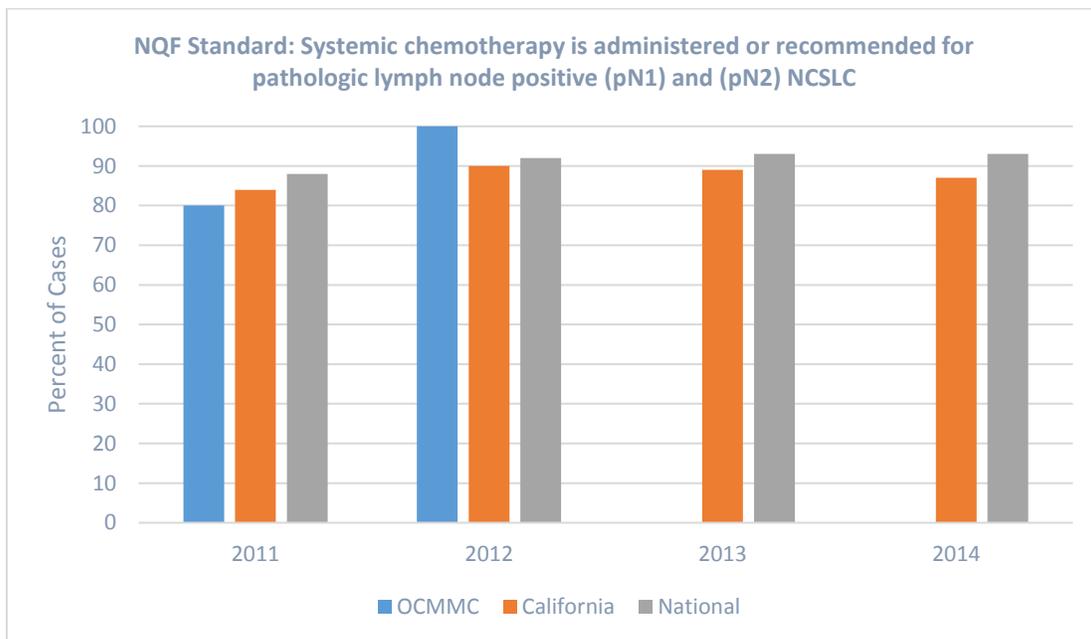
OCMMC also participates in the Commission on Cancer's Rapid Quality Reporting System (RQRS). RQRS is a reporting and quality improvement tool which provides real clinical time assessment of hospital level adherence to National Quality Forum (NQF)-endorsed quality of cancer care measures for breast and colorectal cancers.

RQRS was developed to assist Commission on Cancer-accredited cancer programs in promoting evidenced-based cancer care at the local level. It is a web-based, systematic data collection and reporting system that advances evidenced-base treatment through a prospective alert system for anticipated care which supports care coordination required for breast and colorectal cancer patients at participating cancer programs.

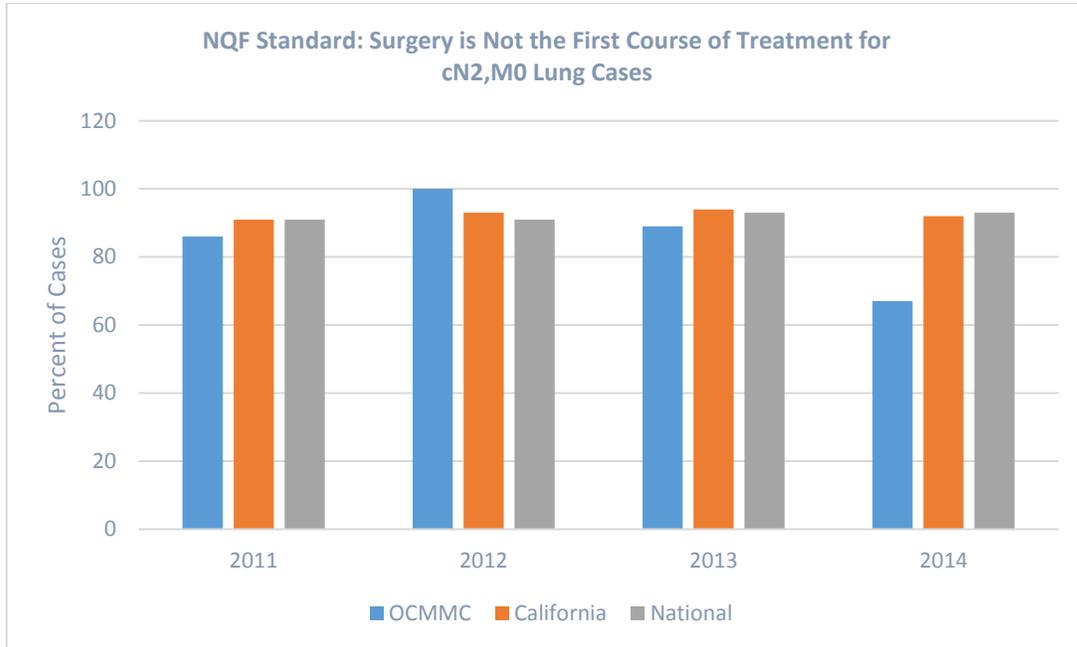
The Commission on Cancer has adopted the following three non-small cell lung cancer quality measures.

Measure Type	Measure definition and use
Quality Improvement	Evidence from experimental studies, not randomized control trials supports the measure. These are intended for internal monitoring of performance within an organization.
Surveillance	Limited evidence exist that supports the measure or the measure is used for informative purposes to accredited programs. These measures can be used for to identify the status quo as well as monitor patterns and trends of care in order to guide decision-making and resource allocation.

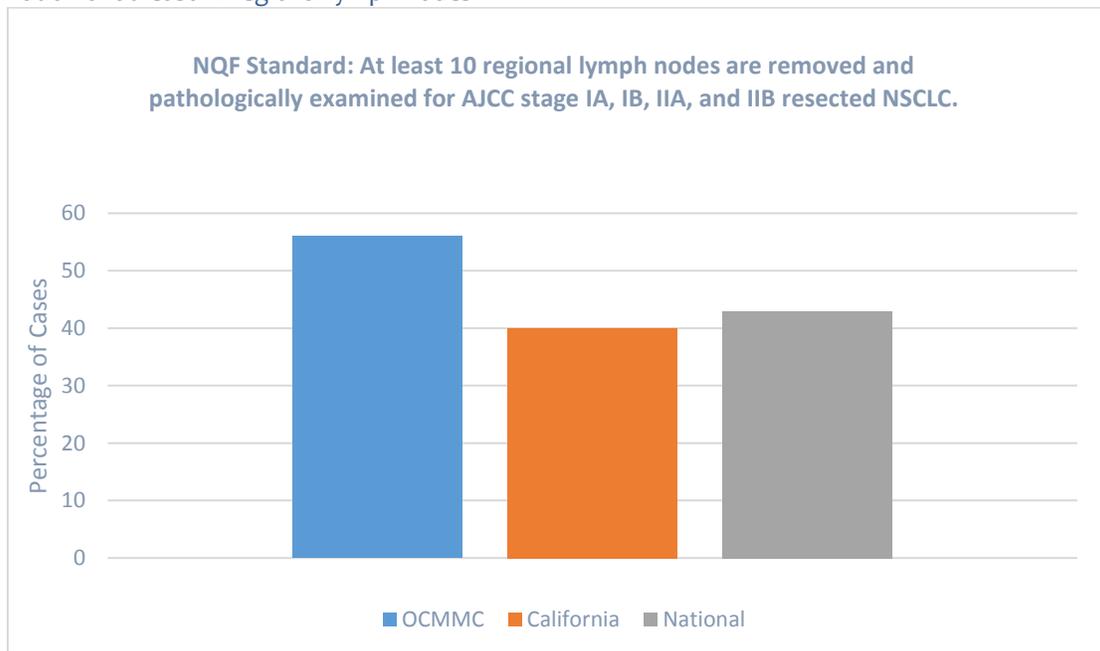
National Standard: Adjuvant Chemotherapy for Node Positive Patients (Quality Improvement). Systemic chemotherapy is administered within 4 months to day preoperatively or day of surgery to 6 months postoperatively, or it is recommended for surgically resected cases with pathologic lymph node-positive (pN1) and (pN2) NSCLC. The graph below shows Orange Coast Memorial Medical Center’s Cancer Registry has documented administration of adjuvant chemotherapy for pN1 and pN2 non-small cell cancer patients. The number of eligible OCMMC is very small and has skewed our compliance rates. See graph below.



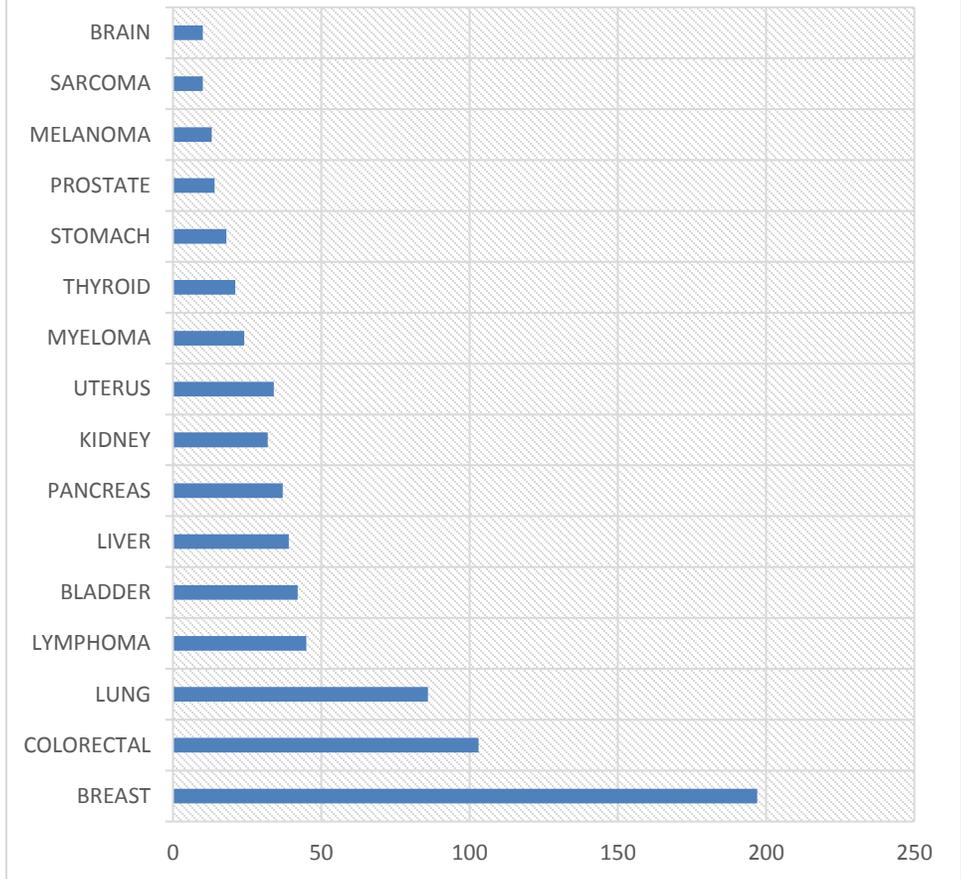
National Standard: Surgery Is Not the First Course of Treatment For cN2, M0 Lung Cases (Quality Improvement). The graph below shows Orange Coast Memorial Medical Center’s Cancer Registry has documented the number of cases with clinical N2 disease that did not have surgery as their first course of treatment. The number of eligible OCMMC is very small and has skewed our compliance rates. See graph below.



National Standard: Regional Lymph Nodes Removed and Examined (Surveillance). At least 10 regional lymph nodes are removed and pathologically examined for AJCC stage IA, IB, IIA, and IIB resected NSCLC. The graph below shows Orange Coast Memorial Medical Center’s 2014 rate of compliance with resection and pathologic examination of at least 10 regional lymph nodes.



2014 PRIMARY SITE TABLE



Orange Coast Memorial Medical Center Cancer Program & Services

Orange Coast Memorial Medical Center is a 224-bed, full-service hospital and the only not-for-profit hospital in the Fountain Valley and Huntington Beach area.

As a member of MemorialCare Health System, we are committed to health care excellence through best practice, evidence-based medicine. Our physicians study the best practices in health care from around the country and implement them here, resulting in innovative and effective treatments for our patients.

MemorialCare Breast Center

The MemorialCare Breast Center is among the most highly regarded centers for breast care in the area. Our multidisciplinary team of highly acclaimed experts is completely dedicated to the prevention, early diagnosis and treatment of breast cancer.

Services offered at the Breast Center include:

- Digital screening and diagnostic mammogram
- Ultrasound and biopsy procedures
- Breast MRI and MRI-guided biopsy
- Automated whole breast ultrasound
- DEXA bone density testing
- Second-opinion evaluations
- Psychosocial services
- Breast cancer support groups
- Multidisciplinary pre-treatment planning

Whether visiting our Breast Center for a routine mammogram or for more urgent needs, our patients find comfort in knowing they are supported by radiologists, pathologists, oncologists, surgeons, and allied health professionals who work side-by-side to provide comprehensive, coordinated care.

Our expert physician team remains current on research studies, treatment advances and quality of life enhancements for our patients. From digital mammograms and other diagnostic breast services like ultrasound, MRI and biopsy procedures to genetics, nutrition and psychosocial services, their primary focus is optimal individualized care for those with breast disease.

The MemorialCare Breast Center at Orange Coast also offers automated whole breast ultrasound. Women with dense breast tissue may have masses that cannot be detected by mammography. Automated whole breast ultrasound can assist in diagnosing early breast cancer in these women and in women at elevated risk of developing breast cancer. Automated whole breast ultrasound images the entire breast volume unlike traditional hand-held ultrasound, which targets specific areas in a woman's breast. Automated whole breast

ultrasound uses no radiation and there is no compression. Automated whole breast ultrasound is complementary to mammography; it does not replace mammography.

Orange County CyberKnife and Radiation Oncology Center

Radiation therapy has long been established as a highly-effective method for limiting the growth of, or completely eliminating, cancer. Our experienced radiation oncologists use advanced robotic radiation therapy technologies designed to deliver precise treatment to tumors while conserving the healthy tissue surrounding them. Available services include:

- **Accuray® CyberKnife**, a noninvasive, state-of-the-art, robotic, radiosurgery system that involves no cutting. It targets cancerous and non-cancerous tumors anywhere in the body. This technology provides a pain-free, non-surgical option for patients who have inoperable or surgically complex tumors, or those who refuse surgery, as well as shorter treatment cycle than traditional radiation therapy.
- **RapidArc® Linear Accelerator**, an innovative, fast and precise form of radiation therapy. Image-guidance improves tumor targeting and RapidArc provides a complete treatment in a single rotation of the machine around the patient, which takes less than two minutes. Using the system's advanced mapping and planning technology, clinicians can deliver a precise radiation dose that conforms to the shape of the tumor, thus reducing potential side effects.
- **High-Dose Rate (HDR) Brachytherapy**, an advanced form of internal radiotherapy. It places radiation inside a tumor, tightly focused within the site of the cancer. This technique ensures the maximum radiation dose is given where it is needed most. Brachytherapy often reduces the total treatment time. Side effects may also be reduced because HDR does not cause skin irritation or burning.

Orange Coast Memorial Medical Center

Cancer Program & Services

Dedicated Oncology Inpatient Unit

Orange Coast Memorial Medical Center has a dedicated, 22-bed oncology unit staffed with highly trained and compassionate registered nurses - the majority of whom have been certified in oncology nursing by the Oncology Nursing Society (ONS). An integral part of our multidisciplinary treatment team at every stage of the disease process, these highly experienced oncology nurses provide care for symptom management and chemotherapy delivery. The unit has a dedicated clinical educator who provides specific educational programs, such as a chemotherapy course twice a year, to help develop our staff on an on-going basis. The unit also has a dedicated care coordinator who works closely with patients and their families with discharge planning, helping to ensure all of their needs are met. Additionally, a licensed clinical social worker is available to address all patients' psychosocial needs. The patient satisfaction scores for the oncology unit have steadfastly remained among the highest in our medical center. A nursing journal club meets monthly to help nurses stay current with advances in medical research and to bring the latest nursing results to patients' bedsides as quickly as possible.

Outpatient Infusion Center

Our outpatient Infusion Center, located within the Patient Care Pavilion, provides one-to-one nursing care with our highly skilled and compassionate nursing staff. The Infusion Center provides patients with the utmost comfort and convenience from on-site registration to administration of chemotherapy and other transfusion services - all provided in our center by our caring staff. Our team includes highly-skilled infusion nurses certified in oncology nursing and chemotherapy administration. The Infusion Center team works collaboratively with the nurse navigator and social worker.

Pain Management

With quality of life being a major focus of our Cancer Program, there is "zero tolerance" for pain. Under the direction of pain management specialist, Medhat Mikhail, M.D., several methods, including medication and nerve blocks, are available to

control pain and other side effects resulting from cancer treatment. Our oncology nursing staff is specially trained in managing our patients' pain and works closely with our physicians on pain management, including alternative management methods. Enhancing the quality of each patient's life is an important part of the care we provide.

Outpatient Rehabilitation Center

Our full-service outpatient rehabilitation department occupies 3,500 square feet in the Patient Care Pavilion and has been equipped with the newest state-of-the-art equipment available.

Women and men diagnosed with cancer often undergo treatment including surgery, radiation therapy, and chemotherapy. In some cases, side effects from these treatments may include pain, limited mobility, decreased strength, swelling, and fatigue. Physical therapy interventions beneficial in counteracting these side effects may include:

- **Postural awareness** for retraining affected muscles and joints
- **Therapeutic exercises** to improve flexibility and strength in the involved area
- **Aerobic conditioning** to combat cancer related fatigue
- **Education** on skincare, scar management and safety during daily activities.

Lymphedema is an accumulation of lymphatic fluid that causes swelling, and can develop when the channels and ducts that transport lymph are missing, impaired, or damaged. Secondary lymphedema (acquired lymphedema) commonly occurs following surgeries that require the removal of lymph nodes. Lymphedema can develop immediately following surgery or months to years following cancer treatment. In addition to swelling, symptoms of lymphedema may include a feeling of heaviness and tightness, skin changes, infection in the affected area, and cosmetic deformity.

Although lymphedema is a chronic condition, specially trained physical therapists can provide invaluable rehabilitative care. Early intervention and learning lifelong management techniques are essential to allow patients to lead full, normal lives. Orange Coast Memorial Medical Center employs a comprehensive care approach that emphasizes the

Orange Coast Memorial Medical Center Cancer Program & Services

importance of the patient's understanding of the condition and treatment. In addition to learning about precautionary measures that reduce the risk of developing lymphedema, patients benefit from a rehabilitation program that increases range of motion, flexibility, strength, and endurance.

Lymphedema treatment may include:

- **Manual lymphatic drainage** to mobilize fluid and protein from an affected area by a non-invasive manual therapy technique.
- **Multi-layer bandaging** to reduce swelling and assist in softening of skin and tissue in a swollen limb
- **Therapeutic exercises** to improve lymph drainage through a program of flexibility, strength training and aerobic activities
- **Patient education** to allow patients to take control of their own lives. In addition to learning how to manage lymphedema at home, patients may receive guidance on specific questions from nutritionists, social workers, support groups, or other health professionals.
- **Compression garments** to help minimize swelling during daytime activities.
- **Compression pumping** (in select cases) to assist with circulation through state-of-the-art pneumatic pumps.

Imaging & Radiology

Orange Coast Memorial offers a wide array of diagnostic services. These services are performed using a variety of state-of-the-art imaging methods and therapeutic treatments—all in one convenient location by an expert team of radiologists and technologists who have specialized training and licensure in numerous radiological procedures.

Our 64 multi-slice CT scanner is a multi-channel spiral CT scanner, which is much faster than conventional single channel scanners, allowing imaging of the body within a single breath hold. This technology allows efficient appointment scheduling and helps us to ensure that our patients are treated in as timely a manner as possible. In addition, the 64 Multi-slice CT Scanner is specifically designed to minimize patient radiation exposure.

Imaging Services at Orange Coast Memorial Medical Center offers a variety of diagnostic and therapeutic services using many different imaging modalities.

Imaging services include:

- PET/CT Fusion Scan
- Computed Tomography (CT Scan)
- Diagnostic Radiology
- Interventional Radiology Procedures
- MRI (Magnetic Resonance Imaging)
- Nuclear Medicine
- Ultrasound

Treatments offered:

- Interventional Radiology
- Interventional Oncology
- Laser Vein Ablation (LVA)
- Uterine Fibroid Embolization

Pathology

The pathology group that serves OCMC and LBMMC is composed of 11 highly qualified professionals who have pursued subspecialties in areas such as breast, GYN, genitourinary, hematopathology, dermatopathology, thoracic oncology, gastrointestinal pathology, blood banking, chemistry and microbiology. Many of these professionals have reached academic levels recognized by their peers and have published scientific papers in peer reviewed journals as well as participated in national and international symposia in their own sub-specialties. Despite the fact that we have two pathologists on site at OCMC, our patient population has access to pathology expertise throughout the Health System.

Research

We believe clinical trials are the front line in the battle against cancer. Our physicians offer among the best and most innovative treatment options to our patients and are involved in more than 40 of the world's most promising research protocols. Our approach to research centers on clinical trials that offer the hope and promise of more effective patient care and outcomes, rehabilitation, quality of life, and healing. Through this collaboration, patients in our community have access to many of Orange County's top cancer specialists with more than 30 years of clinical research experience and completion of more than 500 clinical trials.

Orange Coast Memorial Medical Center Cancer Program & Services

Cancer Risk & Prevention Program

Most cancers manifest without a known cause, but some are hereditary. Genetic counseling helps patients determine their risk for diseases that can be inherited, including colon, uterine, breast and ovarian cancer. Any family with a higher than expected number of cancer cases, regardless of the type, would benefit from having a formal “Hereditary Cancer Risk Assessment” consultation. To help you decide if genetic testing is appropriate, a genetic counselor analyzes family cancer patterns and environmental influences. Hereditary Cancer Risk Assessments are highly individualized. Patients receive an accurate assessment of personal genetic risk and an individualized plan for cancer screening, prevention, and surveillance.

Tumor Boards

Our physician team conducts weekly roundtable discussions designed to review cases and recommend individual treatment options for each patient. Committed to multidisciplinary pre-treatment planning, medical and radiation oncologists, surgeons, pathologists and radiologists are required attendees of these conferences. National Comprehensive Cancer Network (NCCN) practice guidelines, information on open clinical trials, and review and discussion of AJCC staging are included in case presentations. In addition, physical therapy, pain management, home health, nutritional counseling, palliative care, and psychosocial needs are addressed to offer the optimal treatment plans for patients.

Breast Cancer Treatment Planning Conference

Every Wednesday at 12:30 p.m.

Neuro/Thoracic & General Tumor Board

Every Friday at noon.

*Please call the Cancer Registry
to schedule a patient for presentation.
(714) 378-7940*

Psychosocial Services

At Orange Coast Memorial Medical Center, we understand how a cancer diagnosis impacts every area of a patient's life. Under the direction of a professional licensed clinical social worker, we assist patients and their families with the emotional effects of cancer diagnosis and treatment. Individual and family counseling, group support, and referrals to appropriate community resources that are provided according to each patient's particular needs.

Support Groups include:

- **The Journey** support group for women at any stage of the breast cancer experience, female family members and friends.
- **Women in Treatment (WIT)** is a special group for women currently undergoing treatment for cancer.
- **Prostate Cancer Support Group** provides supportive discussion and educational information for prostate cancer patients, family members and friends.
- **Smoking Cessation Classes** provide patients with techniques and support in their effort to quit smoking.
- **Bereavement/Transitions** provides support to adults who have recently lost a loved one to cancer.
- **Yoga:** Yoga instruction is provided free of charge.

American Cancer Society Information Center

MemorialCare Cancer Institute enjoys a collaborative partnership with the American Cancer Society. The American Cancer Society Information Center has been on the campus of Orange Coast Memorial Medical Center since April 2006. The Information Center is located on the fourth floor of the new Patient Care Pavilion on the Orange Coast Memorial Medical Center campus. Staffed with highly trained volunteers, the Center provides extensive information and education about cancer prevention, early detection, treatment alternatives and advances in research. A tremendous resource for patients, family members and healthcare professionals, the Center is open to the general public. During 2014, information, resources and support were accessed by approximately 3,000 individuals. The Wig Bank, located within the Information Center, is available to anyone who has experienced hair loss as a result of cancer treatment.