



MERCY HEALTH SYSTEM
2014 ANNUAL REPORT

Cancer Program



With all our heart. With all our mind.®

Table of contents

Message from the president.....	3
Mercy Cancer Committee: chairman's report.....	4
Mercy Regional Cancer Center phone numbers	5
2014 Cancer Committee.....	5
Mercy Cancer Registry report: 2014.....	6
Hospitalists ensure exceptional inpatient cancer care.....	7
Cancer prevention and screening focus.....	8-9
Mercy's clinical trials program.....	10
Mercy Regional Cancer Center: hematology/medical oncology.....	11
Mercy Regional Cancer Center: radiation oncology	12
Genetic testing for hereditary cancer syndromes	13
From our patients: Paula Crompton.....	14-15
Mercy MyChart	15
Mercy Regional Cancer Center: surgical oncology	16
From our partners: Qing Liang.....	17
From our partners: Cindy Gunn.....	18
Cancer support groups	19
Susan G. Komen.....	19
Mercy Palliative Care Program	20
Mercy Hospice Care	21
Mercy Home Health Care	22
American Cancer Society	23
Mercy Foundation.....	24
Raising cancer awareness in our community.....	25
Support services.....	26-27



We're dedicated to offering the best cancer care in the area. In fact, our oncology program has been recognized with commendation by the **Commission on Cancer of the American College of Surgeons** as offering the very best in cancer care. It is a recognition of the quality of our comprehensive, multidisciplinary patient care. We're proud to have brought the very best in today's cancer treatment closer to home.

Message from the president



As all too many of us know, cancer is a formidable opponent. At the Mercy Regional Cancer Center, our patients count on us to never rest in our fight against it—and we will never let them down.

This year brought more exciting changes designed to offer a better experience for all of our patients and their families. In October 2014, we were honored to receive Magnet® Recognition by the American Nurses Credentialing Center. The designation is considered the highest honor in the country given to a health care organization for nursing and patient care excellence. In fact, Mercy Health System is one of only a few organizations in the country to achieve Magnet for an entire health care system, including all components of the organization across the two states of Wisconsin and Illinois.

Our nurse navigator program continued to grow in 2014, becoming available for all Mercy cancer patients. Nurse navigators are specially trained nursing professionals who work with a patient from diagnosis through treatment and beyond, helping guide and reassure as patients navigate the sometimes confusing and difficult process of fighting this insidious disease and striving to heal. Oncology nurse navigator Cindy Gunn, RN, BSN, OCN, shares her story (see p. 18).

A critical part of defeating cancer begins with education. Under the guidance of the Mercy Cancer Committee Chairperson, Emily Robinson, MD, the Mercy Regional Cancer Center offers ongoing education to physicians, residents and nurses to ensure everyone is well versed on the leading-edge treatments and strategies available in the fight against cancer.

Clinical trials remain a potent way to aggressively treat challenging cancers with emerging protocols. Since 1997, our clinical trial program has offered a variety of options in collaboration with national organizations. In 2014, we collaborated with the National Cancer Institute's (NCI's) National Clinical Trials Network, the Clinical Trials Support Unit, and NCI's Independent Centralized Review Board to provide access to more cooperative group trials than ever before in our history (see p. 10).

Genetic testing for hereditary cancer syndromes is something you most likely have heard or read about in the popular media. Though less than 10% tested are found to have a hereditary gene mutation, for individuals with gene mutations early identification opens the door to treatment options that can significantly decrease the risk of developing cancer. If you or your family has any of the red flag risk factors for having hereditary colon cancer syndrome or hereditary breast/ovarian cancer syndrome, I encourage you to talk to your doctor about your concern. You can read more about our genetic testing program (see p. 13).

Our support services continue to evolve to help patients more comfortably navigate the treatment process. Many patients report that support groups help alleviate feelings of isolation and provide a safe place to share experiences. Others benefit from non-traditional, complementary therapies like acupuncture and massage therapy for pain relief. Still others appreciate free dietitian

consultations, which can help patients choose healthy and soothing menus to ease treatment side effects and speed recovery. Learn more about the wide range of support services available on p. 26.

We all know that in so many instances, prevention is truly the best medicine. For years, Mercy has championed an extensive screening and health education program. In 2014, we expanded our cancer screening programs into Walworth County for the first time, with great success. From oral, skin, breast and prostate screenings to offering smoking cessation classes and discounted mammograms, we reached more individuals than ever before across southern Wisconsin and northern Illinois (see p. 8).

This year's report continues to stress the importance of exercising, not only to prevent cancer, but also to battle its effects. According to the American Cancer Society (see p. 23), many cancers are linked to obesity. Mercy's fitness and diet experts are available to help patients discover a healthier quality of life through lifestyle changes.

Working as a team focused solely on providing the best care for our patients, the Mercy Regional Cancer Center is dedicated to supporting you in your fight against cancer. Please let us know how we can assist you and your family—we remain at the ready to do whatever it takes to care for you during your journey.

Warm regards,

Javon R. Bea
President/CEO
Mercy Health System

Mercy Cancer Committee: chairman's report



Emily Robinson, MD
Cancer Committee Chairman

Comprehensive cancer care requires a compassionate, multi-faceted and coordinated approach. As our program continues to grow, we are working to expand and enhance our cancer services. One important component of cancer care is prevention. We are pleased to highlight our smoking cessation program, discounted mammogram screenings, and the Mercy Healthy Image Weight Management Program in this report.

We have a dedicated team of professionals working together to provide quality cancer care to our patients. Our Cancer Committee is comprised of members from every discipline involved in treating cancer patients. The committee meets regularly throughout the year to ensure the best outcomes for our patients by setting goals to continuously improve care. We strive to meet and exceed standards put in place by the American College of Surgeons Commission on Cancer (CoC). We have adopted CoC tools that provide feedback on quality of care indicators and use these to continuously benchmark and improve the quality of patient care.

The past year brought many changes to our cancer program. We wish Dr. Bud Wasiljew well in his retirement and are deeply thankful for his many years of dedicated service. I am grateful for his leadership over the years. Going forward, we are excited to have the expertise of our newest physician members who joined us in 2013: Dr. Kevin Kozak in radiation oncology and Dr. Mohammad Khan in medical oncology. As we expand our services, we are also happy to have Amanda Johnson, PA-C, to help us bridge the gap between outpatient and inpatient oncology services. Also in 2013, Cindy Gunn, RN, one of our experienced oncology nurses, started in her new role as nurse navigator. She has helped

countless patients navigate their cancer diagnosis. Lastly, we greatly appreciate our newest patient financial counselors, Caron Eaton and Lindsay Zacharias, who have helped find thousands of dollars in assistance for our patients as they undergo their cancer treatment.

As part of our multidisciplinary approach to care, regular cancer care conferences are an integral component of our program and provide opportunities for collaboration among specialties. The new Morbidity and Mortality conference led by Dr. Kozak provides an educational opportunity to improve patient care. In the future, we are expanding our clinical trial program by offering more types of cancer clinical trials. Additionally, we have developed a screening tool for psychosocial distress that we are using with patients as part of a comprehensive approach to their care.

I am grateful for all of the physicians, nurses, and support staff who continually go above and beyond to care for our patients. I would also like to express my deepest gratitude to the many volunteers in medical oncology who provide comfort to our patients undergoing active treatment. In all of our activities and through a multidisciplinary approach, we strive to give our patients the best possible care, from prevention to the diagnosis and treatment of cancer.

Since 1990, the Center has helped thousands of cancer patients and their families meet the challenges of cancer head on. Our comprehensive cancer care program offers the full range of resources necessary to detect and treat cancer, and help our patients not only recover, but thrive. Our entire staff—**with our combined knowledge and expertise**—understands what each patient is experiencing. We know that our patients require not only state-of-the-art technology to heal, but also the human touch. It is this spirit of compassion and kindness that makes our Center stand out. How do we know? Our patients tell us, every day.

Your Mercy Regional Cancer Center team

American Cancer Society.....	(800) 227-2345
American Cancer Society Navigator.....	(608) 266-6025
Mercy Cancer Registry.....	(608) 756-6139
Mercy Hospice Care.....	(800) 369-2201
Mercy Hospital and Trauma Center.....	(608) 756-6000/(800) 756-4147
Administrative director, oncology.....	(608) 756-6871
Breast health navigator.....	(608) 756-6011
Clinical trials data manager.....	(608) 756-6871
Dietitian/nutritionist.....	(608) 756-6151
Financial counselor.....	(608) 756-6500
Genetic counseling.....	(608) 756-6871
Hematology/medical oncology.....	(608) 756-6871/(800) 928-1103
Inpatient special care unit (SCU).....	(608) 756-6897
Manager, oncology.....	(608) 756-6770
Oncology social worker.....	(608) 756-6824
Outpatient transfusion/infusion (Treatment Coordination Center)...	(608) 756-6601
Pastoral care.....	(608) 756-6000
Radiation oncology.....	(608) 756-6500/(800) 261-6565
Surgical oncology.....	(608) 756-7277
Urology.....	(608) 741-6990
Mercy Pain Center.....	(608) 756-6049
Susan G. Komen for the Cure®.....	(608) 836-1083

2014 Cancer Committee Members

Physician members

Gregory Denison, MD
 Thomas Haas, DO
 Francis Kaveggia, MD
 Mohammed Khan, MD
 Kevin Kozak, MD
 Emily Robinson, MD
 Shahid Shekhani, MD

Radiology
 Pathology
 Urology
 Medical Oncology/Hematology
 Radiation Oncology
 Medical Oncology/
 Hematology/Committee Chair
 Medical Oncology/Hematology

Non-physician members

Linda Brethauer, APNP, AOCN
 Jan Botts, RN
 Amy Carey
 Rhonda Graf
 Cindy Gunn, RN, BSN, OCN
 Tani Hein
 Don Janczak, Pharm D
 Amanda Johnson, PA-C
 Janice Johnson, RN
 Amy Lambert
 Nancy Leafblad
 Sandra Mascari-Devitt, CSW, CBPN-IC
 Tricia Obrecht, CTR
 Sue Ripsch
 Martha Roberts
 Maggie Schultz, RN
 Bohdan Wasiljew, MD

Medical Oncology/
 Hematology
 Director, Quality Management
 Marketing
 Clinical Research
 Navigator
 Marketing
 Pharmacy
 Medical Oncology
 Clinical Research
 Oncology Case Manager
 Pastoral Care
 Breast Navigator
 Cancer Registry
 Vice President
 Cancer Registry
 Director, Oncology Services
 General Surgery (Retired)



Mercy Cancer Registry report: 2014

The Cancer Registry of the Mercy Cancer Program provides data management services to comply with mandatory state cancer reporting regulations, as well as the data needs of clinicians, administrators and other qualified users. In addition, the registry also provides data to national-level cancer surveillance organizations for incidence measurement and epidemiological studies.

Since its inception in 1994, the registry has collected data on more than 11,750 cancer patients, with more than 530 new cases entered for the calendar year 2013, the last complete year of data collection.

What is a cancer registry?

This computerized system is designed for the collection, management and analysis of cancer data. Interpretation of cancer data is essential for optimal patient care, evaluation, cancer program planning and management, administrative planning and education.

Lifetime patient follow-up

One of the cancer registry's primary responsibilities is to provide lifetime follow-up on all patients diagnosed or treated at Mercy Health System. Our patients or their primary physicians are contacted at least annually and asked for follow-up information regarding their health status. This helps us assess the patient's treatment and assess the need for future cancer programs.

Research

Data collected and maintained in our cancer registry serves as a valuable resource for physicians interested in the cause, diagnosis and treatment of cancer. The patient's identity is kept strictly confidential.

Education

Cancer registry data (including patterns of care and length of survival) is used to further the education of physicians, nurses and other health care providers.

National database

Our connection to a large national database enables us to compare Mercy's cancer registry statistics with national statistics.

How this benefits patients

Our cancer registry helps your doctor and health care team provide the most comprehensive, up-to-date treatments available. The registry extracts information regarding your diagnosis and treatment from your medical record and enters it into a computerized data bank. Your doctor can then request data to assess the benefits of your treatment program and to assimilate data from other medical facilities.

Please stay in touch

It is important that we are able to maintain contact with our past cancer patients. Patients who move or change phone numbers are asked to call the Mercy Cancer Registry at **(608) 756-6500**.

Hospitalists ensure exceptional inpatient cancer care



Keith A. Konkol, MD
Director, Mercy
Palliative Care Program
Mercy Health System

Doctors who devote most of their practice to providing care to hospitalized patients are called hospitalists. They are experts in treating very sick patients requiring comprehensive inpatient care and are available to patients around the clock each and every day.

Mercy's cancer team works closely and collaboratively with hospitalists at Mercy Hospital and Trauma Center, offering the best possible care for our patients. In many cases, Mercy hospitalists take responsibility for the care of our cancer patients during their hospital stay.

When a patient requires hospitalization, the oncologist contacts the hospitalist team to make arrangements. After discussing the patient's history and treatment details, they work together to formulate the patient's inpatient treatment plan.

During the patient's hospitalization, Mercy hospitalists offer evaluation and treatment, and frequently consult with the patient's oncologist. While the patient's oncologist stays involved during the entire hospital stay, most of the patient's 'round-the-clock care is provided by hospitalists.

The patient's complete electronic medical record is accessible to all collaborating doctors at all times; this ensures timely and accurate communication between doctors and nurses, and the best possible treatment for the patient.

Once the patient is discharged from the hospital, he is scheduled for follow-up care with his primary care doctor and oncologist.

Pathology's important role in cancer care



Thomas Haas, DO
Department of Pathology
Mercy Health System

With the rising rates of many different types of cancers being diagnosed each year, early detection has become a primary tool for the diagnosis, treatment and management of cancer. At the forefront of early detection are the pathologist and the laboratory.

Imagine you are getting your annual checkup, and your doctor finds a small mass. You're referred to a specialist for a biopsy. The biopsy sample is delivered to the laboratory, where it is prepared and analyzed to determine the presence or absence of disease.

Information from the laboratory is used to make approximately 70% of the choices in patient care. Pathologists are physicians who are specifically trained in the use

and interpretation of laboratory tests, as well as in tissue examination, both under the microscope and by other methods. They deal with the nature, causes, and classification of cancers and other diseases, and provide the information necessary for effective cancer treatment. A cancer diagnosis is made and confirmed by the pathologist, using a number of testing methods.

Mercy's pathology and laboratory department consists of a group of experienced, well-trained and highly qualified pathologists and laboratorians, who work to ensure that all patients are cared for correctly, based on accurate laboratory testing results.

Mercy Health System: cancer prevention and screening focus

In 2013, a variety of concerned Rock County community partners conducted a community health needs assessment to collect and analyze data regarding the health care priorities of county residents.

Members of the planning committee included individuals from:

- Mercy Health System
- Beloit Memorial Hospital
- Beloit Area Community Health Center
- St. Mary's Janesville Hospital
- Edgerton Hospital and Health Services
- Rock County Health Department
- University of Wisconsin Extension, Rock County
- HealthNet of Rock County
- Rock County Human Services

The completed Rock County Community Health Needs Assessment report showed these key findings:

- Cancer was residents' most concerning health problem
- Cancer was the leading cause of death in Rock County
- Cancer incidence (per 100,000) was statistically higher per incidence in newly diagnosed lung cancers in Rock County versus Wisconsin, and statistically lower per incidence in newly diagnosed female breast cancers and prostate cancers
- Wisconsin ranks in the top quartile for deaths due to prostate cancer.
- Death rate for colorectal cancer in the Midwest exceeds the national rate and is the highest in the U.S. compared to other geographic regions
- Alcohol use
 - Wisconsin has the highest rates of alcohol consumption, binge drinking, heavy drinking, and alcohol abuse/dependence in the nation
 - Rock County residents engage in greater levels of alcohol consumption relative to state averages
 - 26% of residents report binge drinking within the past 30 days (state average is 23%)

- Tobacco use
 - Wisconsin ranks 18th in the nation for the percentage of adults who smoke
 - 17% of deaths in Rock County in 2009 were directly related to smoking
 - Total smokers: 22.5% in Rock County versus 16.3% in Wisconsin
- Breast, cervix and colorectal cancer screenings are underutilized in Rock County
- Obesity
 - 23% of Rock County adults age 20 and over are physically inactive (state average is 23%)
 - 34.5% of Rock County residents versus 27.0% of Wisconsin residents are obese

Rock County Community Health Needs Assessment: 2013 action plan

The Community Outreach Subcommittee, under the direction of the Mercy Hospital and Trauma Center cancer committee, developed the following action plan to address the report's identified priorities.

Prevention

Primary focus: Tobacco – 28% of Rock County adults use tobacco

Screenings

Primary focus: Skin

- Increase number of skin cancer screenings
 - Volume of newly diagnosed melanomas at Mercy Health System continues to increase annually
- Continue with annual System-wide cancer screenings for both breast and prostate cancers

Smoking cessation

In 2013, Mercy worked with the Mercy Foundation to grant scholarships for smoking cessation classes to cancer patients. We awarded 10 scholarships to patients who were referred to the classes by their oncologist.

Classes are about 30 to 60 minutes, and continue for 4 weeks. They are taught on an individual basis or as a group depending on the need.

Discounted mammogram

In 2013, the cancer community outreach committee met to discuss discounted mammograms and the barriers our patients faced. There were 2 barriers: cost and physician referral.

We decided to help with both of these by offering 11 discounted mammogram scholarships to patients in need. We also met with Dr. Jane Anderson, family medicine physician at Mercy Clinic South, to see if she would be our physician champion. She over saw the results of mammograms for women who did not have a primary care physician.

Exercise and its impact on cancer prognosis

- Growing evidence suggests physical activity can reduce cancer mortality.
- Research shows that those with breast and prostate cancer can reduce their mortality risk by 30-40% by engaging in recommended amounts of exercise.
- Emerging evidence suggests exercise can reduce risk of reoccurrence in breast and bowel cancer.

Exercise should be part of cancer treatment

- The American College of Sports Medicine recommends exercise is safe during and after most types of cancer treatment and says survivors should avoid inactivity.
- The Department of Health's guideline of 150 minutes of moderate-intensity physical activity per week is appropriate for otherwise-healthy cancer survivors, built up gradually.

Exercise helps cancer survivors:

- Reduce feelings of fatigue
- Manage stress, anxiety, depression
- Improve bone health
- Improve heart health
- Improve muscular strength and endurance
- Help manage body weight
- Improve sleep
- Better control appetite
- Prevent or control constipation
- Relieve pain and improve range of motion

Mercy offers two programs that can help cancer survivors get on the right track with exercise:

- Journey to Health (J2H)
- Healthy Image Weight Management Program (HIP)

Both of these programs customize exercise plans to the specific needs and goals of the patient. The Healthy Image Weight Management program ties in dietary and behavior change tools in addition to the exercise guidance to help patients lose weight and successfully keep it off.

New participants during 2014:

HIP

January, 4
February, 4
March, 5
April, 10
May, 7
June, 22
July, 15
August, 18
September, 12
October, 17
November, 9
December, 13

J2H

January, 12
February, 10
March, 14
April, 3
May, 13
June, 0
July, 1
August, 2
September, 2
October, 1
November, 0
December, 2

Mercy's clinical trials program



Emily Robinson, MD
Clinical trials principal investigator,
Department of
Medical Oncology
Mercy Health System

At the Mercy Regional Cancer Center, we continually strive to offer the newest treatments in a coordinated care approach. This ensures the best possible patient experience and provides access to the latest advances in cancer care close to home.

When patients with newly diagnosed cancer are seen in Mercy's medical or radiation oncology clinic, they are evaluated for participation in clinical trials. Mercy's medical oncology physicians are members of the Eastern Cooperative Oncology Group and the Wisconsin Oncology Network. Our radiation oncologist is a member of the Radiation Therapy Oncology Group. Through these organizations, our physicians offer patients treatment through phase II and phase III trials.

Mercy's clinical trial program started in 1997, and there are trials open for patient with a variety of cancer diagnoses. Available trials change monthly depending on accrual. We continuously evaluate our patients' needs. With the collaboration of the National Cancer Institute's (NCI's) National Clinical Trials Network, the Clinical Trials Support Unit, and NCI's Independent Centralized Review Board in 2014, we are able to have access to more cooperative group trials and open them more efficiently to better serve our patients.

Most of the trials are large, phase III clinical trials that compare promising new treatments with standard treatments. The phase II trials test new treatments to determine effectiveness in smaller groups of patients. Our patients have participated in trials that led to the FDA approval of several new cancer therapies.

Our clinical trial program closely works with Mercy Health System's Institutional Review Board (IRB) to make sure our patients' needs are met. The IRB includes doctors, community representatives and clergy. The IRB's oversight protects the rights and ensures the safety of trial participants.

Our clinical research team includes the patient's oncologist, plus a research nurse, data manager, research assistant, principal investigator, chemotherapy nurse, oncology case manager and an oncology mid-level practitioner. Each team member has a specific role in making sure patients participating in research studies are safely treated according to protocol.

One advantage of clinical trials is the extra attention patients receive before, during and after their treatments. Clinical trials are an opportunity for patients to benefit from advances in cancer care. Through our community-based program, patients at the Mercy Regional Cancer Center are able to receive the newest treatments close to home, without having to travel to a larger city.

Patients participating in a clinical trial receive extra attention before, during, and after their treatments. We also help interested patients navigate their way to the most appropriate care available.

If you'd like more information about clinical trials, please call the Mercy Regional Cancer Center at **(608) 756-6871** or toll-free **(800) 928-1103**.

Mercy Regional Cancer Center: hematology/medical oncology

Mercy Health System's hematology/medical oncology clinic specializes in providing care to our patients with hematology (blood-related) and cancer diagnoses. Our experienced care team includes medical oncologists, a nurse practitioner, a physician's assistant, registered nurses (RNs), medical assistants, case managers, a dedicated oncology dietitian, patient financial counselors and numerous support staff including a medical records clerk and several receptionists.

This extensive team works together with the guiding principal of providing seamless, compassionate care to the patients needing our services. Conveniently located on the second floor of the Sister Michael Berry Building on the Mercy Campus in Janesville, the clinic also offers satellite services at Mercy Walworth Hospital and Medical Center in Lake Geneva, Wisconsin.

Individualized chemotherapy treatments are provided by specially trained RNs under the supervision of our medical oncologists. Many of our RNs have advanced certifications through the Oncology Nursing Certification Corporation (ONCC). This certification recognizes their experience and expertise in providing care for patients who experience the complex problems associated with a cancer diagnosis.

Treatment plans are individually structured based on factors such as the patient's type and stage of cancer, the patient's response to treatment, and National Comprehensive Cancer Network (NCCN) guidelines that are based on nationally recognized protocols. Of course, new and cutting-edge treatments are always considered for patients meeting the strict criteria of research studies and national clinical trials. These treatments are set up through the Eastern Cooperative Oncology Group of the National Cancer Institute, as well as the Wisconsin Oncology Network. Clinical trial

treatments are monitored on-site by our research nursing staff under the direct supervision of our medical oncologists. More information about clinical trials can be found on page 10.

Additional supportive care provided by our nursing staff includes lab draws, injections, dressing changes, mediport flushes and immunizations. These services are all given through our new Fast Track program. This program was designed with an eye on improving patient flow and access to care. It ultimately reduces wait times for our patients and has led to improved patient satisfaction.

Recently, the clinic added a dedicated oncology dietitian who specializes in educating and counseling our patients on the importance of nutrition. Our dietitian directs general informational meetings for all patients and also conducts one-on-one counseling with patients seeking further guidance.

Additionally, Mercy Options Behavioral Health Services counselors are available to help patients and their family members with their mental health and emotional needs. This important service can be arranged through our department.

Finally, in 2014, we introduced our new oncology nurse navigator program. Our nurse navigator acts as a single point of contact for our patients. The nurse navigator acts as a liaison between the patient and all members of the multidisciplinary care team, including the patient's primary care physician, radiation oncologists and/or surgical oncologists, and any support services that may be required or requested. The navigator functions, as all of our team members do, to ensure continuity of care and a collaborative approach to care for our patients.

608.756.6871 800.928.1103



Linda Brethauer, APNP, AOCN
Medical oncology



Amanda Johnson, MSM, PA-C
Medical oncology



Mohammad Khan, MD, FACP
Medical oncology



Emily Robinson, MD
Medical oncology



Shahid Shekhani, MD
Medical oncology

Mercy Regional Cancer Center: radiation oncology



Kevin R. Kozak, MD, PhD
Director, Department of
Radiation Oncology
Mercy Health System

We are excited to offer the highest possible quality radiation therapy to residents of Janesville and surrounding communities. Treatment options available at the Mercy Regional Cancer Center include external beam radiation therapy, intensity-modulated radiation therapy (IMRT), image-guided radiation therapy (IGRT), and high-dose rate brachytherapy (HDR).

We are committed to always raising the bar. In fact, Mercy Regional Cancer Center's radiation oncology department had some exciting changes in 2014.

Several new developments focus on elegant patient immobilization. We are championing the use of a prone breast-positioning device that permits considerable sparing of the heart from radiation in patients with left-sided breast cancers. Moreover, we have acquired the Elekta BodyFIX® system. This device represents state-of-the-art patient positioning and maximizes precision during radiation therapy. Coupled with the exceptional imaging capabilities of our Siemens® linear accelerators, these devices ensure the

highest possible accuracy in radiation delivery. These developments form the foundation of our efforts to bring stereotactic radiation therapy to the Mercy Regional Cancer Center—a development expected in 2015.

One of the most significant assets of the radiation oncology department is the staff. Our team members come from a wide variety of health care settings and bring diverse experiences and expertise to the department. Our team consists of a radiation oncologist, a medical physicist, dosimetrists, radiation therapists, plus a registered nurse, case manager and patient financial counselor. Support services are provided by our friendly receptionist and cancer registry staff.

Our radiation oncologist, Dr. Kevin Kozak, joined the department in 2013. Dr. Kozak completed medical training and a PhD in biochemistry at Vanderbilt University, where he finished first in his class. He then went on to receive his radiation oncology training at the Harvard Radiation Oncology Program. Dr. Kozak served as a cancer researcher and academic clinician prior to joining Mercy and has more than 70 peer-reviewed articles, book chapters and patents to his credit. He has been recognized as a "Face of Komen" by the Susan G. Komen Race for the Cure Foundation and as a "Top Doctor" by Madison Magazine.

The radiation oncology staff is deeply committed to both community outreach and continuous quality improvement. Along those lines, the department has initiated a monthly Morbidity and Mortality conference to review side effects of cancer treatment and develop system-wide strategies to minimize these effects. More ambitiously, the department has embarked on the process to receive the American College of Radiology Radiation Oncology

Practice accreditation. Finally, the department offers a Cancer Facts community discussion group where cancer topics of interest to community members are reviewed in an informal setting (see p. 19 for more information).

During the course of radiation treatment, our patients visit every day, Monday through Friday, for five to seven weeks. Our staff takes pride in putting patients first and providing the highest quality care available. Our patients have very positive statements about the care they receive and the relationships they form:

"From the very first set-up session, I felt the team was dedicated to doing their part in making me cancer-free. I looked forward to each radiation session as one more day of assurance that the cancer wouldn't come back."

"I will always be thankful for your dedication and compassion, and will miss seeing all of you."

"I will never forget your kindness and caring ways."

The Mercy Regional Cancer Center has always been dedicated to providing the finest quality care and the best equipment and services to the patients, families and communities it serves. This is evident in the Center's continued updates in equipment and the staff's continued education.

Mercy Regional Cancer Center's radiation oncology department is located in the Regional Cancer Building on the Mercy Janesville Campus, adjacent to Mercy Hospital and Trauma Center and the Sister Michael Berry Building.

608.756.6500 800.261.6565

Genetic testing for hereditary cancer syndromes



Linda Brethauer, APNP, AOCN
Department of
Medical Oncology
Mercy Health System

Genetic information and testing is a part of cancer care. Individuals who are diagnosed with breast, ovarian, colon and/or other specific cancers at a young age, or have a strong family history of those cancers, are recommended to receive personalized information and counseling for hereditary cancer syndromes.

Some families have a gene mutation that can be passed from parent to child, causing an increased risk for particular cancers. Mercy Health System provides counseling and assistance with testing for hereditary breast/ovarian cancer syndrome and hereditary colorectal cancer.

Most individuals tested will not have the gene mutation. In fact, less than 10% of those tested are found to have the gene mutation that increases their risk of cancer. Patients who have the gene mutation are offered treatment options that significantly decrease their risk of developing cancer.

Family members may also be tested. If there is a gene mutation in the family, each person has a 50% chance of inheriting it. Genetic testing is recommended when certain risk factors or “red flags” are present. These include:

- Being diagnosed with breast, colon, intestinal or uterine cancer before the age of 50, or ovarian cancer at any age
- Strong family history of a combination of certain cancers

Genetic testing can be a valuable tool for decreasing the risk of cancer in families with these gene mutations, and for decreasing anxiety in individuals without the gene mutation.

If you or your family has any of the red flag risk factors for having hereditary colon cancer syndrome, or hereditary breast/ovarian cancer syndrome, talk to your doctor about your concern.



From our patients ...

“ I can't thank everyone enough. I couldn't have done it without the support system at Mercy Health System. ”

Paula Crompton
Inflammatory breast cancer survivor



Paula Crompton was a working, single mother of four with limited health insurance. She had never had a mammogram. In the spring of 2014, her right arm began to ache. After the pain worsened and moved to her armpit, she scheduled an appointment at Mercy Clinic South to investigate. Her physician there ordered a mammogram. Before long, she received news she feared most: cancer was the culprit.

Crompton was diagnosed on April 14, 2014. “Everyone at Mercy kicked things in to high gear. It was scary, but the physicians and staff kept me informed and that made me feel infinitely better.”

Crompton had an ultrasound and biopsy, meeting with surgeon, Dr. Patricia Garner, and breast health patient

navigator, Sandy Mascari-Devitt, to help interpret the results and plan next steps. “I feel like Sandy has been permanently attached to me, and I wouldn't have it any other way! She has been by my side since day one.”

Crompton wasn't just worried for herself. “I have four children, and I didn't want to tell them right away. I needed time to process and understand what was happening first. I wanted to tell all of the kids at one time. On Easter, I shared the news.”

Soon after, in May, Crompton began chemotherapy. “The girls in the chemo room were great—I love them! I was lucky. After finishing chemo in August, a PET scan showed I was in remission.”

The remission was great news, but to cover all bases radiation oncologist, Dr. Kevin Kozak, ordered a baseline MRI of her head before moving forward with Crompton's next phase: radiation therapy. The scan revealed a brain lesion. “I was scheduled for my mastectomy in September. We would take care of the brain lesion after this surgery. It was scary, but the communication between the specialists was amazing. I was working with three to five physicians at any given time, and they were all on the same page. At each appointment, Dr. Kozak, Dr. Mohammad Khan, Dr. Garner, Dr. Christopher Sturm and other staff all knew what the other doctor had recommended. The group took my case to the Tumor Board to discuss as a group. They had a plan for me.”

Mercy MyChart helps you manage your life

After Crompton's mastectomy in September, a clean PET scan confirmed that she had responded well to treatment. "Now we were in high gear to take care of the brain lesion. As soon as I was ready and healed from my mastectomy, it was time to move forward. Along the way, Sandy and the nurses took care of all of my appointments. Without them, I wouldn't have known what to do. I prepared for the best and the worst between appointments. It was nice to be busy so I couldn't really think about what was going on. It was scary."

Crompton's daughter, an x-ray technician who did her clinicals at Mercy, reassured her mom that she had seen neurosurgeon, Dr. Sturm, perform surgeries and he was the best of the best. "Everybody told me I was in wonderful hands with Dr. Sturm. This helped ease some of the scariness."

After brain surgery, Crompton went home to heal. Today, she continues to work with Dr. Kozak and medical oncologist, Dr. Khan to complete additional radiation and medical targeted therapy. She was also approved to be fitted with a prosthetic at the Women's Boutique at the Mercy Health Mall. "It's nice to have the option for a prosthetic. There are times and situations when it makes me feel better."

For Crompton, finding the resources she needed and having a support team guide her meant the world. "The staff and physicians at Mercy were amazing. With so many barriers, it's hard to know what resources exist. Sandy has helped me in her role as breast health patient navigator with so many things. As a single parent, it was very difficult to manage treatment and work. Sandy helped me find resources like the Rock County Cancer Coalition and Susan G. Komen fund to help with the bills and mortgage through the end of this year. I can't thank everyone enough. I couldn't have done this without the support system at Mercy Health System."



With Mercy MyChart, you can review your:

- Medical history
- Medications
- Allergies
- Immunization history
- Test results
- Recommendations for preventive care

You can also:

- Schedule appointments with your pediatrician, internal medicine doctor and family medicine doctor
- Request appointments with specialists you have seen in the past
- Request prescription renewals
- Email your provider directly and securely
- Access your family's health record (authorization required)

Request online access to your health record at the next visit with your provider or online at MyChart.MercyHealthSystem.org



Mercy Regional Cancer Center: surgical oncology

Patients whose cancer treatment regimen requires surgery look to the Mercy Regional Cancer Center's surgical oncology department, staffed by board certified surgeons and support professionals with years of experience. Our surgeons' offices are located at the Terrace Building, just across the parking lot from Mercy Hospital and Trauma Center, where the surgical procedures are performed. The surgical oncology department employs:

Technologically advanced procedures, including minimally invasive techniques that use a small scope. The small incision needed for the scope to enter the body offers the advantages of faster in-hospital recovery, faster healing, less pain and minimum risks as compared to traditional surgical techniques. Screening, surveillance and diagnostic upper and lower gastrointestinal fiber optic endoscopy is also provided by the department.

A wide variety of cancer-related surgeries for all stages of cancer treatment. These include removing cancers completely in the majority of patients to permanently cure them; removing cancer that has spread (metastasized) beyond the original tumor; removing the majority of malignant tissue (called debulking) in preparation for chemotherapy; and reconstructive surgeries that help patients look and feel their best, leading to emotional healing.

Continuous multidisciplinary review of individual cases, through pathways such as the Tumor Board and the Mercy Cancer Registry. In this way, Mercy's surgical oncologists review and implement quality controls, provide and receive ongoing physician education, and evaluate existing technology to guarantee our patients receive quality care that's held to the highest standards.

608.756.6869



Patricia Garner, MD
da Vinci robotic surgery,
general surgery



Robb Whinney, DO, FACOS
Trauma surgery, da Vinci
robotic surgery, acute care
surgery, general surgery

“ I treat every patient as if they are my family member. I believe this is my unique way to help cancer patients with my physics knowledge and expertise. ”

Qing Liang, PhD
Medical physicist



Delivering world-class cancer care involves many behind-the-scenes experts who address little-publicized, but extremely critical, details. One of those roles is that of the medical physicist, like Dr. Qing Liang. “For radiation therapy cancer treatment, physics plays an essential part in guaranteeing the radiation is delivered to the patient with extreme accuracy, as precisely as the physician prescribes. As a medical physicist, my daily job responsibilities include quality assurance and quality control of all the treatment equipment in Mercy’s radiation oncology department, establishing procedures and work flow, verifying patients’ treatment plans and charts, and providing special physics consultations.”

Dr. Liang works closely with Mercy Health System’s team of radiation oncologists, medical dosimetrists and radiation therapists to ensure the safety and highest quality care of every single patient being treated at the Mercy Regional Cancer Center. “My favorite part of my job at Mercy is that I am part of a team in which everybody is extremely caring about our patients. We continuously improve our work every day. I am excited about every single step we make toward improving patient safety and patient care quality.”

Dr. Liang, who earned her PhD in medical physics from the University of Wisconsin-Madison, became interested in the field after some very personal experiences. “With several close family members who suffered from cancer,

I always wished to work in the health care field. Medical physics is a perfect combination of my career goals and my personal enthusiasm for physics.”

Though she often works behind the scenes, for Dr. Liang, the patient experience remains paramount. “Even though I work directly with the machines most of the time, I am actually familiar with every single patient. I recognize their faces, know their diagnosis and treatment plans, and understand the treatment process, through various chart check and patient-specific quality assurance activities. I treat every patient as if they are my family member. I believe this is my unique way to help cancer patients with my physics knowledge and expertise.”

From our partners ...

“ Patients don’t always realize how truly courageous, strong and amazing they are. It is a privilege and blessing for me to be there for them. ”

Cindy Gunn, RN, BSN, OCN
Patient nurse navigator



Cancer can be a devastating diagnosis that turns your world upside down within a matter of minutes. Patient nurse navigator, Cindy Gunn, a 35-year Mercy veteran, is extremely sensitive to the challenges that lie ahead. “I feel very fortunate to have the opportunity to care for those who are diagnosed, living with and surviving cancer.”

During her long career at Mercy, Gunn has worked in many different areas—spending eight years as an inpatient staff nurse, 15 years in the emergency department and, most recently, 13 years in the medical oncology clinic.

“I always found myself drawn to the patient with cancer and feel very passionate about caring for them. For the past 13 years, I have administered

chemotherapy and have come to know and love many patients and their families.”

Gunn recently became a nurse navigator in the medical oncology clinic. A nurse navigator helps patients navigate the intricate network of cancer care options, simplifying the process to alleviate anxiety. “This role has given me the opportunity to meet with patients and families at initial diagnosis. From then on, I am their point of contact within the health system. I listen to patient and family needs, identify their concerns, assist them in problem solving or symptom management, connect them to needed resources, provide education on treatment or procedures, visit patients if they require inpatient hospitalization, offer

emotional support and advocate for them throughout this challenging time.”

Patient navigators are experts on all aspects of the cancer care continuum, with knowledge of everything from current clinical trials to support services that may help patients more comfortably complete treatment.

“My constant mission is to be there for patients and their families, helping to alleviate any concerns and meet their needs. Patients don’t always realize how truly courageous, strong and amazing they are. It is a privilege and blessing for me to be there for them and their loved ones. I am so thankful to all the patients—past and present—who have allowed me to be a part of their care. It is a true honor.”

Mercy cancer groups

Do you or someone you know have cancer? These groups are offered for you, and your friend or family member.

Mercy Cancer Support Group

- Meets every Wednesday, 10-11 am, at Michael Berry Building, Janesville.
Information: (608) 756-6824

Mercy Breast Cancer Support Group

- For women diagnosed with any type of breast cancer. Meets the second Thursday of the month, 6:30-8:30 pm, at Mercy Clinic North, Janesville.
Information: (608) 756-6011

Cancer Facts Discussion Group

- Cancer is a common disease but remains a mystery to many of us. Learn the facts at this free group. Held the second Wednesday of every other month, 6 pm, at Mercy Clinic North, Janesville.
Information: (608) 756-6100

Mercy Health System and Susan G. Komen



In 2014, the Mercy Regional Breast Center received a grant from the South Central Wisconsin Affiliate of Susan G. Komen for the Cure®. The goal of the Susan G. Komen grant is to support the Mercy Breast Health Patient Navigation Program in expanding access to preventive, diagnostic, and therapeutic breast health resources to low-income residents of Rock County, provide patient and caregiver education according to the patient's specific needs in a culturally appropriate manner by providing accurate, consistent, and culturally appropriate information that will allow individuals to make well-informed decisions throughout the continuum of care, and enhance the Mercy Breast Health Support Group, facilitate local survivorship training workshops, and work with a survivor's physician to secure lab, imaging, and other necessary needs.

Mercy's 2014 efforts to encourage breast health include:

- Distribution of over 5,000 breast health education materials
- Mammography scholarships offered to underserved/uninsured women
- Three community breast health educational events held during Breast Cancer Awareness Month
- A breast cancer support group that serves woman diagnosed with breast cancer and their families from all reaches of Rock County
- The services of a certified post-mastectomy fitter who enhanced the quality of life for two underserved woman by assisting them with the right breast products

Mercy partners with many community and state organizations—including HealthNet of Rock County, Wisconsin Well Woman Program of Rock County, Center for Patient Partnership, and the Rock County Job Center—to promote breast health care and awareness.

Our breast health navigators

The Mercy Regional Breast Center used its Susan G. Komen grant to establish its breast health navigator positions to help breast patients navigate their health care experience.

Of the 50 nationally certified breast patient navigators in Wisconsin, two are employed at the Mercy Regional Breast Center in Janesville.

Shannon Petter, RT(R)(M), BHPN-I, is a nationally Certified Breast Patient Navigator in Imaging (CBPN-I). **Sandra Mascari-Devitt, CSW, CBPN-IC**, is a nationally Certified Breast Patient Navigator in Imaging and Cancer (CBPNIC).

Sandra is one of two CBPN social workers in Wisconsin and is a member of the Wisconsin Breast Cancer Task Force.

Mercy Palliative Care Program



Keith A. Konkol, MD
Director, Mercy
Palliative Care Program
Mercy Health System



Kelly Fehrenbacher, MD
Internal medicine,
geriatric medicine, hospice
and palliative medicine



Shahid Shekhani, MD
Medical oncology, hospice
and palliative medicine

Since January 5, 2009, Mercy Hospital and Trauma Center has had an active in-hospital palliative care consultative service.

The World Health Organization has succinctly stated that, "Palliative care affirms life and regards dying as a normal process, neither hastens nor postpones death, provides relief from pain and other distressing symptoms, integrates the psychological and the spiritual aspects of care, offers a support system to help patients live as actively as possible until death, offers a support system to help the family cope during the patient's illness and in their own bereavement."

In light of that definition, the Mercy Palliative Care Program strives to offer a high-quality service for patients, and their families, with serious or life-limiting illness who are seeking life-prolonging or curative care, or are nearing the last stages of life.

The Mercy Palliative Care Program accomplishes these goals by using an interdisciplinary team approach. This team includes the patient's primary care physicians, medical and nursing specialists in palliative care, plus direct care nurses, clergy and discharge planners.

Mercy's hospital-based palliative care team includes geriatrician Kelly Fehrenbacher, MD; and medical oncologist, Shahid Shekhani, MD. Dr. Fehrenbacher and Dr. Shekhani are both certified in hospice and palliative medicine by the American Board of Internal Medicine. In addition, Dr. Fehrenbacher established the Mercy Outpatient Palliative Care Clinic at the Mercy Mall Clinic in Janesville.

By using Mercy's interdisciplinary team, our patients and their families have the opportunity to discuss and plan the complicated goals of care, code status, transition to hospice, symptom management and their care at the end of life.

Many studies have shown that effective palliative care can manage fatigue, anxiety, breathlessness, nausea, depression, constipation and other distressful symptoms. A recent study demonstrated patients with advanced lung cancer actually lived longer when they were involved with early palliative care intervention in their diagnosis when compared to those patients who were not offered palliative care until later.

Palliative care can benefit patients with cancer, congestive heart failure, emphysema, AIDS and other serious illnesses.

The Mercy Palliative Care Program strives to coordinate complicated medical decisions through communication and excellent medical care to provide the highest quality of life possible for our patients with serious and life-limiting illnesses.

And after leaving the hospital, our patients can continue palliative care by using the at-home palliative care services offered by Mercy Home Health Care's Journey Program. See p. 9 for more information.

We're here when you need us most

Comfort, compassion and support.

That is the essence of hospice care. Our staff at Mercy Hospice Care also adds generous amounts of hugs, smiles and calming touches when patients and their families need them most. When you or a loved one faces a terminal illness, we are here to help.

Since 1994, we have offered our patients physical, emotional and spiritual care during the most trying of times. The goal of hospice is to improve the patient's quality of life by managing pain and symptoms. We also teach family members how to comfort and care for their loved one and each other.

A team of specially trained, compassionate professionals including doctors, nurses, social workers, chaplains, therapists, dietitians, bereavement counselors and volunteers assess the unique needs of each patient and family. The patient, the patient's family and loved ones, and the patient's primary care physician direct his or her own plan of care. The patient's needs, desires and comfort are central to all aspects of care.

Mercy Hospice Care is unique in that it is the only hospice in south-central Wisconsin directly linked to a health system. This connection gives us the resources and knowledge to be able to provide our patients and their families with expert care. It also allows patients who have used Mercy Health System as their health care provider to continue to use the same trusted continuum of care.

Mercy Hospice Care offers these special services to benefit its patients:

Pet Peace of Mind® — Volunteer pet care services, foster care and potential adoption opportunities for Mercy Hospice Care patients who are unable to care for their pets while on hospice.

Music for the Heart — A unique way to reduce stress, pain and other symptoms by offering CDs, audio recordings and singers or musicians to visit with patients at their home.

We Honor Vets — Mercy Hospice Care holds a special pinning ceremony to honor the military service of each admitted hospice patient that is a veteran. Veteran patients are also honored at the end of their life by draping our country's flag as they are transported from their home one last time. The flag is then presented to their family in tribute for their services to our country.

Making Memories — This program provides an opportunity for individuals, businesses, staff and volunteers to work together to grant end-of-life wishes for patients. Wishes may include getting an item a patient has always dreamed of obtaining, experiencing something that fulfills a lifelong dream, meeting someone special or a variety of other special wishes.

Massage reflexology — This gentle therapy helps with stress and circulation. Our certified massage therapist/reflexologist uses pressure points in the hands and feet to relieve pain and symptoms.

Mercy Hospice Care offers its services to patients wherever they call home—in their own home, a hospital, an assisted living facility or a nursing home. Inpatient care and respite care are provided as needed at Mercy Hospital and Trauma Center or Mercy Walworth Hospital and Medical Center where the patient is surrounded by specially trained nurses and physicians. We serve most of south-central and eastern Wisconsin.

GriefCare Support Group

Mercy Hospice Care invites you to share and receive the support of others facing the challenges of grieving the loss of a loved one. Family, friends and children are welcome to this free support group.

Second Tuesday
of every month, 6 pm
Mercy Clinic North
community room
3400 Deerfield Dr., Janesville

Third Tuesday
of every month, 6 pm
Mercy Walworth Hospital
and Medical Center
Lower-level conference room A
Hwys. 50 and 67, Lake Geneva

To register, call **(608) 756-6100**.



To learn more about Mercy Home Health Care services, call (608) 754-2201 or toll-free (800) 369-2201. You may also visit MercyHomeHealthCare.org.

Mercy Home Health Care

The finest home health care services under one roof ... yours

When you're confronted with the difficult issues of an illness, injury or aging, Mercy Home Health Care is here to help you maintain the best health possible in the comfort of your own home. We offer several levels of service:

Skilled medical assistance — If you are recovering at home from major surgery or illness, Mercy Home Health Care staff will visit and help with medications, wound care, physical and occupational therapy, and other skilled services.

Personal care assistance — Our personal care aides are here to help you with important everyday tasks like bathing, washing your hair and getting dressed.

Homemaker Companions — Need help with errands, cooking, small chores,

cleaning or other household tasks? Consider our Homemaker Companion Service.

Telemonitoring service — Manage your vital health statistics seven days a week in the comfort of your home. Telemonitoring is cost effective, provides early detection of health problems, and offers a sense of security.

Anodyne therapy — A non-invasive way to treat pain, poor circulation and muscle spasm caused by a range of factors including acute injuries, chemotherapy, diabetes, vascular disease and more. Anodyne therapy also helps improve balance, function, strength and safety.

Private home care — When you need special care to live safely and comfortably at home regardless of your age or disability, consider this self-pay service.

Journey Program — Sometimes, despite everyone's best efforts, a person's chronic illness will progress and cause severe symptoms. When this happens, our Journey Program staff can help manage symptoms and even offer at-home chemotherapy and pain management treatments. Our nurses are cross-trained in hospice care, so if the person's condition worsens, they can gently guide the person toward hospice services when appropriate.

Vitalstim® — Used to treat swallowing problems such as coughing, choking, and difficulty with chewing. NMES (neuromuscular electrical stimulation) re-educates the throat muscles. This specialized procedure offered by our speech pathologist can be used to treat many medical conditions that lead to swallowing difficulty.

The purpose of Mercy Foundation is to make a difference by creatively connecting your philanthropic goals with opportunities to support healing in the broadest sense in every community Mercy serves. Mercy Foundation's mission is to inspire positive change and healing through philanthropic giving. Your gifts support community outreach services, certain capital improvements, technological advancements and other programs that are integral to the mission of Mercy Health System.

Through Mercy Foundation, cancer-specific funds honor a Mercy patient and a Mercy partner.

The **Chrissy Fund** was started by Bill Tischer whose wife Chrissy passed away in April 2011 at Mercy Hospital and Trauma Center due to a rare form of uterine cancer. Bill wanted to find a way to carry on his "wife's glory" by suggesting a fund in memory of his wife to help other families who go through similar medical experiences. To date, the Chrissy Fund has purchased three sofa sleepers for families to use while their loved ones are in the Mercy Hospital and Trauma Center intensive care unit.

The **Holly J. Barten Fund** was started by the family of Holly, a longtime Mercy partner who passed away due to cancer. In Holly's memory, the fund serves as a resource for people living with the effects of cancer. Beneficiaries of the fund can include a Mercy patient, volunteer, partner or family member of a Mercy partner.

In addition, our **Grateful Patient** donor program offers you a way to show your appreciation for a Mercy caregiver—a doctor, nurse, technician or other Mercy partner—who touched your life. Your gift of gratitude becomes an instrument of healing for others and can be used in any number of ways at your request.

Mercy Foundation has additional funds you may make a gift to including:

- General fund
- Mercy Regional Cancer Center
- Mercy Hospice Care
- House of Mercy Homeless Center
- Autism Support Fund

In the past year, Mercy Foundation funds paid for scholarships for 10 breast cancer survivors to attend Mercy's Journey to Health exercise program, 12 mammogram appointments and the purchase of iPads for oncology patients to use during chemo treatments.

For information about the Mercy Foundation, or how to donate, please call Jennifer Johns at **(608) 755-8821**.



Inspire. Heal. Give.

Mercy Health System and the American Cancer Society

This past year, Mercy Health System and the American Cancer Society continued to build on their successful partnership through sponsorships and support services for cancer patients and their caregivers.

The American Cancer Society saves lives and creates more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

The Society proudly offers a range of services to cancer patients and caregivers:

Information options

- A toll-free line, available day or night: **(800) 227-2345**
- A trusted, reliable internet site at **cancer.org**
- Advice on clinical trials
- Tools to help with treatment

Day-to-day help

- Transportation and lodging
- Prescription medicine questions
- Financial and insurance questions

Emotional support offerings:

- Help finding local support groups
- Cancer education classes
- An online community for cancer survivors and caregivers



New access to information for Rock County patients

The American Cancer Society, Mercy Health System, the Rock County Cancer Coalition and the Wisconsin Well Woman program of Rock County joined together in a new undertaking.

Mercy volunteers received training about American Cancer Society programs and services. These volunteers help patients find programs and services and make it easier for them to find information about cancer.

Rock County support helps us fight back

In 2014, volunteers in the community raised more than \$77,343 through the American Cancer Society Relay for Life of Janesville, with considerable help from Mercy Health System participants. Through these valued partnerships, the American Cancer Society is able to reach even more patients, survivors and caregivers, and help them fight back against cancer.

The American Cancer Society lineup of events for 2015 includes:

- Walk/run
- American Cancer Society Relay for Life of Janesville
- Making Strides Against Breast Cancer

For more information on these events, please contact **Liana Woodley of the American Cancer Society** at **(262) 523-5504** or email at **Liana.woodley@cancer.org**.



THE OFFICIAL SPONSOR OF BIRTHDAYS.®

Raising cancer awareness in our community



Brad Bastian, a medical oncology volunteer, stands in front of ribbon mosaics with pictures of staff and patients.



Radiation oncology partners celebrated the Halloween spirit by dressing up in Star Trek outfits.



Amy Lambert, Dr. Kevin Kozak (middle) and Dr. Shahid Shekhani (second from right) volunteered at the Paint the Rink Pink event at a Janesville Jets game in October.



Mercy partners volunteered at the Janesville Jets Skaters at Waiters event at the Texas Roadhouse restaurant in Janesville.



Breast health navigator, Sandra Mascari-Devitt, had a booth at the Beloit Taste of Home Cooking Show. She talked to ladies about breast cancer screening and prevention.

Support services

A

Acupuncture

Mercy Complementary
Medicine Center, Janesville
(608) 741-6799

American Cancer Society

(800) 227-2345

B

Breast care:

Breast cancer support group

(608) 756-6011

Breast health navigator

For help guiding you through the stages related to breast health and breast cancer, from assistance with education, diagnostic testing and treatment, to finding resources and support.

(608) 756-6011

Mercy Regional Breast Center, Janesville

Digital mammography, biopsy, ultrasound, MRI and more
(608) 741-6999

Mercy Women's Boutique, Janesville

Post-mastectomy items: prostheses, undergarments, swimwear and more
(608) 755-7989 • (800) 279-5810

C

Cancer rehabilitation therapy

Physical therapists help you beat the effects of cancer.

Mercy Sports Medicine and
Rehabilitation Center, Janesville
(608) 755-7880

Cancer Resource Center

Located in the Mercy Michael Berry Clinic, it offers a wealth of resources for patients and families.

Cancer registry

Lifetime follow-up for all patients treated at Mercy and Dean Riverview Clinic. Please let us know when you move or change phone numbers.

Mercy Cancer Registry
(608) 756-6139

Cancer-related genetic testing, Janesville

Testing for hereditary cancer syndromes.

Mercy Regional Cancer Center
(608) 756-6588 • (888) 816-3729

Case managers

Mercy Regional Cancer Center,
Janesville
(608) 756-6824

Chemotherapy (medical oncology)

Mercy Regional Cancer Center,
Janesville
(608) 756-6588 • (888) 816-3729
Mercy Walworth Hospital and
Medical Center, Lake Geneva
(262) 245-0535 • (877) 893-5503

Clinical health and rehabilitation psychology

Empowering cancer patients to achieve optimum quality of life.

Mercy Clinic South, Janesville
(608) 755-7960
Mercy Sports Medicine and
Rehabilitation Center, Janesville
(608) 755-7880
Mercy Walworth Hospital and
Medical Center, Lake Geneva
(262) 245-0535 • (877) 893-5503

Clinical trials

Offering Phase II and Phase III trials for a variety of diagnoses.

Mercy Regional Cancer Center,
Janesville
(608) 756-6871 • (800) 928-1103

E

Esthetician services

Learn ways to improve your skin texture and tone, and minimize the visible side effects of treatment through expert makeup application.

Mercy Regional Plastic Surgery,
Skin and Laser Center, Janesville
(800) 236-6868 • (608) 756-6300

Exercise programs

Mercy Cardiac Fitness Center's
Journey to Health program, Janesville
Scholarships available
(608) 755-7996

F

Financial counseling and assistance

For help with unexpected costs and lack of insurance, and referrals to community resources.

(608) 756-6500

H

Hematology

Mercy Regional Cancer Center,
Janesville
(608) 756-6588 • (888) 816-3729
Mercy Walworth Hospital and
Medical Center, Lake Geneva
(262) 245-0535 • (877) 893-5503

Home health care

Mercy Home Health Care
(608) 754-2201 • (800) 369-2201

Home medical equipment

Mercy Home Medical Equipment
and Supplies, Janesville and Harvard
(800) 279-5810 • (608) 755-7989

Hospice care

Mercy Hospice Care
(608) 754-2201 • (800) 369-2201

I**Information and health libraries**

Two ways to learn more about your condition:

MercyHealthSystem.org
Cancer Resource Center inside the Mercy Michael Berry Clinic, Janesville

L**Lifeline® home emergency response system**

Helps you feel safer when you're home alone.

In Janesville and Harvard
(608) 756-6784

Lymphedema treatment

Mercy Sports Medicine and Rehabilitation Center, Janesville
(608) 755-7880

M**Massage therapy**

Mercy Complementary Medicine Center, Janesville
(608) 741-6799

Meals On Wheels

Delivered fresh daily
In Janesville and Harvard
(608) 756-6784

Mental health and addictions treatment

For help with healing from depression, anxiety and other emotional concerns.

Mercy Options Behavioral Health Services
(800) 341-1450

Mohs surgery for skin cancer

Mercy Walworth Hospital and Medical Center, Lake Geneva
(262) 245-0535 • (877) 893-5503

N**Nutrition services/dietitian**

(608) 756-6588 • (888) 816-3729

P**Pain management**

Mercy Pain Center – Harvard
(815) 943-8090
Mercy Pain Center – Janesville
(608) 756-6049
Mercy Pain Center – Lake Geneva
(262) 245-0535

Palliative care

Mercy Hospital and Trauma Center (inpatient), Janesville
(608) 756-6000
Mercy Outpatient Palliative Care Clinic, Janesville
(608) 741-2430

Pastoral care

Mercy Hospital and Trauma Center, Janesville
(608) 756-6000

Plastic/reconstructive surgery

Offering scar revisions, breast reconstruction and other advanced medical procedures.
Mercy Regional Plastic Surgery, Skin and Laser Centers
(800) 236-6868 • (608) 756-6300

Prosthetics

Our certified prosthetists are experts at fabricating and fitting a variety of prosthetic devices.
Mercy Orthotics and Prosthetics Centers
(888) 39-MERCY

R**Radiation oncology**

Mercy Regional Cancer Center, Janesville
(608) 756-6500 • (800) 261-6565

Radiology

Mercy Regional Imaging Center at Mercy Hospital and Trauma Center
(608) 756-6400

Rehabilitation (inpatient)

Mercy Comprehensive Inpatient Rehabilitation at Mercy Hospital and Trauma Center, Janesville
(608) 756-6822
Mercy Harvard Care Center
(608) 755-7880
Mercy Manor Transition Center at Mercy Hospital and Trauma Center, Janesville
(608) 756-6050

S**Screenings**

Call to learn about Mercy's latest health screenings.
(608) 756-6100 • (888) 39-MERCY

Smoking cessation

Four-week Fresh Start program for the quitter and a support person.
(608) 741-2411

Support groups

Free groups offered to cancer patients and their friends and family.
(608) 756-6824

Surgery

Mercy Terrace, Janesville
(608) 756-6869

Susan G. Komen for the Cure®

(608) 836-1083

U**Urology**

Mercy Regional Urology Center, Janesville
(608) 741-6990

W**Wigs for Patients**

Quality wigs for individuals suffering hair loss due to a medical condition.
Features Hair & Nail Company, Janesville
(608) 756-0307
Coulterz Cutz, Janesville
(608) 752-2490



With all our heart. With all our mind.®



Mercy Regional Cancer Center
1000 Mineral Point Ave., Janesville
Cancer.MercyHealthSystem.org