

2024

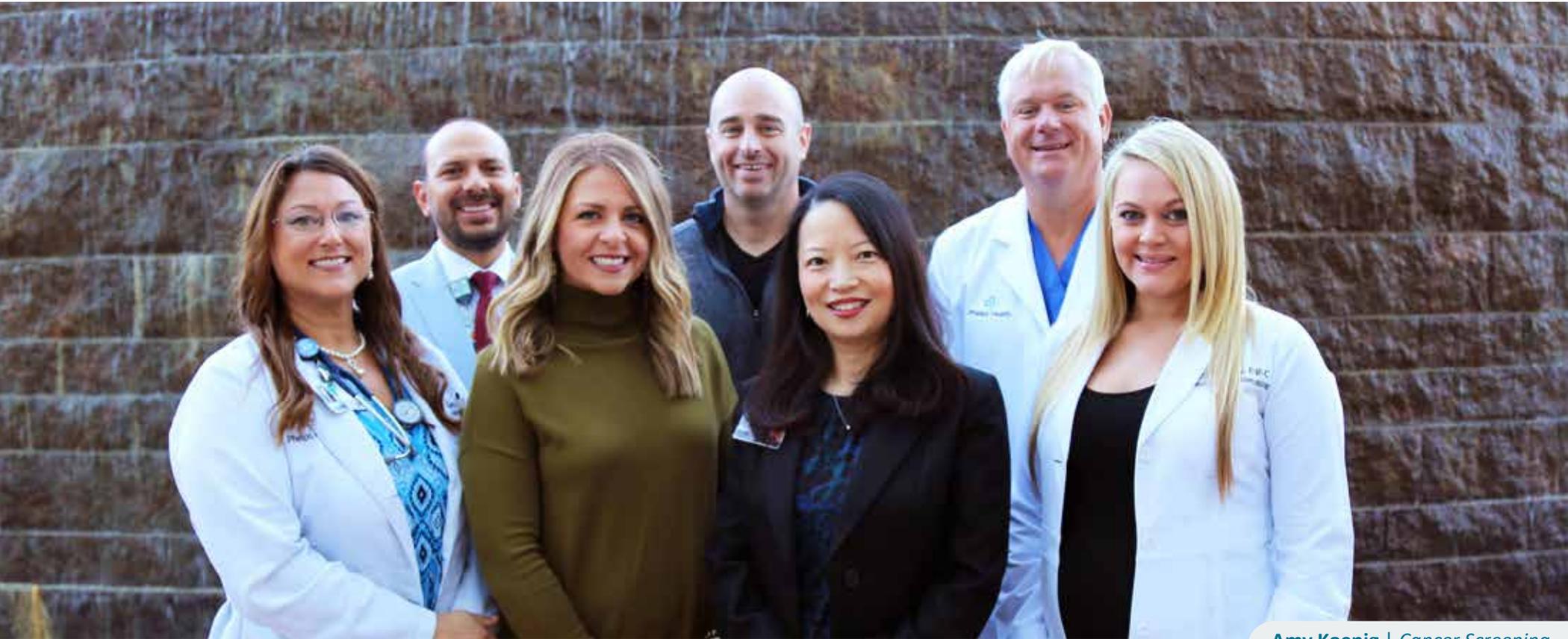


DELBERT DAY CANCER INSTITUTE CALENDAR

2022 TOP FIVE SITES

(DIAGNOSED AND/OR TREATED AT PHELPS HEALTH)

Lung – 93 cases | Breast – 85 cases | Colorectal – 57 cases | Prostate – 42 cases | Lip/Oral Cavity/Pharynx – 35 cases



Amy Koenig | Cancer Screening and Prevention Coordinator

CANCER SCREENING AND PREVENTION

For people with average risk, use the general guide below to talk with your doctor or provider about your health and possible screening choices.

- Pap test for cervical cancer starting at age 21
- HPV (human papillomavirus) test starting at age 30
- Mammography for breast cancer starting at age 40
- Colon cancer screening starting at age 45
- Prostate Specific Antigen (PSA) for prostate cancer starting at age 45
- Low-dose CT for current/past heavy smokers for lung cancer starting at age 50

For more information on cancer screening and prevention, please call the cancer screening and prevention coordinator at (573) 458-7469 or email at cancerprevention@phelpshealth.org.



8 WAYS TO STAY HEALTHY AND PREVENT CANCER

Take control of your health. Help lower your cancer risk by following these tips:

1. Maintain a healthy weight.
2. Exercise regularly.
3. Don't smoke or use smokeless tobacco.
4. Eat a healthy diet.
5. Limit alcohol – zero is best.
6. Protect yourself from the sun and avoid tanning beds.
7. Protect against sexually transmitted infections.
8. Get screening tests.

YOUR DISEASE RISK

With Your Disease Risk, the source on prevention, you can find out your risk of six important chronic diseases and 12 types of cancer as well as get personalized tips for preventing them. Check your risk at phelpshealth.org/your-disease-risk or by scanning the QR code to the right.



**American
Cancer
Society®**

PHELPS HEALTH DDCI EARNS ACS GRANT

The Phelps Health Delbert Day Cancer Institute (DDCI) was **one of six cancer centers in the nation** to earn a \$75,000 grant from the American Cancer Society for driving equitable outcomes by addressing social determinants of health (SDOH).



COLORECTAL CANCER AWARENESS MONTH



Colon cancer, or colorectal cancer, is one of the most preventable cancers. The disease is treatable, and sometimes curable, when caught in early stages.

WHO SHOULD BE SCREENED FOR COLORECTAL CANCER?

- If you are at average risk of colorectal cancer, you should start testing at age 45 and continue through age 75. (See recommended screening frequency below.)
- After age 75, the decision to continue screening should be personalized.
- If you are at high risk for developing colorectal cancer (have a personal or family history of colon cancer or polyps), talk to your healthcare provider about screening recommendations.
- Colonoscopies and stool-based tests can be used to screen patients for colon cancer.
 - A colonoscopy every 10 years is recommended for adults, beginning at age 45.
 - As an alternative to a colonoscopy, a stool-based FIT (fecal immunochemical test) can be done once a year, or stool DNA tests can be done every 1 to 3 years.



ACCREDITATIONS AND AFFILIATIONS

Accreditation Program for Excellence

The Phelps Health Delbert Day Cancer Institute (DDCI) has received accreditation from the American Society of Radiation Oncology for adopting procedures to encourage safety and quality of care in compliance with the standards of the Accreditation Program for Excellence (APEX).

Commission on Cancer

The DDCI is nationally accredited by the Commission on Cancer of the American College of Surgeons. Because the DDCI is a Commission on Cancer-accredited cancer center, the DDCI takes a multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists. This multidisciplinary partnership results in improved patient care.

Community Oncology Research Program

The DDCI has been awarded a grant by the National Cancer Institute (NCI) as a member of the National Cancer Institute Community Oncology Program (NCORP).

QOPI® Certification Program

The DDCI is a QOPI® (Quality Oncology Practice Initiative) Certified Practice. Certification by the QOPI® Certification Program is an acknowledgment that this practice meets certain defined quality and safety standards in the administration of cancer care from the American Society of Clinical Oncology (ASCO).

Siteman Cancer Network

The DDCI is part of the Siteman Cancer Network, an affiliation led by Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis. The Siteman Cancer Network is committed to improving the health and well-being of people and communities by expanding access to cancer research, treatment and prevention initiatives. Learn more at siteman.wustl.edu/visiting/network.



ORAL CHEMOTHERAPY PROGRAM

The Phelps Health Delbert Day Cancer Institute (DDCI) Oral Chemotherapy Program, launched in 2019, helps all patients who have been prescribed oral treatments by our Phelps Health oncologists.

Our DDCI pharmacists stay in regular contact with patients through calls and at follow-up visits with their provider. Patients can contact the pharmacy staff with any issues that may arise throughout the course of their treatment. Our pharmacists, along with our oncology financial navigator, can assist with any medication copay issues that patients may have.

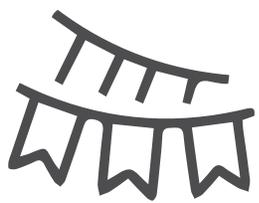
The DDCI Oral Chemotherapy Program can help patients with the following:

- Administration recommendations
- Safe handling of medications
- Side effect management
- Drug interaction checks

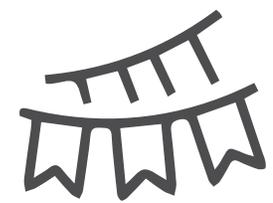
Benefits of the Oral Chemotherapy Program include the following:

- Improved patient adherence to taking medications
- Shortened time for patients to start treatments
- Increased safety for patients taking oral chemotherapy
- Improved patient and care team satisfaction





SCORE EVENTS



The goal of the Siteman Cancer Outreach Research Engagement (SCORE) project is to collaborate with three to four cancer centers within the Siteman Cancer Network, including the Phelps Health Delbert Day Cancer Institute (DDCI), to measure the overall impact on screening rates after community outreach events related to cancer screening and prevention. The DDCI was the first cancer center to coordinate and implement a community outreach event in this project.



THE COLORECTAL CANCER SCREENING EVENT held March 3, 2023, at the DDCI provided community members with educational materials and free Fecal Occult Blood Tests (FOBT) to screen for colorectal cancer. Out of the four tests distributed that day, two have been returned and both had normal results. The remaining tests were shared with Phelps Health clinics.



THE PROSTATE CANCER SCREENING EVENT held June 9, 2023, at the Phelps Health Foundation Annual Golf Tournament provided education and promoted conversations about prostate cancer screening between patients and their healthcare providers. A total of nine initial surveys for a research study were completed, and staff followed up with four men who were eligible for prostate cancer screening.



THE BREAST CANCER SCREENING EVENT (*SIP AND SCREEN*) held October 24, 2023, at the Phelps Health Comprehensive Breast Center offered a full day of mammograms for women who were overdue for these screenings. The event featured photo opportunities, mocktails and plenty of pink. A total of 56 mammograms were performed, and 15 surveys about breast cancer screening were given to attendees.

COMPREHENSIVE CANCER CARE

Why Should You Choose the Phelps Health Delbert Day Cancer Institute (DDCI)?

- **Close to home:** You don't have to travel far for care or treatments.
- **Patient-centered care:** All-inclusive services are offered in a single, accessible location.
- **State-of-the-art treatment and equipment:** State-of-the-art radiation oncology technologies and the most advanced chemotherapy and immunotherapy services are available at the DDCI.
- **Access to clinical trials:** Patients can participate in the National Cancer Institute's Community Clinical Oncology Program and a variety of industry-sponsored trials. The DDCI has about 173 clinical trials available. A total of 32 patients were enrolled in clinical trials as of November 2023.
- **Navigation, education, support and financial counseling:** Education and customized counseling services are offered to patients and their loved ones.
- **Certified nurses in oncology:** Our DDCI nurses specialize in caring for people with cancer.
- **DDCI Infusion Center:** The Infusion Center offers community, semi-private and private seating selections, with 18 infusion chairs and family seating arranged throughout. All infusion chairs have heat and massage options, offering increased comfort for our patients.



THANK YOU!

- Because of your generous donations, the Phelps Health Foundation provides about 1,200 patients per year with meals through the Delbert Day Cancer Institute (DDCI) lunch box program.
- The Foundation was honored to celebrate and fund National Cancer Survivors Day in June 2023 with over 100 members of our community attending a breakfast celebration at Greentree Christian Church in Rolla.
- In addition, the Foundation partnered with the Phelps Health Comprehensive Breast Center for 50 Free Mammograms Day on October 10, 2023, as well as other Breast Cancer Awareness Month activities and programs in October.
- The Foundation purchased Jacki® Post-Surgical Recovery Garments for patients.
- The Foundation continues to contribute toward Phelps Health's lung cancer screening program.
- Additional funding from the Cancer Gala & Co. supports designated initiatives of Phelps Health and the Define Your Shine program. *(See December for more information on Define Your Shine.)*

In recognition of your family, friends, loved ones and neighbors, we hope you will consider making a donation to the Mission Fund, which helps serve Phelps Health's mission to provide high-quality, accessible healthcare.

MAKE A DONATION

Online: phelpshealth.org/foundation
or scan the QR code

Call: (573) 458-7946

Email: foundation@phelpshealth.org

Visit: 907 West 12th Street, Rolla



PROSTATE CANCER AWARENESS MONTH

Screening for prostate cancer can help find the disease earlier, when it's more treatable.



WHO SHOULD BE SCREENED FOR PROSTATE CANCER?

- Starting at age 40, men at extremely high risk of prostate cancer (men who have more than one first-degree relative who had prostate cancer at an early age) should talk to their doctor about being screened.
- Starting at age 45, men at high risk of prostate cancer (African Americans or men who have a first-degree relative (father, brother, etc.) who was diagnosed with prostate cancer at an early age) should talk to their doctor about being screened.
- Starting at age 50, men at average risk of prostate cancer should talk to their doctor about being screened.
- Your overall health, not age alone, is important when making decisions about prostate cancer screenings.



In February 2023, the Phelps Health Delbert Day Cancer Institute (DDCI) implemented a new service: prostate-specific membrane antigen (PSMA) PET/CT imaging for men who are diagnosed with prostate cancer and who are at risk for metastatic disease or men who were previously treated for prostate cancer with a suspected recurrence based on their elevated PSA level. This type of imaging helps create a more detailed PET/CT scan image for the physician, providing improved insights for treatment planning options.

BREAST CANCER AWARENESS MONTH

When it comes to breast cancer, early detection allows for the best outcomes. Screening tests can find cancer in its early stages, when the disease is more treatable.

WHO SHOULD BE SCREENED FOR BREAST CANCER?

- Women ages 25-39: See your primary care provider for your breast cancer risk assessment and breast exam every 1 to 3 years.
- Women ages 40 and over: Get your annual breast cancer risk assessment, breast exam and mammogram.

Women at average risk should begin yearly mammograms at age 40. If you have a family history of breast cancer, talk with your healthcare provider to decide if you should be screened earlier.

Most insurance plans and Medicare cover the costs of mammograms for those who are eligible.

Schedule your mammogram by calling Centralized Scheduling at (573) 458-7737.





LUNG CANCER AWARENESS MONTH

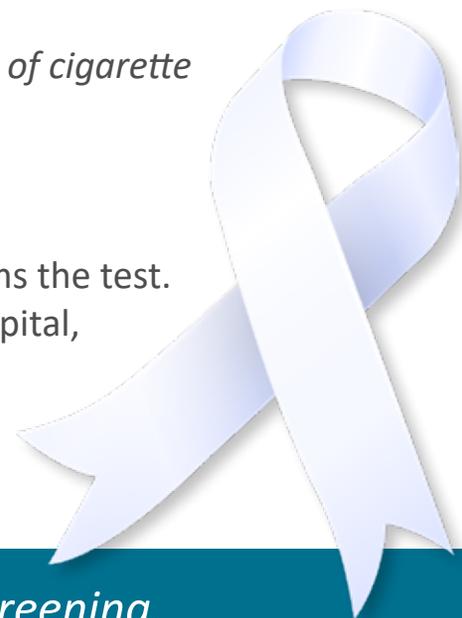
Lung cancer screenings can find concerns before you have symptoms and increase the likelihood of catching lung cancer in its earlier and more treatable stages. Phelps Health's lung cancer screening program began in May 2022. A total of 483 lung cancer screenings were performed between May 2022 and October 2023, including 33 people who were initially screened in 2022 and returned in 2023 for their annual screening.

Lung cancer screening, using a low-dose CT scan, is recommended for people who meet the following criteria:

- **Ages 50-80**
- **Minimum 20 pack-years smoking history** (*To calculate pack-years, multiply the number of cigarette packs you smoked per day by the number of years you have smoked.*)
- **Current smoker or former smoker who quit less than 15 years ago**
- **No symptoms of lung cancer**

During the scan, which takes about a minute, you'll lie on a table while a technologist performs the test. No needles or contrast dyes are used. Lung cancer screening is available at Phelps Health Hospital, the Medical Office Building and Waynesville Medical Plaza.

Medicare and many private insurance companies cover the costs of lung cancer screening for eligible patients.



Talk with your healthcare provider about beginning annual lung cancer screening.

SUPPORT GROUPS

Cancer poses many challenges for patients and their families. The Phelps Health Delbert Day Cancer Institute (DDCI) recommends the following cancer support organizations:

Define Your Shine is a free program (held the first Monday of each month) open to all cancer patients in the community. In this class, participants will learn about ways to manage side effects related to their appearance from cancer treatments. Class topics include tips for makeup, skin care, wigs, head coverings and more. *For more information, call (573) 458-7164 or email DDCInursenavigator@phelpshealth.org.*

4th Angel (Patients and caregivers are matched with trained volunteers.)

(866) 520-3197 | 4thangel.ccf.org

American Cancer Society (ACS)

(800) 227-2345 (The ACS offers a 24/7 cancer helpline.) | cancer.org

CancerCare

(800) 813-4673 | cancercares.org

Cancer Support Community – Greater St. Louis

(314) 238-2000 | cancersupportstl.org

Project Win (For Dent County residents)

(573) 247-1367 | lifewaycenter.com/project_win_cancer_support_group

Lung Cancer Support Line

Email support@LCRF.org (For financial assistance, lodging or transportation to and from medical appointments.)

(844) 835-4325



MEET YOUR DDCI PHYSICIANS AND PROVIDERS



Thomas Guerrero-Garcia, MD
Medical Oncology/Hematology



Kan Huang, MD, PhD, MS
Medical Oncology/Hematology



Logan Shockley, FNP-C
Medical Oncology/Hematology



Becky Smith, FNP-C, AOCNP
Medical Oncology/Hematology



Chris Spencer, MD, MS, DABR
Radiation Oncology



Robert Swanson, MD
Radiation Oncology



Jinna Lisenbe, AGPCNP-BC
Radiation Oncology

Please visit pelpshealth.org/doctors for a complete, up-to-date list of all Phelps Health physicians and providers.

MEET YOUR CANCER CARE SUPPORT TEAM



Nicole Miller, BSN, RN
Oncology Nurse Navigator

Our nurse navigator offers patients and their families a single-point person to contact throughout their entire cancer journey and helps patients understand and navigate their diagnosis and treatment.



Kevin McDonough, BS, CAC
Oncology Financial Navigator

Our oncology financial navigator helps ease concerns about the cost of care and complexities of medical insurance by educating patients about their insurance benefits, billing questions and options for payment plans.



Lorie Bourne, RDN, CSO
Oncology Dietitian

Our registered dietitian meets with patients to help with cancer treatment-related nutrition issues, including weight loss, poor appetite, taste changes, side effects of treatment and more.



Susan Buhr, MSW
Oncology Social Worker

Our oncology social worker helps patients access diagnosis and treatment information, cope with the cancer diagnosis, consider decisions about finding the best cancer care and more.

CANCER TREATMENT PROGRAMS AND SERVICES

Phelps Health Cancer Care Services

(573) 458-3324 (DDCI) | Toll-Free Number: (855) 406-3324 (DDCI)

Cancer Rehabilitation

Cancer Resource Center

Cancer Screening and Prevention

Cardio-Oncology

Chemotherapy and Infusion

Clinical Trials and Research

Diagnostic Imaging

Dietary Support

Financial Counseling

Genetic Counseling

Medical Oncology and Hematology

Nurse Navigation

Radiation Oncology

Social Work Support

Phelps Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (573) 458-7684, (573) 458-7922.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (573) 458-7684, (573) 458-7922。