



The Role of Cancer Rehabilitation and Survivorship

MetroHealth offers patients resources at every step to assist with regaining strength, mobility and the ability to reengage with daily life.

Most cancer treatment is aggressive — typically a combination of chemotherapy, radiation therapy and surgery that can cause physical and mental changes in patients as well as lingering weakness and fatigue. Although the cancer may be in remission, patients may experience problems with getting up and completing everyday tasks.

Our physical medicine and rehabilitation specialists address physical and functional impairments of patients throughout the full continuum of their care. “This approach optimizes the patient’s overall cancer care and quality of life,” said **Yevgeniya Dvorkin Winger, MD**, a physiatrist at MetroHealth.

Prehabilitation can be especially beneficial. For example, patients whose underlying health is a barrier to having cancer treatment can gain strength through physical therapy.

Physical therapy before treatment can also alleviate pain unrelated to cancer, making treatment more tolerable. For example, if a breast cancer patient is experiencing musculoskeletal shoulder pain, physical therapy can address the problem before a lumpectomy or mastectomy, decreasing post-surgery discomfort. Our physiatrists also provide therapy after treatment to help manage pain.

Occupational therapy focuses on “activities of daily living such as bathing and dressing, but can also focus on upper extremity musculoskeletal impairments such as lymphedema and post mastectomy pain,” said Dr. Dvorkin. Other services include cognitive therapy

and speech and swallowing therapy as well as rehabilitation psychology, available during and after treatment.

MetroHealth physicians ensure that patients receive the full range of survivorship care, including nutrition counseling, psychological services such as screening for depression and anxiety, and social services.

“Even when a patient goes through therapy and is cured, there’s no real end to our services,” said Dr. Dvorkin adding that for individuals to receive rehabilitative care, their impairments don’t need to be cancer-related. “Our goal is to improve function and quality of life in whatever way we can.”



CONTRIBUTOR
YEVGENIYA DVORKIN WININGER, MD

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OUTREACH FOR A HEALTHIER COMMUNITY

For more information about our community outreach initiative, call Luz Oyola, Manager, Community Health Outreach of MetroHealth Cancer Center, at 216-778-8328. To direct patients to upcoming health screenings, see the information below:

METROHEALTH CANCER COMMUNITY OUTREACH AT UPCOMING HEALTH FAIRS

Cleveland Heights Health Fair

June 24, 2017

8 a.m. to noon

MetroHealth Cleveland Heights Medical Offices

10 Severance Circle, Cleveland Heights

Sagrada Familia Church Health Fair

September 30, 2017

8 a.m. to noon

La Sagrada Familia Church

7719 Detroit Avenue, Cleveland

In addition to providing health screenings, MetroHealth encourages patients and members of the local community to participate in upcoming cancer fundraising events. Money raised helps to fund cancer research and patient care programs.

FUNDRAISING EVENTS

American Cancer Society Relay for Life, Brooklyn

June 10, 2017

To register, visit relayforlife.org.

OutRun Ovarian Cancer (OROC) 14th Annual 5K Run/Walk and Family Fun Run

August 5, 2017

To register, visit oroc.org.

Komen Northeast Ohio Race for the Cure

August 26, 2017

To register, visit komenneohio.org.



Community Outreach Critical to Early Detection and Prevention



Doctors at MetroHealth Cancer Center are passionate about advocating for the health of people living in Cuyahoga County. Taking our cancer screening and prevention services directly into the local

community is one of the first steps toward keeping our friends and neighbors healthy.

One of our physicians' main goals is to identify malignancies as early as possible to minimize the amount of treatment necessary and ensure therapy is provided when it is most effective. In many cases, finding and managing precancerous lesions can help to prevent disease.

We launched the Bringing Education, Advocacy, and Support Together (BREAST)/Amigas program in 2005. Funded by the Alcoa Foundation, the American Cancer Society and the Susan G. Komen Foundation of Northeast Ohio, BREAST/Amigas originally offered mammograms, clinical breast exams and social support to the local Hispanic community through bilingual mobile health clinics.

However, we soon recognized that other local groups could use our help with screening and prevention of breast cancer, as well as many other malignancies. This growth has led to a MetroHealth Cancer Community Outreach program to serve the uninsured and underinsured, as well as other economically disadvantaged populations. It provides skin cancer screenings, cervical cancer screenings, men's health consultations, colorectal cancer risk assessments, blood pressure, glucose, cholesterol, sickle cell, HIV testing and other screenings. Many of our Cancer Community Outreach events offer free food, children's entertainment, health education and community resources.

We also have a Speakers Bureau that connects our experts with the community through presentations on timely and important health information, bringing cancer education right to corporations, community groups, civic organizations, schools, churches and businesses throughout Northeast Ohio. For more information, visit metrohealth.org/cancer-center-speakers-bureau or email cancereducation@metrohealth.org.

A handwritten signature in black ink, appearing to read 'Ben Li'.

Benjamin D. Li, MD, FACS

Cancer Center Director

Since 2005, MetroHealth Cancer Community Outreach has:

- Educated more than 42,200 people about breast health and MetroHealth services
- Held 45 community health fairs with screenings
- Provided clinical breast exams and mammograms to more than 6,300 women and arranged follow-up care when needed
- Diagnosed 42 women with breast cancer, with 75 percent detected at an early stage
- Facilitated more than 10,600 additional health screenings (e.g., blood pressure, glucose, HIV, cholesterol, sickle cell, pap exams, men's health consultations, etc.) at our community health fairs
- Partnered with more than 250 local agencies and churches

YOUR PARTNER IN SKIN CANCER PREVENTION AND TREATMENT



CONTRIBUTOR

BRUCE J. AVERBOOK, MD, FACS



Although 25 percent of Americans are diagnosed with skin cancer during their lifetime, many patients do not heed the fundamental preventative steps that can reduce their risks.

“The role of the primary care physician in helping to educate patients is crucial to preventing skin cancer,” said MetroHealth surgical oncologist **Bruce J. Averbook, MD, FACS**. Dr. Averbook, who has spent nearly 24 years caring for skin cancer patients, recommends discussing and emphasizing what patients can do in their day-to-day lives to keep their skin healthy:

- Avoid mid-day sun. The sun’s rays are strongest from 10 a.m. to 4 p.m.
- Wear protective clothing, especially children
- Apply sunscreen — waterproof, UVA/UVB sunscreen of 15 SPF or greater
- Perform a skin self-exam every month and see your dermatologist annually

Since many cases of skin cancer are treatable when identified early, it’s also important that patients can recognize the early warning signs and contact a physician immediately. The MetroHealth Cancer Center is here to partner with patients and their physicians with our expertise in preventing, screening and treating skin cancer.

LEADERS IN MELANOMA CARE

Melanoma is one of the least common forms of skin cancer but is the deadliest. MetroHealth Cancer Center has been the regional leader in melanoma care for more than 40 years. Continuing in this tradition, Dr. Averbook and his colleagues offer the latest treatments for melanoma and other rare skin cancers such as Merkel cell carcinoma.

“I have been performing minimally invasive lymph node dissections for patients with melanoma that has spread to the groin,” said Dr. Averbook. “Our oncologists were also the first in Cleveland to treat in-transit, or migrating, melanoma metastasis in the skin with a new viral vaccine that was very successful.”

His dedication to providing patients with the most advanced treatment is also illustrated through his work as the Lead Academic Participating Grant Principal Investigator at MetroHealth, Vice Chairman of the Surgery Committee for the Eastern Cooperative Oncology Group (ECOG) and Toxicity Monitor for the ECOG Melanoma Committee.

OTHER ADVANCED SKIN CANCER TREATMENT OPTIONS

For patients diagnosed with skin cancer, MetroHealth oncologists work with a patient’s primary provider and dermatologist as a team to offer the following advanced approaches to care:

- Mohs surgery allowing surgeons to remove basal cell carcinoma and squamous cell carcinoma layer by layer, excising the tumor with minimal damage to healthy tissue
- Targeted radiation therapy that can treat skin cancer lesions with a lower dose of radiation
- New drugs that target cancer cells
- Immunotherapy including checkpoint inhibitors that allow the patient’s own immune system to attack the cancer cells

MetroHealth also participates in a number of clinical trials involving the latest treatments for a range of cancers.

Patients can learn more about their skin cancer risk using our Skin Cancer assessment tool at metrohealth.org/doctor

To refer a patient to a MetroHealth dermatologist, call **216-778-DERM (778-3376)**, or directly call our Cancer Center at **216-77-TREAT (778-7328)**.

Welcome to the MetroHealth Cancer Center Team

Elizabeth Gunsalus, LISW-S, Social Worker



MetroHealth Team Attends White House “Making Health Care Better” Panel

Several MetroHealth staff representing the Cancer Center and Government Relations were invited to attend the “Making Health Care Better: Community Oncology” event, held at the White House in Washington, DC, on January 11.

The conference brought together leaders in the field to discuss prevention, treatment, research, disparities, survivorship, and patient engagement challenges and solutions. Expert panel discussions were focused on improving innovation and access to quality cancer care in a community health setting.

The “Making Health Care Better” series highlights progress made in improving the health system over the past eight years. For the oncology event, the Health Policy Team collaborated with the Cancer Moonshot Task Force.

Pictured from left to right: Benjamin Li, MD, Cancer Center Director; Danielle Carnival, Chief of Staff and Senior Policy Director, White House Cancer Moonshot Task Force; Joanna Brell, MD, Director, Clinical Research, Cancer Center; Tracy Carter, Senior Director, Federal and State Government Relations; and Brian Rentschler, Cancer Care Service Line Administrator.

Connect with

MetroHealthCLE at



metrohealth.org
metrohealth.org/cancer

Patient Thank You

I am writing today to commend a team of medical professionals who served me and ministered to me in such an excellent way during two surgeries I had near the end of 2016.

These doctors and nurses cared for me as if I were one of their family members. They were patient, kind, gentle, friendly, humorous and compassionate.

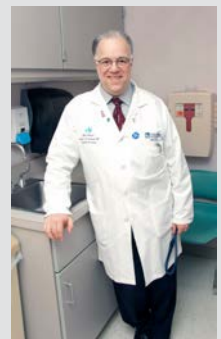
I was so impressed with the amount of time taken, the patience and compassion I was shown. They talked with me until I was comfortable with the understanding I had of what was happening in my body and the treatment being recommended.

You have every reason to be proud of the team working with breast-cancer patients coming to Metro. Thank you, and every blessing to you all.

— Patricia

Real Men Wear Pink

Real Men Wear Pink is a distinguished group of community leaders raising awareness and funds for the Making Strides Against Breast Cancer event. **Bruce Averbook, MD, FACS**, raised \$2,580 towards the 2016 event, and, below, he shares the personal story of why this cause is so important to him.



Why are you involved?

“I have a passion to end breast cancer. My Grandma Reba died when I was one year old of metastatic breast cancer at the age of 49. My uncle Jerry, died of metastatic colon cancer at the age of 49. Losing him was a shock. As I grew older I knew that I wanted to be a doctor and fight cancer. I am in a position to make a difference within my community, and I believe I have an opportunity and an obligation to do so.”

Why do you Support the American Cancer Society?

“I too am a cancer survivor. I know how it feels to be on ‘the other side,’ but here I am, 14 years later and I am thankful every day for this gift. I am very grateful to the American Cancer Society (ACS) for all that they do in promoting cancer research and better standards of patient care that has improved survival. I was the beneficiary early in my career of a Career Development Award from the ACS that helped promote my growth. So, it is time to give back.”