Someone once asked me how I hold my head up so high after all I’ve been through. I said, it’s because of what I’ve been through that I am who I am... **A SURVIVOR**
**It’s Personal...**

Discovering and living with a cancer diagnosis, regardless of stage, is a profoundly personal and traumatic experience. Patients, family and friends reevaluate what’s important to them and hope for the best. But at the University of Maryland St. Joseph Medical Center’s (UM SJMC) Cancer Institute, hoping for the best is not good enough. We want the best of the best for our patients and are prepared to do everything we can to make living a long and healthy life, a reality.

From our surgeons, nurses, medical and radiation oncologists, gastroenterologists and social workers to our radiologists, pathologists, dietitians and front desk registrars, our multidisciplinary team members are vested in each patient’s journey back to greater health.

The stories, news and events that follow exemplify the outstanding support, expertise and compassionate care patients receive at UM SJMC Cancer Institute. Should you, a loved one or friend ever require oncology services, we are a resource to all in need.

Nader Hanna, MD, FACS
Medical Director, University of Maryland St. Joseph Cancer Institute
Professor of Surgery, University of Maryland School of Medicine

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**Navigating Pathways to Greater Health**

*Baltimore County Resident, Ashley Kimball, beats breast cancer at 32 years old*

I found the tumor on my own. I was only 32 years old and, at the time, I had an 11-month-old baby boy and a three-year-old daughter. Originally everyone thought the lump was a clogged milk duct. I had my screening at a mammography center I randomly selected from a list. Not realizing that patients can choose where to have continued care, I saw the physician recommended by the center that did my screening.

I was told, ‘you have breast cancer, good luck, and we’ll be in touch in a few days’.

Completely frazzled, I drove myself home in tears and immediately called my OB/GYN.

She was so upset when she heard my story and recommended I see Dr. Michael Schultz at UM St. Joseph Medical Center’s Cancer Institute’s Breast Center. My doctor called Dr. Schultz’s office and made an appointment for me on the same day.

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The care was amazing. It was 100 percent customized just for me, down to the chair chosen for me at in the infusion center. The nurses calmed my fear and anxiety and created a protective bubble around me, knowing that I was a young mother. Every one of my caregivers was wonderful.

I’m happier and stronger than ever before. My husband and I are so much closer for having gone through this experience together. I’m back to taking walks and doing yoga again, and I am so grateful I have the opportunity to continue a healthy life with my family.

For more information, or a referral to The Breast Center, please call 410-427-5510.
UM SJMC Cancer Institute is affiliated with University of Maryland Marlene and Stuart Greenebaum Cancer Center, which has earned the National Cancer Institute’s highest designation as a comprehensive cancer center. For UM SJMC Cancer Institute patients, this means access to nationally renowned cancer programs, more clinical trial options, the Maryland Proton Treatment Center and an active translational research program.

17 UM SJMC Cancer Institute Physicians Rated “Baltimore’s Top Docs” by Baltimore magazine

Congratulations to the following physicians who were recognized as 2016 Top Docs.

- Linda Barr, MD, Pulmonary
- Howard Berg, MD, Colorectal
- Rima Couzi, MD, Oncology, Breast
- Josh Forman, MD, Gastroenterology
- Mark Fraiman, MD, Hepatobiliary Surgery
- Helen Gordon, MD, Palliative Medicine
- Dwight Im, MD, Gynecologic Oncology
- Daniel Lerman, MD, Orthopedic Oncology
- Margaret Alma Lynch-Nyhan, MD, Interventional Radiology
- Richard Mackey, Hepatobiliary Surgery
- Paul Ringelman, MD, Plastic Surgery; Reconstructive
- Michael Schultz, MD, Breast Surgery
- Michele Shermak, MD, Plastic Surgery, Breast
- Mark Siegelbaum, MD, Urologic Surgery
- Nassif Soueid, MD, MD, Plastic Surgery, Breast and Reconstructive
- Mohan Suntha, MD, Radiation Oncology
- Frederick Yeganeh, MD, Nuclear Medicine

Four New Physicians Expand Cancer Institute Programs and Services

Thoracic surgeon Shelby Stewart, MD, joined UM SJMC’s thoracic team this fall. Specializing in thoracic surgical procedures of the lungs, esophagus and other organs in the chest, Dr. Stewart works closely with Dr. Richard Schraeder, director of Medical Oncology, actively participating in thoracic multidisciplinary care.

Nationally renowned gynecologic surgeon Dwight D. Im, MD, leads the newly formed Gynecologic Oncology team at UM SJMC and is joined by colleague Jennifer Ducie, MD. This team, which provides advanced treatment options for ovarian, cervical, uterine and other reproductive system cancers, was created through a collaborative partnership with Mercy Medical Center.

UM SJMC’s Palliative Care group expanded its services this summer by adding Morgan Pembroke, MD, to their team. Palliative care helps manage the physical and emotional symptoms of cancer and other serious illnesses.

New Dietitian Rounds out Institute’s Broad Range of Patient Support Services

Paige Williamson, MS, RD, CNSC, LDN, joined the Cancer Institute in September as an allied health professional who educates patients about nutrition and meal planning. Paige works collaboratively with four oncology specialty teams, which meet weekly to customize care plans.

Teamwork Brings Mom of Breast Cancer Patient to U.S.

Thanks to the combined efforts of breast surgeon Dr. Ethan Rogers, UM SJMC’s One Voice program and Nueva Vida, breast cancer patient Karol Contreras is now able to have her mother with her during a lengthy recovery. The team helped the Honduras resident obtain a visa so she could provide support to her daughter and grandchildren. For more information, go to stjosephstown.com/cancer.

Cancer Institute Celebrates Survivorship

June 2016 was the first year the institute held its celebration outside, featuring a fair format. Festivities included food, music, crafts, face painting, games for children and adults, a selfie station and a thumb print tree mosaic to recognize survivors. In 2017, the institute will increase its fair festivities to include a dunking booth and many more games and activities.

Wall Dedicated to Recognize Donor Contributions

As you enter the institute lobby, you will now see a beautiful display honoring the philanthropic support graciously provided by a growing list of donors. A celebratory event recognizing those who have given money and time to ensure a healthier future for our patients was held in May. Gifts in recent years include infusion therapy chairs, bays for patient beds and funding for a healing therapies program. Interested in learning more about giving to the Cancer Institute?

Infusion Therapy Nurse and Spiritual Care Counselor Honored at Annual Symposium

It’s been a tradition at the Cancer Institute’s annual symposium to pay tribute to those who exemplify the values and mission of our organization. This year, oncology nurse, Gail Fulford and spiritual care counselor Maureen O’Brien, received these honors.

UM SJMC Designated as a National Pancreatic Foundation Center

NPF centers are premier healthcare facilities that focus on treating the “whole patient” with a view toward the best possible outcomes and improved quality of life. One of 28 centers nationwide, this center offers care above and beyond the expected.

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Contact UM SJMC Foundation Director of Planned and Major Giving, Jill Huey at jillhuey@ummc.edu or 410-337-1397.

2016 Komen Race for the Cure

Every year the Cancer Institute’s Breast Center actively participates in the Susan G. Komen Race for the Cure, which raises money for breast cancer research and honors breast cancer survivors. In addition to sponsoring a team, breast surgeons Drs. Michael Schultz and Ethan Rogers meet and greet patients. Both physicians were interviewed by ABC-2 anchors Kelly Swoope and Jamie Costello, speaking on the importance of breast cancer screening and the fight for survivorship.

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One fateful afternoon when I took my lunch break in the hospital cafeteria, I had no clue that it was going to be a lifesaving meal. As I ate my roast beef sandwich, I began choking. It was my lucky lunch break because my gastroenterologist Amin Khan, MD, came walking by and noticed I was having difficulty swallowing. I’d been under Dr. Khan’s care for years, in fact he did my first colonoscopy when I was 42, because I’m at high-risk for colon cancer. My mother had colon cancer. So, Dr. Khan said to me, ‘It’s time to come in for an upper endoscopy of your esophagus as well as a colonoscopy.’ He realized I was overdue for that colonoscopy. I was supposed to come in at age 47 and was already almost two years late.

The endoscopy revealed that I had severe acid reflux, but the colonoscopy showed something else. When I woke up after the colonoscopy and saw Dr. Khan standing by my side, I thought, ‘Uh-oh, this is not good.’ My diagnosis was stage 1 cancer. I had a pancake polyp, which is the more difficult kind to detect. I needed a right hemicolectomy, which meant removing part of my colon. Bottom line, when the doctor tells you to get a colonoscopy every five years because of your family history, you do that.

Fortunately, I’m right as rain now. This experience taught me to never take birthdays for granted. Until my cancer diagnosis, I was intensely focused on my career, but now I make sure to get home to my wife for dinner so we can spend more time together. These days, I’m taking more time to enjoy life. We love boating and fishing and do not hesitate to do it every chance we get. I’m a living example of the excellence of the Cancer Institute. My care there was incredible. The staff from the Digestive Disease Center, the operating rooms and the infusion center are fantastic.

**A SURVIVOR’S JOURNEY OF Health & Hope**

Lucky Lunch Break Turns into Tale of Treatable, Beatable Cancer

UM SJMC Supply Chain Specialist - Gary Neal- shares his survivor story

Cancer Institute Joins American Cancer Society’s 80% by 2018 Colon Cancer Initiative

Did you know the most common symptom of colon cancer is no symptom at all? That’s why the American Cancer Society launched an initiative last year called “80% by 2018.” This ratio reflects their goal of getting 80% of people age 50 and over screened by 2018. The UM SJMC Cancer Institute made a commitment last year to support this initiative.

An intense 10-week campaign encouraged 2,500 employees, friends and family members to get screened if they were 50 or over or had a family history of the disease. Campaign messaging included an 8-minute educational video featuring UM SJMC employee Gary Neal and five physicians. You can view this video by clicking the digital rotating display on the front page of our website. This year we are expanding our reach beyond medical center employees to include members of the surrounding communities.

Find out more about colonoscopies and how they work. Visit stjosephtowson.com/getscreened4coloncancer.

50 OR OLDER OR HAVE A FAMILY HISTORY OF COLON CANCER?

If you are interested in joining the fight against colon cancer and would like to schedule a colonoscopy, call 410-337-1337 for a referral. Visit stjosephtowson.com/getscreened4coloncancer for more information.
I felt no pain, no discomfort. I got up one Tuesday morning, and my wife looked at me and said, “You’re yellow.” So, typical husband, I didn’t believe her. Two days later, I went to my dermatologist who immediately diagnosed me with jaundice and told me to make an appointment with my internist. From there, I had a CT scan of the abdominal region and they did a biopsy. They discovered a tumor at the neck of my pancreas blocking my bile duct.

I was very fortunate that my case was eligible for Whipple surgery. I live in Timonium, and it was recommended I see Dr. Mark Fraiman at UM St. Joseph Medical Center’s (UM SJMC) Cancer Institute. The operation took six hours, and my recovery took six months. I also received chemotherapy and radiation at the same time. It was a full blown attack (on my cancer), which is what I wanted — I encouraged them to be very aggressive. I was very lucky. I had an incredible team of doctors who worked together like a well-oiled machine. They were efficient and communicated with each other to expertly coordinate my care: my oncologist was Dr. Richard Schraeder; my surgeon, Dr. Fraiman; my endocrinologist, Dr. Vivian Pao; my radiation oncologist, Dr. Jason Citron; and my internist, Dr. Vincent DiPietro in Towson.

To make things more complicated, I have diabetes, and because they removed most of my pancreas, my endocrinologist needed to be closely involved. She and Dr. DiPietro stayed in touch about my insulin and blood sugar control. The care at UM SJMC was excellent. My nurses and technicians were all very good. The team customized and integrated my care, so that it appeared to me it was seamless.

I’m back to my normal energy level. I love doing adventurous things, and I’m hoping to return to tennis and skiing soon. I’m 81 years old, I have five grandchildren I love and I work out three times a week at a health club.

With the help of my physicians, my cancer is under control and I am very grateful for all of the services provided by the University of Maryland St. Joseph Medical Center.

For more information, or a referral for pancreatic care or any surgical oncology procedure, call 800-441-7562.
COPING SKILLS
FINANCIAL ASSISTANCE
SUPPORTIVE COUNSELING
COMMUNITY RESOURCE REFERRALS
ADVANCE CARE PLANNING

Spectrum of Cancer Institute Services

Offers Support System, Comfort and Convenience for Patients and Families

Working to improve satisfaction and service offerings to patients and families is an ongoing mission at UM St. Joseph Medical Center’s Cancer Institute. We pride ourselves on the wide variety of services available and are always looking for feedback on how we can do things better. From nurse navigation and financial counseling to efficient scheduling of appointments and healing therapies, our goal is to make our patients’ lives as easy and hassle-free as possible. Services offered by the Cancer Institute include:

- Activities-Yoga/Music/Art Therapy
- Advance Care Planning
- Clinical Trials/Research
- Community Screenings
- Financial Counseling
- Genetic Counseling
- Individualized Care Plan
- Medical Garments Boutique
- Nurse Navigation
- Nutritional Services
- Patient Education Materials
- Phlebotomy/Pharmacy
- Psycho/Social Support
- Rehabilitation Services
- Resource Library
- Spiritual Care
- Survivorship Program
- Wound and Ostomy Care

Patients Share Thoughts and Gratitude in Quarterly Focus Groups

To improve patient services, education, operations and treatment processes, the Institute holds quarterly focus groups. While compliments on care and processes were frequently heard, some suggested changes include: A picture guide for each specialty area with team member names, positions and roles; an introductory video on what to expect at the Cancer Institute, cafeteria menus, a longer transition period prior to patient education, a snacks cart for infusion therapy patients and waiting room blankets for radiation therapy patients.

Oncology Social Worker Provides Beacon of Light

For Breast Cancer Patient Adriene Barry

My diagnosis started out as breast cancer in April 2015. I had a mastectomy and lymph node removal, but cancer quickly spread to my bones, head, liver and spine. Talk about devastated! I had long courses of chemotherapy and radiation oncology. In addition, I had to leave my job. Who should God send me, but Erin Antenen, the oncology social worker. She connected me with so many helpful resources. She is very knowledgeable and professional. From the day I met her, she’s been a light in my life. When you’re on the other side and become sick, there’s a lot that you don’t know. She helped me get Social Security disability benefits and is always on the lookout for anything that can assist me.

Getting to Know Erin Antenen, MEd, LGSW - Oncology Social Worker

My work includes helping patients and their families navigate concerns such as working while being treated, understanding social security and insurance benefits, applying for financial assistance, finding a mental health counselor, coordinating transportation to treatment, accessing home care and even hospice care when appropriate. I address my patients’ practical and financial concerns and make sure they are taking advantage of all available help. I can pull a broad spectrum of resources together in the best way possible to meet patients’ needs.

Another way I provide assistance is to save patients the work and stress of applying for things like disability when they are already fatigued. I’m familiar with the system, so patients don’t have to find services on their own.

New Patient Education Videos Offer Resources and Guidance to Patients and Community

• Advanced Care Planning
• Overview of Cancer Institute Core Services
• Colonoscopies Save Lives
• Chemotherapy, Questions Answered

Play these videos online. stjosephtowson.com/cancer.
Screenings Make a Difference

University of Maryland St. Joseph Medical Center’s Cancer Institute will host the following free* or program-sponsored cancer screenings in 2017:

**Colon Cancer Screenings**
80% by 2018 Program
Call now to reserve your choice of screening dates.
410-337-1337

**Cervical Cancer Screenings***
March 2017
Held at Women’s Health Associates
Call 410-337-1479 to schedule an appointment.

**Prostate Cancer Screenings***
September 2017
Held at the UM SJMC Cancer Institute
Call 410-337-1479 to schedule an appointment.

**Breast Cancer Screenings***
October 2017
Held at the UM SJMC Breast Center
Call 410-337-1479 to schedule an appointment.

**Low-Dose Lung Screening Program**
Screenings held throughout the year at Advanced Radiology in cooperation with UM SJMC Cancer Institute
Call your primary care physician to see if you qualify.

Learn more about UM SJMC Cancer Institute Stats, Facts and Community Outreach Programs at stjosephtowson.com/cancercommunityoutreach