

CANCER PREVENTION TIPS

1. Stay away from tobacco
2. Exercise regularly
3. Maintain a healthy weight
4. Eat healthy with plenty of fruits and vegetables
5. Limit how much alcohol you drink (if you drink at all)
6. Protect your skin from sun exposure, and avoid tanning beds
7. Perform self-exams and have regular checkups and cancer screening tests
8. Know yourself, your family history and your risks

CANCER SIGNS AND SYMPTOMS

- Unexplained weight loss
- Fever
- Fatigue
- Pain
- Skin changes: darker, yellowish or reddened skin, itching
- Change in the size/shape of a mole
- Change in bowel habits or blood in stool
- New breast lump or change in self breast exam
- Sores that do not heal
- White patches inside the mouth or white spots on the tongue
- Unusual bleeding or discharge
- Naggling cough or hoarseness
- Indigestion or trouble swallowing

Having any of these symptoms does not mean you have cancer. Many other conditions can cause these signs and symptoms. If you have any of these symptoms and they last for a long time or get worse, see your doctor.

Patient Navigator Provides HELP AND HOPE

Paul Gingerich of Dalton had a nagging cough, felt short of breath and experienced some pain in his right side. In July 2009, he visited his family doctor. "The doctor thought my problem could be adult-onset asthma, so he ordered a chest X-ray and a pulmonary function test," Paul recalled. "The X-ray showed what was wrong, so I didn't even need the other test."

The diagnosis was something Paul and his wife Joyce never expected to hear: lung cancer. "I'm not a smoker, so it was a total shock," he said. "The doctors knew it was cancer before they even did the lung biopsy. I was stumped as to why this would be."

While waiting at Aultman Hospital during Paul's biopsy, Joyce learned about the Navigator Program for breast and lung cancer patients. Patient Navigator Brandy Hahn, RN, BSN, is an oncology-certified nurse who guides patients through the health care system to ensure prompt diagnosis and treatment. She also provides vital education and emotional support for patients and their loved ones. "My job is to help patients and families through difficult times," Brandy explained. "I have time to sit and talk, answering every question they have. My sole focus is the patient."

Paul's treatment started with radiation therapy because the cancer had spread to his brain. He then underwent eight months of chemotherapy. "With multiple things going on, Brandy has helped us determine how to proceed," Joyce said. "She finds the answers we need in order to make wise decisions about Paul's care. She has also helped me through tests I've needed."



■ Patient Navigator Brandy Hahn (left) provides valuable information and encouragement for Joyce and Paul Gingerich.

Today, Paul's treatment regimen includes radiation therapy on his right lung and left hip as well as oral medication. As a result of cancer metastasis to the left femur/hip area, Paul is more tentative with moving about, being cautious not to cause a fracture. He is on a bone-strengthening medication with a side effect of swelling to his feet and ankles, which has caused him discomfort.

Paul praises the Aultman Cancer Center staff for their knowledge, kindness and compassion. "It's the people — the nurses, doctors, nurse practitioners in oncology and radiation therapy — who make my situation manageable," he said. "It's still brutal, but these positive and caring people take the edge off the discomfort and uncertainty."

Paul and Joyce are also thankful for a support system that includes family, neighbors and friends. "We're blessed with supportive people all around us," he said. "Everyone's prayers have been like being in a hammock, holding us up and supporting us."

Joyce cannot imagine getting through this cancer experience without help. "I hope Aultman patients take advantage of the Patient Navigator Program, especially those patients who don't have family and friends nearby," she offered. "If you don't have support through this journey, I don't know how you'd get through it."

Although the ongoing battle against cancer has been rugged, it puts life's small annoyances in proper perspective. "We have learned that each day is precious; each day is a gift," Joyce shared. "People have become more important. God has become more important. We've been blessed with this community of people who care."

After more than a decade of caring for cancer patients, Brandy doesn't have aspirations of working with any other group. Her commitment to cancer patients shows in the encouragement, education and hope she provides. "Brandy has been with us at significant points, and she stops by office visits even when we haven't had much contact with her," Joyce said. "She is so positive and 'definite' that it's reassuring you're going to make it."

Caring for the Community



■ Aultman team members and their loved ones support local causes including the American Cancer Society's annual Relay for Life events.

From cancer screenings to fundraisers to clinical trials, the Aultman Cancer Center staff works to reduce cancer risks, bring preventive screenings to people in need and offer advanced treatment options

To reach people who might not have access to medical care, the Aultman Cancer Center has hosted Cancer Screening Day annually since 2001. "We provided free breast, lung, colon, cervical, prostate and skin cancer exams at the 2011 Cancer Screening Day held in April," said Cancer Education and Community Outreach Coordinator Lisa Reale, who organized the event. "Thanks to the 26 Aultman physicians and the 43 health care staff who volunteered their time, we provided 375 free screenings for 173 patients."

The Aultman Cancer Center has reached out to offer free breast cancer screenings as part of Cancer Screening Day, providing 69 breast screenings at the 2011 event. In addition, breast screenings were expanded last year through grant support from the Susan G. Komen for the Cure Foundation. Screening days were held in Carrollton and Canton, resulting in 74 women receiving clinical breast exams and mammograms. In addition, a referral screening program to help women in financial need was launched in 2010. This program provided screening mammograms with patient navigation and follow-up for nearly 300 women.

Clinical trials, which evaluate the effectiveness of new treatments or current therapies used in new ways, provide valuable benefits to members of the community. By studying the results of clinical trials, researchers discover better ways to treat and prevent cancer.

"People with cancer in Stark and surrounding counties do not need



■ Lisa Reale, cancer education and community outreach coordinator

Clinical Trials Department. "Patients can take part in promising, cutting-edge cancer research studies right here at Aultman."

Aultman has one of the region's most active clinical research programs, participating with organizations such as the National Surgical Adjuvant Breast and Bowel Project (NSABP), the Eastern Cooperative Oncology Group, the Gynecologic Oncology Group, the Radiation Therapy Oncology Group and trials sponsored by the pharmaceutical industry. The NSABP has recognized Aultman as a high-accruing site for clinical trials.

Aultman offers clinical trials for most disease sites including brain, breast, head and neck, lung, gastrointestinal, gynecologic, genitourinary and skin — as well as lymphoma/leukemia and myeloma. More than 1,800 patients have participated in clinical trials at Aultman during the past decade.

Patients must meet disease-specific criteria to participate in clinical trials. Otherwise, all types of patients may enter. "Patients learn about clinical trials through their oncology

to travel to large, city-based academic medical centers," said Kelly McLaughlin, RN, MSN, OCN, and unit director of the

physicians and nurses, our patient navigator Brandy Hahn, the Sharon Lane Health Center and the Aultman website," McLaughlin explained. "The physician identifies a patient and makes a referral to clinical trials, or the patient can request a referral to our department."

From an advocacy standpoint, the Aultman Cancer Center staff and their families actively support the American Cancer Society through the annual Relay for Life event and Making Strides Against Breast Cancer walk. Aultman is a flagship sponsor of the Making Strides event, held every October.

Aultman Hospital is a corporate sponsor for the 2011 Canton Relay for Life, being held June 17-18 at Canton Central Catholic High School. In addition, Aultman is sponsoring the Carroll County Relay and supporting the Tuscarawas County (Dover) Relay through the Regional Cancer Center joint venture with Union Hospital.

Relay for Life gives participants the opportunity to raise funds for cancer programs and research, celebrate the courage of cancer survivors and remember loved ones lost to the disease.

For the Aultman teams, Relay for Life preparations begin months in advance. "In addition to organizing our teams and Relay activities, we have bake sales, basket raffles, soup kitchens and sweatshirt sales to raise money for the American Cancer Society," Reale shared. "The Relay is such a special event, one that brings people of all ages together in the fight to cure cancer."

Aultman Cancer Support Programs Reach Beyond Medical Care

When you're battling cancer, emotional support is just as important as physical care. Aultman, along with partners including the American Cancer Society, offers support groups and "image recovery" services to help patients boost their confidence and learn new ways to cope.

LOOK GOOD ... FEEL BETTER

Aultman and the American Cancer Society have teamed up to provide this free program for patients undergoing chemotherapy and radiation treatment. The program offers advice about hair, nail and skin care, makeup application and accessories to enhance patients' self-esteem. Each participant receives a free cosmetics kit provided by the National Cosmetology Association, Professional Beauty Association and American Cancer Society. Sessions are held the second Tuesday morning and second Wednesday evening of each month in the Aultman Infusion Therapy Department. Call the American Cancer Society at 888-227-6446 to register.

"ELEGANT ESSENTIALS" FITTINGS

For women who have had breast surgery, Elegant Essentials offers the latest in breast forms, bras and assorted products. The

Aultman Breast Care Center hosts private fittings the second Thursday of each month. Call the Breast Care Center at 330-363-6285 to schedule a personal fitting.

REACH TO RECOVERY

The American Cancer Society Reach to Recovery program offers free information and valuable psychological support to breast cancer survivors through one-on-one visits by trained volunteers who have had breast cancer surgery. Call 1-800-227-2345 for more information.

WOMAN-TO-WOMAN CANCER SUPPORT GROUP

This group of breast cancer survivors meets monthly at the Aultman Physician Center, located across from Aultman Hospital. Sessions are held the second and fourth Thursdays of every month at 6:30 p.m. For more information, contact Deb Mohr, RN, LNC, at 330-488-8256.



Meet Terry Mamounas, M.D.

Medical Director of the Aultman Cancer Center

DR. MAMOUNAS IS ...

- A surgical oncologist, specializing in breast surgery
- Professor of Surgery at Northeastern Ohio Universities Colleges of Medicine
- Chairman of the Breast Committee at the National Surgical Adjuvant Breast and Bowel Project (NSABP) in Pittsburgh
- The author or co-author of more than 220 abstracts, manuscripts and book chapters
- A presenter at various regional, national and international cancer symposia
- Married with three children
- An artist — who began painting at age 11 — and recent "Best of Show" winner at the Aultman Employee Art Exhibit

AULTMAN: A CENTER OF EXCELLENCE FOR ...



CANCER

AULTMAN

CENTER of
EXCELLENCE

Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



Neurosurgery/ Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby — under one roof.



Emergency/ Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

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AULTMAN CANCER CENTER PROVIDES COMPREHENSIVE CARE

The Aultman Cancer Center staff is dedicated to providing complete and compassionate care, from advanced diagnosis and treatment to clinical trials and hospice services. A leader in cancer care throughout Northeast Ohio, the Aultman Cancer Center team treats 1,500-2,000 patients with new cancer diagnoses each year.



BREAST CARE CENTER

The Aultman Breast Care Center has earned accreditation from the National Accreditation Program for Breast Centers as well as the "Center of Excellence" designation from the American College of Radiology. These achievements signify that Aultman has the medical personnel, facilities and equipment to meet or exceed nationally accepted standards in patient care. Among the many technologies the Aultman Breast Care Center offers are screening and diagnostic digital mammography, breast MRI and stereotactic/core needle biopsy.



INPATIENT ONCOLOGY

The Aultman Inpatient Oncology Unit, located on Memorial 6 South, features 26 private patient rooms. Eight nurses are nationally certified in oncology. All of the nurses undergo annual education at Aultman that includes classes about cancer and chemotherapy, skills competency and testing. The team consistently ranks in the 99th percentile in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) satisfaction survey for providing high-quality, compassionate care.



PALLIATIVE CARE

Palliative care can be provided at any time during a serious illness, from the time of diagnosis and while continuing active treatment. Palliative care focuses on quality of life and facilitating comfort for the patient. The Aultman Inpatient Palliative Care Unit features private patient rooms, each equipped with a pull-out couch, bathroom, TV, lounge chair and ample space for family members. Home palliative care services are also available. Palliative care is available through physician referral.



HOSPICE CARE

Aultman offers hospice services for patients in the final phases of terminal illnesses. Home hospice care is currently available. Inpatient hospice services will be available when the new Women's Board of Aultman Hospital Compassionate Care Center, located on the Aultman Woodlawn campus in Jackson Township, opens later this year.

Learn More

For more information, view the 2010
Cancer Annual Report at
WWW.AULTMAN.ORG/CANCER.



■ Kisa Weeman, M.D.



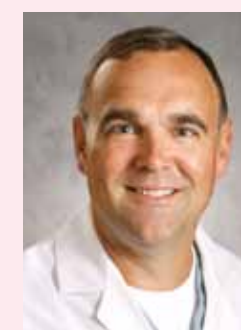
■ Tinnelle Luck, MS

GENETIC COUNSELING

Aultman offers the only cancer genetics program in Stark County, led by Kisa Weeman, M.D., and Cancer Genetic Counselor Tinnelle Luck, MS. They take a detailed family history from each patient and discuss the probability of an underlying hereditary cancer syndrome. They share the pros, cons and appropriateness of testing, along with cancer risk for patients and family members. Call 330-363-GENE (4363) to learn more.



■ Terry Mamounas, M.D.



■ Michael Hopkins, M.D.

SURGICAL ONCOLOGY

Surgery is often the first line of attack in the battle against some cancers. Surgical oncologists are physicians who specialize in cancer surgery. Terry Mamounas, M.D., specializes in breast cancer surgery — and Michael Hopkins, M.D., specializes in gynecologic cancer surgery. In addition, Aultman has many surgeons experienced in cancer surgery including breast, brain, colon/rectal, gynecologic, genitourinary, thoracic, head and neck, lung, dermatology and many more.



RADIATION THERAPY

Radiation therapy injures/destroys cancer cells to stop them from growing or dividing. It is one of the primary methods of cancer treatment, along with surgery and chemotherapy. The Aultman Cancer Center offers advanced radiation therapy technology, including a linear accelerator with a new on-board imager for improved tumor targeting and the only high-dose brachytherapy for gynecological cancer patients in the local market. For more information, contact the Aultman Radiation Oncology Department at 330-363-6201.



CANCER CLINICAL TRIALS

Aultman has one of region's most active clinical research programs. More than 70 cancer clinical trials are available for disease sites including brain, breast, head and neck, lung, gastrointestinal and skin. More than 1,800 patients have participated in cancer clinical trials at Aultman during the past decade. The accrual rate of patients into clinical trials since 2000 is 11 percent, compared to the national average of 4 percent. This has earned Aultman a commendation from the Commission on Cancer at the American College of Surgeons as a national best practice for clinical trial accrual. Call 330-363-3108 for more information.



INFUSION THERAPY

The Aultman Cancer Center's Infusion Therapy department provides a comprehensive approach to cancer treatment including lab studies, chemotherapy treatments and blood transfusions. The staff of all registered nurses has an average of 18 years of oncology experience, and more than half of the nurses are oncology certified.

MEDICAL ONCOLOGY

Aultman Hospital has 14 board-certified medical oncologists on staff. These specialists evaluate the cancer diagnosis, determine the cancer's stage and collaborate with surgeons, pathologists, radiation oncologists and other medical specialists to plan the best treatment course for the patient.

CANCER REGISTRY

The Cancer Registry is an essential component to the Aultman Cancer Center's vision of quality care. The registry is responsible for collecting, managing and analyzing data about each cancer case treated at the Aultman Cancer Center. The data is then deposited into the National Cancer Institute Data Base. Historical data has a major impact on the treatment and care decisions the cancer team makes for current patients.