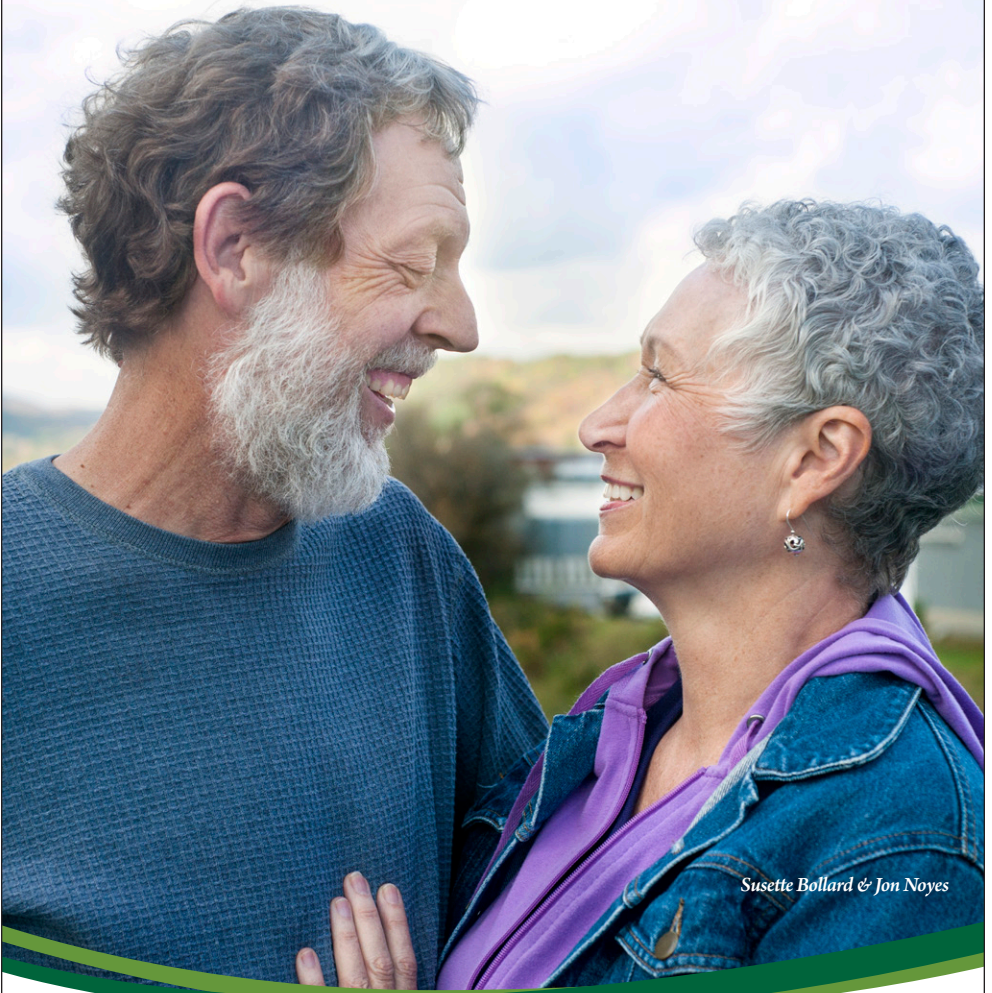


Exceptional cancer treatment. *This close.*



Susette Bollard & Jon Noyes

Cancer Care

2015 Annual Report

THE
University of Vermont
HEALTH NETWORK

The heart and science of medicine.

Central Vermont Medical Center

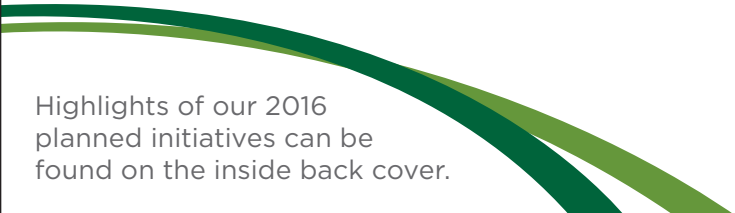
Our Mission

As the chairman of the Cancer Committee, I look forward to continuing our cancer program activities while providing compassionate, multidisciplinary cancer care to the central Vermont community. Our 2015 Annual Report on Cancer Care outlines the many projects we saw to completion and what we hope to accomplish in 2016. In addition, with the retirement of Dr. John Valentine after 35 years of serving our community, we welcomed Dr. Eswar Tipirneni to our cancer care team, along with several other new specialty physicians.

Central Vermont Medical Center is a member of the University of Vermont Health Network. Our Cancer Care Program is accredited with commendation by the American College of Surgeons, Commission on Cancer. The year 2015 marked our successful survey for reaccreditation by the American College of Surgeons, demonstrating our compliance and commitment to providing the highest quality of patient care. The Cancer Committee looks forward to continuing with this commitment as we support a number of new initiatives in cancer care.



DANIEL FRAM, MD-COMMITTEE CHAIR



Highlights of our 2016
planned initiatives can be
found on the inside back cover.

In 2015, CVMC welcomed several new physicians who complement our multidisciplinary cancer care team.



Dr. Eswar Tipirneni joined Dr. David Ospina at Adult Primary Care, Hematology & Oncology. He is a graduate of Kamineni Institute of Medical Sciences where he studied medicine and surgery. Dr. Tipirneni completed his internal medicine internship at St. Joseph Mercy Hospital and his internal medicine residency at St. Vincent Hospital. He completed his hematology/oncology fellowship at the University of Massachusetts Medical School where he was chief fellow. He is board certified in internal medicine and hematology/oncology. He chose to work in cancer care due to his appreciation for the long-term provider and patient relationship involved in treatment.



Dr. Sarah Lomas joined Dr. Ed Ziedins at UVM Medical Center Berlin General Surgery. She completed medical school and residency at the University of Vermont. Dr. Lomas is a native Vermonter and is happy to be able to stay in her home state to practice medicine.



Dr. John Horan joined CVMC Urology in October. He is a graduate of Montpelier High School and attended the University of Vermont Medical School. He completed his urology residency at Georgetown. He has been practicing in Austin, TX and is thrilled to be back in the Northeast.



Dr. Andrew (John) Dreslin joined Dr. John Horan, CVMC Urology, in December. Dr. Dreslin attended Loyola University Stritch School of Medicine and completed his urology residency at Harvard School of Medicine. He has been practicing in Rhode Island for the past 10 years. He and his family have spent many years vacationing in Vermont and are now excited to make this their home.

2015 BY THE NUMBERS



Benoît Leriche & Katie St. Pierre, Radiation Therapist

CANCER TREATMENT

305	Patients newly diagnosed with cancer
93	Cases presented at multidisciplinary cancer conference
210	New radiation patients
4480	Total radiation treatments
802	Follow-up visits after radiation treatment
364	New medical oncology patients
2426	Total infusions in the chemotherapy suite

PATIENT SUPPORT SERVICES

156	Complimentary nutrition counseling sessions
452	Complimentary acupuncture sessions
114	Complimentary Reiki sessions
147	Complimentary massage sessions
\$27,133	Branches of Hope funds paid for cancer patient needs



Theresa Lever receiving American Cancer Society award in Atlanta, with ACS CEO Gary Reedy and Board Chair Scarlott Mueller.

A diagnosis of cancer can impact many aspects of your life. CVMC offers a full range of resources to assist with these challenges and support the patients and families.

In 2015 we provided over 250 sessions of complimentary psychosocial and nutrition counseling through our clinical social worker, Cathy Rouse, LICSW, and our registered dietitian, Sue Johansen. We also provided hundreds of sessions of Reiki, massage and acupuncture at no charge to our patients.

Our Patient Navigator for cancer care, Theresa Lever, works with patients to ensure that they receive the care they need when they need it. She is also their link to the many forms of support available at the cancer center and in the community. In 2015, Theresa received the American Cancer Society's Lane Adams Quality of Life Award, a national recognition of "unique caregivers who lead in their area of expertise and make a significant impact on patients, families and communities."

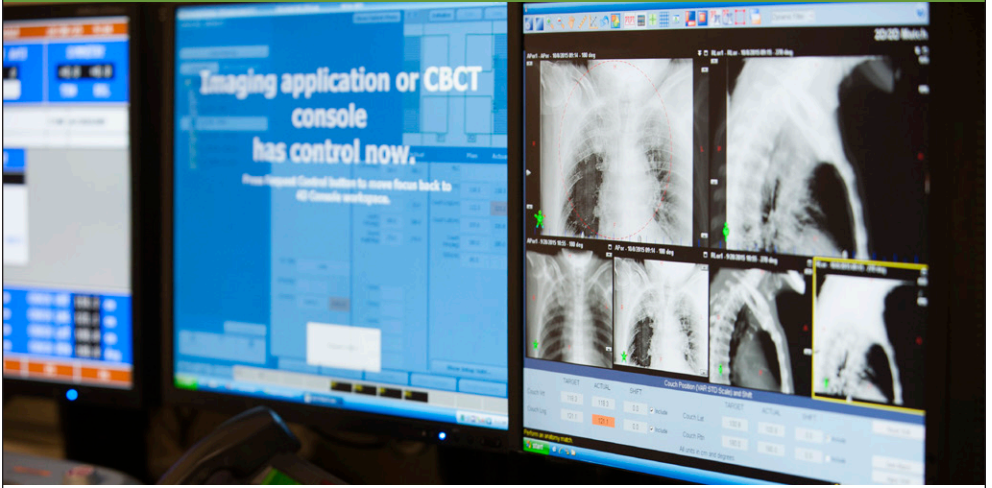
QUALITY INITIATIVES



Sue Walker, R.N. with Vicky Foiadelli McCormick

We are committed to enhancing our processes and implementing programs that promote the best clinical outcomes. Highlights of our 2015 quality initiatives include:

- Established an on-site personalized service to address cancer-related hair loss.
- Implemented tomosynthesis to reduce mammogram call backs.
- Improved the process to refer patients with cancer-related cognitive changes for rehabilitation services.
- Implemented a process to increase the frequency with which the oncology nurses make physical activity recommendations to patients.



PREVENTION: In 2015 we began a multi-year project to improve the Human Papillomavirus (HPV) vaccination rate in our service area. Vaccinating children and teenagers can prevent the cancers caused by HPV in later life. We worked with the Vermont Department of Health to identify improvement opportunities and became a formal member of Vermont's HPV Working Group.

SCREENING: Lung cancer screening for eligible individuals is now a standard of care. In 2014 CVMC began performing lung cancer screenings in coordination with UVM Medical Center. Our goal in 2015 was to improve the process for referrals for lung cancer screening and increase the number of screenings.

PATIENT TESTIMONIAL



When I was diagnosed with stage III breast cancer, I went to CVMC where I could get all my care close to home. I even participated in a clinical trial. I don't know how to describe how compassionate everyone was; it was phenomenal. From lab techs to secretaries to doctors— they all treated me like a whole person, not just a patient.

While I was in treatment, my husband was diagnosed with stage IV lung cancer. The doctor really helped me deal with my husband's situation and put me at ease. The team took care of everything and told me, "No matter what comes up, we'll make this work for you. Go be with your family."

During the time I was having chemotherapy, I also had nutrition services, Reiki, acupuncture and massage therapy. It all helped to relax my body. I haven't felt this good and alive in two years.

If you want a team that is caring, you need to go to CVMC. The team can make you feel normal while you're going through something so challenging. I want people to have the same feeling I had during treatment.

AMY HILL | Patient



- Sponsor a public Complementary Integrative Medicine event on April 2, 2016
- Initiate a clinical lung nodule navigation program.
- Continue our project to increase HPV vaccination rates by providing clinical education, assisting medical practices, and participating in the Vermont HPV Working Group.
- Evaluate the timing of referrals for hospice care and, if warranted, implement a process to increase the number of days eligible patients receive hospice services.
- Improve central Vermont cancer patients' access to dental care.
- Explore establishing telemedicine consultations for genetic counseling with the UVM Familial Cancer Center.

PREVENTION TIPS



TAKE STEPS TO REDUCE YOUR CANCER RISK

1. Tobacco – Don't Use It!

Life expectancy for smokers is at least 10 years shorter than for non-smokers. Smoking accounts for 30% of all cancer deaths in the U.S. Get help from 1-800-QuitNow and 802QUITS.org.

2. Diet – Eat Healthy!

Two-thirds of your plate should have a variety of colorful vegetables and fruits. Include whole grains, eat only small amounts of red meat, and avoid processed meats completely.

3. Alcohol – Limit Your Intake!

No more than 2 drinks per day for men and 1 per day for women.

4. Exercise – Get Moving!

At least 30 minutes of moderate to strenuous exercise 5 times per week for adults (150 minutes per week).

5. Sun Exposure– Protect Yourself!

Vermont has one of the highest skin cancer rates in the U.S. Tanned or sunburned skin is not healthy skin, so protect yourself with clothing, hat and sunscreen, and avoid mid-day sun.

6. HPV – Get Vaccinated!

Vaccination of children and young adults can prevent cervical, anal, oropharyngeal and other cancers caused by HPV (Human Papillomavirus). Talk with your provider!

GET SCREENED TO FIND CANCER EARLY

Specific screening guidelines vary among cancer-related organizations and agencies.

Discuss with your provider whether these general guidelines from the American Cancer Society apply to you:

Breast Cancer

- Annual mammogram for women ages 45-54
- Choice to begin annual mammograms at age 40
- Mammogram every two years for women over 54, or yearly by choice
- Continue mammograms as long as in good health and have life expectancy of 10 years or longer

Cervical Cancer

- Pap test every 3 years beginning age 21 through age 29
- Pap test plus HPV test every 5 years for ages 30-65

Colorectal Cancer

- Beginning at age 50, one of the following tests that find both cancer and pre-cancerous polyps
 - Colonoscopy every 10 years – the best choice since it can prevent cancer by identifying pre-cancerous polyps!
 - Flexible sigmoidoscopy every 5 years
 - Double-contrast barium enema every 5 years
 - CT colonography every 5 years
- Or one of the following tests that find cancer only:
 - FOBT/FIT every year
 - Stool DNA test every 3 years

Lung Cancer

- Low-dose CT scan annually for adults age 55-74 who:
 - Have a 30 pack-year smoking history AND
 - Currently smoke or have quit within the past 15 years
- It is important to discuss risks and benefits of lung cancer screening with your provider

Prostate Cancer

- Beginning at age 50, discuss prostate cancer testing with your provider
- African American men and men with a father or brother with prostate cancer should have the discussion at age 45

Skin Cancer

- Have your provider check your skin as part of your routine physical examination

For more information about our Cancer Care program,
please visit uvmhealth.org/CVMC/cancer

ADULT PRIMARY CARE, ONCOLOGY AND HEMATOLOGY
Medical Oncology and Hematology / Patient Support Services

NATIONAL LIFE CANCER TREATMENT CENTER
Radiation Oncology / Patient Support Services

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