



METHODIST
HOSPITALS

2019 Oncology Institute Annual Outcomes Report

Message from the Cancer Committee:

On behalf of the Cancer Committee of The Methodist Hospitals Inc., we are pleased to present our 2019 Oncology Institute Annual Outcomes Report, which reflects 2018 data provided by cancer registry. Methodist Hospitals has a long-standing history of excellence in cancer care and has been a leader in the region with cancer screenings, cutting-edge technology and innovative therapies. We are proud of all that we accomplished in 2018 and are happy to share our successes and community benefit with you.

B.H. Barai, M.D.

Cancer Committee – Chair

Dennis Streeter, D.O.

Cancer Committee – Cancer Liaison Physician

About the Cancer Program at Methodist Hospitals

Methodist Hospitals has a track record of quality in cancer care and was awarded the gold seal of approval through accreditation by the American College of Surgeons Commission on Cancer in 1974. Accreditation with commendation has been consistent throughout the years, as Methodist Hospitals has continued to grow in quality programs. The Organization is committed to providing the highest level of cancer care through the Breast Care Center, accredited by the American College of Surgeons National Accreditation Program for Breast Centers (NAPBC). This program also carries the Women’s Choice Award distinction.



Methodist Hospitals’ Lung Program has achieved recognition as a designated Lung Cancer Screening Center of Excellence through the American College of Radiology. These banners are proudly displayed as evidence of our status as centers of excellence offering the gold standard in cancer care.



Our Community

In 2018, Lake County had a total population of 484,411 people (U.S. Census Bureau, 2019). The incidence rate of cancer within the county is estimated to be about 2,713 new cancers per year or 469.2 people for every 100,000 population. Breast, prostate, lung, colon, and cervical cancer are the most prevalent. Table 1.0 summarizes the incidence rate for cancer in Lake County as compared to the national and state levels and Table 2.0 reflects mortality within Lake County in comparison to the state and national levels as reported by National Cancer Institute (NCI) and the Centers for Disease Control.

Table 1.0 - Incidence Rate

| Cancer Site | Lake County | Indiana | United States | Avg. Annual Count County |
|-------------|-------------|---------|---------------|--------------------------|
| Prostate | 108.7 | 91.8 | 104.1 | 300 |
| Breast | 125.7 | 121.9 | 125.2 | 389 |
| Lung | 69.4 | 72.9 | 59.2 | 408 |
| Colon | 48.8 | 42.7 | 38.7 | 283 |
| Cervix | 8.8 | 8.0 | 7.6 | 23 |
| All Sites | 469.2 | 457.1 | 448.0 | 2713 |

Table 2.0 – Mortality Rate

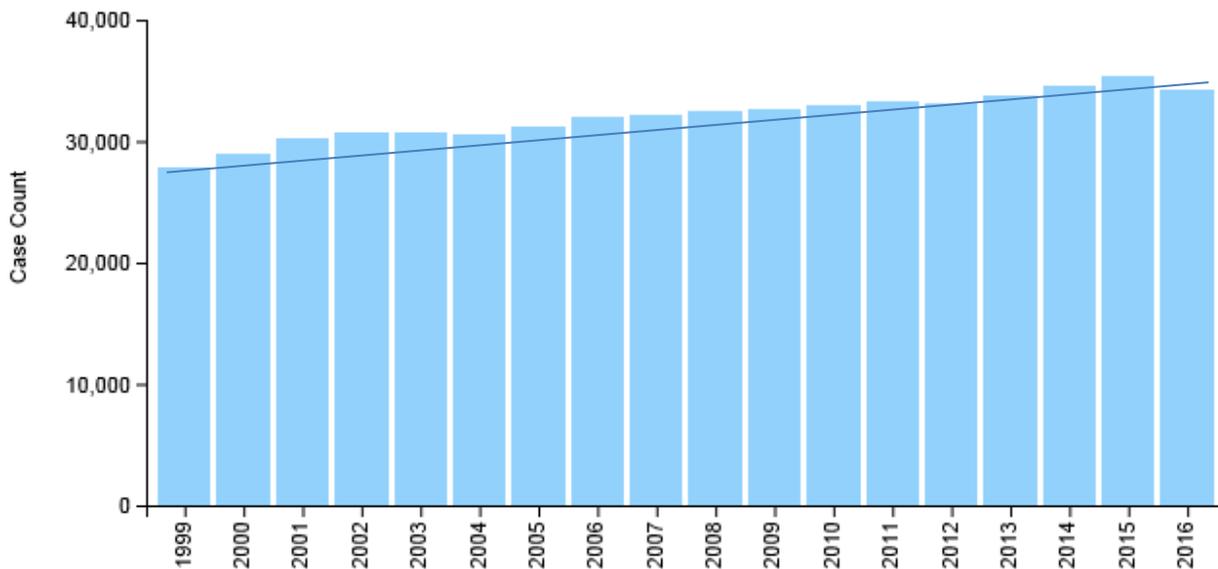
| Cancer Site | Lake County | Indiana | United States | Meet Healthy People Objective | Avg. Deaths per Year County |
|-------------|-------------|---------|---------------|-------------------------------|-----------------------------|
| Prostate | 21.7 | 20.0 | 19.2 | Yes (-3.4) | 50 |
| Breast | 24.6 | 21.1 | 20.6 | No (-2.0) | 78 |
| Lung | 48.5 | 52.4 | 41.9 | No (-3.2) | 284 |
| Colon | 17.5 | 15.4 | 14.2 | No (-2.5) | 104 |
| Cervix | 3.0 | 2.4 | 2.3 | No (-1.5) | 9 |
| All Sites | 184.6 | 178.4 | 161.0 | No (-1.7) | 1,081 |

*Age adjusted rates per 100,000

Lake County is estimated to exceed Indiana and U.S. incidence rates for prostate, breast, colon, and all sites. The incidence rate for lung cancer is lower than the state of Indiana but higher than the U.S. rate by more than 10 cases per 100,000. In addition, mortality rates are exceeding Indiana and U.S. rates for prostate, breast, colon, and all sites. The Lake County Mortality Rate for lung follows the incidence rate trend, whereas the Lake County Mortality Rate for lung cancer is below Indiana rates but well above U.S. rates. According to the most recent data from Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI), national cancer statistics are trending upward as demonstrated in graph 3.0 below. In some cases, even though the rate is going down, the number of new cases and deaths is increasing. This is likely due to the population growth and average age of the population is growing and aging each year.

Graph 3.0 - Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI) National Cancer Statistics

CDC National Cancer Statistics

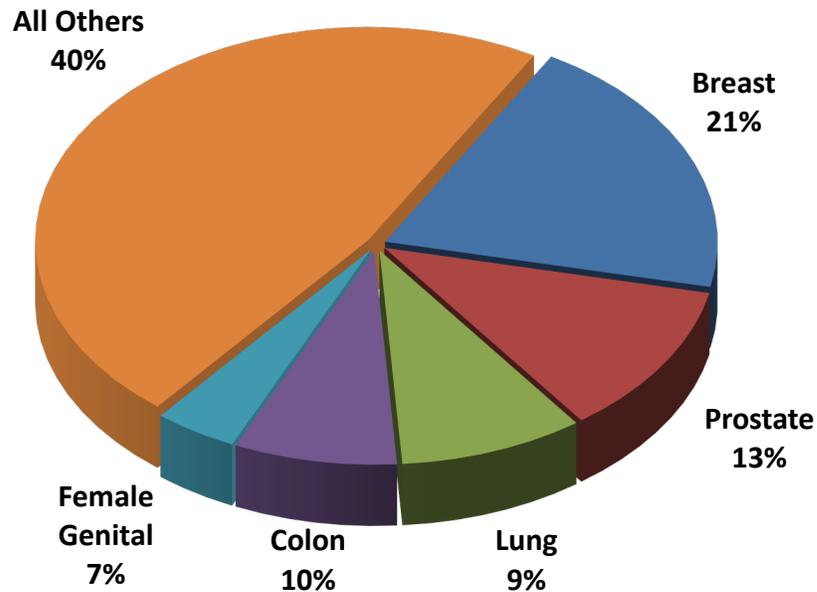


2018 Cancer Statistics - Methodist Hospitals

Methodist Hospitals' top five tumor sites are breast, prostate, colon, lung, and female genital system. This is consistent with the top five cancer sites in the county. The 4.0 graph below reflects Methodist Hospitals' tumor site distribution for analytic cases.

Graph 4.0 – Methodist Hospitals' Analytic Cases by Tumor site

Analytic Cases by Tumor Site

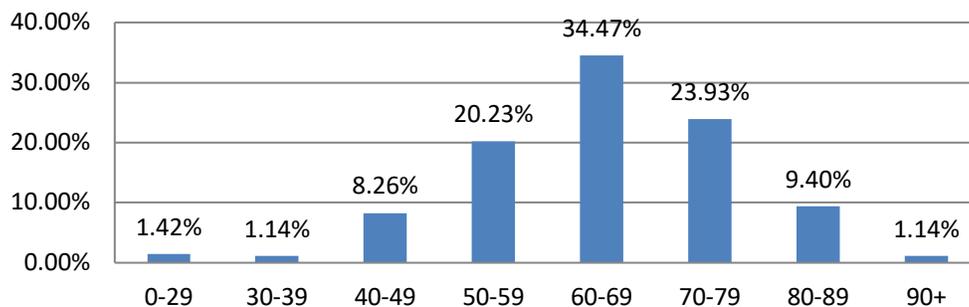


*Analytic Case – Diagnosed at Methodist Hospitals and received all or part of 1st course of treatment at Methodist, or diagnosed elsewhere and received all or part of 1st course treatment at Methodist Hospitals.

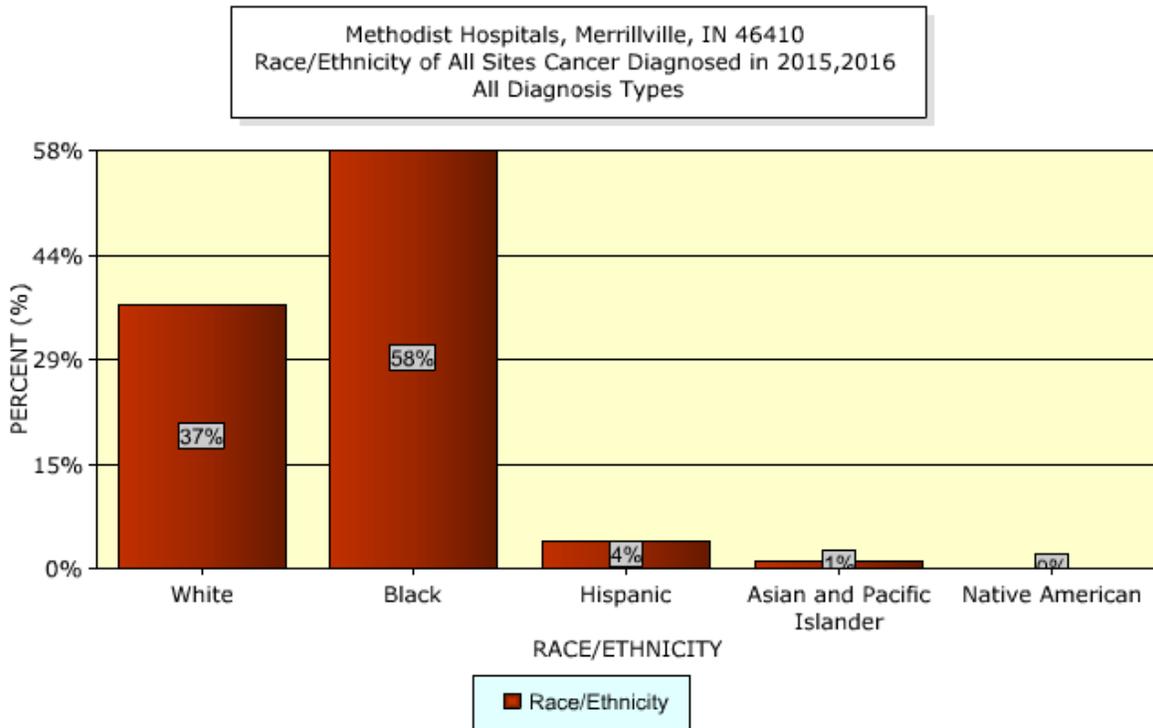
One's risk of developing cancer increases with age. The majority of cancer patients diagnosed at Methodist Hospitals fall into the 60 – 69 year age range as illustrated in graph 5.0 below. The most recent data from the National Cancer Database, graph 6.0, reveals that 58% of cancer patients diagnosed at Methodist Hospitals are African American and 37% are Caucasian; 37.2% are male and 62.86% are female.

Graph 5.0 – Distribution Percent of Cancer by Age Decade Methodist Hospitals

Distribution Percent of Cancer by Age Decade



Graph 6.0 – Cancer Diagnosis by Race/Ethnicity

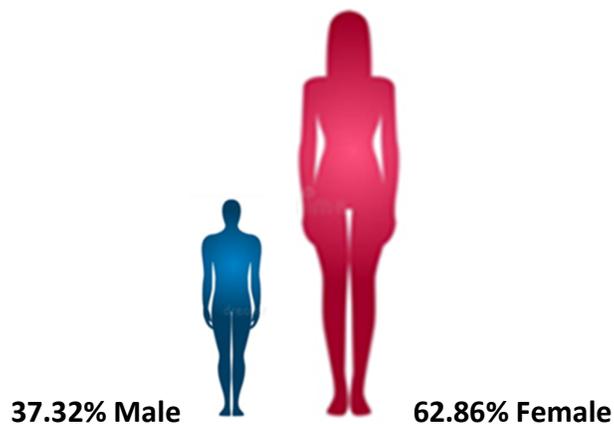


Methodist Hospitals, Merrillville, IN 46410
Race/Ethnicity of All Sites Cancer Diagnosed in 2015,2016
All Diagnosis Types

| <i>Race/Ethnicity</i> | N | % |
|--------------------------------------|-------------|---------------|
| 1. White | 460 | 36.77% |
| 2. Black | 728 | 58.19% |
| 3. Hispanic | 49 | 3.92% |
| 4. Asian and Pacific Islander | 13 | 1.04% |
| 5. Native American | 1 | 0.08% |
| TOTAL | 1251 | 100% |

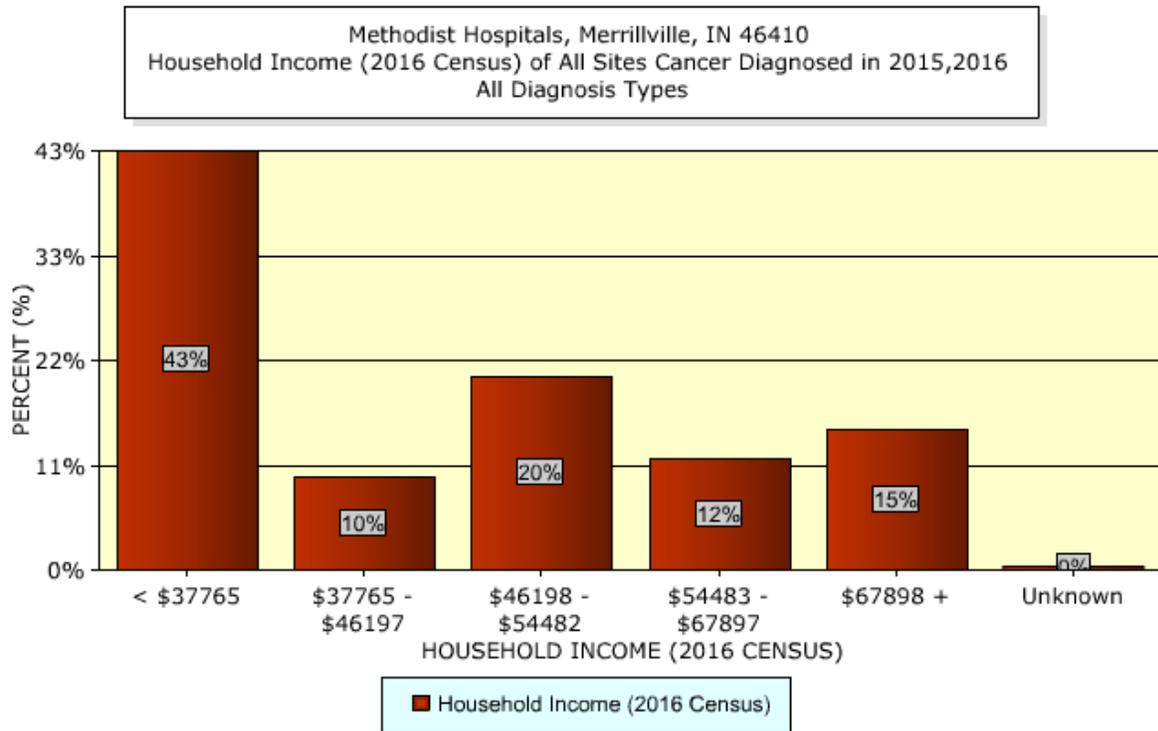
©2019 National Cancer Data Base (NCDB) – Commission on Cancer (CoC) – Tuesday, November 5, 2019

Cancer Gender Distribution at Methodist Hospitals



Graph 7.0 reflects the most recent data from the National Cancer Database, based on the 2016 Census, regarding the household income of cancer patients at Methodist Hospitals. More than 4 in 10 cancer patients (43%) treated at Methodist Hospitals in 2015 and 2016 have an annual income below \$37,765, and more than half have incomes below \$46,197.

Graph 7.0 – Household Income of Cancer Patient

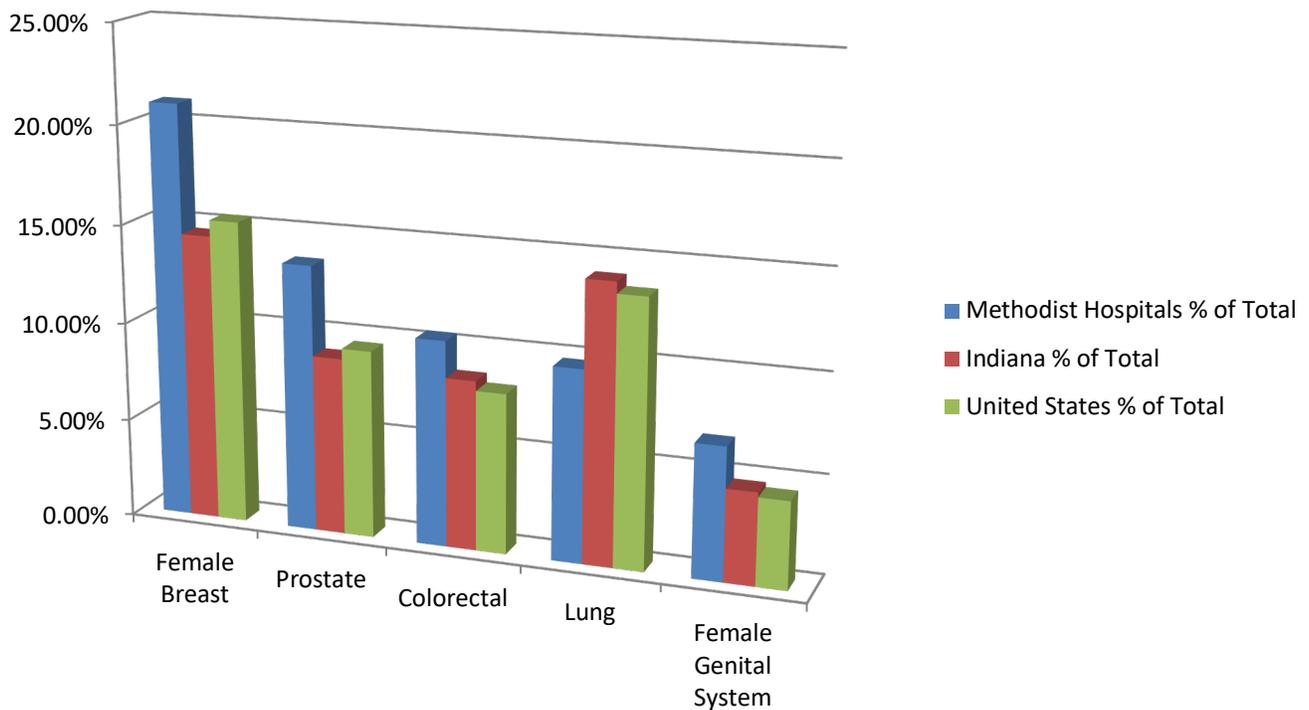


| <i>Methodist Hospitals, Merrillville, IN 46410</i> | | |
|--|-------------|-------------|
| Household Income (2016 Census) of All Sites Cancer Diagnosed in 2015,2016 | | |
| All Diagnosis Types | | |
| <i>Household Income (2016 Census)</i> | N | % |
| 1. < \$37765 | 544 | 43.49% |
| 2. \$37765 - \$46197 | 121 | 9.67% |
| 3. \$46198 - \$54482 | 251 | 20.06% |
| 4. \$54483 - \$67897 | 146 | 11.67% |
| 5. \$67898 + | 183 | 14.63% |
| 6. Unknown | 6 | 0.48% |
| TOTAL | 1251 | 100% |

Graph 8.0 demonstrates that Methodist Hospitals has a larger percentage of cancer volume in breast, prostate, colorectal and female genital system than that of other community cancer centers in Indiana or in the United States.

Graph 8.0 – Comparative Volume Percent by Tumor Site

Volume Percent by Tumor Site Compared to Indiana & United States



These statistics allow Methodist Hospitals to better understand the needs of the community and service area. Methodist Hospitals' Nurse Navigators have developed essential programs in 2018 with a strong emphasis on cancer prevention, education, and screening.

Cancer Prevention Programs

Human Papilloma Virus (HPV) – Methodist Hospitals set a priority in 2018 to increase the number of patients who receive the HPV vaccine.

Cervical Cancer has been linked to HPV infection and has a higher incidence rate in Lake County (8.8) per 100,000 than the state of Indiana (8.0) and nationally (7.6). Even though the incidence of cervical cancer is relatively low, Lake County has a rate of about one case per 100,000 women higher than the state of Indiana or the national level. HPV is also associated with other types of cancers, including cancers of the anus, penis, vagina, vulva and back of the throat (oropharyngeal). Due to the associated stigma with the HPV vaccine, it has not been administered to 80% of the children in Methodist Hospitals' service area. Methodist Hospitals', Cancer Committee and Nurse Navigators understand these statistics to be problematic. Only 20% of the children in Lake County have received the HPV vaccine. Recommendations are as follows:

Vaccination

- Vaccines that protect against the types of HPV that cause 90% of cervical cancers are recommended to be given at ages 11-12 and are available for use in ages 9-26.
- The number of vaccine doses has been reduced from 3 doses to 2 in ages 9-14, while ages 15-26 still require 3 doses.

The American Society of Clinical Pathology

- Pap screening beginning at age 21-29 every 3 years
- Pap test and HPV DNA test at age 30-65 every 5 years with both or every 3 years with Pap test alone
- Pap test and HPV DNA test at age 66+ - ≥ 3 consecutive negative pap tests or ≥ 2 consecutive negative HPV and Pap tests within the past 10 years, with the most recent test occurring in the past 5 years

In 2018, the Cancer Committee determined that an HPV cancer prevention program was necessary to provide valuable and much needed cancer information for the community serviced by Methodist Hospitals. This prevention program aimed to strengthen the commitment to provide the best care possible to the community. The results and trends in improvement will not be realized for years to come. However, the work and resources committed to establishing partnerships to create a robust community education campaign in HPV prevention was a notable highlight of 2018.

January - In partnership with the Indiana Immunization Coalition, American Cancer Society, and Methodist Hospitals' Oncology Nurse Navigators, a program entitled "*Someone You Love: The HPV Epidemic*" was presented with overwhelming success to 78 attendees from the community.

February - In partnership with the Indiana Immunization Coalition, American Cancer Society, and Methodist Hospitals' Oncology Nurse Navigators, Merrillville Community School Nurses were educated on HPV immunization, screening, and prevention.

April - Methodist Hospitals' Nurse Navigators partnered with Northern Indiana School Nurses Academy to educate the nurses on the HPV vaccine, screening, and prevention.

May – Methodist Hospitals' Nurse Navigators partnered with Emerge, Inc. to present to the public "*What Holds Her Back: The Voice in Her Head HPV.*"

July – Methodist Hospitals’ Nurse Navigators partnered with the Northwest Indiana Breast Care Center and Dr. Vida McGhee-Lewis to present “*Preventing Cervical Cancer*” to 54 community attendees.

July – Methodist Hospitals’ Nurse Navigators partnered with Dr. Vida McGhee-Lewis to present a Lunch and Learn to the general public to educate 27 attendees on HPV immunization, signs and symptoms of cervical cancer, and lifestyle habits for the prevention/screening of cervical cancer. Dr. McGhee-Lewis answered questions and provided the participants with her department information for appointment scheduling needs and HPV/cervical cancer prevention. Screening informational brochures were distributed.

August - Methodist Hospitals partnered with the Indiana Immunization Coalition and the American Cancer Society, to host the region’s first HPV Symposium at Purdue University Northwest. Continuing Medical Education (CME) and Continuing Nursing Education (CNE) credits were awarded to the healthcare professionals in attendance.



Physicians – Nurses – Pharmacists – Pharmacy Technicians
Earn Continuing Education Credits

Someone You Love: The HPV Epidemic

This award-winning documentary takes a look into the lives of five brave women affected by HPV. Their stories portray the misconceptions, stigma, shame, heartbreak, pain, and triumph that they experience while battling cervical cancer.

Lisa Robertson, Executive Director of the Indiana Immunization Coalition, will be available for Q&A after the documentary.

FRIDAY, JANUARY 26, 2018 12noon-2pm

Methodist Hospitals, Southlake Campus Auditorium – Lower Level • 8701 Broadway, Merrillville



Space is limited. RSVP today.

Call Gail Magsaysay at 219-757-7212, or email GMagsaysay@MethodistHospitals.org by Tuesday, January 23, 2018.



This activity has been approved for AMA PRA Category 1.50 Credit(s)[™] by Indiana University School of Medicine. This free KNOWLEDGE BASED activity is accredited for 1.5 CE credit hour(s) (0.15 CEU) for pharmacists and pharmacy technicians by IU Health. This continuing nursing education activity is approved by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation for 1.91 Contact Hours. Approval valid through 2/16/18.





HPV Vaccine: A Road to an HPV Cancer Free Generation

August 25, 2018

8 am - 1 pm (registration opens at 7:30 am)
Continental breakfast and lunch will be provided

Purdue University Northwest

2200 169th Street, Hammond, IN 46323
Student Union Library Building - Alumni Hall

CME and CNE credits will be awarded

REGISTRATION:

<https://www.eventbrite.com/e/the-hpv-vaccine-a-road-to-an-hpv-cancer-free-generation-tickets-46324146770>



Colon Cancer Prevention Education

Colon Cancer is one of the most prevalent cancers in Lake County. Lake County (48.8) exceeds Indiana (42.7) by six cases per 100,000 and exceeds the U.S. (38.7) incidence rates by 10 cases per 100,000. Colon cancer is one of Methodist Hospitals' top five tumor sites, and carries the fourth highest mortality rate in Lake County. Recommendations are as follows:

The American Cancer Society

- Screening colonoscopy beginning at age 45- It takes 10-15 years for a polyp to develop into cancer
- Genetic testing- a strong family history of colorectal polyps or cancer may benefit from earlier screening

Evidenced Based Interventions

- Decrease meat consumption and increase fruits and vegetables
- Maintain a healthy weight- obesity increases the risk of colon cancer
- Drinking alcohol increases the risk of colon cancer- the level of risk rises as the amount of alcohol consumed rises

Methodist Hospitals continues to educate the community in colon cancer prevention. This education reflects the Cancer Committee's commitment to provide the community with the best care possible. Some risk factors for colon cancer can be avoided and may help prevent the risk of developing colon cancer. Methodist Hospitals' Cancer Committee along with the Nurse Navigators recognized the need for education in colon health. Two community education events geared toward colon cancer prevention were presented in 2018.

March - Methodist Hospitals' Nurse Navigators in partnership with Dr. Mavrelis presented "Colon Health Awareness." 35 participants from the community learned about signs and symptoms of colon cancer and lifestyle habits for the prevention and screening of colon cancer. Participants enjoyed a healthy lunch as well as an informational presentation and slide show. Afterward, Dr. Mavrelis answered questions and provided the participants with resources to schedule a colonoscopy with his office. Colon cancer prevention and screening informational brochures were distributed to all participants.

April – Methodist Hospitals' Nurse Navigators presented information on Colon Health at the YWCA with 28 attendees from the community. Colon cancer prevention and screening informational brochures were distributed to all participants.

Cancer Screening Programs

Maintaining excellence in cancer care and cancer prevention is a foundational aspect of Methodist Hospitals' mission and commitment to the community. Methodist Hospitals' Oncology Institute, in collaboration with the Cancer Committee, organized and held several free cancer screening events throughout 2018.

Lung Cancer Screening with Low Dose CT

Even though the last decade has seen a number of advances in surgical, radiotherapeutic, and chemotherapeutic methods of treatment, lung cancer remains one of the most serious and difficult to treat diseases. More than 50% of lung cancer patients have metastatic disease at the time of diagnosis. Low-dose lung CT uses lower amounts of radiation than a standard chest CT and is the screening tool of choice to detect lung cancer early.



Lake County (69.4) has a higher lung cancer incidence rate than the United States (59.2) by more than 10 cases per 100,000; however, Lake County has a lower incidence of lung cancer than Indiana (72.9) by more than three cases per 100,000 diagnosed. Lung cancer mortality rates in Lake County (48.5) are lower than Indiana (52.4), but higher than the national rate (41.9) by 6.6 cases per 100,000. According to the CDC, smoking is the number one risk factor for lung cancer. LDCT screening recommendations are as follows:

Guidelines

- Asymptomatic adults 55-77 years old with a 30 pack year smoking history who currently smoke or have quit in the last 15 years

Lung cancer screening with LDCT and smoking cessation education serve to increase community awareness and encourage people to engage in behaviors that reduce the risk of lung cancer. LDCT screening and smoking

cessation education also decrease the number of patients with late stage disease as well as the total number of lung cancers in the Methodist Hospitals' service area.

LDCT lung screenings are offered at Methodist Hospitals. Results are sent to the primary care provider and patients are also notified of their results by the Lung Nurse Navigator. All patients are given packets of lung health information and those who continue to smoke are counseled on smoking cessation.

BREATHE EASIER >>>>

Low-Dose CT Lung Cancer Screenings SAVE LIVES

Recent research found that Low-Dose CT Lung Cancer Screenings helped reduce mortality among those at high risk for developing lung cancer by 20%

Are you a current or former smoker?
Call us to learn if you're a candidate for the Low-Dose CT Lung Cancer Screening. It may just save your life.
219-757-7212

Don't let this opportunity to detect lung cancer at earlier, more curable stages
GO UP IN SMOKE!

Low-Dose CT Lung Cancer Screenings
NOW ONLY \$49

If you are a current or former smoker, you may be a candidate for potentially lifesaving lung cancer screening using low-dose computed tomography (CT) technology

METHODIST HOSPITALS

AMERICAN LUNG CANCER SCREENING CENTER

LUNG CANCER ALLIANCE

Prostate Cancer Screening

The prostate is a walnut-shaped gland located in the male's reproductive system. Prostate cancer is one of the most common types of cancers in men. Prostate cancer has a higher incident rate in Lake County (108.7) at 17 cases per 100,000 higher than the state of Indiana (91.8), and 4.6 cases per 100,000 higher than the United States (104.1). The mortality rate of prostate cancer in Lake County (21.7) is also higher than Indiana (20.0) and the United States (19.2). Recommendations are as follows:

Prostate Conditions Education Council:

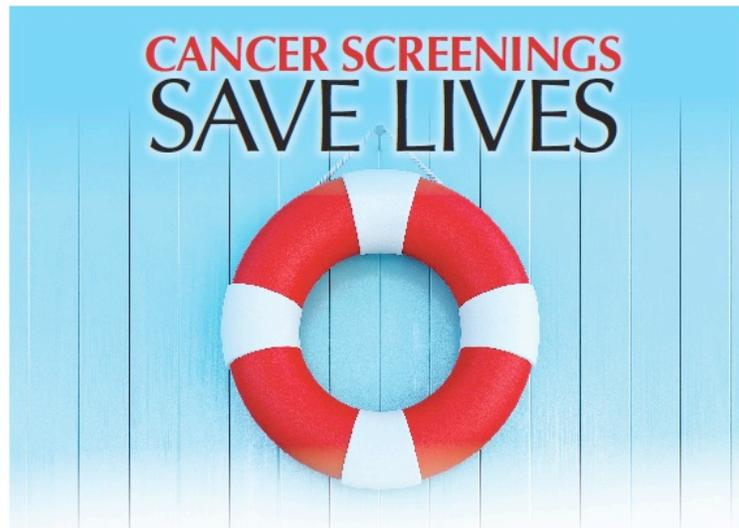
- Screening with PSA and DRE detects cancer at an earlier stage than in men with no screening.
- Abnormal results from a prostate screening do not mean that a man has prostate cancer, but there are new markers that can help to identify if it is necessary to biopsy.

Methodist Hospitals' Nurse Navigators in collaboration with the Cancer Committee coordinated prostate cancer screening and cancer prevention education in 2018. The goal was to increase community awareness and encourage people to engage in behaviors that would reduce the risk of prostate cancer and decrease the number of patients with late stage disease and decrease the rising number of all prostate cancers in our service area.

September - Monday, September 17, 2018 from 5:30 pm to 7:30 pm at Midlake Campus
18 attendees, 3 referrals from physical exam and 4 abnormal PSA

Wednesday, September 19, 2018 from 5:00pm to 7:00pm at Southlake Campus
32 attendees, 1 referral for ultrasound from physical exam and 13 abnormal PSA

Patients had their blood drawn for Prostate-Specific Antigen (PSA) testing and each had a digital rectal exam (DRE) by a physician. Each participant had the opportunity to ask questions and discuss any concerns. Participants were given a copy of the DRE results as well as physician information and educational material. Patient surveys taken demonstrated that this annual screening event is making an impact in the community.



**CANCER SCREENINGS
SAVE LIVES**

Methodist Hospitals invites you to take charge of your health, and attend our **FREE PROSTATE CANCER SCREENING**.

One in nine men will be diagnosed with prostate cancer, and their outcomes are best when treated early. For men ages 40 to 70, not under the care of a Urologist, whose last PSA test was performed more than 6 months ago.

MONDAY, SEPTEMBER 17, 5:30pm - 7:30pm
Methodist Hospitals • Midlake Campus
2269 W. 25th Ave., Gary

WEDNESDAY, SEPTEMBER 19, 5:00pm - 7:00pm
Methodist Hospitals
Southlake Campus – Pavilion B
200 E. 89th Ave., Merrillville

**METHODIST
HOSPITALS**

**REGISTER TODAY!
SPACE IS LIMITED!**
Call 1-888-909-3627 or visit
MethodistHospitals.org

Leading the Way to Better Health

Breast Cancer Screening

Breast cancer screening and prevention continues to be a high priority at Methodist Hospitals. Mammograms are provided in the state of the art Breast Care Center, accredited by the American College of Surgeons National Accreditation Program for Breast Centers, also offering reduced cost or free mammograms for the indigent and underinsured, ensuring all women have access to cancer screening and early detection.



Schedule yours today, because
**Mammograms
Save Lives!**

 **NORTHWEST INDIANA
Breast Care Center**
at Methodist Hospitals

**3D MAMMOGRAM
FALL SPECIAL.**
Call 219-981-5440.
Get the most accurate
results available.
Indiana's FIRST
3D Mammography.

ONLY \$99

Radiologist fee is included. Schedule by 11/15/2018. Cash, check or credit card payment due in full at time of service.

High Risk Clinic

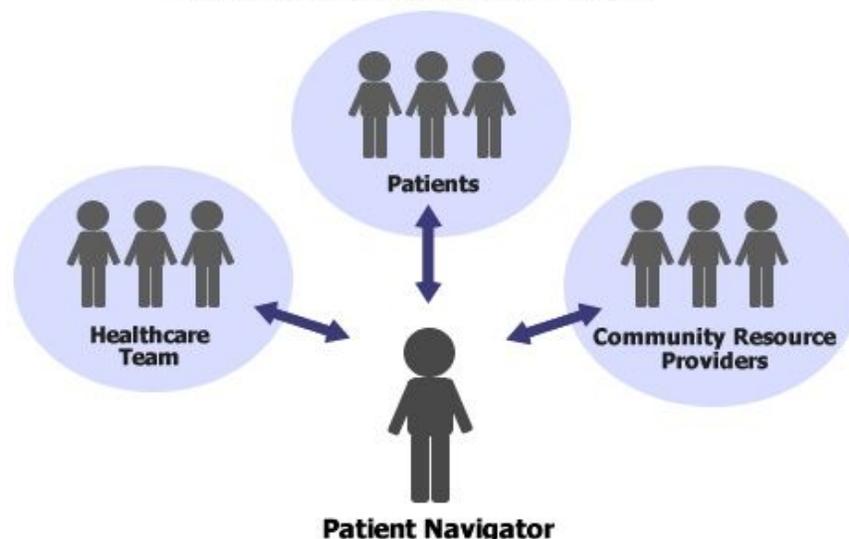
Breast cancer screening risk models are the best tool to estimate a woman's risk of developing breast cancer or having a genetic mutation. All individuals presenting for a mammogram at Methodist Hospitals are screened through the CRA system. The CRA system uses a combination of the major risk models used in the United States. The BRCAPRO, Tyrer Cuzick, Gail, Claus, and Myriad are used to weigh each aspect of risk and decide next steps. The breast cancer risk will determine the need for a breast MRI and is also used to determine the need for genetic testing.

Nurse Navigation

A cancer diagnosis is undoubtedly one of the most impactful moments in a person's life. The many tests and physician appointments, coupled with the uncertainties of a cancer diagnosis, can leave one feeling hopeless and lost in the red tape of the healthcare industry. A study of the socioeconomically disadvantaged and cancer resulted in the navigation concept by demonstrating an increased survival benefit for patients who have a nurse navigator to help them over the many barriers to care (Freeman, 1989). Patients in lower socioeconomic areas are most likely to succumb to the disease due to persistent disparities and barriers that exist. Methodist Hospitals' Oncology Nurse Navigators are making a difference in the community by acting as the point persons to assist patients along the continuum of care. From diagnosis, through treatment, and survivorship, the nurse navigator is there to help with timely appointments, coordinate and expedite testing, educate, and answer any questions that patients might have. Navigation services include:

- Providing education related to the diagnosis and treatment plans
- Setting goals for treatment compliance and preventing patients falling out of treatment
- Coordinating and educating high risk breast cancer patients
- Screening and coordinating genetic testing & counseling
- Screening for nutritional needs and making diet referrals
- Coordinating and educating patients who receive a Low Dose Lung Screening CAT Scan
- Identifying and removing financial, transportation, and social barriers
- Scheduling and expediting appointments and surgical clearance
- Providing education on and access to community and support services
- Facilitating communication across the care continuum
- Providing symptom management, education, and support

Patient Navigator Relationships



Survivorship Care

As a Cancer Program of Excellence, cancer care at Methodist Hospitals does not end when treatment is over. Cancer may have long term physical or emotional effects with significant impact on patients' finances or employment status. Relationships may change during the course of treatment. Methodist Hospitals' Nurse Navigators provide supportive resources to empower individuals to transition from treatment to wellness. A detailed care summary, which includes follow up information, is provided. The care summary also includes specific information related to diagnosis and stage along with treatment details such as surgery, chemotherapy, radiation, and hormone therapy. Methodist Hospitals' Nurse Navigators are available to answer questions throughout the survivorship journey.

Survivorship Sunday Celebration

The poster features a blue header with the text "You are invited to". Below this, the words "Cancer Survivorship" are in blue and "Sunday" is in a large, bold, dark red font. Underneath "Sunday" is the phrase "at the" in a smaller, italicized font. The background of the poster is a collage of baseballs. In the center, there is a cartoon mascot of a cat wearing a baseball cap and holding a baseball bat, with the text "GARY SOUTHWEST SHORE RAIL CATS" below it. The event details are listed in bold black text: "Sunday, June 3, 2018 vs Fargo-Moorhead Redhawks" and "2:10 pm - Game Start / 1:00 pm - Gates Open". Below this, there are three lines of text in blue and red: "Each cancer survivor can bring up to three guests.", "Look for the Methodist Hospitals table by the Main Gate to receive your tickets for the game.", and "Each survivor will receive a complimentary hot dog, chips and pop. Tickets are compliments of Methodist Hospitals Oncology Institute." At the bottom left is the Methodist Hospitals Oncology Institute logo, and at the bottom right is the registration information: "To register, call 888.909.3627 or visit www.methodisthospitals.org".

You are invited to

Cancer Survivorship
Sunday
at the

RAIL CATS

Sunday, June 3, 2018 vs Fargo-Moorhead Redhawks
2:10 pm - Game Start / 1:00 pm - Gates Open

Each cancer survivor can bring up to three guests.
Look for the Methodist Hospitals table by the Main Gate to receive your tickets for the game.

Each survivor will receive a complimentary hot dog, chips and pop.
Tickets are compliments of Methodist Hospitals Oncology Institute.

METHODIST HOSPITALS
Oncology Institute

To register, call 888.909.3627 or
visit www.methodisthospitals.org

Methodist Hospitals' Cancer Committee along with the Oncology Nurse Navigators celebrated Cancer Survivorship Sunday at the Gary South Shore Rail Cats stadium on June 3, 2018. The first pitch was thrown by a cancer survivor. Cancer screening and prevention information was distributed by the Nurse Navigators. Each attendee who was a cancer survivor received a complimentary hot dog, chips, and pop, and was allowed up to three guests.

Oncology Focused Social Worker

Most cancer patients experience some level of psychosocial distress during their cancer journey. Methodist Hospitals' Cancer Committee recognizes that psychosocial well-being is an important aspect of cancer care and has dedicated a licensed clinical social worker (LCSW) to screen and evaluate the psychosocial needs of the cancer patients within the Methodist Hospitals system. Patients are offered resources to assist in areas of identified need. The social worker oversees cancer support groups, organizes supportive events, and makes appropriate referrals to community resources.

Spring Spa Day



2018 Spring Spa Day
Saturday, April 21, 2018

A Free Event for Women who are Cancer Survivors
8:30 a.m. to Noon
St. Peter and Paul Banquet Hall
9600 Broadway, Crown Point, IN 46307

Spring Spa Day will provide women with cancer or survivors an opportunity to be educated and pampered:

- Reiki Therapy
- Reflexology
- Chair Massages
- Chair Yoga
- Raffles and Much More....
- Mini Manicures
- Express Facials
- Bone Density Screenings & Breast Health Information
- Vendors

Free Valet Parking

Featured Guest
Heather Banks
Mother, Wife, Teacher,
Cervical Cancer Survivor

A Story of Inspiration:
How HPV Changed My Life
9:15 a.m. to 10:00 a.m.

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Oncology Institute

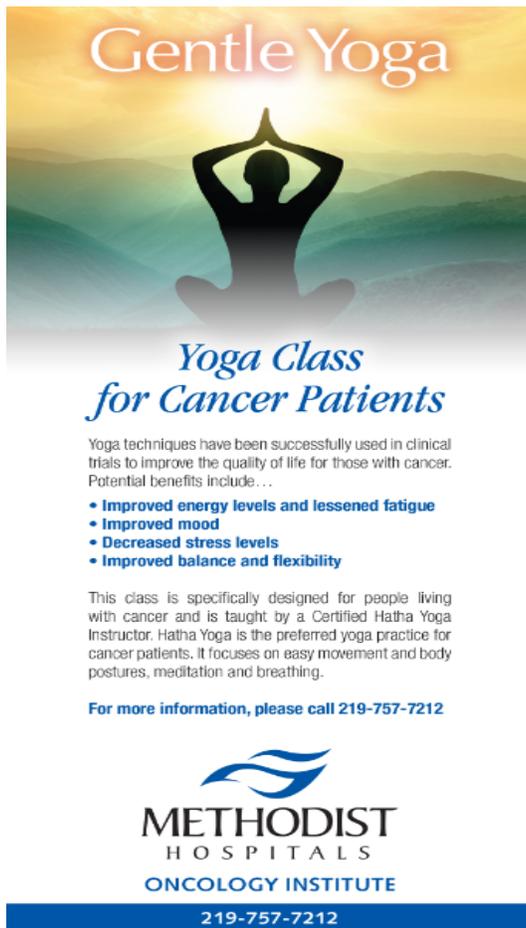
methodisthospitals.org

To register, please call 1.888.909.3627.

Methodist Hospitals' Social Worker and Nurse Navigators coordinated and held its annual Spring Spa Day at St. Peter and Paul Banquet Hall in April of 2018. Spa services were provided to attendees who were currently in treatment or survivorship. The day consisted of relaxing live string musicians, complimentary breakfast, and free spa services including chair massages, mini manicures and facials.

Yoga

When battling cancer, the worst part may not be the symptoms of the disease itself, but the discomfort and fatigue brought on from cancer treatments. Cancer patients may experience physical trials related to scar-tissue from surgery, or weakness from chemotherapy or radiation. Methodist Hospitals has partnered with a certified yoga instructor to provide gentle chair yoga twice a month. Many cancer patients and cancer survivors are discovering that they can strengthen their bodies to minimize side-effects of during and after treatment.

A vertical poster for a yoga class. At the top, the words "Gentle Yoga" are written in a white, serif font against a bright, glowing sun. Below the sun is a silhouette of a person in a yoga pose (Padmasana with hands in Anjali Mudra) against a background of rolling green hills. The text "Yoga Class for Cancer Patients" is written in a blue, serif font. Below this, there is a paragraph of text and a bulleted list of benefits. At the bottom, the Methodist Hospitals Oncology Institute logo is displayed, followed by the phone number 219-757-7212 on a blue background.

Gentle Yoga

*Yoga Class
for Cancer Patients*

Yoga techniques have been successfully used in clinical trials to improve the quality of life for those with cancer. Potential benefits include...

- **Improved energy levels and lessened fatigue**
- **Improved mood**
- **Decreased stress levels**
- **Improved balance and flexibility**

This class is specifically designed for people living with cancer and is taught by a Certified Hatha Yoga Instructor. Hatha Yoga is the preferred yoga practice for cancer patients. It focuses on easy movement and body postures, meditation and breathing.

For more information, please call 219-757-7212

**METHODIST
HOSPITALS
ONCOLOGY INSTITUTE**

219-757-7212

Clinical Trials

The Methodist Hospitals partnered with a third party in 2018 to coordinate pharmaceutical and academia sponsored clinical trials and are at the forefront of the most effective cutting-edge new cancer treatments. Clinical trials are research studies that investigate new ways to prevent, diagnose, and treat diseases. By participating in a wide range of clinical trials, Methodist Hospitals is committed to helping the research of today develop the best cancer treatments of tomorrow. Those who choose to participate in clinical trials may benefit from access to treatments not yet available to the public. Additionally, patients who enroll in clinical trials often play an active role in their own care while helping others by contributing to medical research.

PARTNERS



in Groundbreaking Clinical Trials

Summary

In summary, the Cancer Committee is pleased to provide you with an overview of our clinical outcome data and achievements in 2018. Our specialty trained staff strive to provide the community with high quality cancer screening and prevention programs. Our High Risk Clinic and Low Dose Lung CT programs use the newest technology to find cancer early. Nurse Navigation and survivorship care are central components of our cancer program and truly make a difference in the patient experience. Spring Spa Day, Survivorship Sunday, Chair Yoga, and the community Lunch and Learns are highlights of 2018 and reflect our commitment to the community. It is our privilege to provide Methodist Hospitals' service area with the most advanced, high quality cancer care.

