

# WELL AWARE



Breast Center Opens  
**High Risk Clinic**

Diagnosing  
Lung Cancer Earlier

# FMH Cancer Care Preparing for the Future



## A MESSAGE FROM THE PRESIDENT

In this edition of *Well Aware*, we are pleased to bring you an update on our award-winning cancer treatment program, and introduce you to some of the highly qualified, compassionate people behind this extraordinary care.

We will also share with you our preliminary plans to build a pioneering new facility--the FMH Cancer Institute. Its unique features will continue to support care that is patient-and-family-centered, and allow us to care for more people with cancer and their families than ever before.

You'll be hearing a lot more about the FMH Cancer Institute in the coming months, so stay tuned. There are exciting times ahead!

Yours in Good Health,

Tom Kleinhanzl, President & CEO  
Frederick Regional Health System

To learn more,  
visit [www.fmh.org](http://www.fmh.org).

## About the Cover:

Medical Director Dr. Gregory Gagnon and radiation oncologist Dr. Meredith Wernick pictured in the FMH Cybernife Center. CyberKnife provides patients with a non-invasive alternative to surgery for the treatment of certain types of cancerous and non-cancerous tumors. CyberKnife requires no anesthesia, no incision and virtually no recovery time. (See page 7)



*Medical Director Dr. Gregory Gagnon and radiation oncologist Dr. Meredith Wernick are the physician leaders of the FMH CyberKnife® Center. CyberKnife is a robotic, radiosurgery device that doctors use to treat tumors anywhere in the body with sub-millimeter precision. It provides patients with a non-invasive alternative to surgery that requires no anesthesia, no incision and virtually no recovery time.*

When you choose Frederick Regional Health System for your health care needs, you can be confident that you will receive compassionate care of the highest quality, and that your family, friends and community volunteers will be nearby to support you. Selecting FMH also helps guarantee that we will be able to continue to invest in the services, equipment and staff that make it possible for us to meet the needs of our growing community.

## WELL AWARE

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Tom Kleinhanzl  
President & CEO

Ken Coffey  
Vice President & Chief Development Officer

Anne-Herbert Rollins  
Chair, FMH Board of Directors

Sadie Wolf  
Development Officer

Dr. P. Gregory Rausch  
Chair, FMH Development Council

# A STRONG FOUNDATION, A NEW ERA

Dear Friends of FMH,

For nearly four decades, the FMH Cancer program has been helping individuals in this community fight cancer. Using a multidisciplinary approach that helps assure that we always treat the whole patient—not just the disease—the program has earned multiple commendations for best clinical practices, and excellence in patient care.

However, we have a problem, and it is significant. We have data that shows that the number of people in our community who need or will need cancer care is increasing—a trend that is not expected to abate in the years to come.

Later this year, we plan to break ground for the FMH Cancer Institute. Twice the size of the existing therapy center, our new facility will give patients and families access to the latest medical and surgical oncology services, expanded patient navigation, a specialized pharmacy and a laboratory and imaging center. In addition, the facility will include an expanded infusion center, where patients can receive chemotherapy with more privacy. We will also be able to provide chemotherapy to children for the first time in the history of our cancer treatment program.

Connected to the main hospital and the parking garage for maximum patient convenience, our new Cancer Institute will have plenty of room to offer new and updated treatment modalities, complementary therapies and a wide range of support and follow-up care. And because coping with cancer is always stressful, great care will be taken to create a soothing, patient-centered, family-friendly environment throughout—comfortable waiting areas, a meditation garden, hospitality stations and valet parking.

The creation of the FMH Cancer Institute will combine leading edge technology with compassionate care, and bring the highest level of cancer care possible to the Frederick community.

Warm Regards,



Dr. Mark Soberman, Medical Director  
FMH Oncology Services



## Meet Dr. Mark Soberman

As the Medical Director of FMH Oncology Services, Dr. Soberman oversees our current Cancer Program Center of Excellence and is closely involved in the plans for the new FMH Cancer Institute. His distinguished education and extensive experience at some of the area's most prestigious hospitals and medical centers give him the ideal qualifications to help shape the development of the next iteration of cancer care in our community:

- Surgical residency at George Washington University Medical Center.
- General thoracic surgery fellowship through the Cleveland Clinic Foundation.
- Associate professor of Clinical Surgery at the Georgetown University School of Medicine.
- Director of Thoracic Surgery at Sibley Memorial Hospital
- Director of Thoracic Surgery and Vice Chair of Surgery at Washington Hospital Center.
- Director of Thoracic Oncology at the Washington Hospital Center.



# TREATING THE WHOLE PATIENT



*The Breast Center at FMH Crestwood uses a coordinated, multidisciplinary approach to care for patients with all types of breast disease, including cancer.*

## For Those at High Risk

The Center for Breast Care's High Risk Clinic is a breast cancer screening program for women who have a medical history and profile that places them at higher risk for developing the disease. A genetics specialist reviews factors such as the patient's family history, age, race, breast density and other factors to determine if it is appropriate to test for breast cancer markers (the BRCA1 and BRCA2 mutations.)

If the evaluation determines that a woman is at high risk for developing breast cancer, FMH is equipped with the technology, tools and clinical expertise to establish the patient's baseline breast health profile. A 3-D mammogram or breast MRI may be ordered as a first step in the breast cancer prevention process. There are even medications available to help reduce a woman's risk of developing the disease. For more information, call the High Risk Clinic at 301-418-6611.

## FMH Center for Breast Care

For many women, hearing the words "You have breast cancer" triggers the beginning of a frustrating journey of trying to get needed care. Appointments, tests and procedures must be scheduled at various facilities, typically at many different locations. When the results are in, surgeons, medical oncologists, radiation oncologists and radiologists then must play "telephone tag," trying to compare notes and come up with a coherent, unified treatment plan—aggravating an already stressful situation, and delaying needed care.

This is not the case for patients at the FMH Center for Breast Care. Newly diagnosed patients immediately meet with nurse navigator Kerri Liedy, who takes over coordinating the patient's care. From scheduling additional studies or biopsies that may be needed to arranging for practical and emotional support, the nurse navigator is responsible for helping to see that all the patient's needs—medical, emotional and logistical—are met.

When test results are available, the navigator then arranges for the patient to be seen by one of our two fellowship-trained breast surgeons, either Dr. Susan Bahl or Dr. Ann-Marie Hugh. On the same afternoon, the patient also sees a medical oncologist, a radiation oncologist and a social worker in our Multidisciplinary Breast Cancer Clinic. All these specialists meet, confer and collaborate on a plan of action, allowing the newly diagnosed patient to leave the clinic that day knowing what her care plan will look like.

"We get to know our patients as people first," says Liedy. "This process raises a lot of questions, and we always want our patients to feel comfortable talking with us about whatever is on their minds."

**LOOKING AHEAD:** The progressive model of care pioneered at the Center for Breast Care will serve as the template and inspiration for additional tumor-specific multidisciplinary clinics at the FMH Cancer Institute. Because of its unique requirements, it will remain in its own dedicated space at The Women's Center at FMH Crestwood.

# A PERSON, NOT JUST A DIAGNOSIS

## FMH Center for Chest Disease

Like its cohort at the Center for Breast Care, the Multidisciplinary Lung Cancer Clinic in the FMH Center for Chest Disease uses a collaborative, coordinated approach to care—creating a patient-centered experience that supports a person battling lung cancer from diagnosis through treatment to after care.

Patients see a thoracic surgeon, a medical oncologist and a radiation oncologist all on the same morning, one right after the other. Rather than going from office to office, patients stay in one examining room and the physicians come to them.

The Clinic's Nurse Navigator Maggie Siebeneichen, RN, works with the team to keep the care plan on track, making sure that tests are scheduled and completed, results are received and reviewed, and all the patient's needs are being addressed.

According to patient Gail Becker, the nurse navigator's role in coordinating care cannot be overestimated. Becker, who was diagnosed with small cell lung cancer in February, is in the midst of an aggressive course of chemotherapy and radiation treatments at FMH.



*Physicians work collaboratively with other medical and radiation oncologists to provide comprehensive diagnosis, staging and treatment plans for patients with known or suspected lung cancer.*

“I can’t say enough about the care I’ve received at FMH,” she says. “My nurse navigator, Maggie, has been awesome. She is so available and responsive. Whenever we have a question, she gets right back to us with the answer. Everyone takes their time explaining what’s going on with me in a way that my family and I can understand. There hasn’t been a single day when I have not felt fully heard and completely supported in my treatment process.”

**LOOKING AHEAD:** FMH currently has site-specific programs focusing on two types of cancer: breast and lung. Additional space at the new FMH Cancer Institute will allow for the creation of the Thoracic Surgery Center, and an expansion of tumor site-specific programs for other types of cancer, including one for Prostate and Urologic Cancers.

### A New Tool for Early Diagnosis

*Bronchoscopy* is a procedure in which the lungs are examined through a thin lighted tube, allowing the physician to collect small tissue samples in order to diagnose lung cancer. Yet traditional bronchoscopy cannot reach the distant regions of the lung, where more than two-thirds of all lung lesions are found. Electromagnetic Navigation Bronchoscopy—or ENB—now available at FMH—uses GPS-like technology to navigate a set of tiny catheters deep into the lungs, making it possible to detect lung disease and lung cancer earlier, enhancing treatment options for patients.

# DESTROYING CANCER WITH RADIATION

Thanks to early diagnosis and advances in treatment, the odds of beating cancer are better than ever before. And radiation therapy, a treatment modality that uses high-energy particles or waves to kill cancer cells, is often an important part of that fight.

A radiation beam is generated by a linear accelerator. Using sophisticated treatment planning software, the patient's treatment team can control the size and shape of that beam, as well as how it is directed at the patient's body. This allows us to effectively treat the tumor while sparing as much of the surrounding tissue as possible. To help the technician direct the beams of radiation safely, precisely and consistently every time, the patient's body is often measured and marked using a process called *simulation*.

"Radiation therapy works by damaging the DNA within cancer cells, and destroying the ability of the cancer cells to reproduce," says FMH Medical Physicist Dustin Simonson, Ph.D. "When these damaged cells die, the body naturally eliminates them. Normal cells are also affected by radiation, but they are able to repair themselves in a way that cancer cells cannot."



*A radiation therapy treatment plan is specially designed for each patient that delivers the maximum amount of radiation to the tumor site while minimizing exposure to healthy tissues and organs.*

## Types of Radiation Treatments



### Three Dimensional Conformal Radiation Therapy (3D-CRT):

Special imaging techniques create a 3-D model of the tumor's size, shape and location, allowing the beam of radiation to be tailored to the precise characteristics of the tumor and surrounding organs.



### Intensity Modulated Radiation Therapy (IMRT):

A computer controls, or modulates, the intensity of the beam, allowing it to conform precisely to the shape of the tumor. Delivers maximum dose to the tumor while minimizing radiation exposure to surrounding normal tissues.



**Image Guided Radiation Therapy (IGRT):** Images of the treatment area are taken from two directions before daily treatment. This compensates for any possible movement or variations of the tumor area at the time of treatment, further increasing the accuracy of the IMRT treatments.



**Brachytherapy** involves placing tiny radioactive seeds inside the body, allowing the physician to use a higher total dose to treat a smaller area in a shorter period of time than is possible with external treatment.

**LOOKING AHEAD:** The FMH Radiation Oncology program is the only program of its kind in the area that is accredited by the American College of Radiology. In order to care for even more people seeking care and treatment, the new FMH Cancer Institute will provide ample room to expand our leading edge radiation oncology services. Plans include adding a new PET/CT or CT simulator to assist with image-guided therapies.



# CUTTING EDGE WITH LITTLE TO NO SCAR



*Chuck Haislip, CyberKnife Patient*

## CyberKnife Radiosurgery

One of only two such systems in the state of Maryland, the CyberKnife system available at FMH is completely non-invasive, requiring no incision or anesthesia. During treatment, CyberKnife delivers short bursts of radiation to the tumor, destroying cancerous cells while sparing the healthy tissues that surrounds it. Image-guided cameras remain locked on the tumor's position throughout the 60-90 minute treatment, allowing CyberKnife to deliver as many as 1,400 directed beams of radiation at the target with laser-like accuracy.

Local contractor Chuck Haislip has been treated twice with the CyberKnife radiosurgery system at FMH. In 2012, he received five, 60 minute treatments for a cancerous lesion on the upper lobe of his left lung, followed by an additional five sessions as a "tune-up" last year. When an image study revealed a tumor on his pituitary gland, the 54-year old Haislip returned to the CyberKnife Center for an additional course of treatment.

"The CyberKnife staff at FMH are completely professional in every way," says Haislip. "Everyone does their job to the best of their ability, and they treat you very well. I had one brief experience at a big hospital in the city, and they weren't anything compared to the care and treatment I got at FMH. We have the best right here."



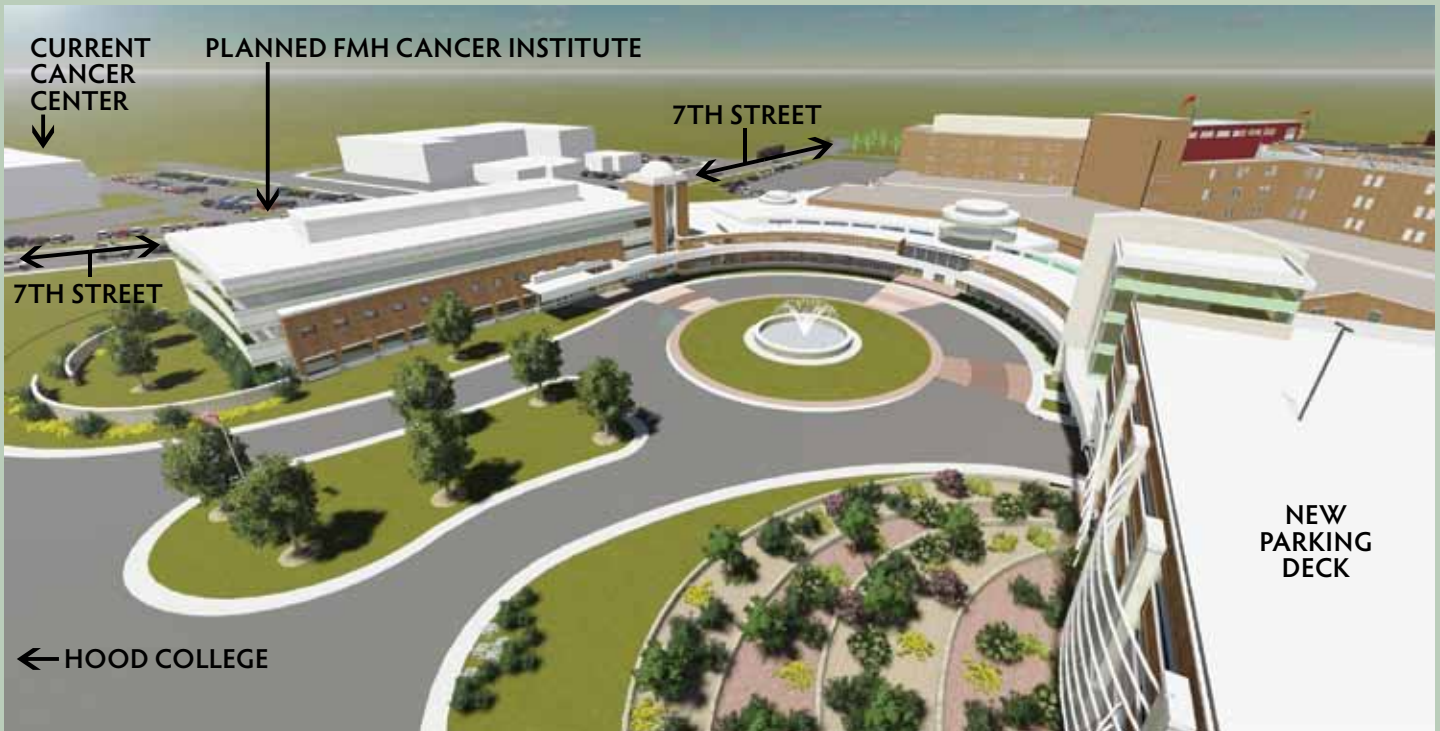
*Urologist Dr. Tajkarimi sits at a console to perform robotic surgery.*

## Robotic Surgery

Physicians at FMH frequently use the hospital's robotic surgery system for the surgical treatment of urologic and gynecologic cancers. While seated at a console equipped with a high-tech monitor, the surgeon controls and directs the robotic arms to access the surgical site through very small incisions. Robotic-assisted surgery often means faster healing, less noticeable scars, shorter hospital stays, decreased pain and faster recovery times than traditional open surgery.

**LOOKING AHEAD:** At twice the size of the existing treatment facility, the new FMH Cancer Institute will have significantly more square footage to devote to an expanded CyberKnife Center. Because the robotic surgery system is also used in the treatment of benign conditions, it will continue to be located in the hospital's main surgical wing. The FMH Cancer Institute will be connected to the hospital's main building for patient and family convenience.

To better serve the citizens of Frederick County and surrounding areas, Frederick Memorial Hospital recently announced plans to build a fully-integrated, comprehensive Cancer Institute on its Seventh Street campus. With the help of the hospital's Development Council and the support of the entire community, the goal is to create a "one-stop-shop" for award-winning, comprehensive cancer care.



Artist's rendering of FMH campus improvements, including one possible design for the new Cancer Institute.

## Our Goal

To provide a single convenient location for the coordinated, state-of-the-art, compassionate, multidisciplinary and patient-centered care of all individuals with cancer and their families.

## Our Plan

To address a patient's body, mind and spirit in a healing, soothing environment with access to physicians, other providers and services in one convenient facility.

## Our Need

To build a \$20 million Cancer Institute to provide the highest quality cancer care to the people of Frederick County and surrounding areas.

## The proposed FMH Cancer Institute will include:

- An interior connection to the hospital and parking garage.
- An on-site laboratory, and pharmacy.
- Even more patient navigators.
- Expanded infusion center to include pediatric chemotherapy.
- Improved imaging and radiation oncology space.
- A thoracic surgery center, and more tumor-specific, multidisciplinary clinics.
- On-site pain and symptom management services, genetic counseling, psychosocial support, research program and a wide range of complementary therapies.
- Larger work areas and additional meeting rooms to assure greater patient privacy, and accommodate more community outreach activities and support groups.
- A soothing environment throughout, including comfortable waiting areas, private infusion areas, a meditation garden, hospitality stations and valet parking.



# EXCELLENCE TODAY, A PROMISE FOR TOMORROW



"In 2002, I was diagnosed with uterine cancer. After surgery to remove the cancer, I received 16 weeks of radiation treatments at FMH. During these four months, I wasn't just given treatment for my cancer—I was truly cared for, and it was that care that made all the difference. And having everything I needed right here in Frederick was wonderful. If I had to go anywhere else, I would have spent more time in the car than in care! Parking was easy, and the Cancer Therapy Center had flexible hours-- so I didn't miss any work because of treatment. I applaud FMH for thinking ahead to be sure we are well positioned as a community to deal with the increased need for cancer care—the FMH Cancer Institute will help assure that more people than ever before can receive the same excellent care I did."

—CATHERINE MOCK

## Our Challenge

Since 1974, FMH has provided the community with excellent cancer care.

*With additional resources, could we provide even better care?*

We offer leading edge treatments, therapies and surgical techniques to patient with cancer.

*With expanded facilities, could we provide patients with even more treatment options?*

We support every aspect of our patients' care, including their medical, social and emotional needs.

*With expanded resources, could we serve them even more completely?*

We believe the answer is **yes** to every one of these questions.

And we believe the **time is now**.

In support of this \$20 million project, the FMH Development Council has launched The Time is Now campaign. Thanks to some very generous benefactors, this \$15 million initiative has already raised \$5.3 million. With your support, the FMH Cancer Institute will be the cornerstone of one of the premier cancer treatment programs in the region.

Please consider helping FMH to position itself to care for future generations of patients with cancer and those they love. For more information on how you can help us, visit [ww.fmh.org/donate](http://ww.fmh.org/donate), or call call 240-566-3478.

# MEETING OUR PATIENTS' NEEDS

## Pain & Palliative Care



*Dr. Eric Bush, Medical Director*

Our Pain & Palliative care program focuses on providing patients with relief from the pain, shortness of breath, fatigue, nausea, loss of appetite, difficulty sleeping and other symptoms that often accompany serious illness.

Palliative care helps patients carry on with their daily lives and improves their ability to go through medical treatment.

## Oncology Information Management



FMH supports research efforts by maintaining an oncology information management system that collects and analyzes data from people who have been diagnosed with cancer. Known as the Cancer Registry, this

system evaluates patient outcomes and survival rates, and guides the development of education programs for health care providers and the general public.

## Infusion Center



Chemotherapy is a method of treatment that uses medications to target specific cancer cells within the body. While sometimes given in pill form, chemotherapy is most often administered intravenously. At the FMH Infusion Center,

all our nurses are experienced in oncology nursing, and specially certified to administer chemotherapy and other infusion therapies.

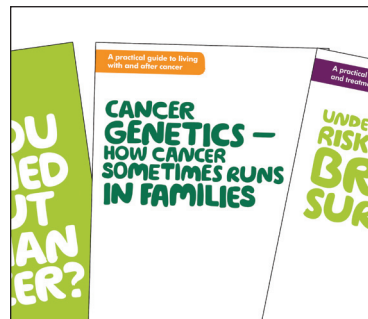
## Clinical Trials



Clinical trials provide researchers with valuable information about treatments that are not in general use, and provide patients with access to the newest drugs. Oncology Care Consultants, a group of physicians practicing at

the FMH Regional Cancer Therapy Center, offer multiple clinical trials to their patients. For more information, email [clinicaltrials@fmh.org](mailto:clinicaltrials@fmh.org).

## Cancer Risk Assessment



Concerned about your risk for cancer? Talk to your doctor about whether it makes sense to have a Cancer Risk Assessment. The assessment can help evaluate your lifetime risk of

cancer by looking at hereditary and other risk factors. Post-evaluation counseling services include methods for cancer risk reduction, chemoprevention and lifestyle modification.

**LOOKING AHEAD:** Because our current facility is nearly at capacity, a large section of the new FMH Cancer Institute's floor plan will be devoted to an expanded Infusion Center. Natural light will contribute to a healing environment throughout. Patients will also be able to choose a group or private setting for their treatments. And in addition to caring for adults, we will also be able to provide chemotherapy services to children, saving their families countless hours of travel time.

# SUPPORT SERVICES

FMH Cancer Care offers a comprehensive program of support to help patients and their families deal with the practical and emotional considerations related to a diagnosis of cancer. Licensed oncology social workers are available to help with issues related to adjusting to a new lifestyle, dealing with emotions, coping with side effects of treatment, changes in body image, effects of cancer on sexuality and relationships, managing stress, addressing financial challenges and communicating with family, friends, and co-workers. For more information, call 240-566-4699.



## Lymphedema Management

When the surgical removal of lymph nodes associated with the treatment of cancer causes swelling in the arms or legs, FMH offers a special rehabilitation program that includes scar management, range of motion and strengthening exercises, breathing, relaxation and energy conservation techniques and manual therapy. Call 240-566-3132.



## FANS

Evidence shows that eating right and exercising helps manage the side effects of cancer treatment, and decrease the risk of recurrence. Fitness and Nutrition for Survivors (FANS) offers customized exercise and nutrition plans based on each participant's personal needs. Designed to rebuild strength, strengthen bones, decrease joint pain and prevent lymphedema. Call 240-215-1425.



## Cancer Patient Assistance Fund

This Fund helps needy patients afford costly cancer-related medications, dietary supplements and other medical necessities until a more permanent solution can be found. Completely supported by community donations, this Fund has no overhead—every dollar donated goes directly to patients in need. Call 240-566-4699.



## Complementary Therapies

Hands-on modalities of supportive care such as reiki may encourage relaxation and provide emotional support for those undergoing cancer treatment, and sometimes help with symptom control. Volunteer reiki therapists provide this service to patients who are in active treatment several times per week. Call 240-379-6000.



## Screenings & Outreach

The FMH Community Outreach team is active in classrooms throughout the county, discouraging children and teens not to smoke, and educating them on healthy lifestyles that decrease risk factors for cancer. This fall, look for free and low-cost screenings and outreach programs for prevention, early detection and education.

## FMH-Sponsored Support Groups

**Survivors Offering Support:** One-on-one mentoring for newly-diagnosed breast cancer patients, support for patients following treatment and workshops designed for caregivers. Call Denise O'Neill at 301-694-5580.

**Breast Cancer:** Second Thurs. at 7:00 AM, FCC, F-104A.  
(301-846-2525)

**BRCA Support:** Quarterly at FMH Regional Cancer Therapy Center (240-566-4546)

**Oral & Head/Neck:** Second Wed. at 2:00 PM,  
St. Peter's Parish Center (301-631-8159)

**Prostate Cancer:** Last Wed. at 6:30 PM,  
FMH Regional Cancer Therapy Center (240-566-4500)



Frederick Memorial Hospital | 400 W. Seventh Street | Frederick, Maryland 21701

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.

# THE PATIENT NAVIGATOR: A GUIDE WHEN YOU NEED IT MOST

When it comes to treating cancer, the jury is in: multidisciplinary care is better care--and well-coordinated multidisciplinary care is best. Fortunately for the residents of Frederick County, this type of multidisciplinary, coordinated care is the foundation of the FMH Cancer Care Program.



*Pictured L-R: Breast Imaging Navigator Gwen Frey, Multidisciplinary Lung Cancer Clinic Navigator Maggie Siebeneichen and Center for Breast Care Navigator Kerri Liedy.*

Central to the type of care provided at FMH are the services of the patient navigator. Navigators help manage the unique needs of patients with cancer, helping them focus less on administrative matters and more on their treatment and recovery.

"Hearing the words 'You have cancer' is a difficult moment for any person," says Kerri Liedy, Patient Navigator at the Center for Breast Care. "It's very frightening, and that fear can make it difficult to sort out what is being said about their condition and treatment options. If they have to try to schedule appointments while also figuring out financial, insurance and employment issues, can be overwhelming."

Patient navigators schedule any imaging studies, lab tests, surgical procedures, consultations and appointments that the patient may need. They then coordinate a conference of everyone on the patient's care team, where a master plan of care is determined with each professional's input. Experience has shown that this approach dramatically reduces the time it takes for the patient to go from diagnosis to treatment.

"In addition to coordinating the care, our job is also to remove any roadblocks to treatment," says Maggie Siebeneichen of the Multidisciplinary Lung Cancer Clinic. "We help patients get into treatment quickly by making referrals both inside and outside FMH to be sure that all their needs are met."

**LOOKING AHEAD:** Plans for the new FMH Cancer Institute include the hiring of additional patient navigators to assist patients and their families with medical, emotional and logistical issues. Larger multidisciplinary meeting areas and shared work spaces in the new facility will provide much-needed space for confidential patient and family consultations.