

# JOHNSTON HEALTH CANCER SERVICES ANNUAL REPORT

2015

 **JOHNSTON**  
UNC HEALTH CARE



Statistical Data From 2014

# Contents

|  |    |
|--|----|
| Message from the Cancer Committee Chair            | 1  |
| Cancer Committee Membership 2015                   | 1  |
| Cancer Liaison Physician Report / Surgeon's Report | 2  |
| 2014 Site Review – Lung                            | 3  |
| Lung Cancer Distribution Data Report               | 3  |
| Essential to the Team                              | 4  |
| Cancer Cases - Primary Site Tabulation Tables      | 5  |
| Clinical Support                                   | 6  |
| Patient Support                                    | 7  |
| Clinical Research / Quality & Standards            | 8  |
| Lung Cancer Screenings                             | 9  |
| Cancer Conference Report / Cancer Program          | 10 |
| Community Outreach:                                |    |
| Education & Prevention / Support Groups            | 11 |
| Events / Look Good Feel Better                     | 12 |
| Physician Outreach                                 | 13 |
| Patient Support: Art For Hope & EdWell Program     | 13 |
| A Patient's Story                                  | 14 |
| Program & Support Services - Contact Information   | 15 |
| Locations & Map                                    | 16 |

# A Message from the Johnston Health Cancer Care Committee Chair

The primary charge of the Johnston Health Cancer Program is to develop and provide oversight of its comprehensive cancer care and services for residents of Johnston and surrounding counties. As a convenience to patients, we offer radiation and medical oncology services on our campuses in Smithfield and Clayton.

In 2013, the Johnston Health Cancer Care Committee was established to bring a formalized approach to the individualized, comprehensive and multi-disciplinary treatment and care of cancer patients and their families. This committee is made up of physicians from medical, radiation and surgical oncology, and radiology and pathology. It also has members from nursing, nutrition, social work and pharmacology.

One of the keys to accomplishing our committee's goal was to hold multi-disciplinary conferences. Through these meetings, we have been able to make timely decisions on the appropriate treatment and support of patients.

In 2013, we increased the frequency of the multidisciplinary oncology conferences to three times a month to accommodate an increasing number of patients referred for oncology services. The three weekly conferences continued through 2014 where patients were presented for treatment decisions, and all received radiological and

pathological input. At all of these meetings, every required discipline was represented.

In 2014, Johnston Health conducted a health needs assessment and identified several factors adversely affecting the health of county residents. These included a low frequency of regularly scheduled PAP smears and mammograms, high tobacco use, obesity and poor eating habits.

The Cancer Care Committee continued to address the needs of the cancer patients we serve. Toward that end, we initiated a process to obtain Commission on Cancer accreditation. This is a voluntary commitment by a cancer program that ensures patients will have access to services required to diagnose, treat and support patients with cancer. Accreditation is the hallmark of a program's commitment to patient-centered

cancer care. As a testament to our commitment, a nurse navigator position has been approved by Johnston Health.



**Charles Scarantino, MD**  
*Chairperson*  
*Johnston Health Cancer Care Committee*  
*Radiation Oncologist*

## Johnston Health Cancer Care Committee Members 2015

**Dr. Charles Scarantino**  
 Chair, Cancer Committee  
 Radiation Oncologist

**Dr. Russell Anderson**  
 Medical Oncologist

**Dr. Dennis Koffer**  
 Cancer Liaison Physician Surgeon

**Dr. Kathleen Havlin**  
 Medical Oncologist

**Dr. Jeff Jones**  
 Interventional Radiologist

**Dr. Leslie Taylor**  
 Pathologist

**Patricia Weaver**  
 Radiology Director

**Tracey Carson, RN, BSN, MHA**  
 Administrative Director  
 Patient Care Services

**Kimberly Hurley, RN, BSN**  
 Director, Cancer Center

**Kathy Foote, CTR**  
 Manager, Cancer Registry

**Amy C. Brown**  
 Cancer Accreditation Analyst

**Arqueta Lindsey, MSW**  
 Social Worker

**Marisa Hamilton, RN**  
 Palliative Care

**Ashley Wickline**  
 American Cancer Society

**Vanessa Narron**  
 Manager, Radiation Oncology

**Louisa Sherrill, RD**  
 Registered Dietitian

**April Culver, JD**  
 Vice President of Planning and  
 External Affairs

**Shawn Leagan, RN**  
 Nurse Navigator

**Cynthia Holloman, RN**  
 Quality Improvement

**Jay Renfrow, PharmD**  
 Clinical Trials

# Cancer Liaison Physician's Report

The good news about the treatment of lung cancer is that there are many new modalities available for the treatment of the many varieties of carcinoma of the lung. Immunotherapeutic agents (bevacizumab, erlotinib, etc.) are now used both to target cancer related growth factors as well as to stimulate the body's own ability to fight the malignancy (nivolumab). Radiation therapy can tailor therapy to specific tumor shapes and to avoid injury to nearby vital structures (3D Conformal Radiation Therapy and Intensity Modulated Radiation Therapy). Surgical options, once limited to extensive thoracotomies can now be performed with minimally invasive thoracoscopy, even under local anesthesia with sedation. Most of these treatment modalities are now offered in Johnston County as we have widely expanded our oncology services.

The bad news is that lung malignancies remain the leading

cause of cancer related deaths in Johnston County, and the country as a whole. The accompanying graph shows that more than two-thirds of all lung cancers are diagnosed at either stage III or IV. Malignancies discovered at this late stage are rarely curable.

We are pursuing control of this deadly disease with two strategies. For prevention, we continue to stress smoking cessation through counseling, education, smoke-free campuses, and healthy lifestyle programs. For early diagnosis, we strongly support the program of low-dose CT scanning for adults at high risk for lung cancer based on smoking history. While advances in treatment are exciting, prevention and early diagnosis are clearly the mechanisms of highest leverage in making headway against this lethal disease.

**Dennis S. Koffer, MD**  
*General Surgeon  
Cancer Liaison Physician*



## Surgeon's Report

Lung cancer has been and remains the number one cause of cancer deaths in the United States in both men and women for almost two decades. Although there have been significant advances in diagnosis and therapy, the overall survival remains approximately 15 percent. This year, more than 200,000 new cases will be diagnosed, and more than 170,000 deaths will occur.

Smoking has long been identified as a primary cause of lung cancer. Significant progress has been made over the past 40 years, reducing the percentage of Americans who smoke from more than 40 percent to about 22 percent. Associated with this has been a rise in the number of lung cancer cases in patients who are non-smokers.

Therapy has improved with the development of minimally invasive surgical procedures for both diagnosis and treatment, better radiation therapy with fewer side effects, and chemotherapy agents that are more specific and less toxic.

The focus now is to identify patients with lung cancer earlier, since this leads to the best chance of cure. Early stage lung cancer can have long-term survival rates of

greater than 80 percent. The institution of low-dose CT screening has the potential to identify high risk patients at a time when surgical resection can be performed with the highest opportunity for cure.

At Johnston Health, we have the personnel and expertise for expert care following evidence-based best practice standards. Patients no longer have to venture outside of Johnston County to receive excellent care.

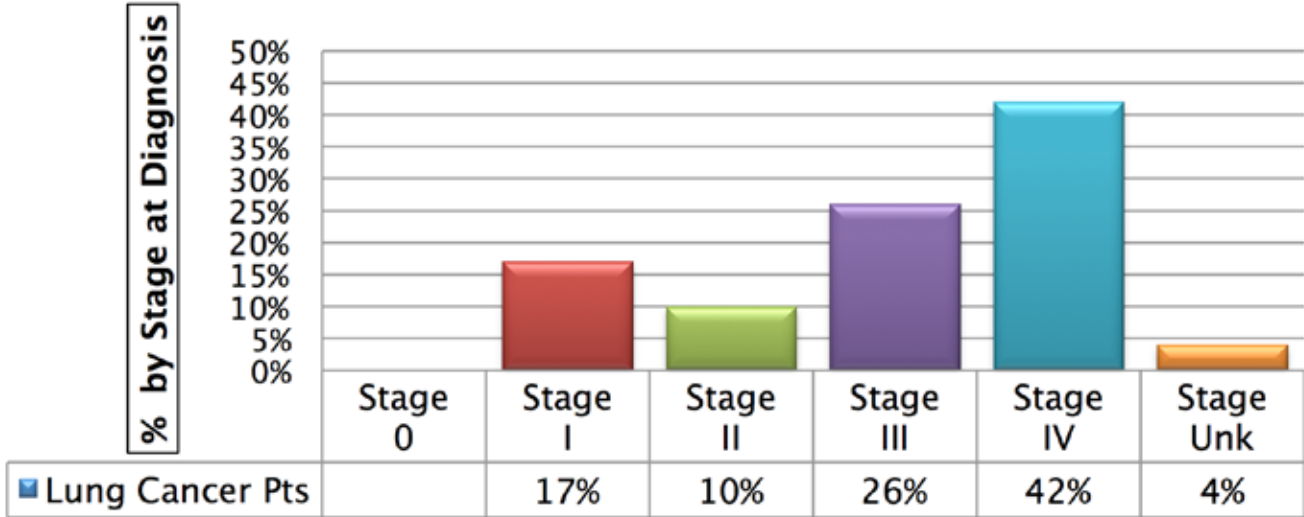
**Craig Carter, MD**  
*Vascular and Thoracic Surgeon*



# Lung - 2014 Site Review

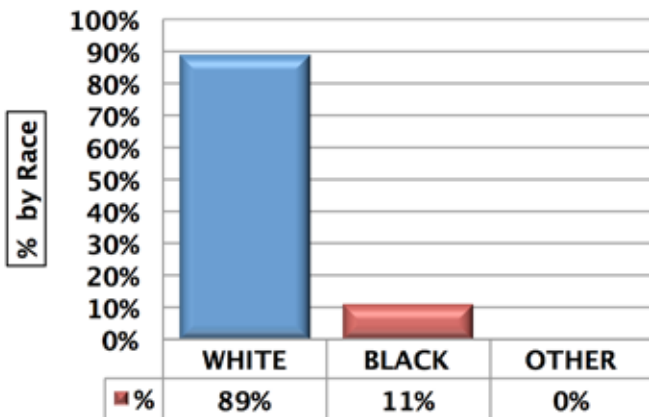
## Lung Cancer Cases Distribution By Stage

Percent (%) By State at Diagnosis (n=92) Data Source: Tumor Registry



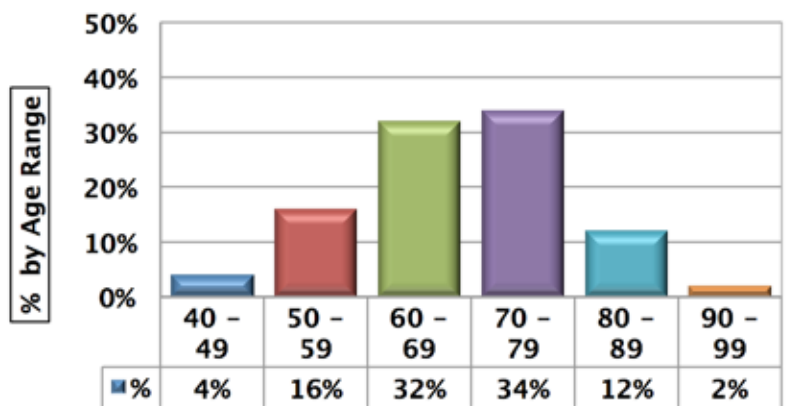
## Lung Cancer Cases Distribution By Race

Souce: Tumor Registry (n=92)



## Lung Cancer Cases Distribution By Age Range

Souce: Tumor Registry (n=92)



**Of the 92 Total Lung Cases for 2014, 57% (52) are male, 43% (40) are female.**

# Essential To The Team

## Advancing the Standard of Care Through Specialization, Leading-Edge Techniques and State-of-the-Art Technology

### Surgery

**Program Leader: Dr. Dennis S. Koffer, Surgeon  
Department of Surgery**

#### Overview:

Surgery is used to both diagnose and treat cancer. In a diagnostic surgery, a tissue sample is collected to see if cancer is detected and, if so, to identify the type of cancer. Often surgery is the best treatment option for certain cancers. Our general surgeons and specialists have years of experience in diagnosing and removing malignant tumors. Also, our da Vinci robotic surgical system offers the least invasive option for patients with certain types of cancer.

### Diagnostic Radiology

**Program Leader: Dr. Jeff Jones  
Vascular Interventional Radiology**

#### Overview:

A wide range of diagnostic and interventional radiology services accredited by the American College of Radiology are offered. We offer the latest in diagnostic imaging services including MRI, Breast MRI, CT, Pet CT, digital mammography and bone dosimetry.

Interventional radiology provides extensive therapeutic procedures for our oncology patients. These procedures include image-guided biopsies, intra-arterial chemoembolization, radio-frequency ablation, cryoablation, venous access for systemic chemotherapy and Pleurex Catheter placement for malignant pleural effusion.

### Radiation Oncology

**Program Leader: Dr. Charles Scarantino  
Radiation Oncology**

#### Overview:

Through a partnership with Rex/UNC, we are able to bring radiation therapy to patients at our radiation oncology offices in Smithfield and Clayton. Radiation therapy kills cancer cells and shrinks tumors by damaging their DNA, thereby preventing them from dividing and spreading.

### Hematology & Oncology

**Program Leader: Dr. Russell Anderson,  
Medical Director, Hematology & Medical Oncology**

#### Overview:

Cancer is not one disease, but a general term covering many distinct diseases. Many blood disorders and cancer types require a variety of cancer treatments such as chemotherapy, hormone therapy, targeted therapy, transfusions, growth factors and iron infusions.

Through an affiliation with Duke Medicine, Johnston Health is able to provide specialists in the diagnosis and treatment of blood disorders and cancer. Because there are so many variables, different types of treatments are required for every patient, and no single treatment is right for everyone. Our physicians, who see patients in the Smithfield and Clayton medical oncology centers, customize treatment plans to meet every patient's specific condition and requirements. Our goal is to provide compassionate and supportive care to the people in our communities.

#### New Initiatives:

- Education/Resource Handbook
- Low Dose CT
- Oral Chemotherapy Compliance

### Pathology

**Program Leader: Dr. Leslie Taylor  
Laboratory Medical Director**

#### Overview:

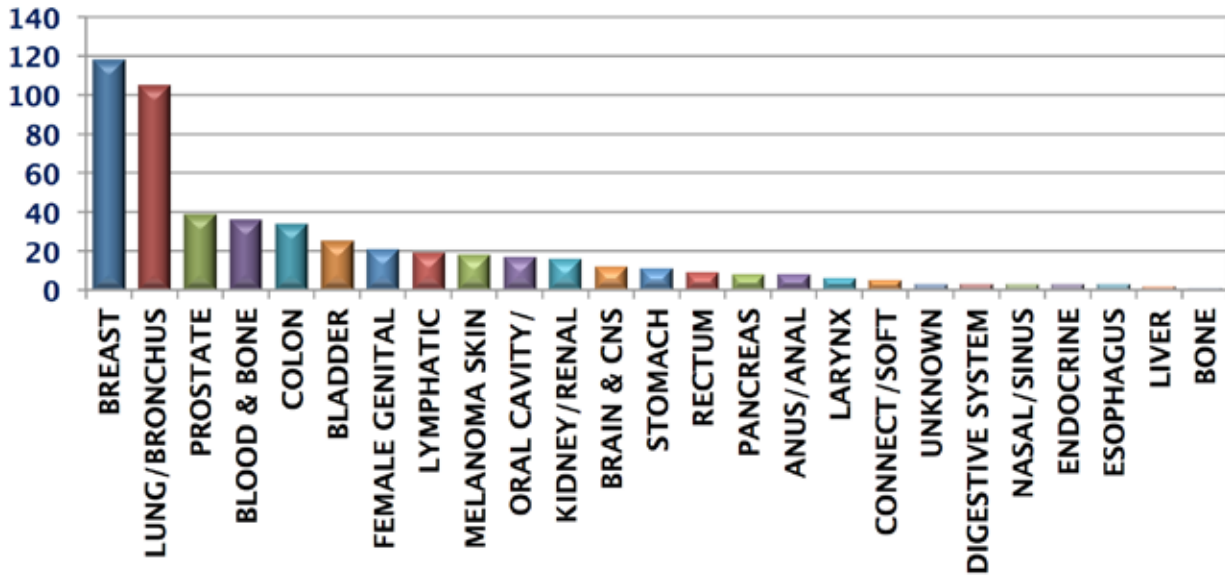
Pathology is essential to study the nature, effects, causes and consequences of disease. Tissue and/or fluid samples are obtained through biopsy or surgery and examined under a microscope. The tissue diagnosis given by the pathologist indicates the type of cell that is proliferating, its histological grade, genetic abnormalities, and other features of the tumor. Together, this information is used to evaluate the prognosis of the patient and to choose the best treatment. Cytogenetic and immunohistochemistry are other types of testing that the pathologist may perform on the tissue sample. These tests may provide information about the molecular changes that have happened in the cancer cells, and may thus also indicate the future behavior of the cancer and best treatment.

# Cancer Cases

## Primary Site Distribution & Stage Of Disease At Diagnosis

### Cancer Cases 2014: Primary Site Distribution

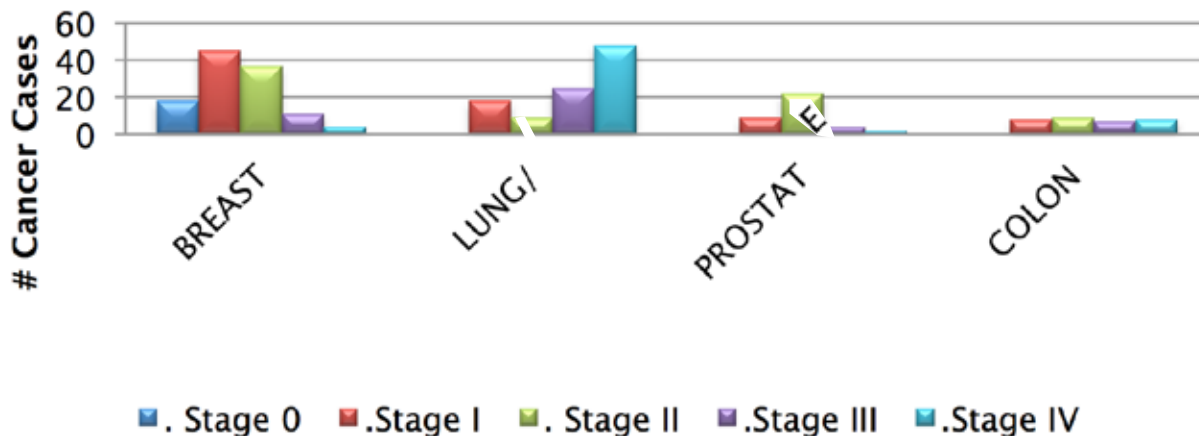
By Volume Data Source: Tumor Registry (n=526)



For 2014, the majority of patients presented with breast, lung, prostate, blood/bone marrow and colorectal cancers.

### Cancer Cases 2014: Stage of Disease at Diagnosis

Data Source: Tumor Registry



Treatment options depend on the stage of disease at diagnosis. The majority of breast (94%), colon (71%) and prostate (90%) patients presented with early stage disease. One of the goals of the Johnston Health cancer program is to diagnose the cancer as early as possible to prevent spread to lymph nodes and surrounding tissues.

The higher the stage, the more advanced the disease. The majority of lung patients presented at a more advanced stage with 46 percent at stage IV, or already metastatic (distant spread) at time of diagnosis.

# Clinical Support

## Key Services Available Before, During and After Treatment

### Pharmacy

**Program Leader: Jay Renfrow, PharmD  
Registered Pharmacist**

#### Overview:

Our Johnston Health hematology and oncology centers in Smithfield and Clayton have dedicated outpatient oncology pharmacies each staffed with an oncology-specialist pharmacist. The oncology pharmacists specialize in oncology medications and infusion therapy. They work with patients, medical oncologists, physician assistants, nurse practitioners, oncology nurses and other health care providers to ensure safe medication use. Both centers achieved successful results following inspections in 2014 from the Joint Commission and the North Carolina Board of Pharmacy.



The pharmacy prepares chemotherapy and other oral and infused medications for the patients at each center. These medications are prepared using a special biological safety cabinet to ensure a sterile, accurate and timely product. Each dose of chemotherapy is compounded on site for each patient on the day of his or her appointment.

One of our goals is to continue to grow our clinical trial program. It is our desire to keep our patients close to home while offering them the benefits of participating in the newest research available in cancer care. The outpatient oncology pharmacy is responsible for managing investigational study medications used in clinical trials. Each pharmacy prepares and dispenses study medications for patients participating in a clinical trial.

### Nutrition Services

**Program Leader: Louisa Sherrill, MS, RD, LDN  
Department of Food Services**



**Overview:** Maintaining good nutrition is extremely important when going through cancer treatments. Our registered dietitian provides complementary one-on-one nutrition counseling with patients and their caregivers. She provides diet education, tips for dealing with nutrition related side effects, referrals and other resources to help the patient maintain good nutrition before and during treatment. The nutritional needs of cancer patients differ from those of healthy individuals, and even vary from patient to patient. Therefore, these consultations are individualized and tailored to meet the needs and requests.

#### New Initiatives:

Provide monthly group nutrition and food demonstration classes

### Physical Rehabilitation

**Program Leader: Wanda Howell, LPT  
Department of Rehabilitation**

**Overview:** Our department evaluates patients and devises treatment plans to maximize recovery after injury, surgery, illness, long-term disability or other debilitating conditions. Our services include physical, occupational and speech therapy.

# Patient Support

## Core Services For Delivering Comprehensive Cancer Care

### Social Work Services

**Arqueta Lindsey, MSW**  
**Oncology Social Worker**

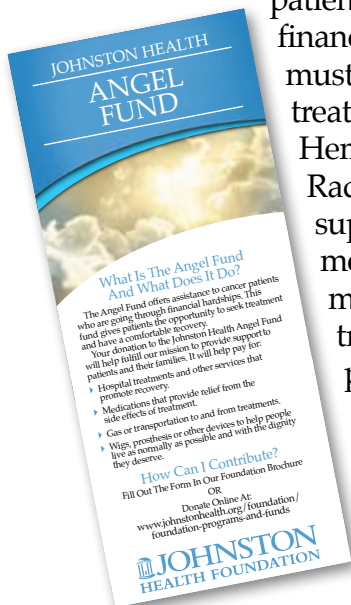
#### Overview:

The oncology social worker provides information on community and financial resources, helps patients and their families cope with cancer diagnoses, and assesses the patient's need for support services. These support services may include assistance with applications for Social Security, disability, SSI and Medicaid.

She can also refer patients to community agencies and psychoeducational support groups, and connect qualified patients with resources offered through the Angel Fund.

### New Initiatives:

**Angel Fund:** This fund assists oncology patients who are experiencing financial hardship. The patient must be undergoing or beginning treatment at Johnston Health Hematology and Oncology or Rex Radiation Oncology. Hardship support includes gas cards, pain medications, mammograms, medical nutrition products, transportation, wigs and prosthesis.



### Education / Wellness (EdWell):

Classes and resources will help patients better understand their diagnosis and treatment. There are cooking demonstrations and education on healthful food choices, fitness and wellness programs and massage therapy to promote overall health and well-being. We also offer art therapy to help patients feel more emotionally and spiritually supported.

### Chaplaincy Services

**Program Leader: Rev. Greg McClain**  
**Director of Spiritual Care**

#### Overview:

Chaplains sustain, support, guide and help people in their search for meaning and hope during illness and for reconciliation in relationships.

We have volunteer chaplains who offer consultation and counsel regarding spiritual, emotional and ethical matters. Spiritual care of patients and families is always done in collaboration with the multi-disciplinary cancer care committee.

### Patient Navigation Services

**Shawn Leagan, BSN, RN**  
**Department of Medical Oncology**



#### Overview:

Getting a cancer diagnosis can be frightening and stressful enough on a person. So when screenings show suspicious masses, or when test results come back positive for cancer, patients need information, guidance and support to get them quickly on the path to treatment.

Patient navigation refers to individualized assistance offered to cancer patients, families, and caregivers to help overcome health care system barriers and facilitate timely access to quality medical and psychosocial care and can occur from prior to a cancer diagnosis through all phases of the cancer experience.

Since appointed as the patient navigator, Shawn Leagan has successfully navigated 60 breast cancer patients and four lung cancer patients to help aid in the overall processes and procedures of their cancer management operation.

There is no charge to physicians or patients to utilize the patient navigation service. To find out more information about this service, please contact Shawn Leagan at (919) 938-6562.

# Clinical Research

## Advancing The Understanding And Treatment of Cancer

### What Are Clinical Trials?

Clinical trials are carefully designed research studies that test promising new cancer treatments. Patients who take part in research studies will be the first to benefit from these treatments. The study results will also help other patients. In a clinical trial, you get either standard treatment or a new treatment that's thought to be as good as – or maybe better than – the standard treatment. Studies are never done to see if you would recover from cancer without treatment at all. As with any other medical care, you are free to withdraw from a clinical trial at any time and seek other treatment options.

### Why Are Clinical Trials Important?

Clinical trials show us what works (and what doesn't) in medicine and health care. They are the best way to learn what works best in treating diseases such as cancer. Clinical trials are designed to answer two important questions:

Does the new treatment work in humans? If it does, doctors are also looking for how well it works.

Is it better than what's now being used to treat a certain disease? If it's not better, is it at least as good, while perhaps causing fewer side effects? Or does it work in some people who aren't helped by current treatments? In other words, is it a step forward? A treatment that doesn't offer anything new probably isn't worth studying.

Is the new treatment safe? This must be answered while realizing that no treatment or procedure – even one already in common use – is entirely without risk. But do the benefits of the new treatment outweigh the possible risks?

We offer the clinical trials to our patients for the following cancer types: (ask your physician if you are a candidate for a clinical trial)

- Breast
- Gastrointestinal
- Lung
- Myeloma
- Polycythemia Vera
- Genitourinary

**Kimberly Hurley, RN, BSN**

*Johnston Health Hematology Oncology Director*

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# Quality and Standards

## Cancer Registry

The cancer registry at Johnston Health was established in 2013, and is preparing for accreditation by the American College of Surgeons Commission on Cancer (ACoS-CoC).

The registry has added 1,506 cases into the database since the reference date of 2012. Of those cases, 1,202 are analytic cases with initial diagnoses and/or first courses of treatment at Johnston Health. The additional 304 cases are non-analytic cases, which represent patients with recurrent disease, initially diagnosed and/or treated elsewhere.

The primary function of the cancer registry is to collect and manage statistical data on our cancer population. The information collected includes patient demographics, medical history, anatomical site and histology of the primary cancer, extent of disease and treatment.

The cancer registry data provides our physicians and administration with information

to help improve quality and treatment for our patients as well as statistical reports to study survival and support research.

### Patient Follow-Up

Follow-up is an important part of cancer care. Every patient in our database is followed annually to update information on disease recurrence, subsequent treatment, length of survival and overall well-being.

This information can be used for studies by our physicians and administrators and research by the American Cancer Society, and North Carolina Central Cancer Registry. Follow-up information is obtained through letters to physicians and patients. Currently our follow-up rate is 94 percent. We depend on the participation of our physicians, and we greatly appreciate their support.

**Kathy Foote, CTR**

*Cancer Registry Manager*

# Providing The Latest Technology In The Fight Against Lung Cancer

The American College of Radiology has designated Johnston Health as a lung cancer screening center

The statistics provided by the American Lung Association are alarming.

Every two and a half minutes, someone in the United States will be diagnosed with lung cancer, and every three minutes, someone will die from the disease.

Sixty percent of those who have lung cancer will die within one year; seventy percent will die within two years.

That's why it's so encouraging, and exciting, to now be able to offer a better screening tool for lung cancer. It's called low-dose computed tomography, and since October 2015, Johnston Health has been a designated lung cancer screening center.

Several years ago, the American College of Radiology Imaging Network did a randomized clinical trial using local-dose CT scans. The results, released in November 2010, showed these imaging tests reduced the risk of dying from lung cancer by about 20 percent.



In the United States, there are more than 100 million smokers and ex-smokers. Also notable, each year, more than 160,000 Americans die early from lung cancer. So these new screenings could potentially save thousands of lives by catching tumors at an earlier, more treatable stage.

Lung cancer is one of the leading cancer killers in America, claiming more lives than colorectal, breast,

pancreatic and prostate cancers combined. Without early detection screening, more than 95 percent of patients eventually die from the disease, usually within a few years of diagnosis.

Annual low-dose CT lung screenings can help find lung cancers in their earliest stages, when up to 90 percent can be cured. In fact, a CT scan is better than a conventional chest X-ray at detecting small tumors. And CT lung screenings can provide information on other diseases in the heart and lungs.

## What is LDCT?

The low-dose CT lung screening is an exam with the ability to detect lung cancer in its earliest stages when it is most treatable. It consists of a low-dose, non-contrasted CT that uses X-rays (minimized radiation exposure) to scan the entire chest in about five to 10 seconds during a single breath hold. The exam takes about 15 minutes in its entirety to complete.

## Who Can Benefit From a LDCT?

This exam is for patients who are at high risk for lung cancer. Patients at high risk possess the following characteristics and should participate in a shared decision conversation with their physician.

- Individuals 55-77 years of age
- No signs or symptoms of lung cancer
- At least a 30 pack-year smoking history
  - \*\*One pack-year is equal to one pack of 20 cigarettes smoked every day for one year
  - \*\*Calculated by the number of packs per day multiplied by the number of years as a smoker
- Current smokers or former smokers who quit within the last 15 years, AND receive a written order for LDCT lung screening from your physician



# Cancer Conference Report

Cancer conferences improve the care of patients by providing consultative services for multi-disciplinary treatment planning and patient management. Case discussion includes stage, prognostic indicators and treatment planning using nationally recognized evidence-based treatment guidelines and options for clinical trial participation.

The medical disciplines participating include medical and radiation oncology, surgery, pathology and radiology. Other cancer care providers include social workers, nurses, pharmacists and nutritionists. The conferences also

count as continuing medical education credits for physicians and cancer care staff. The conferences are held every Thursday, except the first Thursday of the month, at 7:15 a.m.

The conferences are coordinated by Arqueta Lindsey, oncology social worker, and led by Dr. Russell D. Anderson, medical oncologist.

In 2014, Johnston Health held 35 cancer conferences. Nearly all newly diagnosed cancer cases were discussed at these multi-disciplinary conferences. All medical staff is encouraged to participate.



**TRACEY CARSON**  
*Admin. Director  
Patient Services*

# Cancer Program: Accreditation



Johnston Health was accredited in June 2015 by the American College of Surgeons Commission as a nationally recognized cancer treatment center.

Accreditation is granted to facilities that have voluntarily committed to provide the best in cancer diagnosis and treatment and is able to comply with the established CoC standards.

Through participation in the CoC Accreditation Program, Johnston Health demonstrates its commitment to meet rigorous standards and improve the quality of care for patients with cancer.

Johnston Health is now provided with national recognition, access to the National Cancer Database, and educational and training opportunities, which ensures that patients with cancer will be offered and

provided with a full range of diagnostic, treatment, and supportive services with high-quality, patient-centered care through multidisciplinary approaches.

## 2015 Completed & Implemented Goals & Objectives

- We formalized and implemented an Education and Wellness Program for cancer patients in treatment at Johnston Health.
- We implemented an oral chemotherapy process to include oral chemotherapy order templates, patient education, staff education and patient follow up.
- We implemented the patient navigation program
- We implemented a cumulative cancer drug monitoring process by setting up a life time dosing module.
- We have and will continue to minimize treatment delays related to radiation therapy unexpected side effects.

# Cancer Accreditation Analyst

Amy Brown accepted the role of cancer accreditation analyst for Johnston Health in August 2015. Her role is to support all analytic and reporting tasks necessary for Johnston Health to maintain compliance for accreditation. Cancer accreditation is largely pre-defined by state regulations, national (SEER) regulations, and Commission on Cancer accreditation standards.

One of Amy's first tasks was to bring on board the low-dose CT lung screening and

maintain the LDCT registry through the American College of Radiology. Johnston Health received the LDCT accreditation through the ACR in October 2015. Amy is currently working with physicians to roll out the LDCT process and has already started adding patients in the LDCT registry.



**AMY BROWN**  
*Cancer Accreditation Analyst*

# Community Outreach: Education & Prevention



## Ladies Night Out

Raising awareness about breast cancer doesn't have to be serious business. It can mean shopping for a hot-pink purse, getting a shoulder massage or eating a cupcake piled high with icing.

At our Ladies Night Out events in Clayton and Smithfield, women have fun while learning about healthful lifestyles. In addition to picking up info, there are opportunities to get blood pressure and



blood glucose checks, and to make appointments for mammograms and skin screenings.

There are also stations at which women can talk with physicians, sample healthful recipes, and test their skill at finding suspicious cysts by pressing on a squishy breast model.

A combined 450 women attended our recent events. These have been wonderful opportunities to raise awareness of our services, and to help our neighbors take a proactive approach to health care.

## Smoking Cessation Seminar

In partnership with the Public Health Department, Johnston Health offered an hour-long information session on the harmful effects of smoking (including testimonies from ex-smokers) and the latest therapies on how to kick the habit. All ten of the people who attended this special Health Chat in November 2015 said they were grateful for the encouragement, support and guidance as they began their journeys toward ending their addiction.

## Health Chats

SEASONAL SPEAKER SERIES  
A SERVICE OF JOHNSTON HEALTH

### Free Smoking Cessation Seminar

**If You're Ready To Quit,  
We're Ready To Help.**

Tuesday, Nov. 17, 2015  
6-7 p.m.

Johnston Medical Mall  
Auditorium

514 N. Bright Leaf Blvd.  
Smithfield, NC 27577

**JOHNSTON**  
UNC HEALTH CARE  
www.johnstonhealth.org



# Community Outreach: Support Groups



Patients, families, caregivers and survivors share common concerns and get emotional support from one another. Arqueta Lindsey, oncology social worker, leads the monthly meetings of Angels Among Us in Smithfield and Healing Hope at Mount Zion Church in the Garner/Cleveland Community.

**Arqueta Lindsey, MSW**  
*Oncology Social Worker*

# Community Outreach: Events



## Johnston Health Champions 5K

Organized and led by the Johnston Health Foundation, the fourth annual Johnston Health Champions 5K in May 2015 drew more than 250 runners and walkers. The event raised more than \$20,000 for the Healthy Kids program and the Angel Fund, which assists cancer patients with medical needs they can't afford.



## Community Outreach: Look Good Feel Better Workshops

At the Look Good Feel Better Workshop, patients learn how to manage appearance-related side effects of cancer treatment. It offers information and instruction on things such as breast prosthesis, bras and wigs.

A licensed cosmetologist trained and certified through the American Cancer Society leads the sessions.

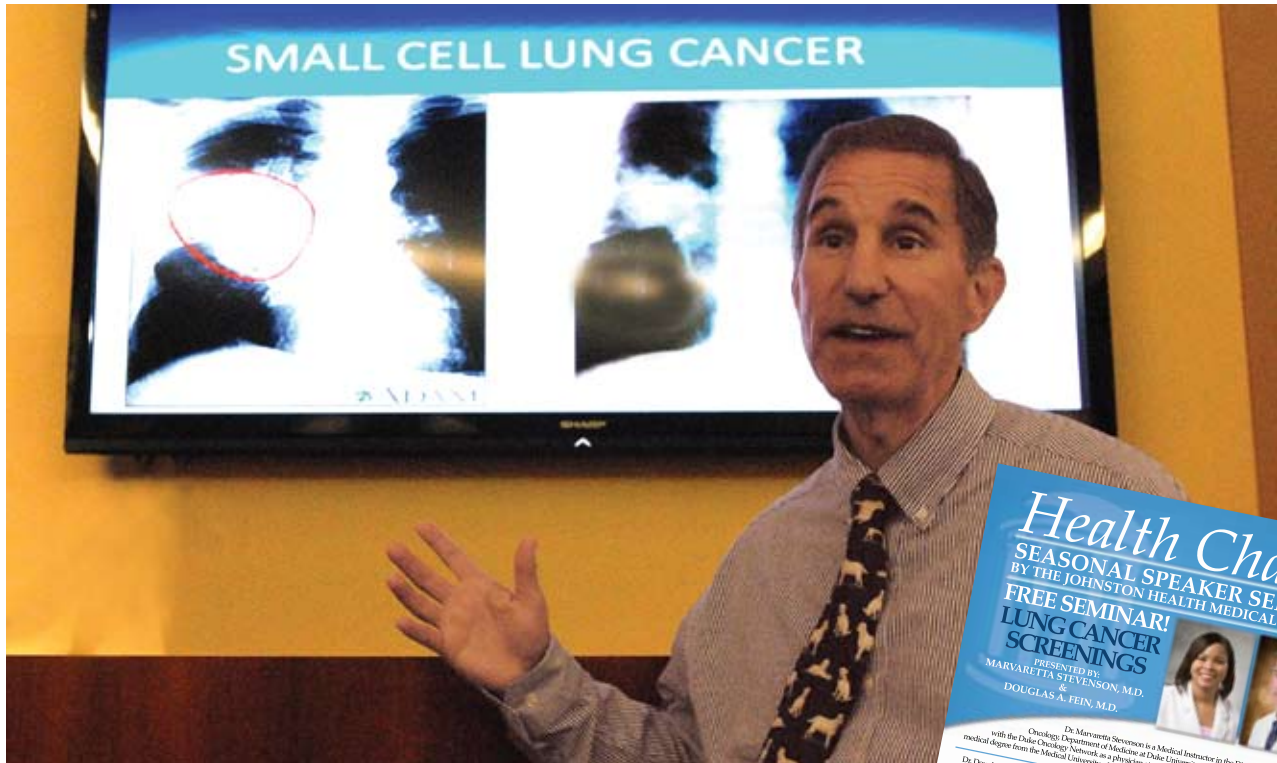
Cathryn's Bare Essentials Boutique is a place of beauty, rest and relaxation for those who are dealing with the side effects of chemotherapy and radiation.

Patients are welcome to shop and take what they need to aid their recovery. Items include wigs, scarves, turbans, hats and prosthetics.

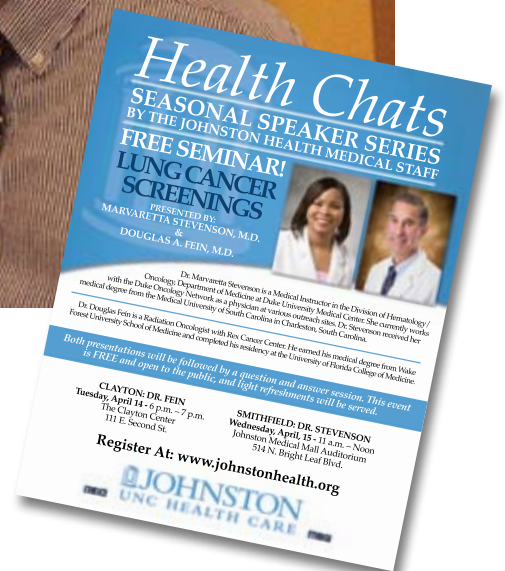
Cathryn Stephenson, a retired public school teacher, helped open the boutique in 2004 while a patient at Johnston Hematology & Oncology. Today, the boutique stands as a legacy to her commitment of service.



# Physician Outreach: Media, Health Chats



Oncologists can raise awareness and offer their expertise on prevention, treatment and future therapies by appearing on local radio and TV and speaking at Health Chats, a seasonal speakers series. These opportunities are offered through the Johnston Health Marketing Department.



# Patient Support: Art for Hope & EdWell Program

Through the Art for Hope campaign led by the Johnston Health Foundation, donors contributed more than \$11,000 to acquire colorful, engaging paintings to spruce up the hallways, exam rooms and treatment areas of the oncology clinics in Smithfield and Clayton.

The artful environment in Smithfield complements an education and wellness program, which is made possible through a \$5,000 grant secured by the Johnston Health Foundation. During chemotherapy, patients have opportunities to paint or do crafts with local artists. A nutritionist drops by as well to offer info and encourage healthful eating.

“We want to ensure that we have quality, comprehensive services for our patients,” says Johnston Health Hematology Oncology Director Kimberly Hurley. “Cancer is such a taxing disease that we want patients to be able to get the care they need right here in Johnston County.”



# A Patient's Story

## Patient Navigator Shawn Leagan is a resource and friend for patients undergoing cancer care.

Tara McArtan knew she had a family history. Still, it came as a shock when the biopsy of a lump that she and her doctor had been watching for a year tested positive for breast cancer.

She is 35, a wife, and a mother to two little girls. "I didn't know what was next," she says.

The next day, Tara got a call from Shawn Leagan, the patient navigator for Johnston Health. She quickly put Tara in touch with a Duke oncologist, who would order gene testing to help determine the best course of treatment.

On the day of the appointment, Shawn was there, too. "Right away, I could put a face with the voice," Tara says. "She knew my appointments. She knew my results. She was a resource for me."

Given her family history, Tara chose to undergo a double mastectomy. On the day prior to surgery, members of her family had questions. And Shawn was there to explain the next steps. "She answered questions I couldn't," Tara says. "She put my mother at ease."

Turns out, the family had already been under tremendous stress. Tara's father had been diagnosed with leukemia and was undergoing treatment, too.

Following her surgery, Tara felt disappointed when she learned that she would need a follow-up regimen of chemotherapy. Apparently, the cancer



*Shawn Leagan visits with patient Tara McArtan during treatment session at Johnston Health Hematology & Oncology in Johnston Medical Mall.*

had started to spread. "Shawn was there to make sure I was ok, and not feeling overwhelmed," she says.

"She's always a reassuring voice, and just a phone call or an email away," Tara says. "She's connected me with the people I've needed: a support group, the Look Good Feel Better program, a local business that helped fit me with a wig."

Tara has since returned to work and is wrapping up her treatment. "I feel fortunate," she says.

"Compared with others, my bout with cancer has been more along the lines of a common cold. And my treatment and recovery has been made easier because of Shawn's support, encouragement and friendship."

*"Shawn is always a reassuring voice, and just a phone call or an email away," - Tara McArtan*

# Program & Support Services: Contact Information

## Resource Directory

### Medical Oncology / Hematology

|                                |              |
|--------------------------------|--------------|
| Smithfield                     | 919-989-2192 |
| Clayton                        | 919-585-8835 |
| Oncology Director - Kim Hurley | 919-938-7830 |

### Radiation Oncology

|                                   |              |
|-----------------------------------|--------------|
| Smithfield                        | 919-209-3555 |
| Clayton                           | 919-585-8550 |
| Clinical Manager - Vanessa Narron | 919-209-3555 |

### Support Services

|   |              |
|---|--------------|
| Oncology Social Worker<br>Arqueta Lindsey | 919-989-2192 |
|---|--------------|

|                         |              |
|-------------------------|--------------|
| Spiritual Care Services | 919-209-3655 |
|-------------------------|--------------|

|                                       |                           |
|---------------------------------------|---------------------------|
| Oncology Dietician<br>Louisa Sherrill | 919-934-8171<br>ext. 6229 |
|---------------------------------------|---------------------------|

|                          |              |
|--------------------------|--------------|
| Angel Fund JH Foundation | 919-938-7834 |
|--------------------------|--------------|

|                               |              |
|-------------------------------|--------------|
| Cancer Registry - Kathy Foote | 919-784-7204 |
|-------------------------------|--------------|

### Diagnostic Imaging

|            |              |
|------------|--------------|
| Smithfield | 919-938-7190 |
| Clayton    | 919-585-8450 |

|                    |              |
|--------------------|--------------|
| Ambulatory Imaging | 919-938-0467 |
|--------------------|--------------|

### HealthQuest

|                           |              |
|---------------------------|--------------|
| Fitness & Wellness Center | 919-938-7581 |
|---------------------------|--------------|

|                      |                           |
|----------------------|---------------------------|
| Nutritional Services | 919-934-8171<br>Ext. 6718 |
|----------------------|---------------------------|

|                      |              |
|----------------------|--------------|
| Home Health Services | 919-938-7560 |
|----------------------|--------------|

### Hospice Services

|                    |              |
|--------------------|--------------|
| In Home            | 919-938-7560 |
| SECU Hospice House | 919-209-5100 |

|            |              |
|------------|--------------|
| Wound Care | 919-938-7716 |
|------------|--------------|

### American Cancer Society

|                                 |              |
|---------------------------------|--------------|
| Local Contact - Ashley Wickline | 919-302-4557 |
|---------------------------------|--------------|

### Breast Prosthesis, Wigs & Bras

|                         |              |
|-------------------------|--------------|
| Johnston Medical Supply | 919-934-4997 |
|-------------------------|--------------|

|             |              |
|-------------|--------------|
| Lovely Lady | 919-934-2960 |
|-------------|--------------|

|                                    |              |
|------------------------------------|--------------|
| Cathryn's Bare Essentials Boutique | 919-938-7834 |
|------------------------------------|--------------|

## Acknowledgements

We would like to acknowledge and send a warm Thank You to all of the members of the Johnston Health Cancer Care Committee, physicians, cancer staff and all others who support our cancer program each year. This report was prepared by Johnston Health /

UNC/Rex Healthcare staff with guidance from the Cancer Care Committee.

Requests for more information can be directed to the Johnston Health Community Relations Department at 919-938-7103.

# Cancer Treatment Locations

## Smithfield



**Johnston Health  
Hematology & Oncology  
Johnston Medical Mall**  
514 N. Bright Leaf Boulevard  
Suite 1100  
Smithfield, NC 27577  
(919) 989-2921

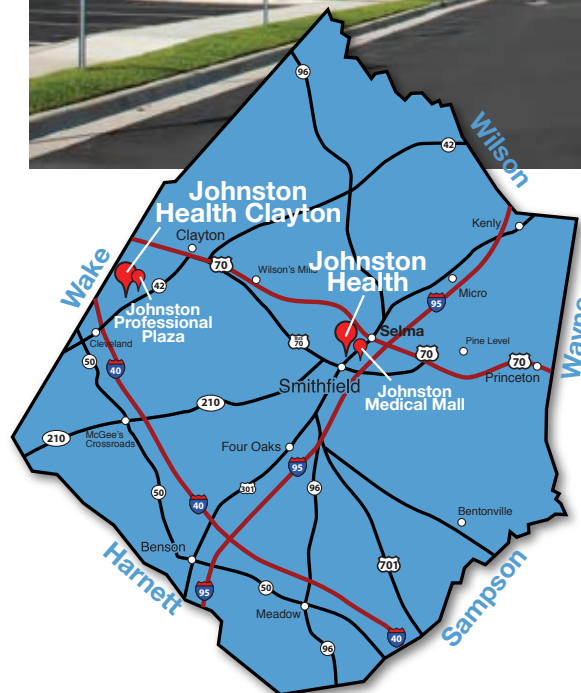
**Smithfield Radiation Oncology  
Johnston Medical Mall**  
Suite 1200  
514 N. Bright Leaf Boulevard  
Smithfield, NC 27577  
(919) 209-3555

**Clayton Radiation Oncology  
Johnston Professional Plaza**  
2076 Highway 42 West,  
Suite 120  
Clayton, NC 27520  
(919) 585-8550

**Johnston Health Clayton  
Hematology & Oncology  
Johnston Professional Plaza**  
2076 Highway 42 West,  
Suite 130  
Clayton, NC 27520  
(919) 585-8830



## Clayton





 **JOHNSTON**  
UNC HEALTH CARE



Healing Neighbors. *It's What We Do. It's Who We Are!*

[www.johnstonhealth.org](http://www.johnstonhealth.org)