

winter | 2012

doctors **4** **life**
YOUR LIFE, YOUR HEALTH, YOUR HOME



Lexington Clinic
Since 1920

You didn't choose
cancer,
but
you can choose how to
fight
it.

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Congratulations to Christina Scott, the winner of the Find the Hidden Bear contest from our fall edition of *Doctors 4 Life*. Thank you to all who participated!

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. If you have any comments or questions regarding this publication, please contact the editor at editor@lexclin.com.

Dear Friends,

THE PHYSICIANS AND STAFF of Lexington Clinic would like to thank you for choosing us for your family's medical needs! Lexington Clinic is committed to the highest quality care and well-being of our patients. In this issue of *Doctors 4 Life*, we are focusing on cancer care. You'll find articles on topics concerning diagnosis, treatment and information regarding support and education. Each of these articles includes important information our expert physicians want to share with you, our readers.

Because this publication is created with you in mind, we also invite you to share any topics you would like covered in future issues. If you want to learn more about a certain health condition or topic, send an e-mail to editor@lexclin.com.

We hope you enjoy this issue of *Doctors 4 Life*, and we look forward to hearing from you!

Sincerely,
Andrew H. Henderson, MD, Chief Executive Officer

Your Questions Answered

→ **Q:** *What is high cholesterol and what can I do to prevent it?*

A: Cholesterol is a substance that is normally present in your blood. It can be classified as good cholesterol (HDL) or bad cholesterol (LDL). If levels of LDL are high, deposits called plaque can form. These deposits can lead to atherosclerosis or hardening of the arteries. Healthy levels of HDL can work to prevent these issues.

Increased physical activity, eating a healthier diet by reducing your consumption of foods high in cholesterol and saturated fats, and avoiding smoking can help prevent high cholesterol.

→ **Q:** *I have a surgical procedure scheduled at the Lexington Clinic Ambulatory Surgery Center (ASC). What is an ASC?*

A: An ambulatory surgery center (ASC) is a healthcare facility that offers patients the opportunity to have selected surgical and procedural services performed outside the hospital setting. Lexington Clinic's ASC is a state-of-the-art facility with more than 45 highly trained physicians and surgeons who perform outpatient and endoscopic procedures in more than 15 different specialties. Located on the first floor of the Medical Office Building behind Lexington Clinic's main campus on South Broadway, the ASC offers six operating suites and four procedure rooms. The Lexington Clinic ASC is accredited by the Accreditation Association for Ambulatory Health Care, Inc. Status as an accredited organization means the Lexington Clinic Ambulatory Surgery Center has passed a series of rigorous and nationally recognized standards for the provision of quality healthcare. The dedicated physicians, nurses and staff provide the highest quality patient care and ensure that each area from check-in to post-operative care is designed with patient comfort in mind.



Need to speak with someone about finding a doctor?
Call 859.258.4DOC (4362) or visit LexingtonClinic.com.

Jeanne Lewis, RN, Lexington Clinic Resource Referral Services

Lexington Clinic



Lexington Clinic
Since 1920

HOPE

Begins at Diagnosis

When cancer is detected, patients and their families need to know where to turn for reliable answers to many important questions.

At Lexington Clinic, providing answers begins with an experienced medical team and the right diagnostic tools.

“Most people feel frightened when the word ‘cancer’ is first mentioned,” says Abigail B. Byrnes, MD, Lexington Clinic medical hematologist and oncologist. “We work as a team to support patients and their families through this process by listening to concerns, taking time to answer questions and helping everyone affected understand what needs to be done and why.”

Diagnosing With Precision

A diagnosis typically begins when a patient’s primary care physician identifies an abnormality in a blood test result or X-ray. Additional diagnostic imaging using computed tomography (CT), positron emission tomography (PET) or ultrasound may be ordered. Depending on the type of cancer suspected, a physical screening—such as a colonoscopy or endoscopy—may be required.

In many cases, a biopsy may be ordered. This minor surgical procedure removes a small portion of a suspicious cell mass for testing. A pathologist studies this sample and, if it turns out to be a malignant tumor, uses it to identify the form of cancer, its aggressiveness and other characteristics.



Imaging on the Go

The Lexington Clinic mobile coach, equipped with positron emission tomography and computed tomography (PET/CT) technology, holds regular hours at two Lexington Clinic locations. Noninvasive and painless, combined PET/CT scans use nuclear medicine and specialized X-ray equipment to produce highly detailed views inside the body. Ask your physician for more information.

Lexington Clinic South Broadway

1221 South Broadway in Lexington

Tuesdays and Wednesdays, 8:00 a.m. to 4:30 p.m.

Richmond Regional Oncology Center

793 Eastern Bypass, Suite G2

Thursdays, 8:00 a.m. to 4:30 p.m.

A blood test may be ordered to check for tumor markers, which are substances the body releases as a reaction to cancer. Markers vary by the type of cancer, and some forms require specific blood tests.

Tests for Men

In men, a prostate-specific antigen (PSA) test is used to identify prostate cancer. A prostatic acid phosphatase (PAP) test may also identify prostate cancer, as well as testicular cancer, leukemia and non-Hodgkin’s lymphoma.

Tests for Women

Cancers that affect women also have specific diagnostic tests. A mammogram is a form of X-ray used to diagnose breast cancer. A Pap test, also called a Pap smear, checks for cervical cancer. Ovarian cancer may be diagnosed through traditional imaging, although a specific blood test called a CA-125 may be needed.

“The diagnostic tools at our disposal make identifying cancer more certain,” says Susan Liddle, MD, Lexington Clinic medical hematologist and oncologist. “Because of these tools, we can develop more effective treatment therapies and better maintain our patients’ quality of life.”

To learn more about Lexington Clinic cancer centers, visit LexingtonClinic.com/cancer.





1 The John D. Cronin Cancer Center, located on Harrodsburg Road in Lexington, Kentucky.



2 Dr. Larry Beach, senior medical physicist, and Dr. Falguni Amin-Zimmerman, radiation oncologist, care for a patient using a linear accelerator.

Comprehensive, Comp

Cancer treatment requires skilled physicians, advanced technologies and knowledgeable staff members.

Lexington Clinic addresses those needs at three cancer centers in Central and Eastern Kentucky: the John D. Cronin Cancer Center in Lexington, Southeastern Kentucky Cancer Center in Corbin and Richmond Regional Oncology Center.

Lexington Clinic cancer centers continue the work of dedicated founder John D. Cronin, a hematologist who was among the first—and for a time was the only—physician treating cancer in the Lexington area. Dr. Cronin put in long hours at each of the city’s hospitals—a schedule that often kept him from returning home until past midnight.

“Dr. Cronin established the cancer centers with the idea that the patients are the main priority,” says William D. Camp, MD, Lexington Clinic medical hematologist and oncologist. “We are continuing his legacy.”

Allies in the Cancer Fight

Several groups work with the Lexington Clinic cancer centers to help patients and their families.

- **The American Cancer Society Hope Lodge** offers free overnight boarding for patients who must travel to receive care.
- Physicians often refer breast cancer patients to **Pink-Link**, an organization that helps individuals find support groups.
- Lexington Clinic provides gift cards for major gas stations to some patients with high travel expenses.
- **The Man to Man program from the American Cancer Society** connects Lexington Clinic patients diagnosed with prostate cancer and survivors for one-on-one discussions.

Teaming Up Against Cancer

Often, treating cancer requires a combination of procedures, and medical staff must be able to coordinate care to provide for patients’ needs. Cancer specialists at Lexington Clinic, who represent a range of perspectives and expertise, utilize electronic medical records to ensure consistent care throughout treatment.

“Surgeons, medical oncologists and radiation oncologists have all been trained in very different and specific ways, so we each have our own tools with which to serve patients,” explains Jeniffer L. Huhn, DO, Lexington Clinic radiation oncologist. “We make decisions based on input from our areas of expertise, collaborating to create an ideal plan for the patient.”

Complete Range of Services

Lexington Clinic cancer centers offer surgical and radiation oncology as well as medical hematology/oncology. Within each of these subspecialties, a range of procedures is available.

- **Medical oncologists** focus on diagnosing and managing cancer, as well as providing chemotherapy and other infusion services.
- **Hematologists** concentrate on blood and bone marrow disorders and diseases. On-site laboratories at each care site allow for speedy and accurate diagnostics.
- **Radiation oncologists** are the only physicians who can prescribe radiation to treat cancer. Cancer centers offer a variety of radiation therapies based on individual patient needs.



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3 Richmond Regional Oncology Center's newly renovated waiting area offers patients a comfortable setting and access to educational materials.



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4 The Southeastern Kentucky Cancer Center, located in Corbin, Kentucky, offers medical and radiation oncology.

Passionate Cancer Care

■ **Surgical oncologists** remove cancerous tissue. These surgeons are trained in the specifics of each type of cancer and use specialized techniques for each procedure.

The Technological Edge

At each of the cancer centers, Lexington Clinic uses advanced, state-of-the-art technology to serve patients. Sophisticated procedures and equipment are available for each of the subspecialties.

"We have access to advanced treatment options at all three of our centers," says Falguni Amin-Zimmerman, MD, Lexington Clinic radiation oncologist. "One of our machines takes CAT [computerized axial tomography] scans while the patient is receiving radiation, which speeds the process for targeting and treating tumors."

Lexington Clinic also offers radioactive seed implantation therapy. In this highly specialized procedure, therapeutic implants are surgically placed within or close to a cancerous tumor, providing patients with low-energy radiation therapy over an extended period of time. This technique requires the close coordination of radiation oncologists, physicists and surgeons.

Another new technology becoming available is a medication for patients with prostate cancer. The medication works as a vaccine, building immunity to prostate cancer cells.

Centers of Comfort

The cancer centers at Lexington Clinic live up to their name by providing compassionate care paired with advanced medical services. Patients are embraced as part of a community, and physicians and staff treat one another as family.

"Patients often come back just to greet their therapists," Dr. Amin-Zimmerman says. "There aren't many professional settings where people care so much for one another."

All of these elements combined support the superior treatment at Lexington Clinic cancer centers.

Visit LexingtonClinic.com/cancer to learn more about the services available at each of the cancer centers.

Care on Wheels

Retired grocer and two-time cancer survivor Ron Wedding knows which foods are most likely to appeal to patients receiving chemotherapy, and he goes out of his way to make sure the chemo snack cart he and four other volunteers bring to them is well stocked with a variety of tasty, healthful treats.

Ron and a fellow cancer survivor, retired automotive parts distributor Conley Roark, first volunteered to load the cart in 2002. They're still at it, checking in with patients every 20 minutes or so to provide friendly interaction along with a refreshment.

"Patients may have traveled a long way or been fasting all morning for lab work, and they're hungry," Conley says. "I enjoy helping out."

The service provided by the volunteers is priceless. Donations collected by the Lexington Clinic Foundation help fund the purchase of the chemo cart snacks.



Conley Roark, Lexington Clinic cancer centers volunteer, delivers snacks to patients.

Making Cancer Surgery Easier

Not all cancer treatments require open, complicated surgeries.

Several **minimally invasive** options are available for cancers in many parts of the body:

- Adrenal gland
- Bladder
- Colon
- Esophagus
- Gastrointestinal tract
- Kidneys
- Liver
- Lungs
- Prostate

Various technologies can be used to perform minimally invasive cancer surgeries. One of the most effective is the da Vinci® Surgical System, a robotic tool that allows surgeons to operate through a small incision with precise movements and extraordinary visualization.

“Surgery using da Vinci is by far the best approach when it’s necessary to remove the prostate,” says Andrew C. McGregor, MD, Lexington Clinic urologist. “What a surgeon used to do by ‘feel’ can now be performed with high-definition, three-dimensional magnification and instruments that superbly mimic the human wrist.”

Lexington Clinic surgeons and interventional radiologists may also use minimally invasive laparoscopic, laser or radiofrequency ablation therapies, depending on the type of cancer and its location.

“Microwave ablation is used to remove tumors during certain laparoscopic procedures for liver cancer,” says Richard C. Montgomery, MD, FACS, Lexington Clinic fellowship-trained thoracic and general surgical oncologist. “This technique, which uses heat to destroy tumors, is often our first choice for treatment.”

Every treatment option under consideration will be clearly explained to the patient and his or her family members.

To learn more about the Lexington Clinic Cancer Centers, visit LexingtonClinic.com/cancer.



da Vinci® Surgical System image courtesy of Intuitive Surgical, Inc.

We're Here for You

The staff and medical team at the Lexington Clinic cancer centers provide support so no patient will face the challenges of cancer treatment alone.

For example, when a mammogram reveals an abnormal finding, the patient is placed in contact with a nurse navigator to provide guidance through the procedures, diagnosis and treatment that follow.

“A nurse navigator helps patients understand what the next steps are and answers questions about all treatment options available,” says Eleanor Broaddus, RN, breast care coordinator at Lexington Clinic Center for Breast Care.

“Knowledge is power, and we do our best to empower our patients by educating them about their cancer as much as possible.”

Additional support services for patients with cancer include:

- **Financial counseling** to explain insurance coverage and connect patients with assistance programs when needed
- **Look Good...Feel Better** to help women cope with physical changes resulting from treatment
- **Spouses of Survivors** to provide group support for those whose significant others have been diagnosed with cancer
- **John E. Lindgren Patient and Family Resource Room** to make available educational resources for oncology patients and their families

“Cancer affects people physically, emotionally and financially,” says Angela Johnson, CPC, RN, Lexington Clinic director of oncology and neurosciences.

Support services at Lexington Clinic cancer centers were developed to help patients with all of those needs.

For more information, visit LexingtonClinic.com/cancer and click on “Support Services.”

John E. Lindgren Patient and Family Resource Room





Simply Crunchy Veggie Wrap

This satisfying meatless lunch entrée combines colorful, flavor-rich, raw vegetables with a dash of citrus. Other good ingredients to use are grated zucchini, shredded cabbage, sliced mushrooms, chopped cucumbers or tomatoes, and any type of bean.

Ingredients

- ¼ cup reduced-fat mayonnaise *
- 1 tablespoon fresh lime juice
- 1 teaspoon grated lime peel
- 4 8-inch whole-wheat flour tortillas
- 2 cups fresh spinach leaves, washed and well-dried with stems removed
- 1 small ripe avocado, peeled, pitted and cut into slices
- 1 medium red bell pepper, seeded and cut into strips
- 1 medium carrot, cut into strips

Directions

Combine mayonnaise with the lime juice and peel. Heat the tortillas in the microwave for 15 to 20 seconds on high to make them easier to roll. Spread each tortilla evenly with the mayonnaise mixture. Atop each tortilla, arrange the spinach leaves, avocado slices and bell pepper and carrot strips. Roll the tortillas up tightly and place seam-side down on serving plates.

* Note: As an alternative to the mayonnaise-lime mixture, use prepared hummus, yogurt-cucumber dip, low-fat flavored cream cheese, salsa or mustard.

Nutrition Information

Per serving		
Servings: 4	Sodium: 91mg	Carbohydrates: 30g
Calories: 297	Protein: 8g	Source: <i>eatingwell.com</i>
Total fat: 13g	Fiber: 4g	
Cholesterol: 0mg		

HPV 101

Genital human papillomavirus (HPV) is the nation's most common sexually transmitted infection. Although most people experience no symptoms or problems, some forms of HPV have been linked to cervical cancer. The HPV vaccine is available to lower risk and is most effective when received before a person becomes sexually active.

Given in a series of three doses, the vaccination targets the types of HPV virus most likely to cause cervical cancer. The vaccine is recommended for anyone between the ages of 11 and 26.

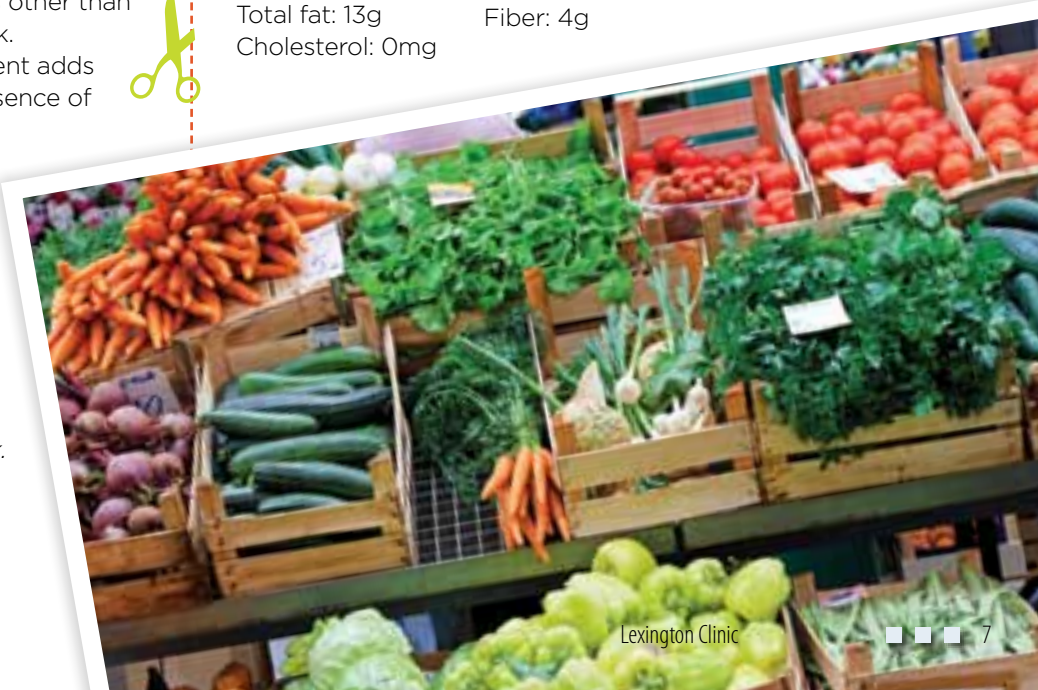
Talk about your HPV risk with a physician. To find a doctor, visit LexingtonClinic.com or call 859.258.4DOC (4362).

Good Choices Lower Cancer Risk

One-third of cancers—including many of the stomach, colon, lungs and breasts—are influenced by factors other than genetics. The following actions can help reduce risk.

- **Make your home safe.** A smoke-free environment adds years to life. Also, check for radon gas and the presence of harmful substances, such as asbestos.
- **Eat well.** Add colorful fruits and vegetables to your diet and cut back on red meat and other high-fat foods.
- **Limit alcohol consumption.** Women should consume no more than one drink per day and men no more than two.
- **Get moving.** Exercise 30 minutes per day, five days per week. Cancer risk is often associated with excess body weight.

Learn what you can do to lower your cancer risk. Visit LexingtonClinic.com to find a physician.





Who

is your reason to have
your mammogram?

YOU are important to your family and friends, and making sure you take care of your health is important to them.

Lexington Clinic Center for Breast Care welcomes Dr. Chad Harston, a fellowship-trained mammographer, to our team of experienced medical professionals. At the Lexington Clinic Center for Breast Care, you are our top priority, with flexible appointment times and three convenient locations, we are here to serve you.

For more information or to schedule your appointment, call **859.258.4444**.



We are Lexington Clinic,
Central Kentucky's doctors since 1920.

Your doctors for life.

