

# Trust Your Family With Ours

*The Elizabeth Pfriem SWIM Center for Cancer Care at St. Vincent's Medical Center will house all oncology services under one roof beginning in January 2010.*

These services encompass the full spectrum of cancer care and include community outreach, screening and prevention, diagnostic services, surgical and medical oncology, radiation therapy, interventional oncology, clinical trials, dedicated inpatient and outpatient cancer units, palliative care, pain management, integrative oncology, support services, patient and provider education and survivorship.

A diagnosis of cancer can be the most frightening time in a person's life. At St. Vincent's, our team led by medical, radiation and surgical oncologists work collaboratively to determine which combination of individualized treatments and scheduling offers the most optimal results for the patient.

At St. Vincent's, there are two areas where patients with cancer are managed and treated. On 7 East, our 20-bed inpatient medical oncology unit, patients receive treatments that can be given most effectively in the hospital. The second, the Ambulatory Infusion Center, will be housed on the third floor of the Cancer Center and includes an outdoor garden for patients to enjoy while receiving their treatment. Options for full or partial privacy are available. The Center will have its own entrance and will offer integrative oncology services, including a boutique, spa services, nutrition counseling, social work, financial counseling, a meditation area, support services and a survivorship program.

"Our multi-disciplinary approach offers patients a comprehensive care plan, which includes experts in cancer care with the training, experience and skills in all areas of oncology," said Kenneth Dressler, MD, division chief of medical oncology. "Now with the ability to provide total care under one roof, the patient experience will be enhanced dramatically."



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THE CITY THAT HELPS 2009

## DIGITAL MOBILE MAMMOGRAPHY UNIT

At the SWIM Women's Imaging Center, housed on the fourth floor of the Cancer Center, the team of medical professionals has just introduced its newest "partner" in its quest to bring the benefits of regular breast cancer screening to more residents of Connecticut. A sleek, spacious vehicle outfitted with state-of-the-art digital technology, St. Vincent's new mobile mammography coach offers an attractive interior that provides privacy and is an example of the latest in mobile mammography.

"The new coach's advanced equipment has brought us from analog to digital. We can perform screenings more quickly and efficiently, while providing exceptional patient comfort," said Kelly Harkins, MD, medical director of Women's Imaging.

At the heart of the new coach is the Senographe Essential Mammography System, which offers swift and optimal image capturing and faster time between exposures. There is no film processing required, allowing almost immediate review by the technologist. "The image quality on dense breasts is also improved with this system," said Dr. Harkins, "and the off-centered paddle ensures greater comfort when imaging small breasts. There isn't another unit out there that compares to what we can offer our patients. This includes both the insured and uninsured patients."

The mobile unit and digital mammography equipment will travel and screen patients throughout the state. Organizations may schedule a screening location by calling 203-576-5505.



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## Revolutionary Technology

In preparation for the opening of the Center, the Department of Oncology has initiated various programs and new ventures to provide state-of-the-art cancer care to patients and their families.

The Medical Center has made a significant investment in the Novalis Tx Radiosurgery and Varian Rapid Arc radiotherapy technology. Both represent a new standard in radiotherapy and radiosurgery, offering advanced technologies that deliver highly precise, fast treatment.

“The Novalis Tx Radiosurgery means making no compromises on your treatment. It’s a painless, non-invasive outpatient procedure for cancerous and non-cancerous conditions of the entire body,” said Radiation Oncologist Christopher Iannuzzi, MD, vice chair of the Department of Oncology. “Novalis Tx Radiosurgery uses a treatment beam contoured to the exact shape of your tumor, precisely delivering treatment while protecting surrounding healthy tissue. And a treatment session lasts just minutes, not hours. Novalis Tx Radiosurgery gives new hope to patients with tumors once considered untreatable.”

Complementing the Novalis is the RapidArc™ radiotherapy technology--a new form of image-guided, intensity-modulated radiation therapy (IMRT). Image guidance improves tumor targeting, and IMRT shapes the radiation dose so that it conforms closely to the three-dimensional shape of the tumor. This means more dose to the tumor, and less to surrounding healthy tissue.

“RapidArc quickly delivers a complete IMRT treatment with a single rotation of the treatment machine around the patient. The entire tumor volume receives the radiation dose during this one revolution of the machine,” said Dr. Iannuzzi.

A significant benefit provided by RapidArc is the speed of a treatment. A RapidArc treatment is delivered with a single 360-degree rotation of the linear accelerator, which takes less than two minutes.

## Breast Cancer Nurse Navigator Program



The Breast Cancer Nurse Navigator program was introduced at St. Vincent’s in June 2008 and is centered around surgical intervention for patients with breast cancer. Goals of the program include decreasing patient anxiety and expediting care for breast cancer patients. The Nurse Navigator is a unique role offered free of charge to SVMC breast cancer patients. Two registered nurses Betsy Rice and Maureen Pelletier serve in this role.

“Facing a breast cancer diagnosis is challenging and knowing what resources are available and accessible is essential. Our Breast Cancer Nurse Navigators act as liaisons to these resources thus enhancing the quality and continuity of care for breast cancer patients,” said Anthy Demestihis, MD, breast cancer surgeon affiliated with St. Vincent’s.

According to Betsy and Maureen, the nurse navigators monitor the patient’s treatment plan and progress, bridge the gap to resources, and connect patients to the support they need. Navigators also provide education, emotional support and expedite the necessary referrals from diagnosis through treatment to recovery.