

## A "BREAST FRIEND"

Brandy Hahn, RN, BSN, OCN, is the patient navigator at Aultman's Breast Care Center. She is an oncology-certified nurse, certified by Educare in Nurse Navigation and highly experienced in all aspects of cancer care. To her patients and their families, though, Brandy might simply be known as a "breast friend."



■ Brandy Hahn, RN, BSN, OCN

She works personally with Breast Care Center patients, families and caregivers, helping guide them through the entire process, from the initial diagnosis through treatment and recovery. Brandy understands what the patients and their families are going through, both physically and emotionally, at what may be the most difficult time of their lives. She understands that the health care system can be confusing and acts as a major source of support and information for both patients and their families. In fact, one of Brandy's many roles to play is that of "financial counselor" to her patients.

"There are several assistance programs available for our patients, depending on their situation," Hahn said. "I try to take the headache off my patients by assisting with applications and making sure they are getting registered for the right programs."

One such program is a partnership with the American Cancer Society called BEST, which stands for Breast Education and Screening Together. The BEST program provides free mammograms to patients over the age of 40 who cannot afford to pay. Another program, BCCP, or the Breast and Cervical Cancer Project, offers free mammograms, along with diagnostic testing, ultrasounds and biopsies. BCCP is oftentimes called the "Pink Ribbon" project and is funded by the Ohio Department of Health and the Centers for Disease Control and Prevention.

Not everyone can qualify for the BEST program or the "Pink Ribbon" program. Therefore, Aultman offers financial assistance in other forms. Several private groups have donated funding to the Breast Care Center specifically for breast screenings and diagnostics. In addition, there are many other hospital-wide programs that are available for patients with no insurance or limited financial means. In addition to grants that might be available, there are sliding scale payments offered for low-income families.

"We don't want patients to feel they can't afford care," Hahn continued. "We work hard to find a way to assist all of our patients in need."

If you or someone you know might benefit from one of these programs, or if you are just interested in learning more, feel free to contact Brandy Hahn at 330-363-6891.

## AULTMAN USING GENETICS TO MANAGE CANCER RISK

Aultman introduced a brand new program to its cancer center in 2010. Kisa Weeman, M.D., and Cancer Genetic Counselor Tinnelle Luck lead Aultman's Comprehensive Cancer Genetics Program. Patients are seen in the Breast Care Center, which is located within the main hospital. When patients are diagnosed, they need to be aware of the implications for both themselves and their family members. Of course, not all cancers are hereditary, but it is important to identify cancers that do have an inherited genetic link.

For family members who are interested, genetic consultations are available. Each consultation includes a detailed family history; discussion on the principles of hereditary cancer; and a comprehensive review of the risks, benefits and limitations of genetic testing, should it be recommended. Additionally, a review of medical history and a physical exam are performed when indicated. Personalized recommendations for risk-reducing strategies are discussed with patients, and special attention is given by the team to ensure that patients fully understand the recommendations and plan of action.

It is important to note that all consultation sessions and test results are confidential. For more information on the Aultman Cancer Genetics Program, or to schedule an appointment, call 330-363-GENE (4363).

## AULTMAN'S BREAST CARE CENTER OFFERS STATE-OF-THE-ART CARE



■ Dr. Thomas Poulton, Aultman Breast Care Center Medical Director, Dr. Dean Borth, General Surgeon and Dr. Terry Mamounas, Aultman Cancer Center Medical Director lead the fight against breast cancer in our community.

### Chances are you or someone you know has been affected by breast cancer.

According to the American Cancer Society, it is the most common cancer among women in the United States besides skin cancers. In fact, it is estimated that more than 207,000 cases of invasive breast cancer will be detected in women this year alone.

The fight against breast cancer in our country has been an ongoing battle, but it is a battle that most certainly can be fought! The Aultman Breast Care Center is truly a leader in this fight against breast cancer in our community. More than half of all breast cancer cases in Stark County are treated in the center, which is the only facility in Stark County to be fully accredited by the National Accreditation Program for Breast Centers. In addition, Aultman's Breast Care Center is the only center in the county to have earned the "Center of Excellence" designation from the American College of Radiology.

The Breast Care Center offers a full range of screening and diagnostic services including digital mammography, high-resolution ultrasound and breast MRI. A multidisciplinary team of specialists from radiology, pathology, surgery, medical and radiation oncology, genetics and nursing work together to provide the highest level of care to breast

care center patients. This collaborative approach to patient care is very important, and it provides extra assurance to both breast care center patients and their families.

Even more comforting at this

**"We have found quite a number of early cancers that probably wouldn't have been discovered without the free screenings."**

—TINA BRECHBILL, CNS, AOCN, CBEC

difficult time is the guidance given by the staff at the Aultman Breast Care Center. The highly qualified team is led by Medical Director of Radiology Thomas Poulton, M.D., and Aultman Cancer Center Medical Director Terry Mamounas, M.D. The group understands the physical and emotional issues patients face and works diligently to provide both support and education to patients and their families. A designated patient navigator is another important component of this team, guiding patients through the health care system and assisting with financial issues.

The Breast Care Center believes in detection for all, regardless of financial status. In fact, the center offers several screening days each year, where free clinical breast exams and mammograms are offered to any woman over the

age of 40. A total of 90 women participated in the screenings in 2010, which are held at both the Canton and Aultman Carrollton facilities. The Breast Care Center also offers financial navigation throughout the year for those

women who cannot be screened during the free screening events.

"If a woman needs breast screening or diagnostics and is uninsured, we will find a way to get her in. We have found quite a number of early cancers that probably wouldn't have been discovered without the free screenings," said Tina Brechbill, CNS, AOCN, CBEC, the business coordinator of the cancer program. "Not only do we screen these women, but we also provide education and of course, we navigate them to follow-up care as needed."

The Breast Care Center staff strives to provide the highest quality, state-of-the-art care to every patient. From prevention to treatment to follow-up-care, the Aultman Breast Care Center is with you every step of the way.

## THE ROLE OF RADIOLOGY

Aultman's radiology department is a crucial component to the success of the breast care center. Not only do they provide the mammograms that detect possible breast cancers, but they also help diagnose and treat breast cancer patients using the latest in minimally invasive techniques. In fact, Aultman is the only facility in Stark County designated as a Breast Imaging Center of Excellence by the American College of Radiology. With this designation comes accreditation in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy. In addition, Aultman is the only hospital in Stark County that provides breast MRI exams and MRI-guided biopsies.

The majority of breast cancers are found through one of the most familiar forms of X-ray, the mammogram. According to Thomas Poulton, M.D., medical director of radiology at Aultman, numerous studies have shown that the mammogram is the only test proven to detect early breast cancers and reduce loss of life. He also noted that in the past 20 years, there has been a 37 percent reduction in the number of breast cancer deaths. This

is due not only to better forms of treatment, but also has much to do with early detection. When breast cancer is detected early, there are more options for treatment. This reinforces why regular mammogram screenings are so important.

Although there was a recent controversy regarding the guidelines for mammography, Aultman has chosen to support the continued recommendation of the American Cancer Society, the American College of Surgeons, the American College of Radiology, the American Society of Breast Disease and the Society of Breast Imaging that women start yearly mammography at age 40. "We feel that these guidelines provide the greatest opportunity to prevent the loss of life due to breast cancer," Poulton added.

Mammography is available at four Aultman locations: Aultman North, Aultman West, Aultman Carrollton and of course, the main hospital. In addition to full-field digital mammography, Aultman Hospital offers the convenience of both Saturday and evening appointments. The Aultman North location introduced digital mammography this past June. Although both forms of



■ Thomas Poulton, M.D.

mammography are effective, digital mammography does have some added benefits for patients. "Digital mammography detects more cancers in certain groups," said Poulton. "These include women with dense breast tissue, women under the age of 50 and pre-menopausal and peri-menopausal women." Many women are concerned about radiation dose during mammograms, and digital mammograms reduce that dose by 25 percent. "The digital mammograms also offer shorter exam times, as there is no waiting for film processing," added Poulton.



**OCTOBER is BREAST CANCER Awareness Month**

**AULTMAN: A CENTER OF EXCELLENCE FOR...**



**BREAST CANCER CARE**



## 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.



## 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.



## 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 treatment plans based on the type, stage and aggressiveness of the patient's disease.



## 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.



## 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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# COPING WITH CANCER

**“There is nothing fair about cancer, and no one deserves to have it.”**

The American Cancer Society said it best with this statement. A cancer diagnosis is not fair, and it is definitely not easy. It is a life-changing experience that affects not only the patient, but the patient's family and friends, as well. Accepting the diagnosis and moving forward is a very difficult and stressful task to undertake.

The stress that comes along with a cancer diagnosis can be overwhelming. Aultman understands the importance of addressing the psychosocial issues that often impact patients and families. Barb Fordyce, Ph.D., psychologist and Aultman's wellness consultant, is well aware of the benefits of managing stress. Fordyce conducts stress-

management workshops and educational programs for Aultman physicians and staff. Fordyce is also a regular fixture on the community Health Talks calendar, presenting “Minding Your Health: A Stress Reduction and Wellness Enhancement Series” and “Positive Psychology: The Science of Happiness Series.”

Additionally, Fordyce has created a guided imagery series for Aultman Hospital. Guided imagery is an evidence-based stress-reduction technique that combines meditation, self-hypnosis and music to induce a generalized state of deep relaxation. Hundreds of studies have shown that guided imagery can increase a sense of calm and peace of mind; mobilize one's healing ability and immune function; and reduce anxiety, depression and pain.

Fordyce, working collaboratively with Wendy Gotschall, RN, MSN, and vice president of the cancer program at Aultman Hospital, has created some innovative applications of guided imagery along with a stress-management program for inpatient use. Patients, and their family members and friends, will be able to view both a guided imagery DVD and a stress-management program on their in-room televisions during their hospital stay.

In addition, patients are provided with a packet of information related



■ Barb Fordyce, Ph.D., psychologist and Aultman's wellness consultant

to the psychosocial aspect of a cancer diagnosis, which includes literature for patients, family members and friends about coping with emotions and enhancing wellness through stress reduction and health promotion.

“In the research on effective coping, there are three major hallmarks of resiliency to any issue we may be facing in our lives,” Fordyce said. “First, even though there are many events in life we cannot control, we do have control over how we choose to deal with those events. We can take the best care of ourselves, our bodies, our minds and spirits. Second, we can gather adequate information about our situation. And third, very importantly, it is best to rely on a support network of family and friends. We must remember that while we cannot control a cancer diagnosis, we do have control over how we approach it.”

### UPCOMING HEALTH TALKS ON CANCER

Oct. 25: Breast Cancer  
Terry Mamounas, M.D.  
Aultman North - 1:30-3 p.m.

Nov. 15: Cancer Support Strategies  
Barb Fordyce, Ph.D.  
Aultman West - 6-7:30 p.m.

Nov. 29: Strategies for Preventing Cancer  
Kisa Weeman, M.D.  
Aultman North - 1:30-3 p.m.

Programs are free and open to the public, but reservations are required. Please call 330-363-TALK (8255).

# BREAST CANCER TRIALS

Aultman believes in the importance of cancer research. In fact, the Aultman Cancer Center has one of the area's most active clinical research programs. Clinical trials are available for all major cancer sites, evaluating the effectiveness of new therapies or existing therapies used in new ways. As a result of several national clinical trials that Aultman has participated in, better ways to treat and prevent cancer have been developed.

Participation in breast cancer clinical trials, in particular, has increased dramatically over the past few years. There are currently 14 different breast cancer clinical trials at Aultman. “Clinical trials are available for all aspects of breast cancer treatment,” said Kelly McLaughlin, RN, MSN, OCN, unit director of cancer research. “These trials range from breast cancer prevention and risk assessment to treatment of advanced disease.”

About 13 percent of all diagnosed breast cancer patients at Aultman have made the choice to participate in clinical trials. This is more than three times the national average, which is only 4 percent. This increase in accrual underscores the commitment that Aultman has made



■ Dr. Terry Mamounas is joined by the clinical trials team: Carolyn Lovette, RN, Janet Moore, RN, BSN, OCN, Kathleen Collins, RN, BSN, Kristin Shine, RN, BSN, Cheryl Stuhldreher, RN, OCN, Kim Smith, and Kelly McLaughlin, RN, MSN, OCN

to advancing breast cancer research and treatment.

Patients who choose to enroll in clinical trials receive options they wouldn't ordinarily have. They are closely monitored, and they may be among the first to benefit if the treatment approach being tested is proven effective. “A lot of what we currently offer as the standard treatment for breast cancer was at one time tested in a clinical trial,” McLaughlin added.

With Aultman's Clinical Trials program, patients in Stark County and the surrounding area have no

need to travel to large cities to take part in these cutting-edge studies.

They can receive this enhanced care in their own backyard. Additionally, patients can rest easy, knowing that the Aultman Cancer Center is held to high standards of care by study sponsors including the National Cancer Institute, which demand copious documentation and adherence to stringent criteria, conditions that enhance the quality of care for all patients.



## Aultman is MAKING STRIDES Against Breast Cancer

Every fall, Aultman employees, family and friends come together at McKinley High School to join the fight against breast cancer at the annual Making Strides Against Breast Cancer walk. This inspirational 5K walk through Monument Park unites people of all ages with the common goal to fight breast cancer and save lives. This year's event will take place Oct. 23 at 10 a.m. Aultman Hospital is a flagship sponsor of the event again this year, and employees are working hard to raise money for the campaign. You, too, can help support the local American Cancer Society Making Strides Against Breast Cancer event and join in the fight against breast cancer. Visit the ACS Making Strides website at <http://makingstrides.acevents.org/canton> to make a donation in any amount. If you have any questions about Making Strides Against Breast Cancer, contact Lisa Reale at [lreale@aultman.com](mailto:lreale@aultman.com) or call 330-363-4315.



■ Aultman Immediate Care's Favorite Patient, Freddie LeFever, joins other Aultman employees in the fight against breast cancer.



■ Participants in the 2010 Making Strides Against Breast Cancer Walk make their way up all 108 steps of the McKinley Monument.

## DID YOU KNOW?

U.S. News and World Report recently ranked Dr. Terry Mamounas, medical director of Aultman's Cancer Center, among the top 1 percent of surgeons in the nation for breast cancer.

## ANYONE CAN GET BREAST CANCER ...

- The older a woman, the more likely she is to get breast cancer.
- Young women can and do get breast cancer, even in their 20s.
- Caucasian women are more likely to get breast cancer than women of any other racial or ethnic group.
- African-American women are more likely to die from breast cancer than Caucasian women.
- Men can get breast cancer. In fact, one out of every 100 cases of breast cancer occurs in men.

## DID YOU KNOW?

When breast cancer is found early, the five-year survival rate is 98 percent!

TAKE AULTMAN'S BREAST CANCER RISK ASSESSMENT FREE AND GET A FREE PINK SMOOTHIE AT SMOOTHIE KING [www.AultmanBreastAware.com](http://www.AultmanBreastAware.com)

It's the right thing to do anyway...but if this helps to sweeten the deal, we're all for it.

Aultman and Smoothie King will reward you with a FREE Pink Smoothie just for taking the FREE online BREAST CANCER risk assessment at [www.AultmanBreastAware.com](http://www.AultmanBreastAware.com). If at high risk, your first visit with an Aultman professional will be free, too!

EARLY DETECTION IS THE KEY!  
THIS IS A LIMITED-TIME OFFER, SO DON'T DELAY!

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Smoothie King at Balden Village • 5250 Dressler Rd. NW • Canton, OH 44718  
Smoothie King at Nobles Pond • 7188 Fulton Dr. NW • Canton, OH 44718

LIMIT: One risk assessment per free pink smoothie certificate per person 18 years of age or older. Offer expires 10/31/11. Some restrictions apply.

DON'T HAVE INTERNET? Request a form at 330-363-7600 or TOLL-FREE 800-393-9337.

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