

# 2012 Outcome Report

MERCY HEALTH – ANDERSON HOSPITAL CANCER COMMITTEE  
CANCER PREVENTION AND SCREENING



MERCYHEALTH

# 2012 Cancer Commitee Members

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Kevin Weber, MD	Radiology
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# Cancer Incidence

Nationwide, the cancers with the highest incidence continue to be prostate, breast, lung, colorectal, bladder, melanoma, non-Hodgkin lymphoma and kidney/renal pelvis.

The five most common cancers in Ohio and the U. S. are prostate, breast, lung, colorectal and melanoma. These are also among the most frequently diagnosed cancer sites in the

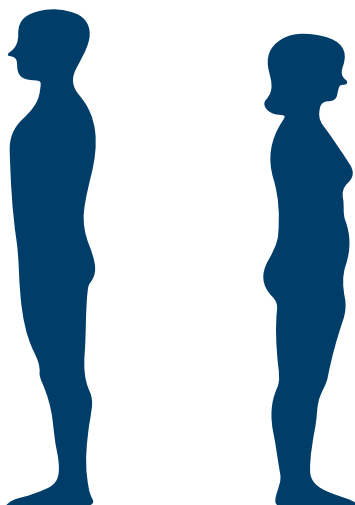
communities we serve. These include primarily the Ohio counties of Hamilton, Clermont and Butler, and neighboring counties in Indiana and Kentucky.

At Mercy Health — Anderson Hospital, breast (28%), lung (20%) and colorectal (13%) were the most frequently diagnosed cancers in 2011. Breast cancer was our top cancer site for women (43%) and prostate (39%) was the most common cancer for men.

## 2011 TOP CANCER SITES BY SEX UNITED STATES VS MERCY HEALTH — ANDERSON HOSPITAL (MHA)

### Male

Prostate	U.S. 29%	MHA 2%
Lung & Bronchus	U.S. 14%	MHA 27%
Colon & Rectum	U.S. 9%	MHA 18%
Urinary Bladder	U.S. 6%	MHA 4%
Melanoma of the Skin	U.S. 5%	MHA 1%
Kidney & Renal Pelvis	U.S. 14%	MHA 27%
Non-Hodgkin Lymphoma	U.S. 3%	MHA 1%



### Female

Breast	U.S. 30%	MHA 43%
Lung & Bronchus	U.S. 14%	MHA 17%
Colon & Rectum	U.S. 9%	MHA 10%
Uterine Corpus	U.S. 6%	MHA 2%
Thyroid	U.S. 5%	MHA 2%
Non-Hodgkin Lymphoma	U.S. 4%	MHA 3%
Melanoma of the Skin	U.S. 4%	MHA 6%

# Stage at Diagnosis

When considering the types of early detection and screening activities that are needed to improve outcomes, it is also important to evaluate which cancer sites in the community present at late stage, when treatment options are more limited and prognosis is less favorable.

The table below shows the stage at diagnosis for lung, colon and breast cancer at Mercy Health — Anderson Hospital compared to the state of Ohio, during the period between 2004 and 2008.

## STAGE AT DIAGNOSIS 2004 - 2008

### State of Ohio Stage at Diagnosis

	Early Stage	Late Stage	Stage Unknown
Lung	17%	69%	14%
Colorectal	44%	47%	10%
Breast	67%	29%	3%

### Mercy Health — Anderson Hospital Stage at Diagnosis

	Early Stage	Late Stage	Stage Unknown
Lung	22%	76%	2%
Colorectal	38%	59%	3%
Breast	72%	28%	1%

# Mercy Health Cancer Prevention and Screening Activities

To meet the growing and changing needs of the patients and the communities we serve, our cancer committees continually strive for cancer program excellence by annually reviewing our services and setting goals to improve and enhance services; performing patient care studies to assess and improve the treatment given at our hospitals; and assessing the cancer education, prevention and screening needs of the community. Based on community needs, cancers of the breast, lung, colon/rectum, prostate and skin/melanoma have been the primary focus of our prevention and early detection efforts.

Mercy Health recognizes the role of healthy behaviors and cancer screening in preventing cancer and finding it early and supports our communities by offering and sponsoring on-site and local prevention and screening programs and through referrals to community organizations.

A variety of cancer prevention and screening activities were achieved in 2012. These included cancer, in general, and others focused on specific prevalent cancers.

- Cancer Prevention Study — 3 (CPS-3): In collaboration with the American Cancer Society, Mercy Health participated in the Cancer Prevention Study - 3 (CPS-3). Information will be gathered from study volunteers for 20 years. The study findings will help us understand how to prevent cancer.

**Outcomes:** Mercy Health signed up a total of 329 volunteers to participate in this nationwide study.

- Mercy Health — Anderson Hospital: 23
- Mercy Health — Clermont Hospital: 67
- Mercy Health — Fairfield Hospital: 37
- The Jewish Hospital — Mercy Health: 124
- Mercy Health — Mt. Airy Hospital: 38
- Mercy Health — Western Hills Hospital: 40

- “Cancer 101:” Hosted by Mercy Women at the Anderson Community Center — a free community presentation on cancer prevention and care. It was a part of the “Increase Your Knowledge and Reduce Your Risk” health education series, provided through Mercy Health — Anderson Hospital. There were free information booths and presentations with a question-and-answer session. Karen Dyehouse, MD, medical oncologist, provided information on treatment options, clinical trials and early detection. Sara Knapke who specializes in genetic testing and counseling discussed ways to identify potential risks along with a panel of experts on cancer prevention and care.
- Cincinnati Combats Cancer: Mercy Health provided regional sponsorship for day-long event with topics on cancer education, wellness and prevention. 4,000 people attended. At the event, free cancer screenings were given for breast, prostate and skin cancers.

## **Outcomes:**

- 75 people were screened for skin cancer. 1 possible melanoma.
- 70 people signed up for “Be the Match,” a bone marrow transplant program.
- 10 patients were screened for prostate cancer with PSA and DRE.
- Numerous patients registered for mammograms.
- Over 50 booths were set up to provide information on cancer

# Cancer Prevention

Cancers that can be prevented or detected earlier by screening account for at least half of all new cancer cases. The American Cancer Society estimates that 173,200 cancer deaths will be caused by tobacco use in 2012. Cancers caused by smoking and heavy use of alcohol can be prevented completely.

Lifestyle changes that reduce risk factors can prevent many cancers. Focusing on the major cancers seen in our area, Mercy Health has served our patients and our communities in 2012 by offering programs aimed at preventing tobacco-related cancers, including lung, and those related to other lifestyle choices such as colorectal and skin cancer.

- Mercy Health promotes awareness of lung cancer prevention at community health fairs and through partnership with community agencies.
- Mercy Health screens our patients for tobacco use and offers smoking cessation counseling and assistance programs to our patients and our communities.

According to the American Cancer Society, one-third of cancer deaths in the United States in 2012 will be related to poor nutrition, obesity and physical inactivity. Avoiding these lifestyle factors may help prevent several major cancers such as colon, post-menopausal breast, endometrial (uterine), kidney and esophageal.

- Mercy Health offers healthy eating, weight reduction and exercise programs to our patients and communities
- Mercy Health offers colorectal screening which can result in detection of “pre-cancerous” polyps that may become cancerous over time

# Early Detection and Cancer Screening

Early detection of cancer has been proven to increase survival rates. Cancers diagnosed in an early stage are the most treatable. Cancers that can be diagnosed early through screenings are breast, colon, rectum, cervix, prostate, oral cavity and skin. Screening is known to reduce mortality in breast, colon, rectum and cervical cancers.

## BREAST CANCER

Mammography is the most common test used to detect breast cancer at an early stage. Studies have shown that routine mammography aids in early detection, saves lives and increases treatment options. Mammography is an accurate screening tool. On average, mammography will detect 80 – 90% of breast cancers in women without symptoms.

- At Mercy Health, we promote early detection of breast cancer by offering breast cancer awareness information including screening information and guidelines on-site in our facilities and in our communities, at local health fairs and other community events.
  - We promote breast cancer screening during our annual Breast Cancer Awareness Month blitzes in October.
- Mercy Health offers state-of-the-art digital mammography screening, along with breast ultrasound and Magnetic Resonance Imaging (MRI), all of which are accredited by the American College of Radiology.
- At Mercy Health we promote early detection of breast cancer by making it easier for the women in our communities to get regular mammography screening, both on-site and in the community at health fairs and other community events.
  - Fund-raisers were held to provide free digital-screening mammograms to low-income and under-insured women in Greater Cincinnati.
- The Mercy Health Mobile Mammography Units offer women screening mammograms in 15 minutes at locations convenient to their home or workplace. Mercy Health Mobile Mammography includes The Jewish Hospital Mobile Mammography program and has expanded to include three mobile units. Our mobile mammography vans:
  - are staffed by female technologists registered in mammography and board-certified radiologists, experienced in the interpretation of mammograms
  - are equipped with full field digital technology, allowing images to be viewed in seconds so the technologist can check for proper positioning, reducing the possibility of coming back for repeat images
  - have dressing rooms that provide absolute privacy
  - double-check all mammography images with a computer-aided detection system that detects 23 percent more breast cancers than mammography alone and are accredited by the American College of Radiology (ACR) and the Mammography Quality Standards Acts (MQSA).
- In addition, to meet the needs of busy Mercy Health employees, the Mercy Health Mobile Mammography units provided screening mammograms at each Mercy Health facility in October.

## COLORECTAL CANCER

Detection of colorectal cancer at an early stage leads to less extensive and more successful treatment. Screening colonoscopy is the most recommended exam to detect cancers in the colon and rectum. Beginning at age 50, men and women who are at average risk for developing colorectal cancer should begin screening, following one of the testing schedules recommended by the American Cancer Society or other nationally-recognized organizations. Colorectal screening can result in detection of polyps that may become cancerous along with early detection of existing colorectal cancers.

- Colorectal Cancer Awareness Month was promoted  
**Outcome:** Mercy Health — Anderson Hospital sponsored colorectal cancer screening event had 100 visitors; 5 hemoccult packets given out; no positive findings
- The Endoscopy units at Mercy Health hospitals offer screening sigmoidoscopies and colonoscopies performed by board-certified gastroenterologists and surgeons.
- Nationally-recognized screening guidelines are promoted for follow-up colorectal screening
- A wide range of Imaging and Endoscopy services to detect colon cancers are available at Mercy Health.

## LUNG CANCER

Lung cancer has been difficult to diagnose at an early stage. Recent results from a clinical trial showed that annual screening chest x-rays did not reduce lung cancer mortality. Recently low dose CT scans and molecular markers in sputum have produced promising results in detecting lung cancer at an earlier stage in high-risk patients. The National Lung Screening Trial results showed 20% fewer lung cancer deaths among current and former heavy smokers who were screened with low dose spiral CT scan. Formal guidelines have not been developed for screening high-risk patients for lung cancer.

- “Live Long, Breathe Easier:” informative seminar on smoking cessation strategies, cancer prevention and the latest advances in surgical treatment for lung cancer. Lyn Sontag, PsyD, board-certified Clinical Psychologist, and S. Russell Vester, MD, board-certified thoracic surgeon, were the key presenters at this event. Dr. Sontag has helped patients quit smoking using proven smoking cessation techniques and Dr. Vester has 20 years of experience treating lung cancer using minimally-invasive techniques.
- Mercy Health provides a wide array of state of the art diagnostic and imaging services to aid in the early detection of cancers. Services available include:
  - Computerized Tomography (CT) Scans
  - Magnetic Resonance Imaging (MRI) / Open High Field MRI featuring CinemaVision
  - Nuclear Medicine
  - PET/CT
  - Ultrasound
  - X-Ray and Fluoroscopic Procedures
- Lung cancer awareness is promoted annually through Lung Cancer Awareness Month activities such as “The Great American Smokeout” in November

## PROSTATE CANCER

- “Your Prostate Health” was held at Mercy Health — Anderson Hospital, as part of national Men’s Health Week. Board Certified Urologist Aaron Bey, MD, from the Urology Group was the guest speaker. Free prostate exams and PSA testing were done, along with counseling on options to treat prostate cancer and information on men’s health.

## MELANOMA/SKIN CANCER

More than 2 million skin cancers are diagnosed annually; these could be prevented by protecting the skin from sun exposure and avoidance of indoor tanning.

- “Melanoma Know More,” was held at Mercy Health — Anderson Hospital to promote skin cancer awareness, prevention and early detection.  
**Outcome:** 66 people were screened and 33 had abnormal findings. Of these, 5 were referred for follow-up with a dermatologist and 28 were referred for biopsy.
- Mercy Health promotes awareness of skin cancer prevention at community health fairs and through partnership with community agencies.

# Summary of Outcomes

- The major cancer sites seen in our communities, lung, breast and colorectal, are reflective of those seen nationally
- The majority of lung and colon cancers present in late stage (stage 3 and stage 4)
  - Activities to promote screening and prevention should be focused on improving the high numbers of late-stage disease at diagnosis
- Several prevention and screening programs were offered through sponsorship or in collaboration with other agencies, for breast, colorectal and lung cancer, as well as melanoma.



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