

INSIDE LOOKING OUT



UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER
THE CANCER INSTITUTE

AN AFFILIATE OF THE UNIVERSITY OF MARYLAND
MARLENE AND STEWART GREENEBAUM
COMPREHENSIVE CANCER CENTER

STORIES OF **HOPE** AND **HEALTH** FROM
THE CANCER INSTITUTE AT UNIVERSITY OF MARYLAND ST. JOSEPH MEDICAL CENTER



IT'S PERSONAL...



UM SJMC's Cancer Institute is an affiliate of the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, one of the premier treatment and research centers in the country and a NCI-designated comprehensive cancer center. As a member of the University of Maryland Medical System's Cancer Network, which offers an integrated and coordinated approach to cancer care, UM SJMC has access to national experts, the latest treatments and clinical trials.

At UM SJMC Cancer Institute, our goal is to provide high-quality care and support to each patient and family member throughout every phase of their cancer journey. Our team of medical and allied health experts meets weekly to discuss the best treatment plan for each patient and takes many factors into consideration, including personal wishes and socio-economic barriers, among many others. Today, our wide range of patient and family support services helps guide our patients through their cancer experiences and involves them and their families in care decisions—and this is standard practice throughout the Cancer Institute.

We are proud to share several successes we've achieved over the past year:

- Increased number of patients completing their Advance Directives
- Initiated planning for a new oncology-specific electronic medical record, in support of a superior patient experience
- Conducted our third annual colon cancer screening event for employees, held on two Saturdays in March, resulting in additional screening for our dedicated staff
- Partnered with the University of Maryland School of Nursing to open a Cancer Survivorship study, to better understand the health and wellness preferences of patients after they are diagnosed with cancer
- Developed a new process to identify women and/or family members eligible for cervical cancer and/or colorectal screening, for referral to the Baltimore County Department of Health
- Began monthly psychosocial conferences, during which our team, together, identifies a plan to support patients with significant emotional, physical, spiritual, or financial challenges, to ensure that we do all we can to meet these needs

Our focus is on caring for the whole patient, not just the disease. And, most importantly, we continue looking at things as if we were the patient or family member—from the inside, looking out.

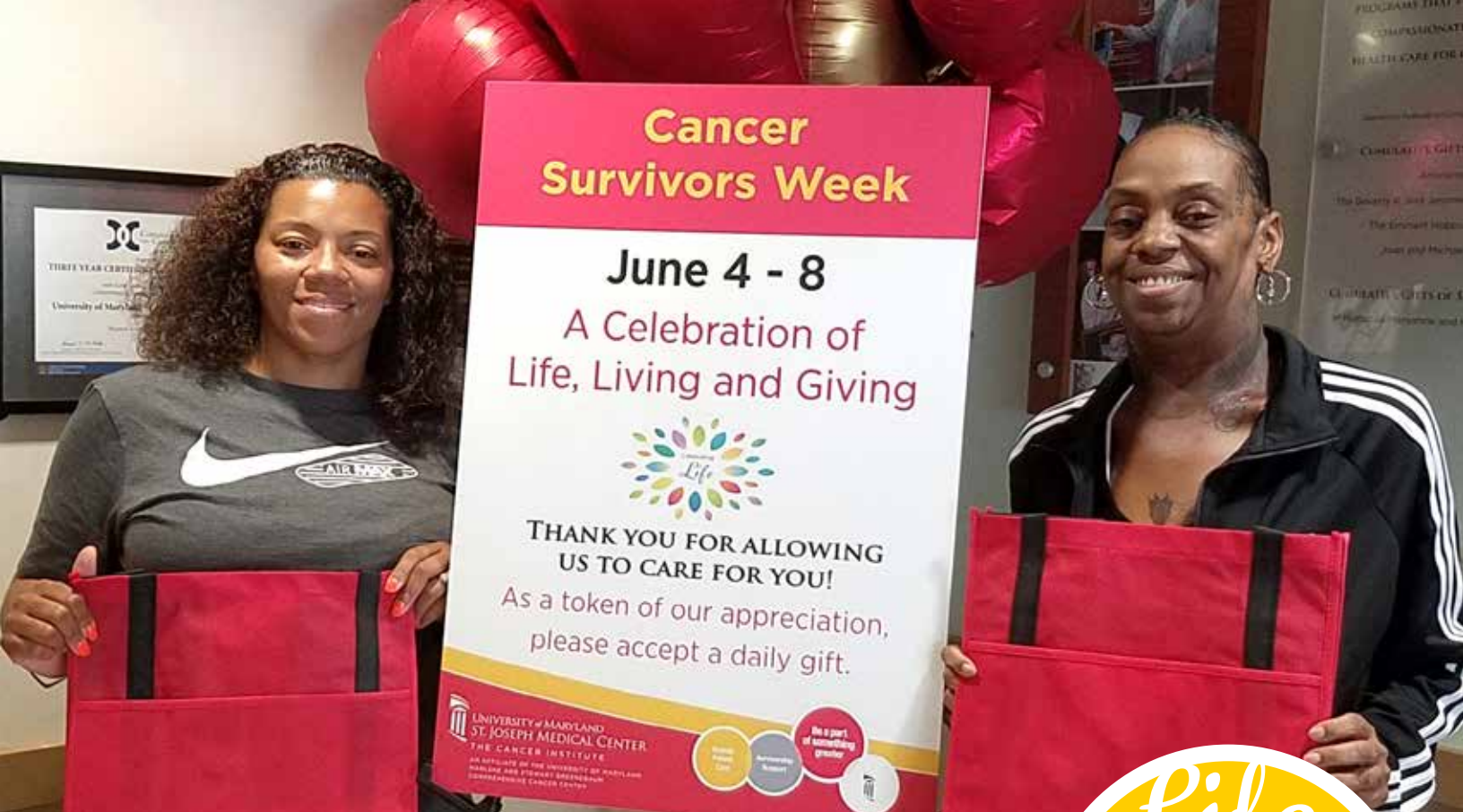
Nader Hanna, MD, FACS
Medical Director

Professor of Surgery, University of Maryland School of Medicine

Monica Fulton, RN, BSN, MBA
Operations Director

Proud to be accredited by:





SOMETHING TO CELEBRATE!

Annual Survivors Week Celebration Honors Patients, Inspires Staff

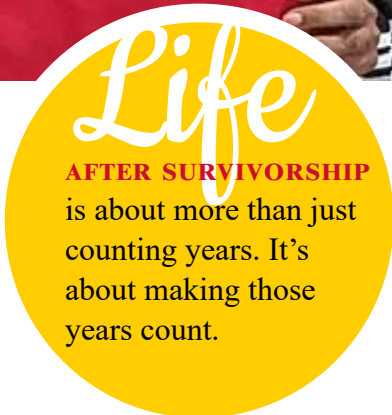
The first week in June marks one of our favorite times of the year! That's when the Cancer Institute hosts its annual Survivors Week Celebration, to commemorate National Cancer Survivors Day, held each year on the first Sunday in June.

From June 4-8, the Cancer Institute threw a week-long celebration of life, living and giving by sharing daily tokens of appreciation with our patients. These small gifts—including tote bags, seed packets and journals—coupled with sweet treats such as heart-shaped cookies with ice cream, have a special meaning to staff and patients alike. “Survivors Week is so gratifying to our team, because it’s a chance to literally give back to our patients,” says Cancer

Institute Nurse Manager Kelly Powers RN, BSN, OCN. “We get to honor them, their family members, friends and caregivers, all of whom are affected by cancer and inspire us with their courage, humor and perseverance.”

This year’s program also featured a sampling of integrative health therapies. Patients and their families could experience the values of massage, Healing Touch and mindfulness training. “We love Survivors Week,” says Cancer Institute Operations Director Monica Fulton, RN, BSN, MBA. “It reminds us of what a blessing it is to serve our patients...Their joyousness is life affirming.”

Which is exactly what Survivors Week is meant to be.



SAVE THE DATE OUR NEXT SURVIVORS WEEK CELEBRATION WILL BE HELD **JUNE 3-7, 2019**. VISIT umstjoseph.org/InsideLookingOut FOR DETAILS.

New Wellness and Support Center Opening, For Lifelong Health

Our cancer program's ongoing focus is this: to do what we can, always, to better meet the needs of our patients, community and colleagues. With this in mind, we are especially proud to announce the opening of a new Wellness and Support Center on the third level of our Cancer Institute that will provide a full spectrum of cancer support services, to enhance the lives of cancer survivors and their families.

Patients with any type of cancer will have access to a specialized nurse practitioner, social worker and financial coordinator, who will support their emotional, psychological, spiritual and financial needs. Other available services will include:

- Healing Touch therapy, a form of energy work that has been shown to help patients with their pain, nausea and anxiety
- Nutritional counseling from a registered dietitian, who will meet with patients throughout treatment, to support a healthy diet and physical activity
- Acupuncture, to help combat cancer-related fatigue, nausea, pain, sleeplessness and more

Services will be delivered in a warm, nurturing environment—for patients' best health and lifelong recovery—and our staff will work with patients' health care teams, to keep them informed of their ongoing treatment and progress.

With the addition of our new Wellness and Support Center, there are more reasons than ever to choose the Cancer Institute and UM SJMC:

- The UM SJMC Cancer Institute is now the second-largest cancer center within the entire University of Maryland Medical System, with the number of analytical cases in 2018 exceeding 1,190 (a 14% increase since 2015).
- The rate of patients participating in clinical trials was 15% in calendar year 2018 (an increase from 6% in 2014), based on the Commission on Cancer guidelines.

- In 2018, UM SJMC was named #3 in Maryland and #3 in the Baltimore Metro area by *U.S. News and World Report's* Best Hospitals ranking. UM SJMC was also rated high-performing in seven adult procedures/conditions, including colon cancer surgery and lung cancer surgery.

Watch for more information about our new Wellness and Support Center, coming this summer.

Oncology Support Specialists Honored



Three Cancer Institute employees were honored at the 2018 symposium for their outstanding accomplishments in each of their roles (front row, l to r): Financial Coordinator Cheryl Ferguson, Nurse Manager Kelly Powers RN, BSN, OCN, and Radiation Therapist Nicole Severson, RTT. On hand to present the awards—and to offer warm congratulations—were (back row, l to r) Medical Director Nader Hanna, MD, Operations Director Monica Fulton, RN, BSN, MBA, and SVP of Operations Craig Carmichael.

Cancer Institute Holds 12th Annual Symposium

Over 150 guests enjoyed talks by expert speakers who thoughtfully explained how their specialty area supported the *Management of Patients During Active Cancer Treatment*, this year's event theme. Following the symposium, attendees were invited to participate in individual workshops devoted to relevant topics for oncology clinicians, including *Navigating Community and Financial Resources*, *Advanced Care Planning* and *Incorporating Cancer Screening Strategies Into Your Practice*. Please save the date: The 13th Annual Cancer Symposium will be held on Thursday, November 7, 2019.



Screening Makes a Difference Campaign Expands Outreach Efforts

The Cancer Institutes’s annual *Screening Makes a Difference* campaign included four screenings this year—for breast, prostate, cervix and colon. Lung cancer screenings were also available, offered in partnership with Advanced Radiology. 2018 marked the third year of our participation in the *80% Pledge* campaign, which encourages those age 50 and older to get a colonoscopy. If you do not have coverage for screening or have to pay high out-of-pocket costs, you could be eligible for assistance from the Baltimore County Department of Health, at 410-887-3456.

Gifts that Make a Difference

The Cancer Institute is grateful for the 620 gifts from 536 donors in fiscal year 2018, which totaled more than \$629,000! These gifts enable our staff to provide programs and services, often found outside of the traditional clinical model, that need to be funded solely through philanthropy. Integrated Health, the Geraldine G. Schultz Fund for Breast Cancer Survivors, patient assistance and patient experience improvements each benefited from our generous supporters. Thank you all!

Welcome Medical Oncologist Selvi Lingam, MD



Dr. Lingam received her medical degree from Kasturba Medical College, India. After completing residency

at Coney Island Hospital, NY, she did a fellowship in Transfusion Medicine at University of Cincinnati, OH. She then pursued her passion for Hematology-Oncology by completing the fellowship at Maimonides Medical Center in Brooklyn, NY, where she served as Chief Fellow. She has authored and co-authored several publications with emphasis on breast cancer research.

Dr. Lingam comes from the Tunnell Cancer Center in Rehoboth Beach, DE, having served as Interim Director and a hematologist/oncologist. Dr. Lingam was also a hematologist/oncologist with Pinnacle Oncology Associates, in Harrisburg, PA. She is board certified in Hematology & Medical Oncology, Transfusion Medicine and Internal Medicine.



Cancer Institute Physicians Rated “Baltimore’s Top Docs” by *Baltimore* magazine

CONGRATULATIONS

to the following physicians who were recognized as 2018 top docs:

Anesthesiology
Glen J. Hessinger, MD

Gastroenterology
Josh Forman, MD
Scott M. Huber, MD

Gastroenterology:
Inflammatory Bowel Disease
Josh Forman, MD

General Surgery
Sheldon H. Lerman, MD
Richard A. Mackey, MD
Atena Rosak, MD

Hematology
Yousuf Gaffar, MD

Intensivist/Critical Care
Linda Barr, MD

Interventional Radiology
Margaret Alma Lynch-Nyhan, MD

Oncology: General
Richard Schraeder, MD

Oncology: Breast
Rima Couzi, MD

Oncology: Pancreatic
Mark Fraiman, MD

Palliative Medicine
Helen M. Gordon, MD

Radiation Oncology
Jason Citron, MD

Gynecologic Oncology
Dwight D. Im, MD
Francis C. Grumbine, MD

Breast Surgery
Emily Bellavance, MD
Michael J. Schultz, MD

Colo-Rectal Surgery
Andrea C. Bafford, MD
Howard K. Berg, MD

Surgical Oncology
Mark H. Fraiman, MD
Nader Hanna, MD

Pathology
David Brinker, MD

Plastic Surgery: Reconstructive
Nassif E. Soueid, MD

Thoracic Surgery
Whitney Burrows, MD
Shamus Carr, MD
Gavin Henry, MD
Shelby Stewart, MD

Prostate Cancer Surgery
Daniel D. Dietrick, MD
Benjamin H. Lowentritt, MD
Marc H. Siegelbaum, MD
Ronald F. Tutrone Jr., MD

THE HEALING POWER OF ART



Claudia Tordini and
her breast surgeon,
Michael J. Schultz, MD

For breast cancer survivor
Claudia Tordini, painting and
writing are lifegiving tools

I was diagnosed with breast cancer in March 2013. It was a shock. I had gone for a regular checkup, which led to a mammogram, followed by a biopsy. Finally, on a Friday morning, the lab called me with the results. The diagnosis completely overwhelmed me. I couldn't understand how this was happening and could not contain my emotions. Those few words I had heard from the pathologist had forever altered the course of my life. Now there was only one certain element in my life: uncertainty.

The day I was diagnosed with cancer, my doctor was out of town and I could not talk to her until the following Monday. I was alone, single, and had no family in the U.S. except for a brother in Miami. I did not expect this to happen to me in a foreign country. I was not prepared to navigate the healthcare system and did not have the network of contacts I needed to find a doctor I could trust. Through a dear friend's husband, my biopsy pathology report was forwarded to Dr. Michael Schultz, the head of the Breast Center at UM St. Joseph. He called me on a Saturday afternoon and spent an hour on the phone talking to me. He was comforting and reassuring. I felt safe with him.

After several additional tests, including MRI and new biopsies, Dr. Schultz and his team recommended a mastectomy. I wanted to avoid it by any means



"To honor my left breast," April 2013

I FELT [THAT DR. SCHULTZ] REALLY CARED ABOUT ME AND RESPECTED MY CONCERNS ... AS I MADE MY DECISION.

- Claudia Tordini

possible. It felt like an attack on my femininity, like I was going to become less of a woman and no man would ever want me again. I went back and forth between denial and rational analysis. Dr. Schultz was extremely helpful during this period. He explained in detail why the mastectomy was better than a lumpectomy. He listened to my doubts and

clarified things I didn't understand, which helped me come to terms with the mastectomy. This process took time and several conversations. I felt he really cared about me and respected my pace and concerns as I considered my options and made my decision.

The cancer diagnosis led me to constantly juggle isolation and connections in a new way. While the disease was endangering my life and I had to come to terms with its risks and the treatment, many people in my life were being affected by it as well. I was becoming dependent on them and others for support and help. It is not an easy task to figure out how much you grieve alone before you call a friend. Or how much you let your emotions get



in the way of a decision about surgery. Or how much of your distress you share with others.

I was fortunate to find answers in my passion for art. I had been doing art for about 15 years as a path to self-discovery and growth, and it became a handy resource that helped me navigate my diagnosis and treatment. Art allowed me to stay in touch with my strengths and the core of who I am. Mostly, art helped me feel alive! For many, the word “cancer” brings death to mind. Instead of feeling that way, through art, I realized a cancer diagnosis did not erase who I was. While working on my painting “Colors in the night,” I realized I not only was still alive—but I still had access to all the skills and strengths I had developed throughout my life, including creativity, to help me walk this journey. That was the moment my healing process started.

Art is lifegiving, whether you are creating or beholding it. It offers a means for us to connect with ourselves and with others, to learn and grow. And if

you are dealing with a serious illness like cancer, art is a way to give room to your emotions, face them, express them, and reflect on them so that you can move on and make important decisions about your treatment. It allows your body to focus its energies on healing.

Painting and writing about my experiences were a big part of my healing journey. This helped me stay focused on the colors and power of life and it gave me strength during a very difficult time. “To honor my left breast” is a piece I did to help me come to terms with a mastectomy before the surgery. I did my right breast in pink but the left one in yellow to represent the fact that getting rid of it was to open the door for life to flow in again. In “Learning to love my new body,” I cut the left front part of a shirt and stitched it back to its place. At the breast level, I embroidered a pink heart on the left. This process allowed me to think of how much my body had gone through and look at my new image with tenderness.



Claudia Tordini and her husband, Richard, married September 22, 2018 in Lucca, Tuscany, Italy

Last year, during a regular checkup with Dr. Schultz, I was inspired to do a painting for him to reflect that he not only cures breast cancer, he also heals women's hearts, because he cares about his patients in a holistic way.

I have made art and creativity a core part of my life. I now use art in my coaching and consulting practice on leadership, team and organizational development, creativity and innovation. I have developed a model for using art as an experiential learning process.

I also keep painting for myself, using my art as a means to tell human stories and create awareness of the power of art in others.

Cancer makes you feel like you are falling off the world. It is important to remember that life does not end with a cancer diagnosis. Everything you were before the diagnosis, you still are. And there are a lot of people around you willing to help and make you feel loved.

LEARN MORE

BE INSPIRED! SEE MORE OF CLAUDIA'S BEAUTIFUL AND LIFEGIVING ART: VISIT umstjoseph.org/InsideLookingOut

FAITH, FAMILY & FELLOWSHIP

The Foundation of Recovery



Calvin Parnell, Sr., with his surgeon, Mark Fraiman, MD, strives to make his life a beacon for other cancer survivors

Ten years ago, at age 53, I went to my doctor for a regular checkup. I was surprised when blood work showed that my liver enzymes were elevated, because I felt fine. After more tests, I was referred to Dr. Mark Fraiman, a surgeon at the Liver and Pancreas Center at UM St. Joseph for a liver biopsy. It showed I had advanced liver cancer caused

by long term hepatitis. Scans of my liver found a tumor the size of a grapefruit.

Dr. Fraiman treated my cancer with chemoembolization, which puts the chemotherapy drugs directly into the liver. He said it went well, but there was a good chance the cancer would return. My prognosis was that I had about six months to live. He told me there was an aggressive procedure he could try, but there was a risk that I could die during surgery. His candor helped me get to the frame of mind I needed to survive. I knew this was out of my hands, but I wanted the chance to have more time with my family, if possible, so I agreed to the surgery.

Dr. Fraiman removed about 80 percent of my liver in an eight-hour surgery during which I required 18 pints of blood. I then did 48 weeks of treatment to clear the hepatitis virus from my system. It took me about six months to get back on my feet, but I started getting stronger and even took up golf. Today, my health is great and my doctors continue to marvel at how well I'm doing. I had developed diabetes as a result of my treatment, but I changed my diet and was able to get my blood sugar under control so that I no longer have to take insulin.

When I was first diagnosed with cancer, I thought, "Why me?" But I'm a person of strong faith and realized the real question was, "Why not me?" Going through this could be a chance to encourage others with cancer, and I have talked with other survivors and shared my story. You can't let cancer overwhelm the life you have. You need to remember it's a blessing to see each new day. Every day is an opportunity to get your relationships right and see life through a new perspective.

YOU MAY NOT
HAVE CONTROL
OVER CANCER,
BUT YOU DO
HAVE CONTROL
OVER *HOW*
YOU LIVE WITH
CANCER.

- Calvin Parnell

You may not have control over cancer, but you do have control over *how you live* with cancer. I had cancer. It didn't have me.

WHY I GIVE



In honor of her late mother, Shirley Marconi (pictured at left) recently created the Jacqueline Marconi Fund for Nurse and Staff Education and Recognition. The fund will be used to help our cancer care nurses and staff take continuing education courses, host guest lecturers and recognize the team's amazing work.

At University of Maryland St. Joseph Medical Center, we strive to follow the words of Mark 7:12: “So in everything, do unto others what you would have them do unto you,” particularly in our care for our patients and in our care for each other. This is why it is so gratifying when we receive support from patients like Shirley Marconi who reminds us that we are, indeed, living by the Golden Rule.

Shirley, who has dealt with an especially severe case of Crohn's Disease for 35 years, first came to UM St. Joseph in 1983. She followed her gastroenterologist, Neil Goldberg, MD—now retired—when he began affiliating with our hospital. It is a decision she has never regretted. To keep her illness under control, Shirley comes to the UM St. Joseph campus every six weeks to receive a powerful immunosuppressive drug. “I pass seven other hospitals along the way,” says this native of Baltimore City. “I would pass 100 hospitals if I had to, this place is that wonderful,” Shirley says. “My gastroenterologists are fantastic, but the nurses are my true angels. These amazing heroes keep me alive. Their body of knowledge is miraculous, but it is their attention to my heart that means the most to me.”

By “heart,” Shirley means that essential human connection that reminds us that we are not alone. And, as she sees it, it's this truly heart-felt support that sets UM St. Joseph apart. “Coming into St. Joe's is like walking into a hug,” she says. “Not only do they know my physical needs, my angels somehow

know my emotional needs— and they meet them every single time, just as they have been doing for the past 20 years.”

Nurse Kelly, RN, says, “Shirley is very kind in her remarks, but the truth is, she is giving us a gift by allowing us to care for her. To know that we are helping Shirley and others like her, is the reason we get up in the morning...It's the miracle we give and are blessed to receive in return.”

Why I Give: In Shirley's Own Words

“The reason I chose to make this donation is to honor my mother. Nurses have always played an important part in my family's life. I was very ill when I was young, and the nurses caring for me helped my mom understand my condition and treatment. Because of that experience, when my father passed away, she started an endowment at a local community college for nursing education in his honor. So, it made sense to me to honor my mom in a similar way.

“My decision to donate to UM St. Joseph goes back to my faith. We're not being charitable to make a name for ourselves. We give as individuals to support those who've touched our lives and made them better. A donation doesn't have to be big to make a difference. A little can go a long way.”



If you feel called to support the work of our Cancer Institute, call **410-337-1397** or visit umstjoseph.org/Giving.

7501 Osler Drive
Towson, MD 21204

New Patient Referrals: 1-800-441-7562
Online: umstjoseph.org/Cancer

GET CHECKED...SCREENINGS SAVE LIVES!

Your good health is important to us. University of Maryland St. Joseph Medical Center's Cancer Institute will host the following free* or program-sponsored cancer screenings in the coming year:

Prostate Cancer Screenings*

September 2019

Held at the UM SJMC Cancer Institute

Call 410-337-1479 to schedule an appointment.

Breast Cancer Screenings*

October 2019

Held at the UM SJMC Breast Center

Call 410-337-1479 to schedule an appointment.

Cervical Cancer Screenings*

March 2020

Held at Women's Health Associates

Call 410-337-1479 to schedule an appointment.

Colon Cancer Screenings: 80% Pledge Program

Ongoing colon screenings are offered in partnership with the Baltimore County Cancer Program. If you do not have coverage/have high out-of-pocket costs for a colonoscopy, you could be eligible to receive assistance. Call Baltimore County Department of Health at 410-887-3456.

Low-Dose Lung Screening Program

Screenings are held throughout the year at Advanced Radiology, in cooperation with UM SJMC Cancer Institute. Call your primary care physician to see if you qualify.



Visit umstjoseph.org/CancerCommunityOutreach to learn more about UM SJMC Cancer Institute stats, facts and community outreach programs.