



CANCER OUTCOMES REPORT

Presenting 2018 Statistics



CONTENTS

A Letter from the Chairman	3
Through the Patient's Eyes	4
A Focus on Individualized Treatment	6
Community Outreach	8
Education and Support	10
Statistical Analysis 2018 Data	12



**"OUR GOAL IS TO
PROVIDE A HIGHLY
INDIVIDUALIZED CANCER
TREATMENT SPECIFIC TO
EACH PATIENT'S NEEDS."**

A LETTER FROM THE CHAIRMAN

On behalf of the Flagler Health+ Cancer Committee, I am happy to share the 2019 Annual Report.

The Flagler Cancer Institute is accredited by the American College of Surgeons Commission on Cancer. The cancer program at Flagler Hospital was formally organized in 1999 and received initial accreditation by the Commission on Cancer in 2002. The breast cancer program at Flagler Hospital received accreditation from the National Accreditation Program for Breast Centers (NAPBC) in 2014.

The cancer program is overseen by a group of dedicated and hardworking individuals who form the Cancer Committee and the Breast Program Leadership Team. They are composed of physician and non-physician professionals representing all aspects of cancer care. These teams meet regularly throughout the year. Our team strives to provide the highest quality, most sophisticated and comprehensive treatments available to the residents of our community and the surrounding communities while maintaining our commitment to personalized care and compassion.

The era of traditional cancer treatment is transitioning into a new era of highly personalized and precise cancer care. We have access to a vast array of new technologies. Some of these new techniques analyze the DNA of an individual's cancer cells to accurately identify effective treatments. Our cancer team utilizes these innovative techniques to create a treatment plan customized to the individual patient.

We offer multiple treatments which are designed to harness one's own immune system to fight cancer. These treatments offer the potential for dramatically improved results while typically having fewer side effects than traditional chemotherapy.

The Flagler Health+ Radiation Oncology treatment center features highly sophisticated radiation technology. Radiation treatments can be delivered with a high degree of precision while minimizing side effects. It is located in a newly constructed center with a warm and inviting atmosphere.

In addition to these treatments, patients are offered genetic testing, nutrition services, physical therapy and rehabilitation, mental health and access to clinical trials.

Whether it is radiation, immunotherapy, targeted therapy or other more traditional approaches, our goal is to provide a highly individualized cancer treatment specific to each patient's needs.

On behalf of the Cancer Committee at Flagler Hospital and all of the hard working individuals dedicated to cancer care, I present the 2019 Annual Report.

Respectfully submitted,
Marc A Warmuth, MD
Cancer Committee Chairman

THROUGH THE PATIENT'S EYES: FLAGLER HEALTH+ PATIENT TACKLES BREAST CANCER



Local resident Jeanne Heaton recently rang the bell inside the Flagler Health+ Radiation Oncology Center, an act that she, like many others, have the chance to do to commemorate their final day of treatment at the facility. For Heaton, the ringing of the bell marked the end of what was quite a journey that started in late 2018.

On December 4th, 2018, Jeanne Heaton did what she has for so many years before, completing her annual mammogram. At age 75, she admits that she had come to view the process as something of an afterthought, merely doing it to “get it over with” more than anything else, with little concern that the screening might uncover something problematic or detrimental to her health. Unbeknownst to her, this year would be different, as several days after her screening, it was discovered that she had breast cancer. While she admits that the immediate thought was daunting, especially considering her mother died of breast cancer, Heaton admits that she was actually glad that she received her diagnosis.

“It was actually relieving to find out because knowing meant that I could do something about it,” Heaton said. “Worry is worshipping the problem. My mother used to say ‘live in the day, and today is a good day’ so I stayed busy, and enjoyed myself, knowing that I was going to do all that I possibly could do treatment wise.”

For Heaton, staying busy included a cruise to Cuba just weeks after her diagnosis over the Christmas holiday with her daughter and son-in-law. One might think taking the pre-planned trip would be less enjoyable considering the impending circumstances, and need for treatment upon her return, but Heaton treated the vacation like any other. After arriving back home, she met with Dr. Christine Routhier. It was around this time that Heaton would begin to undergo a 12 weeks of chemotherapy.

Midway through her chemo treatment, just before her scheduled lumpectomy with Dr. Routhier that all seemed to be going great for Heaton. Despite admitting having some late night bouts with stress leading up to the procedure, she says she was feeling mostly confident when something completely unpredictable and out of her control happened. She had cracked and fractured one of her wisdom teeth. In any other situation, this minor inconvenience could be taken care of easily, but considering the anesthesia

required and the fact that it might interfere with her chemo, the surgery to remove the remnants of the fractured tooth had to be put on hold. Fortunately, knowing the circumstances of Heaton’s tooth, Dr. Routhier coordinated with Heaton’s oral surgeon to have both her lumpectomy and her wisdom tooth removal extraction done in tandem, turning a stressful situation into one that Heaton now jokingly refers to as a great case “one-stop shopping.”

With the lumpectomy complete, Heaton began what she ultimately looks back on as the home stretch of her journey, when she visited Dr. Emily Tanzler of Cancer Specialists of North Florida, a radiation oncologist at the Flagler Health+ Radiation Oncology Center. It was here that she would complete her 6 weeks of radiation treatment, and begin to regain the energy she had before her diagnosis. When it came time to ring the bell inside the Radiation Oncology Center on her final day of treatment on July 18th, surrounded by her close friends, Heaton recalls it being the first and only time in a long journey that she got emotional, tears flowing as she left the building, encapsulating a journey unplanned, but one that she ultimately completed with ease.

“I was surprised at how emotional I was, but I believe I just had a lot of pent up emotion and, in that moment, it all just came out,” Heaton recalls. “This was a true team effort, with the doctors being the part of the team that bring the knowledge, expertise, empathy, skill and empathy, and myself bringing my attitude, and compliance of doing what I was instructed to by the specialists. I couldn’t be happier with the treatment I received.”

While the formal cancer journey concluded that day, it has continued in spirit, as Heaton, upon recommendation of her daughter Lisa, started writing a blog with the goal of help ease the minds of others that may be facing a cancer diagnosis. She formally started the blog upon the beginning of her chemotherapy but has continued on to share her personal journey, proving that life does go on after cancer, one day at a time.

You can visit Jeanne’s blog online at <https://posthope.org/miss-jeannes-journey>.

A FOCUS ON INDIVIDUALIZED TREATMENT: 3T IMAGING

The Flagler Health+ Imaging Center saw a big upgrade in December 2019 with the implementation of a new 3T MRI machine by Siemens. The Magnetom Skyra delivers 3T technology that offers a big step up from its 1.5T predecessor, allowing for faster procedures, precision photo imaging and quality, and a number of style upgrades that make the patient experience more comfortable.

The machine utilizes Siemens Tim (Total imaging Matrix) technology, and Dot (Day optimizing throughput) engine, which work in tandem to provide great results for patients. The Tim technology features high-density coils, that are lightweight and easy on patients during the imaging process, as well as a high channel configuration, allowing an upgrade in image quality and acquisition speed. The machine also features a dockable table, with its integrated Spine 32 coil, allowing patients to get prepared outside an exam room and wheeled in when ready, thus making the scan process for immobile patients, or those in emergency situations who have limited range of motion, more seamless, and less stressful.

The Dot engine that powers the Skyra offers customizable framework for patient personalization features, user guidance, and exam automation which also enhances the speed of imaging, without sacrificing quality in the least.

Also of note, is the Skyra's 70cm Open Bore, which accommodates a large variety of patient sizes, shapes and conditions, while its shortened magnet, and 173cm cover-to-cover system design means that many patient studies that are specific to non-head or neck imaging can be completed with the patient's head outside the bore for a more comfortable experience. The latest iteration of the machine also features an increased weight limit of up

to 550 lbs., allowing more patients to utilize the machine with ease. All of the added features of the new machine show that all of the Skyra's features show for better imaging, at higher resolutions with up to an increased 50% productivity rate across the board for all examinations.



A FOCUS ON INDIVIDUALIZED TREATMENT: FUSION BIOPSY

With the advancement of imaging over the years, including development of 3T imaging technology, specialists have been able to offer new diagnostic measures for treatment of prostate cancer in the form of fusion guided biopsies, a procedure that allows for more accurate results, reduced tissue samples, and less pain than ever before by utilizing 3T imaging in tandem with the biopsy procedure.

First, patients that have a higher-than-normal Prostate Specific Antigen (PSA) will undergo an MRI of the prostate with a 3T imaging machine, in order to detect suspicious areas. Then, the patient will undergo an ultrasound-guided prostate biopsy, during which, the images of both the MRI and biopsy will be fused simultaneously on top of each other, hence the name fusion biopsy.

Combining these images together helps physicians more accurately detect and assist with evaluating areas that may be questionable by seeing a clearer image of healthy prostate tissue vs. potentially cancerous tissue. This not only saves time in finding the troublesome areas of the prostate, but also makes the process less stressful and more comfortable for the patient.



“FUSION BIOPSIES HELP US PINPOINT WHERE THE TUMOR IS, AND PROVIDE US BETTER ACCURACY AND MORE COMFORT FOR THE PATIENT,” SAID DR. HOWARD EPSTEIN, OF ADVANCED UROLOGY INSTITUTE. “I’M A BIG BELIEVER IN NO PAIN, AND THE BEST PART ABOUT THIS FOR THE PATIENT IS THAT THIS ISN’T DONE IN MY OFFICE, IT’S DONE IN THE HOSPITAL, THE PATIENT IS ASLEEP, SO THERE’S NO PAIN.”

COMMUNITY OUTREACH

FLAGLER HEALTH+ CELEBRATES CANCER SURVIVORS DAY

Flagler Health+ was happy to celebrate the 32nd Annual National Cancer Survivors Day on Sunday, June 2nd. Each year, the day acknowledges the cancer survivors in the community, to raise awareness of the challenges they face because of their disease. This event, which brought together over 100 survivors, family members and friends of those affected by cancer to Flagler Hospital, once-again proved to be a unique bonding experience filled with food, activities, art, and family fun. Breast cancer survivor Jo Ellen Parkey, who was one of the featured speakers at the event, spoke candidly about her philosophy of overcoming her cancer, one that involved maintaining a balance of focus to overcome what was one of the most difficult challenge of her life. "You can't have light without a dark to stick it in, and cancer is the dark," Parkey explained. "The new found strength, the hidden courage, and the feeling of true communion will be the bright, shiny light," she added.



"THE NEW FOUND STRENGTH, THE HIDDEN COURAGE, AND THE FEELING OF TRUE COMMUNION WILL BE THE BRIGHT, SHINY LIGHT."



FLAGLER HEALTH+ IMAGING CENTER SPONSORS PINK UP THE PACE



In October, Flagler Health+ Imaging Center sponsored the Pink Up the Pace 5k, in order to support breast cancer awareness and celebrate survivors. Pink Up the Pace serves women and men in an effort to raise money to help fund imaging services to detect breast cancer. PUTP has paid for over \$300,000 in imaging services for our St. Johns County residents. The Flagler Health+ Imaging Center completed over 50 mammograms during their extended business hours in support of early detection, during the month of October.

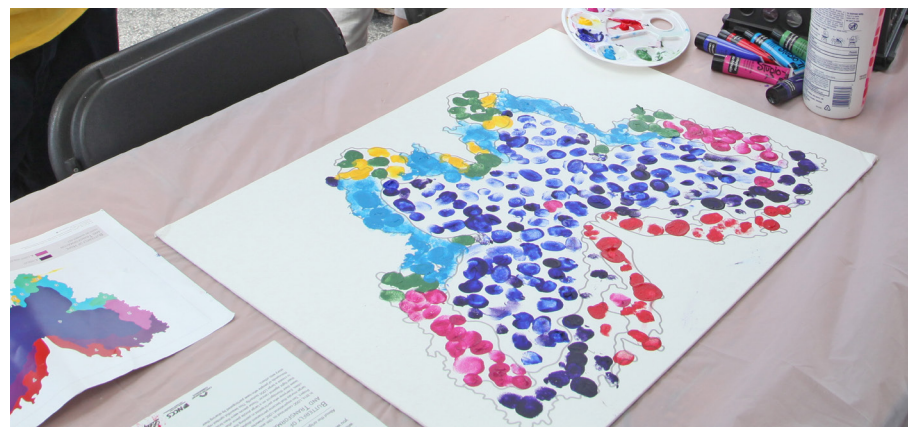


"NO ONE SHOULD EVER DELAY EARLY DETECTION BECAUSE OF FINANCIAL REASONS. WE ARE HERE TO HELP."
-CINDY ORTIZ, CO-FOUNDER, PINK UP THE PACE

EDUCATION AND SUPPORT

ARTWELL OUTREACH PROGRAM

Research has shown that engaging in creative activities brings a wealth of holistic benefits. An outreach partnership between the St. Augustine Art Association and Flagler Health+ promotes well-being through art, resulting in the creation of a unique program called ArtWell. The program focuses on healing for cancer patients, caregivers and survivors through an artistic expressions art class in which class participants are able to utilize their creative spirit and the bonding experiences they often form in the class. Over the course of the program, participants have been able to display their artistic creations at various functions throughout the area, including art studios, as well as being an annual mainstay exhibit at the Cancer Survivors Day event at the Flagler Hospital main campus. The program is facilitated by Teri Tompkins and is in its second year.



PATIENT NAVIGATION

For those who are diagnosed with cancer, the journey from diagnosis to survivorship can be stressful and draining, both physically and mentally, as they find themselves amid what may seem like an endless chain of information, clinical options, suggestions and test results. This is where Flagler Health+ oncology nurse navigators shine, as they help patients in getting the care and answers they need along the way.

Flagler Health+ oncology nurse navigator Susan Hession has expanded her scope from solely focusing on lung cancer patients, to taking on a larger role of assisting patients that also have head, neck and esophageal cancer. Not only does this increase her ability to help more patients, but it's also the nature of those cancers, which can be high acuity cases, hindering speech, swallowing and other functions, which can see some of the biggest benefits of a navigator during their cancer journey.

2019 proved a big year for breast cancer care as well, with oncology nurse navigator Beth Widmeyer attaining her Breast Care Nurse Certification in November. Qualifications for this include a minimum of 2,000 hours of breast care nursing practice over the last 4 years, in addition to continuous nursing education criteria over the course of the previous 3 years. In the interest of getting patients the results of their biopsy faster, Widmeyer helped develop a process that allows her to get her patients' results much sooner, up to a week in advance, sometimes only 24 hours after their procedure. Getting this information to her patients proves to be a great benefit to her patients not only clinically, but also to help alleviate the anxiety of waiting for results. Fighting cancer is never easy, and we believe that no patient should ever have to brave the battle alone.

SMOKING CESSATION

Quit Smoking Now is a smoking cessation program developed by ex-smokers for smokers. The group sessions are facilitated by the Community Health Improvement and Cardiopulmonary departments at Flagler Hospital once a week, over a six-week period. The group sessions cover different topics such as nicotine replacement therapy, stress reduction and relaxation techniques, and identifying smoking triggers. Written material is provided, a toll free Quit Line is available, and people can re-enter the program if necessary. Nicotine replacement therapy is also provided at no cost.

Throughout 2019, Flagler Hospital offered 8 free Quit Smoking Now classes. In total, 105 Quit Smoking Now participants enrolled and 85 of the participants quit smoking. More than 37,500 of Flagler Hospital patients were screened for tobacco use, 3,000 patients were counseled or advised to quit, 84 direct referrals were made to AHEC and the Florida Quit Line, and 3,700 tobacco users were provided with cessation materials.



STATISTICAL ANALYSIS 2018 DATA

The Oncology Registry at Flagler Hospital was established in 1999 for the purpose of collecting, managing and analyzing data on persons with cancer, including patients with benign and borderline central nervous system brain tumors. To date, the registry database contains approximately 13,600 patients' records; of those, 3,220 patients are currently being followed.

In 2018, the American Cancer Society Facts and Figures reported an estimated 1,735,350 new cancer diagnosis. The national estimate by gender was reported at 49% for male and 51% for female. The actual figures seen at the Flagler Cancer Institute were 42% among men, and the female incidence was 57%.

Additional registry facts are as follows:

- In 2018, 1,019 cases were reviewed and entered into the registry database, an increase of 15% from the previous year.
- As seen in the incidence table Fig 1a, 713 are the newly diagnosed patients. These figures include: a) patients diagnosed at Flagler and who migrated-out for care; b) patients diagnosed elsewhere, who received all or part (in-migration) of first course cancer therapy at Flagler Hospital.
- The non-analytic cases totaled 306. These are patients who were initially diagnosed elsewhere and seen at Flagler Hospital for part of their diagnostic work-up, or patients seen for care due to recurrent or persistent cancer.

- The five most frequently diagnosed malignancies in 2018 were as follow: breast, lung, colorectal, prostate and urinary bladder. Collectively, these accounted for 66% of the total analytic caseload.
- Displayed in Fig 1b are the five most prevalent sites in comparison to state and national figures.

Through the Commission on Cancer approval process, Flagler Hospital participates in various quality programs that provide continuous feedback on patient care and outcomes. We are able to assess quality care measures through data submission to selected programs, such as the National Cancer Database, Rapid Quality Reporting System (RQRS), Cancer Program Practice Profile Reports (CP3R) and Cancer Quality Improvement Program (CQUIP). Patient specific information is closely monitored and continuously updated to ensure complete and accurate data are captured.

Flagler Hospital's cancer data is also submitted to the statewide registry, the Florida Cancer Data System (FCDS) to ensure compliance with incidence data reporting per Florida Department of Health reporting guidelines. In addition, the Flagler Registry staff remains continuously abreast of state and national reporting guidelines as outlined by various organizations to include the Florida statewide cancer registry (FCDS), American Joint Committee on Cancer and the Commission on Cancer/American College of Surgeons (CoC/ACoS), among others.

SITE BY GENDER 2018 CANCER CASES (FIG. 1A)

Site Name	Total		Male		Female	
	Number	(%)	Number	(%)	Number	(%)
Base Of Tongue	4	1%	4	100%	0	0%
Other Parts Of Tongue	1	0%	1	100%	0	0%
Parotid Gland	1	0%	1	100%	0	0%
Tonsil	2	0%	2	100%	0	0%
Pyriform Sinus	1	0%	0	0%	1	100%
Other Oral Cavity	1	0%	1	100%	0	0%
Esophagus	9	1%	5	56%	4	44%
Stomach	6	1%	3	50%	3	50%
Small Intestine	4	1%	3	75%	1	25%
Colon	63	9%	25	40%	38	60%
Rectosigmoid Junction	4	1%	2	50%	2	50%
Rectum	15	2%	9	60%	6	40%
Anus & Anal Canal	2	0%	0	0%	2	100%
Liver & Bile Ducts	11	2%	6	55%	5	45%
Gallbladder	3	0%	2	67%	1	33%
Other Biliary Tract	2	0%	0	0%	2	100%
Pancreas	17	2%	11	65%	6	35%
Other Digestive Organs	5	1%	3	60%	2	40%
Larynx	5	1%	3	60%	2	40%
Bronchus & Lung	102	14%	51	50%	51	50%
Bones, Joints & Other Unspecified Sites	1	0%	0	0%	1	100%
Blood & Bone Marrow	18	3%	11	61%	7	39%
Skin	36	5%	22	61%	14	39%

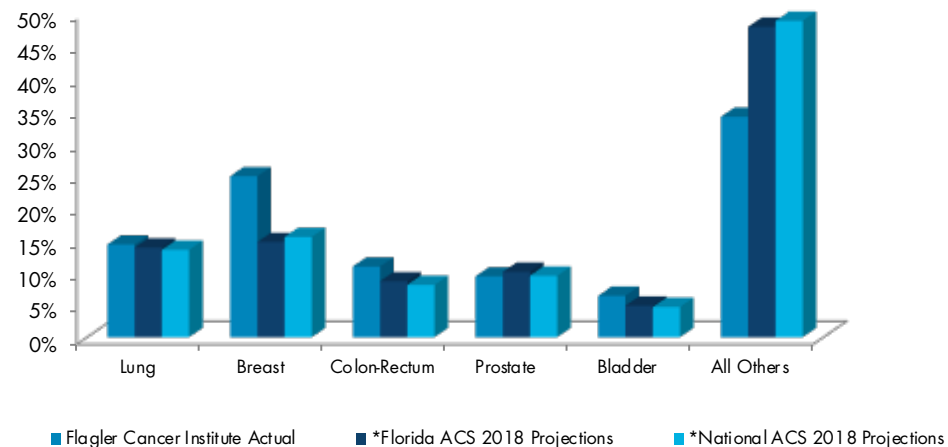
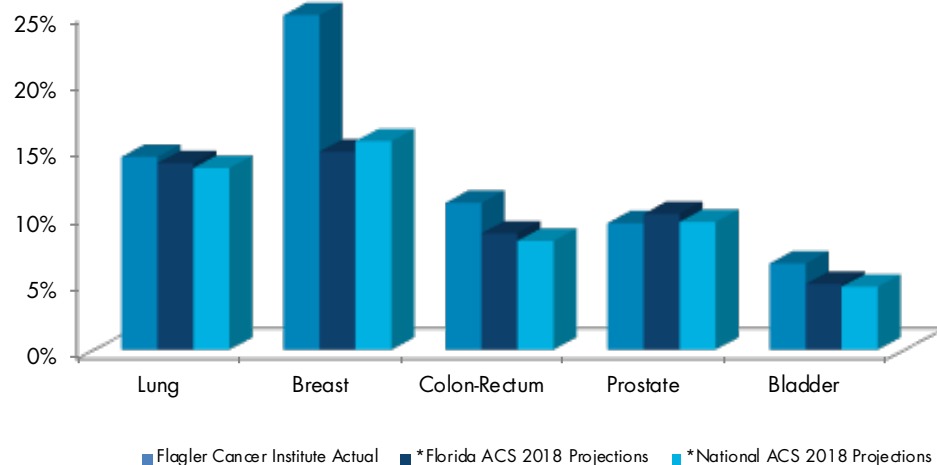
Site Name	Total		Male		Female	
	Number	(%)	Number	(%)	Number	(%)
Retroperitoneum & Peritoneum	2	0%	1	50%	1	50%
Connective, Subcutaneous & Other Soft Tissue	2	0%	1	50%	1	50%
Breast	177	25%	2	1%	175	99%
Vulva	1	0%	0	0%	1	100%
Cervix Uteri	2	0%	0	0%	2	100%
Corpus Uteri	18	3%	0	0%	18	100%
Ovary	5	1%	0	0%	5	100%
Oth Fm. Genital Orgn.	3	0%	0	0%	3	100%
Prostate Gland	67	9%	67	100%	0	0%
Testis	1	0%	1	100%	0	0%
Kidney	16	2%	11	69%	5	31%
Kidney, Renal & Pelvis	3	0%	2	67%	1	33%
Ureter	1	0%	1	100%	0	0%
Urinary Bladder	46	6%	28	61%	18	39%
Meninges	12	2%	4	33%	8	67%
Brain	6	1%	3	50%	3	50%
Other Nervous System	2	0%	1	50%	1	50%
Thyroid Gland	7	1%	2	29%	5	71%
Other Endocrine Glands	1	0%	0	0%	1	100%
Other Ill Defined Sites	2	0%	2	100%	0	0%
Lymph Nodes	16	2%	7	44%	9	56%
Unk Primary	10	1%	4	40%	6	60%
Overall Totals	713	100%	302	42%	411	58%

STATISTICAL ANALYSIS 2018 DATA

FLAGLER HOSPITAL CANCER CASES DIAGNOSED IN 2018 (FIG. 1B)

*National comparison of the five most prevalent cancer sites

*Estimated Cancer Cases from: The American Cancer Society Cancer Facts & Figures 2018

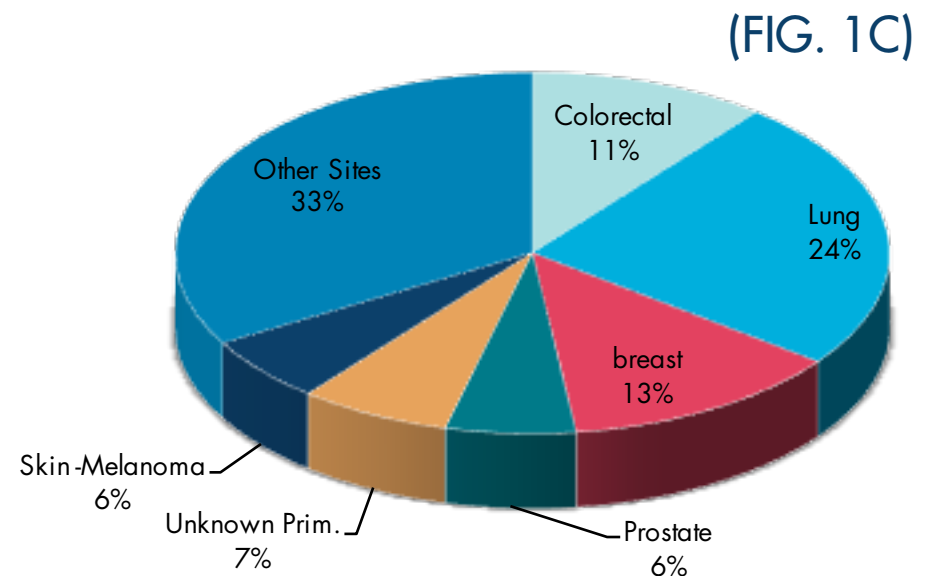


2018 HOSPITAL WIDE MULTIDISCIPLINARY ONCOLOGY CONFERENCES

Patient specific case reviews during the tumor board sessions are an integral part of cancer care delivery and patient centered approach at Flagler Hospital. The conferences are multidisciplinary in nature whereby initial work up, diagnosis, and treatment are reviewed and discussed. Cases may also be re-presented to discuss changes in treatment management or issues affecting quality of life. In addition, the tumor conferences are approved for continuing medical education (CME) and CEU credits. The meetings are held twice a month, typically on the second and fourth Wednesday.

The multidisciplinary team of physicians reviews patient specific information to include prognostic factors and evaluation of radiological as well as pathological findings; the clinical and pathologic stage is reviewed and assigned when applicable, which enables the team to devise the most appropriate treatment recommendations according to nationally established guidelines. In addition, options for clinical trial participation are discussed.

As seen to the right, during the 2018 hospital-wide oncology conference presentations, the most frequent diagnosed cancers were discussed, in addition to a variety of other sites. For the reporting period, a total of 102 cases were reviewed. Of these, 96% were prospectively reviewed. All required disciplines (medical oncology, radiation oncology, radiology and pathology) were in attendance and the average turnout was 16.





If you or someone you are helping has questions about Flagler Health +, you have the right to get help and information in your language at no cost. To talk to or arrange for an interpreter, call 1-904-819-4067.

Español, Atención: si no habla inglés, los servicios de asistencia de idiomas, sin costo, están disponibles para usted. Llame al 1-904-819-4067

www.flaglerhealth.org