A passion for making lives better.™
# Table of contents

2  Message from the President  
3  Our Commitment  
5  What Rocks!  
6  Cancer Committee Members  
7  Cancer Center Team / Providers  
8  Cancer Services  
9  Cancer Registry  
9  Multidisciplinary Cancer Conferences  
10  Radiation Oncology - True Beam Linear Accelerator  
11  Oncology Nurse Navigator  
12  Surgical Oncology / Women’s Center  
14  Breast Cancer Team  
15  Palliative Care  
16  Lung Center  
17  Cancer Prevention and Screening Focus  
18  Community Events / Outreach  
24  Cancer Care Support Groups  
25  Cancer Care Support Resources
It has been a remarkable year for our organization, as Mercy Health System and Rockfort Health System joined forces to become Mercyhealth. Through this merger, we are growing and expanding to bring the very best health care services close to those who need it. Cancer care is no exception, and we are integrating our Rockford and Janesville cancer teams to provide our patients with the most advanced, comprehensive cancer care in the region.

It’s our passion for making lives better that drives us to continually improve, adding new cancer prevention initiatives, advanced technology, cutting-edge procedures and brilliant physicians.

On the Mercyhealth Hospital Rockton Avenue Campus (formerly Rockford Memorial Hospital Campus), we have a TrueBeam™ linear accelerator system, which delivers more powerful cancer treatment with pinpoint accuracy. Because of this precision, the TrueBeam system can attack tumors with higher doses of radiation, while minimizing damage to nearby healthy cells. The TruBeam is used to treat many different types of tumors, including those in sensitive areas such as the abdomen, liver, lung, breast, and head and neck.

This year, Mercyhealth Cancer Center in Rockford welcomed three new board certified physicians: Aaron Frye, MD; Arvind Mahatme, MD; and Tabraiz Mohammed, DO. Learn more about them at RockfordHealthSystem.org. Their cancer-related surgical expertise brings a new level of care to our experienced and accomplished cancer team.

Our passion for making lives better goes beyond caring for our patients’ medical needs, to caring for their emotional and spiritual needs as well. This compassionate support is generously given at Mercyhealth in so many ways.

Our latest support initiative is our Breast Cancer Support Group (see p. 24). This free group provides a safe, caring and empathetic setting for the loved ones and caregivers of those with cancer to process how the cancer diagnosis has impacted and affected their lives.
Our oncology volunteer program, based at the Mercyhealth Hospital-Rockton Avenue (formerly Rockford Memorial Hospital) provides supportive services to chemotherapy patients, their caregivers, and medical oncology staff. Volunteers offer warm blankets, drinks and snacks. They stock cabinets for staff.

Cancer is a common disease but remains a mystery to many of us. That’s why our free events at the Mercyhealth Women’s Center are popular with so many. Our providers lead the group discussions and present a variety of topics in easy-to-understand language. To learn more about these community events, turn to p. 18.

At Mercyhealth, our passion for making lives better never rests. We are committed to you, and to our community. We look forward to providing the best possible cancer care, including the latest treatments, clinical trials, genetic testing and more, in the coming year. We are here with you, side by side, on your health journey.

Regards,

Javon R. Bea
President/CEO
Our Commitment

The Mercyhealth Board of Directors committed to invest $50 million in capital improvements on the Rockton Avenue campus over the next ten years.

Over the past several months, we have met with and listened to the feedback of dozens of community leaders and hundreds of residents throughout the Rockford region. Working together, we have developed a plan that centers around our commitment to continuing a vibrant Rockford Memorial Hospital campus on Rockton Avenue.

To demonstrate our deep and abiding commitment to our legacy hospital, Rockford Memorial, the MercyRockford Health System Board of Directors unanimously approved the resolution below, which was presented to Rockford's Mayor, Mayor Pro-Tem and community leaders (featured right) at a November 3 press conference.

Today we are presenting our Board resolution to you, the citizens of Rockford.

RESOLUTION OF THE BOARD OF DIRECTORS OF MERCY ROCKFORD HEALTH SYSTEM CORPORATION (Rockton Avenue Campus Amendment)

WHEREAS, on October 4, 2014, the Board of Directors of Mercy Rockford Health System and Rockford Health System agreed to merge to form MercyRockford Health System, a dynamic regional health system that will serve the region.

WHEREAS, Rockford Memorial Hospital, born in the 1930s, has a legacy of providing high-quality healthcare to the citizens of the greater Rockford area, including DeKalb County, the Westside of Rockford;

WHEREAS, the Board of Directors of MercyRockford Health System believes it is in the best interest of the organization that, in Northern Illinois, as Northern Illinois' major health care provider, Rockford Memorial Hospital is the hospital of choice for patients of all ages, seeking care in a modern, state-of-the-art, comprehensive care facility with state-of-the-art technology and services.

NOW, THEREFORE, the MercyRockford Health System Board of Directors hereby approves the merging of Rockton Avenue campus.

Be a part of Rockford’s healthy tomorrow. Visit MercyRockford.org to show your support today.
Left: The Rockford Register Star holds an annual poll of their readers for the best things in the Rock River Valley. Among the winners in 2015 was Mercyhealth Cancer Center.

Above: The partners at Mercyhealth Cancer Center celebrate their “Best of” award.
2015 Cancer Committee Members

2015 Cancer Committee is a medical staff standing committee composed of multi-specialties to oversee and direct the oncology program.

- May Hashimi, MD, Oncology / Hematology Chair
- Anthony Zappia, MD, Surgery / CLP
- Hosne Begum, MD, Oncology / Hematology
- Tabraiz Mohammed, DO, MS, Hematology / Oncology
- Liza Stapleford, MD, Radiation Oncology
- Matthew Twohig, MD, Pathology
- Christopher Vittore, MD, Radiology
- Mohammad Ahmed Khan, MD, Palliative Care
- Michael Tyrkus, PhD, Cytogenetics
- Arvind Mahatme, MD, MSHA, Breast Surgery / Oncology

2015 Cancer Committee Allied Health Staff

- Betty Mortensen, RN, MSN, Director, Acute Services
- Jacqui Kudzma, RN, MS, Manager, Cancer Center / Service Line Administrator
- Kristine Taylor, RN, OCN, Clinical Lead Nurse, Cancer Center
-Anne Celner, APN, AOCNP, Survivorship
- Lisa August, RN, BSN, OCN, Clinical Research Coordinator
- Joan Colombi, RN, BSN, Breast Navigator
- Amy Lask, RN., BSN, Pulmonology Navigator
- Angela Mascharka, LCSW, Psychosocial Services Coordinator
- Leslie Aalund, RN-BC, CPE, CHPN, Palliative Care
- Suzie Stilwell, MS, CGC, Genetics Counselor
- Christine Gillette, RD, LDN, Nutrition Services
- Wojciech Charchalis, MS, Rehabilitation
- Anna Portokalis, PharmD, Pharmacy
- Shannon Posley, RN, BSN, Endoscopy Manager
- Isabel Schutt, RT (R) (T), CMD, Radiation Oncology Dosimetrist
- Melanie Guse, BS, CTR, Cancer Registry Coordinator
- Diane Aaby, CTR, Tumor Board Coordinator
- Cindy Joesten, BS, RT (R) (T), Community Outreach Coordinator
- Geoffrey Page, BA, CPHQ, CPPS, Quality Coordinator
- Sherri Habben, BS, Total Health Solutions
- Ashley Lach, American Cancer Society
Mercyhealth Hospital-Rockton Avenue, formerly Rockford Memorial Hospital, offers a comprehensive cancer care program focused upon our patient needs. Mercyhealth Cancer Center is staffed by medical oncologists, a radiation oncologist, oncology certified nurses and navigators, a social worker / counselor, a dietitian and a financial navigator.

All services are provided in one location on the hospital campus, providing coordination of care and convenience for our patients.

- Medical Oncology
- Hematology
- Radiation Oncology
- Oncology Certified Nurses / Navigators
- Licensed Clinical Social Worker
- Mental Health Counseling
- Dietitian / Nutrition
- Massage Therapy
- Pet Therapy
- Financial Navigation

All therapies, including chemotherapy and radiation therapy, can be administered alone, before or after surgery, or in conjunction with other therapies.

Our oncology team carefully plans each patient’s individual treatment and administers therapy using state-of-the-art treatment plans and equipment.

The Cancer Center has been accredited by the American College of Surgeons’ Commission on Cancer for more than 30 years.

To make an appointment with one of our providers, call the Mercyhealth Cancer Center at (815) 971-6188.
Cancer Registry

According to the National Institutes of Health, cancer is the second leading cause of death among Americans. Doctors, researchers and public health officials are working to change this fact by improving cancer prevention and treatment, and ultimately finding a cure. The starting point for this important work is the Cancer Registry (National Cancer Registrars Association).

The Cancer Registry staff maintains data on all patients diagnosed and/or treated for cancer at our facility and staff utilizes a computerized system designed for the collection, management and analysis of cancer data.

**Collection and interpretation of cancer data is critical for:**

- **Optimal patient treatment** – offers patterns of care, efficacy of treatment and outcomes
- **Lifetime patient follow-up** – acts as a follow-up reminder to physicians and patients to schedule regular clinical exams and provides survival information
- **Research** – provides resources for the diagnosis and treatment of cancer, fundamental research on the epidemiology of cancer
- **Education** – offers vital education of cancer care providers
- **National database** – allows local, state and national agencies to disseminate national and geographical incidence data and make public health decisions that maximize the need and placement of screening programs

The Cancer Registry is staffed with two Certified Tumor Registrars (CTR) who are responsible for coordinating cancer committee meetings, cancer conferences and assisting with quality studies.

Multidisciplinary Cancer Conferences

The Cancer Conference, or Tumor Board, provides a multidisciplinary forum for case presentation to discuss a patient’s diagnosis, treatment management and the latest research findings. National Comprehensive Cancer Network (NCCN) treatment guidelines or other appropriate guidelines are referenced to ensure treatment plans are developed in accordance with nationally recognized standards.

These conferences bring together cancer care specialists including board-certified oncologist / hematologists, radiation oncologists, surgeons, diagnostic radiologists, pathologists, geneticists, oncology certified nurses, specialty navigators and ancillary support staff. The ancillary support staff provides additional services to enhance the patient care experience.

The Cancer Conference currently meets the second and fourth Tuesday of each month and has been well attended. The top five primary cancer sites presented were breast, lung, colorectal, prostate and head and neck.

**Confidentiality**

Confidentiality of patient identifying information and related medical data is strictly maintained. Aggregate data are analyzed and distributed without any patient identifiers.
Radiation Oncology -
True Beam™ Linear Accelerator

Cancer patients at Mercyhealth Cancer Center are able to take advantage of a recently expanded radiation oncology suite. The treatment area combines a soothing atmosphere with high tech equipment. Features such as an open entry maze eliminate the need for a heavy lead door; nature-inspired wall designs and music during treatment help patients relax during this stressful time.

With its True Beam™ Linear Accelerator, Mercyhealth Cancer Center joins some of the nation’s leading cancer treatment centers in providing state of the art technology and treatment methods. It makes available some of the latest treatment techniques such as IMRT, Rapid Arc, Gated Rapid Arc, SBRT and SRS. Moving targets can be treated with advanced speed and accuracy. There are now more options available for a variety of cancer cases.

Often times, critical structures are close to the target and significant changes can be expected during treatments. With the integrated treatment planning system, diagnostic imaging can be used to accurately contour the target. High quality, low dose CT images are produced prior to radiation delivery improving accuracy. Moving targets can be treated with advanced speed and precision by utilizing real time imaging so targets can be tracked during treatment. Another feature of the True Beam™ is real time beam gating on a respirator trigger which can reduce treatment margins and reduce radiation to heart and lungs. Shorter treatment times and sometimes shorter treatment courses are now possible.

Partners from Mercyhealth Cancer Center present their board on the new True Beam™ linear accelerator at the annual Quality Week fair.
Advances in technology and science have brought new therapies for treating cancer and with them a need for a new role in the Mercyhealth Cancer Center, the Oncology Nurse Navigator.

With new treatment options available, cancer is now treated as a chronic condition for many. Although a wonderful gain, this has increased the complexity of receiving care.

Making contact at high stress points along the cancer journey, the navigator acts as a guide and a liaison between the patient and their family and providers. Working with other members of the health care team, they educate patients and their loved ones, empowering them to make the treatment decisions that are right for them. They assist patients to manage practical issues, facilitate access to additional services and psychosocial support and coordinate care from multiple providers. This has shown to reduce frustrations and improve outcomes for patients.

Lisa August, RN, BSN, OCN
Oncology Nurse Navigator / Clinical Research Coordinator
The Women’s Center provides a wide range of breast health services for women in one convenient location.

A CENTER FOR DIAGNOSTICS AND SUPPORT

The Women’s Center provides a wide range of breast health services for women in one convenient location.

Created by compassionate professionals who understand the needs of women concerned about breast health, the Women’s Center provides education, consultation services and support. State-of-the-art technology is available to speed diagnostics, and a skilled team that includes an experienced nurse navigators has answers when next steps are required. For needs ranging from preventive care and genetic testing to prosthetic selection and reconstructive surgery, the Women’s Center team is committed to help.

“We are trained to manage all breast conditions,” says Arvind Mahatme, M.D., M.S.H.A., breast surgical oncologist and medical director of the Women’s Center. “Whether a patient requires further clinical evaluation, diagnostic imaging, biopsy, surgical resection or further referral, we are here to assist and facilitate the journey for patients in the area and their providers. If any question or concern arises, I am happy to personally discuss or review a clinical case.”

CARE FOR ANY BREAST PROBLEM

Access to digital mammography and breast magnetic resonance imaging (MRI) enables the Women’s Center physicians to thoroughly investigate a palpable lump or other problem detected by a woman or her primary care physician. For women with advanced risk of breast cancer due to family history or a detected genetic anomaly, our advanced imaging capabilities can provide an extensive assessment.

When tumors are detected, an on-site support system is in place that includes two breast surgeons, radiologists trained in breast care, four breast-specific
“Breast care, especially breast cancer care, is comprehensive. Identifying a patient with a significant family history or a new diagnosis is the tip of the iceberg. Removing the cancer is important, but many more components of care must be considered. In addition to providing your patient with access to well-trained surgeons to help them physically, you must also care for them mentally, which is why we have clinical psychologists available. We want to make sure women emerge from this difficult diagnosis and treatment at their best. We do this by being proactive in caring for the whole woman.”

— Arvind Mahatme, M.D., M.S.H.A., breast surgical oncologist and medical director of the Women’s Center

Surgical oncology / Women’s Center (continued)

Breast care, especially breast cancer care, is comprehensive. Identifying a patient with a significant family history or a new diagnosis is the tip of the iceberg. Removing the cancer is important, but many more components of care must be considered. In addition to providing your patient with access to well-trained surgeons to help them physically, you must also care for them mentally, which is why we have clinical psychologists available. We want to make sure women emerge from this difficult diagnosis and treatment at their best. We do this by being proactive in caring for the whole woman.”

— Arvind Mahatme, M.D., M.S.H.A., breast surgical oncologist and medical director of the Women’s Center

Breast care, especially breast cancer care, is comprehensive. Identifying a patient with a significant family history or a new diagnosis is the tip of the iceberg. Removing the cancer is important, but many more components of care must be considered. In addition to providing your patient with access to well-trained surgeons to help them physically, you must also care for them mentally, which is why we have clinical psychologists available. We want to make sure women emerge from this difficult diagnosis and treatment at their best. We do this by being proactive in caring for the whole woman.”

— Arvind Mahatme, M.D., M.S.H.A., breast surgical oncologist and medical director of the Women’s Center

“Breast care, especially breast cancer care, is comprehensive. Identifying a patient with a significant family history or a new diagnosis is the tip of the iceberg. Removing the cancer is important, but many more components of care must be considered. In addition to providing your patient with access to well-trained surgeons to help them physically, you must also care for them mentally, which is why we have clinical psychologists available. We want to make sure women emerge from this difficult diagnosis and treatment at their best. We do this by being proactive in caring for the whole woman.”

— Arvind Mahatme, M.D., M.S.H.A., breast surgical oncologist and medical director of the Women’s Center
When it comes to fighting breast cancer, you need a team of specialists focused on you. Our physicians bring advanced training in hematology, oncology, plastic surgery and breast surgery. Our team sees patients in the beautiful Mercyhealth Women’s Center on Spring Brook Rd. and treats patients at Mercyhealth Cancer Center on the Rockton Avenue campus. To make an appointment, call (815) 971-2299.
Palliative Care

What is palliative care?
Palliative care is specialized medical care focused on relief of pain, symptoms and stress due to serious illness, whatever the diagnosis. Palliative care helps patients and families through all stages of illness. It is best introduced early in the care process and can be provided at the same time as curative treatments. Our Palliative care team helps people live more comfortably. By providing physical, emotional and spiritual support, we help patients and their families live the best possible quality of life.

What services are provided in palliative care?
Working closely with the patient’s attending doctor, we provide:
• Expert treatment of pain and symptoms
• Close communication and compassionate care
• Help in navigating the health care system
• Guidance with difficult treatment choices
• Emotional and spiritual support for the patient and family
• Home care coordination and referral or additional support services after a hospital stay
• Detailed practical information and assistance

What can the patient expect from palliative care?
The palliative care team can provide:
• Relief from distressing symptoms such as pain, shortness of breath, fatigue and constipation
• An improved ability to carry on with daily life
• An improved ability to tolerate medical treatments
• A better understanding of an illness and choice for medical care

What is the palliative care team?
Our palliative care team consists of trained medical professionals including physicians, nurse practitioners, nurses, social workers, chaplains and other ancillary support staff. Mohammed Ilyas Ahmed Khan, MD, is Director of Palliative Care and Advance Illness Management (AIM) Services.

How does palliative care enhance patient and family support?
Serious illness affects the patient and family. We help patients and their families understand their illness and choices for medical care and identify what is important to them in the care process. We assist them in effectively communicating their wishes to physicians and other caregivers. We promote peace of mind.

How do I find out more about palliative care?
If you would like to know more about the palliative care service for yourself or a loved one, please ask your doctor or nurse for a palliative care consult or call (815) 971–4024, Monday - Friday.
Lung Center

A team of Mercyhealth physicians, nurses and therapists, backed by highly advanced new technology and nationally recognized expertise, makes up the Mercyhealth Lung Center. The team approach, using advanced, minimally invasive techniques to diagnose and treat lung cancer in the early stages, features:

• Low-dose CT scan screenings of the lungs, provided annually, for people who are at highest risk for developing lung cancer based on their age and smoking histories. The goal is to diagnose lung cancer when it is still in an early stage to improve treatment outcomes and survival rates.

• Navigational Bronchoscopy, performed by the pulmonologists of Mercyhealth, using highly advanced technology. Nicknamed a “GPS system for the lungs,” the electronic probe navigates the pathways of the lungs to locate and biopsy suspicious growths (nodules) even in the outermost branches of the lung. The system can then leave an electronic marker for a surgeon to reach and remove a tumor if necessary. The outpatient procedure is performed without the need for an incision.

• DaVinci robotic lung surgery, performed by a specially trained cardiothoracic surgeon, utilizing one of Mercyhealth’s two DaVinci robotic surgery systems on the Mercyhealth Rockton Avenue Campus. Robotic lung surgery has revolutionized lung cancer surgery. For the majority of patients, the surgeon can perform surgery without the need to make a large incision on the chest wall and remove cancerous tumors of the lung and properly stage them. Instead, robotic lung surgery is accomplished with a small number of very small incisions, using surgeon controlled robotic instruments. As a result, pain is greatly reduced and recovery time is markedly shorter following robotic procedures.

• A lung program nurse navigator, who helps address the needs and questions of the patient and family members and coordinates the various steps of the screening and diagnosis program.

• Promotion of smoking cessation. The most successful way to reduce deaths from lung cancer is to help people stop smoking and therefore reduce their risks of developing lung cancer.

Many insurance companies now cover low-dose CT screening for those considered to be at high risk. Additionally, on February 5, 2015, the Centers for Medicare and Medicaid Services (CMS) announced that it now provides coverage for low-dose CT lung cancer screening to Medicare recipients who meet the following criteria:

• Age 55-77 years;
• No current signs or symptoms of lung cancer;
• Tobacco smoking history of at least 30 pack-years (pack-years are calculated by multiplying the number of packs smoked per day by number of years smoked); and
• Current smoker, or former smokers who have quit within the last 15 years.

To learn more, talk to your primary care physician.

Mercyhealth has been designated a lung cancer screening center by the American College of Radiology (ARC), which recognizes facilities that have committed to practice safe, effective diagnostic care for individuals at the highest rate for lung cancer.
Cancer Prevention and Screening Focus

*Multi-faceted outreach to promote prevention and awareness*

**Lung Cancer Awareness**

Lung cancer is the number one cancer killer in the United States. It causes more deaths than breast, prostate, colon and pancreatic cancer combined. Three out of every four people diagnosed with lung cancer are already at stage III or IV with a five-year survival rate of only 15 percent.

The Rockford Health Council 2014-2017 Healthy Community Survey conducted a comprehensive community analysis that looked at disease incidence/mortality and compared community findings to state and national benchmarks.

**Key findings:**

- Winnebago County has an adult smoking rate of 21% higher than state and national averages
- Lung cancer incidence rate in Winnebago County are significantly higher

**Primary focus for 2015**

Mercyhealth will continue to develop a comprehensive multidisciplinary lung service designed to detect and treat lung cancer at earlier stages and reduce lung cancer mortality by offering lung cancer screenings (LDct) and providing prevention education on the need for early detection of lung cancer and smoking cessation.

**Low Dose Computed Lung (LDCT) Screening Program**

This program offers a lung screen for those who qualify at a reduced cost. These patients are monitored and followed with CTs as recommended.
Community Events / Outreach

2015 Community Outreach Activity Report Summary And Community Needs Assessment Report

The Community Outreach Coordinator monitors and reports events to the Cancer Committee at meetings throughout the year. Working with the American Cancer Society, Mercyhealth Women’s Center and VIP Corporate Wellness, community outreach activities and events are discussed, including prevention and screening programs. In 2015, Mercyhealth Cancer Center offered several programs and provided many educational opportunities to the community on prevention and early detection of cancer.

Prevention Programs

Mercyhealth Cancer Center general cancer education, including prevention and early detection, breast cancer, prostate cancer, lung cancer, smoking cessation and information to help reduce risk factors (diet, exercise, etc.)

a) Participated in over 300 health fairs throughout 2015 at businesses and events in Winnebago County

b) Screening opportunities were offered at businesses and outreach centers throughout Winnebago County

Screening Program: Low Dose Computed Lung (LDCT)

This program offers a lung screen for those who qualify at a reduced cost. These patients are monitored and followed with CTs as recommended.

Results of this program are as follows:

- 253 LDCTs ordered as of November 30, 2015
- 194 CTs completed
- 108 negative CTs; follow-up recommended in one year
- Nodules present on 86 CTs:
  - 10 Follow-up CTs recommended in one year
  - 58 Follow-up CTs recommended in three to six months
  - 18 PET scans ordered
- Five navigational bronchoscopies performed for biopsy
- Nine referrals to oncology/thoracic surgery
  - Two referral to Mercyhealth Cancer Center
  - Four external referrals
  - Three referrals to thoracic surgery with two resections completed

One hepatic and one renal malignancy discovered
Community Events /Outreach  *(continued)*

2015 Events Recap

- **Healthy Eating and Cooking Classes**

  The following sessions and partner education were offered:

  December, 2014  
  Daily partner newsletter suggested healthy options with “12 Days of Healthy Holiday Tips”

  December 4, 2014  
  Mercyhealth dietitians offered a class to help employees learn how to prepare healthy holiday treats.

  December 10, 2014  
  A grocery store tour conducted by Mercyhealth dietitians at Schnuck’s Supermarket on E. State Street in Rockford helped individuals learn how to shop and choose healthy holiday options at the grocery store.

  January, 2015  
  Daily partner newsletter published “New Year, New You: 15 Days of Health and Nutrition Tips”

  January 8, 2015  
  Mercyhealth Diabetes and Nutrition Services offered a class titled “New Year/New Start” to help learn how to prepare healthy meals for New Year’s resolutions.

  January 19, 2015  
  The Wellness Committee presented “Healthy You,” an 8-week weight loss challenge for Mercyhealth partners.

  January 20, 2015  
  Mercyhealth Dietitians offered a class on “Winter Comfort Foods” to help employees learn how to prepare healthy foods.

  January 27, 2015  
  Mercyhealth Dietitians displayed samples of healthy snacks and recipes in Café 2400.

  February 3, 2015  
  Mercyhealth Dietitians offered the opportunity for employees to learn how to prepare a healthy meal for Valentine’s Day.

  February 12, 2015  
  A grocery store tour conducted by Mercyhealth dietitians at Schnuck’s Supermarket on E. State Street in Rockford to help individuals learn how to shop and choose healthy options.

  February 18, 2015  
  Mercyhealth Dietitians offered a class on how to prepare heart healthy hors d’oeuvres.

- **Pink In The Rink**

  On January 24, 2015 at 7 pm, the Rockford IceHogs took on Utica to benefit Making Strides Against Breast Cancer and Relay For Life. The IceHog team wore pink jerseys and skated on pink ice for this sold out game that raised a total of $1,315 for the American Cancer Society.

- **Linear Accelerator Open House**

  On Tuesday, February 3, 2015, an open house at Mercyhealth Cancer Center was arranged for partners and individuals throughout the community to view the new True Beam™ linear accelerator. Tours were led by radiation oncology partners. Earlier that day, a media announcement was made with a ribbon cutting event that took place in the new linear accelerator vault room.
Community Events / Outreach (continued)

• **The Snow Angel Challenge**
  This event was held on Saturday, February 21, 2015, for the Nikolus Ritschel Foundation at Aldeen Golf Course and Noonan’s Restaurant.

• **Look Good Feel Better**
  Look Good Feel Better is a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. Emphasis is placed on specific techniques to help improve appearance while undergoing treatment. A makeup package valued at $200 is given to each attendee. These classes were offered on the following dates in 2015:
  - February 2: July 13 – eight attended
  - March 2: August 10 – nine attended
  - April 6: September 21 – one attended
  - April 20: October 12
  - May 4: November 9

• **Breast Cancer Support Group**
  The support group meets monthly at Mercyhealth Women’s Center and alternates between the second Thursday of the month and first Tuesday of the month. In 2015, the group met on the following dates:
  - March 12: six members in attendance
  - April 7: 16 members in attendance
  - May 4: Healthy Woman event with 19 members in attendance
  - June: 16 members in attendance for a speaker from Motivate Physical Rehabilitation who presented information on Pelvic Floor Therapy
  - July 9: eight members in attendance
  - August 4: nine members in attendance with a presentation on Yoga and breathing exercises
  - September 10: seven members in attendance
  - October 6: 10 members in attendance
  - November 10: six members in attendance

• **Kick-Off for Kick In For Cancer**
  Held on Saturday, March 7, 2015, this fundraiser included a spaghetti dinner and basket raffles. The event took place at the S.M. & S.F. Club, located at 1010 Sandy Hollow Rd. The goal was to serve 200 spaghetti dinners and spread the word out about the event; there were about 100 people present.

• **African American Women Purple Tea**
  On Friday, April 24, 2015, this event was held at Giovanni’s Restaurant. It was sponsored by the American Cancer Society, Rockford Health System, now Mercyhealth, OSF Health System and Swedish American Health System. Over 200 attendees listened to keynote speaker, Elisha Robinson, MD, of Mercyhealth. The goal for this event was to bring about awareness and prevention of colorectal cancer.
Community Events / Outreach (continued)

• **Healthy Woman**
This annual event took place on Monday, May 4, 2015, at Giovanni’s Restaurant. Sponsored by Rockford Health System, now Mercyhealth, over 200 were in attendance. The health expo featured over 20 departments from throughout the system and educational material was handed out to participants. The keynote speaker was Lenore Skenazy, a New York City parent who first came to national prominence when she and her husband let their nine-year old son ride home alone on the subway. She launched a blog about that controversial decision and today is a nationally-syndicated columnist, speaker and author.

• **Relay For Life-Boone County**
A fundraiser for the American Cancer Society, this annual event was held on Saturday, June 6, 2015, at the Boone County Fairgrounds. Rockford Health System, now Mercyhealth, was the major sponsor and Dr. Begum was the guest speaker. There were 18 teams and 141 participants. 59 breast cancer survivors registered for the complimentary survivor dinner. This event was effective to celebrate the lives of people who have battled cancer and also to remember the loved ones that have lost the battle to breast cancer.

• **Bow Tie March and 5K Run**
Sponsored by Healing Pathways, this annual event took place on Saturday, June 6, 2015, at Home Depot in Rockford. Approximately 1,500 people participated to increase awareness of men’s cancer prevention and promote awareness of testicular cancer in younger men. Overall, the information was well received; education about examinations was reinforced and easily understood by about 500 people that stopped by our booth.

• **Wellness Fair**
The Rockford Health System, now Mercyhealth, Wellness Committee hosted a Wellness Fair on Thursday, June 18, 2015, in Cafe 2400. Approximately 250 employees received free blood pressure checks, stress reduction techniques, physical fitness awareness and smoking cessation resources. Dietitians at the Wellness Fair kicked off an “Eat More Vegetables” challenge. This event was effective in promoting wellness that could reduce the risk of certain cancers.

• **RHS Proud 5K Walk/Run**
On Saturday, June 20, 2015, the Rockford Health System, now Mercyhealth, Wellness Committee offered a free 5K Walk/Run in the Ingersoll Building Parking Lot. Approximately 100 people participated in this event. The goal to promote a healthy lifestyle was achieved. This event was effective in promoting wellness that could reduce the risk of certain cancers.

• **Relay For Life-Winnebago County**
A fundraiser for the American Cancer Society, this annual event was held on Saturday, June 27, 2015, at Rockford Christian School. Rockford Health System, now Mercyhealth, was one of the major sponsors and Dr. Hashimi was the guest speaker. 32 teams joined Relay For Life and over 200 people participated and celebrated with 90 cancer survivors. Over $78,000 was raised. This event celebrated the lives of people who have battled cancer and also to remembered the loved ones that have lost the battle to breast cancer.
Community Events / Outreach (continued)

• **Smoking Cessation Program**
The first month for this free smoking cessation program was July in which six people registered. Four actually started to attend the four week program and one finished. The one-hour weekly meetings are affiliated with American Cancer Society’s Fresh Start Program. Even though not all participants made it to the end of the program, it made a difference in one person’s life. For August, there were six participants registered.

• **Kick In For Cancer**
This is a yearly event that is sponsored by the S.M. & S.F. Club in Rockford. All profits are distributed between the three local hospitals and hospices for patient comfort items. This year the event took place at the S.M. & S.F. Park on July 12, 2015 from noon to 5 pm. There were about 200 people in attendance and the event raised $10,500. Mercyhealth Cancer Center supplied and served root beer floats as their donation to this event. Kick In For Cancer was effective in promoting cancer awareness and local support.

• **Mellany’s Memorial Dog Walk**
This annual fundraiser was held on Saturday, September 12, 2015, at Old Settler’s Park in Rockton to benefit the Pet Therapy Program at Mercyhealth and the Rock River Valley Blood Center. All dog participants had an entry fee of $20 while humans were able to walk for free. All dogs had a great day in the sun and were offered a dog wash, agility course and treats.

• **Fundraiser for Making Strides Against Breast Cancer**
As a fundraiser for the American Cancer Society, this event was held on Thursday, September 17, 2015, at Prairie Street Brewhouse. Rockford Health System, now Mercyhealth, was the sponsor and the goal was to promote the Making Strides Against Breast Cancer event on October 17 while having fun and making money for our Cancer Fighting Superheroes team. A representative from ACS was present during the event with informational literature on breast cancer and the MSABC walk. This fundraiser was a success and was attended by 170 people. The raffle prizes and 50/50 went well. Everyone that participated enjoyed themselves and we raised over $1,700 for our team.

• **Silver Chalice Challenge**
This event took place on Saturday, September 26, 2015, at Washington Park Community Center. Sponsored by the Black Healthcare Coalition, there were screening opportunities for blood pressure, labs, breast and prostate exams and stool screenings for colorectal cancer. Exercise opportunities were offered along with health related education. At least 200 people attended this event. It was effective in educating individuals while offering screenings to the community.

• **Cancer Comes In Many Colors**
On Sunday, September 27, 2015, this fundraiser was held to benefit the Styling for Pink Foundation at Giovanni’s Restaurant. The program included many vendors with information, a luncheon, style show and motivational speakers. Hundreds attended this event that was effective in raising money for needs of cancer patients including gas cards, Walgreen cards (to cover out of pocket prescription costs) and Van Galder bus tickets to get to tertiary care centers.
Community Events / Outreach (continued)

- **Light the Night for Lymphoma/Leukemia**
  This annual fundraiser was held on Saturday, October 10, 2015, at Martin Park in Rockford.

- **Making Strides Against Breast Cancer**
  This annual event was held on Saturday, October 17, 2015, at Rock Valley College. Even though it was a very chilly morning with frost on the ground, over 4,000 people participated. Many tents were set up in order to sell items for their team such as t-shirts, flip flops, coffee and donuts, along with miscellaneous breast cancer items. The Mercyhealth team, “Cancer Fighting Superheroes,” had 98 participants and raised $8,661.00. This event was effective in bringing the community together in order to honor and remember those that have fought the battle with breast cancer.

- **Nik’s Home Run**
  This 4th annual event took place on Saturday, October 24, 2015, at Aviator’s Stadium to support the Nikolas Ritschel Foundation. There were 251 registered participants and over $48,000 was raised. This was effective in providing 35 grants for patients and their families and bringing cancer awareness to those diagnosed between the ages of 18 and 25.
Cancer Care Support Groups

**Breast Cancer Support Group**
*Mercyhealth Women’s Center*
Meeting dates alternate monthly between the second Thursday of the month and the first Tuesday of the month, 4:30–6 pm. The group is open to women diagnosed with breast cancer, whether newly diagnosed or years into survivorship.

**Women’s Support Group**
*Healing Pathways*
Meetings are held on the second Tuesday of the month, 1–2 pm. The group provides support and networking for women with any type and stage of cancer.

**Men’s Support Group**
*Healing Pathways*
Meetings are held the first Saturday of the month, 9–10 am. The group provides support and networking for men with any type and stage of cancer.

**Caregivers’ Support Group**
*Healing Pathways*
Meetings are held the first Saturday of the month, 9–10 am. The group provides support and networking for those caring for a loved one with cancer.

Mercyhealth offers a support group for women who have breast cancer. We are sensitive to the feelings, tears, grief, joys and hopes that are unique to the woman who finds herself having to face the challenges of breast cancer, including diagnosis, surgery, therapy and recovery. We address concerns expressed by our members with topics chosen accordingly.

Meetings are held the alternating first Tuesday and second Thursday of the month from 4:30 – 6 pm. Call for more information.

**Meeting location:**
Mercyhealth Women’s Center
7180 Spring Brook Road
Rockford, IL 61114
(815) 971-2299
Cancer Care Support Resources

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

**Aesthetician Services**
Learning ways to improve your skin texture and tone, and minimize the visible side effects of treatment through expert makeup application.
Mercyhealth Women’s Center (815) 971-2299

**American Cancer Society**
(800) 227-2345
www.cancer.org

**Breast Care**

**Breast Cancer Support Group**
Mercyhealth Women’s Center (815) 971-2299

**Breast Health Navigator**
Helping to guide you through the stages related to breast health and breast cancer, from assistance with education, diagnostic testing and treatment, to finding resources and support
Mercyhealth Women’s Center (815) 971-2299

**Mercyhealth Women’s Center**
(815) 971-2299
- Digital mammography
- Breast MRI
- Breast ultrasound
- Breast self-exam education
- Breast cancer support group
- Breast health navigator
- Breast reconstruction or breast prostheses

**Mercy Women’s Boutique, Janesville**
Offers post-mastectomy items, including prostheses, undergarments, swimwear and more.
(608) 755-7989
(800) 279-5810

**Cancer Resource Center**
Offers a wealth of resources for patients and families
Mercyhealth Cancer Center Library (815) 971-6188
Mercyhealth Women’s Center (815) 971-2299
Cancer Care Support Resources (continued)

**Cancer Registry**
Provides lifetime follow-up for all patients treated at Mercyhealth. Please let us know when you move or change phone numbers.
Mercyhealth Cancer Center
(815) 971-5594
(815) 971-5588

**Chemotherapy (Medical Oncology)**
Mercyhealth Cancer Center
(815) 971-6188
Mercy Walworth Hospital and Medical Center, Lake Geneva (262) 245-0535 or (877) 893-550

**Clinical Social Worker, LCSW**
Mercyhealth Cancer Center (815) 971-6188

**Clinical Trials**
Offers Phase II and Phase III trials for a variety of diagnoses.
Mercy Regional Cancer Center, Janesville (608) 756-6871 or (800) 928-1103

**Financial Counseling and Assistance**
Helps with unexpected costs and lack of insurance, and referrals to community resources.
Mercyhealth Cancer Center (815) 971-6188

**Hematology**
Mercyhealth Cancer Center (815) 971-6188

**Home Health Services**
Services for wound care, infusion therapy, rehabilitation and more
Mercy at Home, formerly Visiting Nurses Association (VNA) (815) 971-3550

**Home Medical Equipment**
Offers durable home medical equipment
Mercy at Home (815) 971-3550

**Hospice Care - Mercy at Home**
Offers dignified, compassionate care in your home and providing the necessary support to allow patients to live comfortably after stopping curative treatment
Mercy at Home, formerly Visiting Nurses Association (VNA) (815) 971-3750

**Lung Center**
Provides low-dose CT scan screenings of the lungs and using advanced, minimally invasive techniques to diagnose and treat lung cancer in the early stages
Mercyhealth Rockton Avenue, Building 1, or Mercyhealth Perryville (815) 971-2000
Cancer Care Support Resources (continued)

**Lymphedema**
Prevents, treats and manages lymphedema
Mercyhealth Rockton Avenue, Building 1, or Mercyhealth Perryville (815) 971-2290

**Massage Therapy**
Mercyhealth Cancer Center (815) 971-6188

**Meals on Wheels – Lifescape Nutrition Services**
Offers a prepared lunch at our senior dining sites or a lunch delivered to the homebound daily at a low rate.
Rockford, Illinois (815) 963–1609

**Medical Genetics**
Evaluates, manages, treats and provides genetic counseling for people with a family history of cancer.
Department of Medical Genetics at Mercyhealth Hospital-Rockton Avenue (815) 971-5069
Call our Physician Referral Line at (815) 971-DRDR (3737).

**Mental Health Treatment**
Treats depression, anxiety and other emotional concerns.
Mercyhealth Cancer Center (815) 971-6188
Mercyhealth Women’s Center (815) 971-2299

**Multi-Disciplinary Breast Program**
The Mercyhealth Cancer Center is staffed by medical oncologists, radiation oncologist, oncology certified nurses and navigators, social worker / counselor, dietitian and financial navigator.

All services are provided in one location on the hospital campus, providing coordination of care and convenience for our patients.

- Mental Health Counseling
- Dietitian / Nutrition
- Massage Therapy
- Pet Therapy
- Financial Navigation
- Medical Oncology
- Hematology
- Radiation Oncology
- Oncology Certified Nurse’s / Navigators
- Licensed Clinical Social Worker

**MyChart**
Provides access to secure, online medical record helps you keep track of your test results, appointments, medicines and more.

**Nutrition Services/Dietitian**
Mercyhealth Cancer Center (815) 971–6188

**Pain Management**
Mercyhealth Hospital-Rockton Avenue (815) 971-6431
Mercy Walworth Hospital and Medical Center, Lake Geneva (262) 245-0535 and (877) 893-5503
Mercy Pain Center – Harvard (815) 943-8090
Mercy Pain Center – Janesville (608) 756-6049
Cancer Care Support Resources (continued)

Palliative Care Services
Mercyhealth Hospital-Rockton Avenue specializes in medical care focused on relief of pain, symptoms and stress due to serious illness, whatever the diagnosis. (815) 971-4024

Pastoral Care
Mercyhealth Hospital-Rockton Avenue (815) 971-5000

Plastic/Reconstructive Surgery
Offers scar revisions, breast reconstruction Mohs surgery for skin cancer and other advanced medical procedures.
Mercyhealth Rockton Avenue, Building 1, and Mercyhealth Perryville (815) 971-2000

Prosthetics
Fabricates and fits a variety of prosthetic devices by our certified prosthetists.
Mercy Orthotics and Prosthetics Centers (888) 39-MERCY

Radiation Oncology
Mercyhealth Cancer Center (815) 971-6188

Radiology
Mercyhealth Hospital-Rockton Avenue (815) 971–5000
Mercyhealth Women’s Center (815) 971–2299

Screenings
Call to learn about Mercyhealth’s latest health screenings.
(608) 756-6100
(888) 39-MERCY

Smoking Cessation
American Cancer Society- Fresh Start Program
(800) 227-2345 / www.cancer.org

Support Groups
Offers free groups to cancer patients, their family and friends
Mercyhealth Cancer Center (815) 971-6188
Mercyhealth Women’s Center (815) 971–2299
See page 24 for more information.

Surgery, General
Offers laparoscopic and robotic surgeries at the only regional hospital to have two da Vinci robotic surgical systems
Mercyhealth Rockton Avenue, Building 1, and Mercyhealth Perryville (815) 971-2000
Cancer Care Support Resources (continued)

**Susan G. Komen for the Cure®**
Mercyhealth Rockton Avenue, Building 1 (815) 971–2000
Mercyhealth Women’s Center (815) 971–2299

**Silver Lining Foundation**
Provides uninsured and underinsured individuals with free mammograms.
Mercyhealth Rockton Avenue, Building 1 (815) 971–2000
Mercyhealth Women’s Center (815) 971–2299

**Urology**
Mercy Regional Urology Center, Janesville
(608) 741-6990
Mercyhealth Cancer Center
Mercyhealth Hospital-Rockton Avenue
2400 N. Rockton Ave.
Rockford, IL 61103