



Working Together to Create a Healthier Community

Curtis “Corky” Stewart considers volunteering at Norwalk Hospital one of the most important things he’s ever done.



Prostate cancer survivor
Corky Stewart.

“Each minute I spend doing a non-medical task that allows the staff to spend more time with a cancer patient is important to me,” said Mr. Stewart, 64, of Norwalk. “That’s why I volunteer—to help the staff provide the time and care cancer patients

I received there,” asserted Mr. Stewart, who shortly after his diagnosis underwent surgery to remove his prostate, followed by eight weeks of radiation therapy at the Center. “I did a lot of research before I decided what procedure—and hospital—I could trust. And hands down it was Norwalk Hospital. The expertise, warmth, caring and knowledge I saw in the doctors, nurses and all who cared for me made me feel comfortable and confident from

start to finish. It sounds odd to describe a cancer experience as ‘wonderful,’ but that’s what it was at Norwalk Hospital.”

A quick look at the Hospital’s cancer-fighting arsenal shows its commitment to improving both cancer patients’ survival and quality of life. Sophisticated diagnostic tools include the most advanced imaging techniques, including a 64-slice CT scanner and PET scanner that can detect signs of cancer in its earliest stages.

Among the many advanced treat-

ment options are a broad range of research trials that offer eligible patients the chance to receive the latest treatments at a location close to home. Currently 20 trials are available, including leading-edge therapies for breast, colon, prostate, ovarian, lung and head and neck cancers.

When chemotherapy is needed, full-time medical oncologists provide the latest cancer-fighting drugs, including new targeted medications that attack the tumor with few side effects. In radiation oncology, advanced image-guided radiation therapy, or IGRT, allows odd-shaped tumors to receive high-dose radiation with pinpoint accuracy, while sparing nearby healthy tissue.

Like Mr. Stewart, roughly 700 individuals each year turn to Norwalk Hospital’s Whittingham Cancer Center for the advanced, full-service care needed to help cancer patients become cancer survivors.

“I can’t say enough about the care

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– Corky Stewart

Reaching out, reaching you

Norwalk Hospital’s commitment to the community has never been stronger.

As part of its mission to ensure and improve the health of local residents, the Hospital last year provided in excess of \$1.5 million in free care to the greater Norwalk community—much of it to Fairfield County’s over 9,000 uninsured and underinsured residents. This past year we also hosted, or participated in, more than 300 lectures, health fairs and special health and wellness-related events. And through partnerships with agencies throughout Fairfield County, we’ve provided needed funds and volunteers for dozens of non-profit organizations.

Dedicated to helping residents live longer, healthier and happier lives, Norwalk Hospital continuously looks for ways to improve and enhance both the medical care and services we offer the community. The result of this dedication is evident in testimonies from patients like Corky Stewart who, in the accompanying article, explains how the advanced and compassionate care he received at Norwalk Hospital led him to serve others.

We hope to have the privilege to care for you, too.

Sincerely,

Geoffrey Cole

Norwalk Hospital President and CEO



Norwalk Hospital also just celebrated its one-year anniversary of performing advanced, minimally invasive robotic surgery for prostate and gynecologic cancers. The introduction of cryotherapy—a state-of-the-art, endoscopic procedure that allows doctors to freeze and destroy diseased cells that can lead to esophageal cancer—also gained attention. Among the recognitions: a prestigious “three year approval with commendation” for the Whittingham Cancer Center from the American College of Surgeons.

Norwalk’s cancer support team staff was also recently named “a model interdisciplinary program” by the Association of Community Cancer Centers for the extensive array of support services it provides to patients and loved ones.

Giving thanks for access to such “amazing resources” is part of the reason Mr. Stewart today spends two days a week at the Whittingham Cancer Center filing charts, greeting patients, and performing any other needed volunteer duties. But equally motivating, he said, are the long-term effects that come when people like himself—and local nonprofits like Norwalk Hospital—reach out and give the best of themselves to others.

“There’s a trickle-down effect that comes from helping others,” Mr. Stewart said. “You help someone and make them feel good, and then they will turn around to reach out and help someone else. It’s what makes for a better community.”

Breast cancer survivors celebrate, find support

The recent Breast Cancer Survivor Fashion Show presented by Norwalk Hospital’s Smilow Family Breast Health Center was as much about celebrating as educating. All 10 models were Norwalk Hospital breast cancer survivors who, after showing off fashions donated by various stores at Stamford Town Center, shared stories and information about coping with the disease.

Health experts say that annually, more than 182,000 women in the United States are diagnosed with breast cancer. Norwalk Hospital provides women in Fairfield County with not just the most effective and sophisticated treatment options, but state-of-the-heart compassion on every step of their cancer journey.

One of the newest programs offered at Norwalk Hospital’s Smilow Family Breast Health Center is a monthly support group for women with advanced breast cancer.

“How patients cope with a cancer diagnosis is as individual as their

Wearing pink at the recent Breast Cancer Survivor Fashion Show to celebrate their status as breast cancer survivors are Norwalk residents (left to right) Vira Partola, Donna Bohy and Eve Topalian. All three were treated at Norwalk Hospital’s Whittingham Cancer Center.



fingerprint,” said Smilow Medical Director Richard Zelkowitz, MD, “but stress and the need for emotional support is a commonality.”

Led by the Hospital’s breast health navigator and a social worker, the group meets from 12:30 to 2 pm. the fourth Tuesday of each month in the Whittingham Cancer Center. Participants receive lunch and free parking.

Visit www.norwalkhospital.org to learn more about Norwalk Hospital’s comprehensive range of cancer services, which range from sophisticated diagnostic and imaging tools like PET scan to post-recovery support groups. To contact the Smilow Family Breast Health Center, call (203) 852-2300.



Curtis “Corky” Stewart with Norwalk Hospital Radiation Oncology Patient Care Coordinator Ellen Steese.

Please Clip and Save!

FREE, POPULAR HEALTH LECTURES OPEN TO ALL

Norwalk Hospital recently kicked off the 31st year of its free, popular health and wellness community lecture series, Medicine 2010. Led by Hospital clinicians, programs take place once each month at 7 pm in Norwalk Hospital’s Richard S. Perkin Auditorium. Upcoming lectures include:

- **January 26: “What is Emergency Angioplasty?”** by Cardiology Section Chief Charles Augenbraun, MD, and cardiologist

David Lorenz, MD.

- **February 23: “Learn about Advanced Robotic Surgery”** by urologist and Robotics Surgery Chief Jonathan Bernie, MD, and obstetricians/gynecologists John M. Garofalo, MD, and Adam Ofer, MD.
- **March 23: “Arthritis of the Elbow, Wrist, Hip and Knee”** by Orthopedic Surgery Section Chief Michael Marks, MD, and orthopedic surgeon Michael G.

Soojian, MD.

- **April 27: “What You Should Know about Sleep Apnea”** by pulmonologist Christopher Manfredi, DO.
- **May 25: “Prevention and Treatment of Chronic Wounds”** by wound care specialist Sandra Wainwright, MD, and vascular surgeon Paul J. Gagne, MD.

For more information, visit www.norwalkhospital.org or call (203) 852-2250.