



2016 CANCER SURVIVORS DAY

Nearly 150 patients attended The MetroHealth Cancer Center's 2016 Cancer Survivors Day celebration on June 6. The event included bingo, prizes, music and crafts. Patients also had an opportunity to register for the American Cancer Society's Relay for Life.



Pictured: The Arts in Medicine Program taught patients how to create "Hope Trees."

UPCOMING EVENTS IN 2016

JOIN THE METROHEALTH TEAM

Susan G. Komen Northeast Ohio Race for the Cure

Saturday, August 27
Mall C, Downtown Cleveland
To register, go to: <http://tinyurl.com/MHRacefortheCure>
Use special code METRO16 to save \$5 off general registration.

MEDICAL PROVIDERS: REGISTER NOW

Inaugural Cancer Care Symposium

Friday, September 30, 1–5 p.m.
Scott Auditorium, MetroHealth Medical Center
To register, go to: metrohealth.org/cancer-symposium
Topics include: Obesity and Endometrial Cancer Survivorship, The Role of Onco-Cardiology in Cancer Survivorship and A New Horizon in Onco-Cardiology

IN THE COMMUNITY

BREAST/Amigas Health Fairs

Events include free mammograms, breast exams, pap exams, blood pressure, glucose, cholesterol, HIV testing and other screenings. Free food, child entertainment and community resources will also be available. For more information, go to: metrohealth.org/cancer

Saturday, September 17, 9 a.m. – 1 p.m.
La Sagrada Familia Church, 7719 Detroit Avenue, Cleveland

Saturday, October 1, 8 a.m. – 2 p.m.
MetroHealth Cleveland Heights Medical Offices, 10 Severance Circle, Cleveland Heights

SUPPORT GROUPS

To register for any of these support groups, call **216-778-8204**.
Support groups meet at The MetroHealth Cancer Center, 2500 MetroHealth Drive, Cleveland.

Women's Cancer Support Group

Fatigue
Friday, August 26, 1–3 p.m.

Women's Cancer Support Group

Family Day/Halloween Party
Friday, October 28, 1–3 p.m.

Look Good, Feel Better

Monday, October 3, 1–3 p.m.



MHCC News | metrohealth.org/cancer

WE ARE THE
RESILIENT ONES.
WE ARE METROHEALTH.



MetroHealth Cancer Center News



AWARDS & RECOGNITION

Gynecologic Oncology Nationally Recognized for Patient Experience

The Gynecologic Oncology practice at The MetroHealth Cancer Center was awarded the 2015 Outstanding Patient Experience Award by Press Ganey, a health care performance improvement organization, for consistently achieving high patient satisfaction scores. The majority of survey respondents noted that they were very likely to recommend these providers to others for care.

BREAST/Amigas Program Receives \$75K Grant from Komen

The Northeast Ohio Affiliate of Susan G. Komen® has awarded MetroHealth's BREAST/Amigas Program a \$74,959 grant to provide free screenings, breast health education and patient navigation to women in Cuyahoga County. The BREAST/Amigas Program (Bringing Education, Advocacy, and Support Together) works to improve the breast health of the uninsured and underinsured. To learn more, go to: metrohealth.org/cancer

PATIENTS DESERVE A POSITIVE EXPERIENCE AT THE METROHEALTH CANCER CENTER



Benjamin Li, MD, Director, MHCC

Cancer is one of the hardest battles that many people will ever fight. During this difficult time — from diagnosis to treatment and beyond — every cancer patient deserves to have a positive experience.

In addition to providing the latest treatments and best care to our patients, one of the ways we help patients have an excellent experience at The MetroHealth Cancer Center is to ensure they have access to resources that will help them better understand and manage their disease.

To do this, we continue to expand our Patient Resource Learning Center. At the center, patients can receive literature and materials on beneficial community programs, creating a survivorship care plan, and other information that may be helpful before, during and after treatment.

We are also enhancing our web-based resources, including new information and videos available on The MetroHealth Cancer Center website. Some of the topics include an introduction to the cancer center, clinical trials, radiation therapy, chemotherapy and our survivorship program. The website can be accessed at home or on one of the desktop computers available to patients while they wait for their appointments and treatments. For patients who need assistance with the website, we now have volunteer college students available to help.

The volunteers can also help patients access their electronic medical record through MyChart, a secure online portal that allows patients to help manage and receive information about their health and treatments as well as communicate with their health care team. We want our patients to focus on fighting their disease and caring for themselves. We will help our patients fight by being their dedicated partner and providing access to tools and resources to support them throughout their journey.

For more information on our Patient Resource Learning Center, please feel free to give us a call through our cancer call line: **216-77-TREAT (87328)**.

Sincerely,

Benjamin Li, MD, Director, MHCC



MetroHealth Cancer Center News | metrohealth.org/cancer

THE HEALTH OF
EVERYONE IN OUR
COMMUNITY MATTERS.



THREE-TIME CANCER PATIENT LIVES LIFE FULLY

It is not surprising that a career librarian would compare her cancer journey to books. "With cancer, we are each individually written books," said 66-year-old MetroHealth patient Kathlyn Brown of Aurora, Ohio. "Everyone's journey is different."

That is why the patient experience is a top priority at The MetroHealth Cancer Center. The support needs are unique for each patient during diagnosis, treatment and survivorship.

For patients like Kathlyn, it's the **"hugs and smiles and laughter that I experience every time I'm there. They treat me like their sister or their mother. They are the most amazing people."**

Kathlyn's cancer journey began in 2011 with a diagnosis of triple negative breast cancer, followed by thyroid cancer. Most recently, she was diagnosed with ovarian cancer and was referred to **Kim Resnick, MD**, director of gynecologic oncology at MetroHealth, for treatment. She is currently in a stabilization phase with her cancer and continues to receive infusion treatments.

"The disease is inconvenient for me because it slows me down but I just keep living my life because I want to live my life," said Kathlyn.

SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH

About ovarian cancer:

- It's the deadliest gynecologic cancer
- All women are at risk of developing this disease
- Some women have an increased risk due to genetics, family history or their own medical history
- The highest rate of diagnosis is in women ages 55-64 years

The most common symptoms are:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

See your doctor if you have these symptoms more than 12 times during the course of one month and symptoms are new or unusual for you.

To schedule an appointment with a MetroHealth gynecologist, call **216-778-4444**.

TACKLING CANCER AT THE MOLECULAR LEVEL



James Liu, MD

Stored away in a -80°C freezer at The MetroHealth Cancer Center are hundreds of samples of cancerous tissues that may help lead researchers to new treatments for the disease.

The samples are part of the center's new Tissue Repository, created to help researchers better understand cancer's development at the molecular level and find better ways to diagnose, prevent and treat cancer in the future.

Tissue samples are collected during surgery to remove cancerous tumors. After the pathology team has what is needed for diagnosis, the excess tissue is submitted to the Tissue Repository with the patient's consent. The tissue collection does not impact the patient's treatment and all personal information is removed to protect the patient's identity.

"Cancer treatment is becoming more and more customized," said **James Liu, MD**, neurosurgeon and cancer researcher at MetroHealth. "Not all tumors are created equal. Many cancers can only be differentiated at the molecular level. Tissue research is really the most important thing that we have to help us definitively understand cancer."

MEET OUR NEWEST PROVIDER



SAREENA SINGH, MD
Gynecologic Oncology

Education: University of Cincinnati College of Medicine, Cincinnati, Ohio

Fellowship: University Hospitals of Cleveland (Case Western Reserve University), Cleveland, Ohio

Residency: Thomas Jefferson University Hospital, Philadelphia, Pennsylvania

Now seeing patients at Main Campus, The MetroHealth Cancer Center and, beginning in September, at Cleveland Heights Medical Offices.

The MetroHealth Cancer Center:
Call **216-77-TREAT (87328)**

To refer a patient to
MetroHealth's Cancer Center,
call **216-77-TREAT (87328)**

ARTS BRING JOY, HOPE AND PEACE TO CANCER PATIENTS



For Timothy "Mark" Wagner, art is something he has always done. Treatment for a recent cancer diagnosis not only kept him in the Infusion Center for up to seven hours a day, but it also kept him from his art. Thanks to art therapist, **Sarah Morgan, MA, LPC**, and The MetroHealth System's Arts in Medicine Program, Mark has now learned how to use his art to help

him heal. "It's a great thing. It helps me," said Mark. "It brings a piece of my own life into the hospital. Conversing with someone while I'm working adds something to the work — it comes out differently. It's a positive change."

Mark is one of many cancer patients who has benefited from The MetroHealth System's Arts in Medicine Program, which includes opportunities for patients both in the hospital and at MetroHealth's outpatient clinics to participate in activities such as sculpting, drawing, jewelry-making and painting as well as enjoy performances by local professional musicians.

In addition to engaging patients, staff and the greater community, the Arts in Medicine Program is using the arts in innovative ways to address public health issues such as gun violence and infant mortality. They are also working to integrate visual art and creative arts programming during the transformation of MetroHealth's main campus and outpatient facilities. Most recently, they opened the health system's first art gallery located on the main campus.

To learn more about the Arts in Medicine Program, email arts@metrohealth.org.

METROHEALTH'S TOP DOCTORS

Congratulations to the dozens of physicians named to the Castle Connolly Top Doctors® list, which is featured in the August 2016 print issue of *Cleveland Magazine*. Featured physicians who are part of the MetroHealth Cancer team include:

Bruce Averbook, MD, Surgical Oncology, **Chris Brandt, MD**, Surgery, **Ronnie Fass, MD**, Gastroenterology, **James Finley, MD**, Pulmonary Medicine / Bronchoscopy, **Michael Harrington, MD**, Palliative Care, **Paul Hergenroeder, MD**, Medical Oncology, **Natalie Joseph, MD**, Surgical Oncology, **Chris McHenry, MD**, Surgery, **Timothy O'Brien, MD**, Medical Oncology / Hematology, **Paul Priebe, MD**, Surgery, **David Stepnick, MD**, ENT Surgery, **Melissa Times, MD**, Colorectal Surgery

HELPING WOMEN FEEL LIKE THEMSELVES AGAIN

For many women, hair loss can be emotionally devastating and is often the most dreaded side effect of treatment.

At The MetroHealth Cancer Center, we want our patients to feel empowered, hopeful and as normal as possible during their cancer journey so, in partnership with the American Cancer Society, we offer every patient one free wig from our Wig Salon during treatment. Women can choose from a variety of new, synthetic and human hair wigs, as well as other head coverings such as scarves and turbans to help them feel more like themselves. More than 30 women have already received wigs since the Wig Bank opened in March.

To make an appointment at The MetroHealth Cancer Center Wig Salon, call **216-778-8204**.