



2016 | 2017

KAUFMAN CANCER CENTER  
**ONCOLOGY**  
**ANNUAL REPORT**

INFORMATION ON THE KAUFMAN CANCER CENTER AT UM UPPER CHESAPEAKE MEDICAL CENTER AN AFFILIATE OF THE UM MARLENE AND STEWART GREENEBAUM COMPREHENSIVE CANCER CENTER

# CANCER COMMITTEE

## PHYSICIAN MEMBERS

**Philip Nivatpumin, MD**  
*Chairman, Medical Oncology*

**Ashkan Bahrani, MD**  
*Medical Oncology*

**Katherine Day, MD**  
*Ear, Nose and Throat*

**Jack Hong, MD**  
*Radiation Oncology*

**Meghan Milburn, MD**  
*Breast Surgery*

**Amalia Seiguer, MD**  
*Pathology*

**Sankari Sivasailam, MD**  
*Medical Oncology*

**Scott Steinmetz, MD**  
*Cancer Liaison, General Surgery*

**David Taylor, MD**  
*Radiology*

## TEAM MEMBERS

**Diane Fitzgerald, MBA, MSW**  
*Executive Director, Oncology*

**Patsy Astarita, LCSW-C, OSW-C**  
*Psychosocial Care*

**Vickie Bands, RN**  
*Community Outreach*

**Steve Clayton**  
*Upper Chesapeake Hematology Oncology*

**Kira Eyring**  
*American Cancer Society*

**Laurie Fitzgerald, MSN, RN**  
*Director, Clinical Services, Lung Cancer Care*

**Joe Haney, MBA**  
*Oncology Information Systems*

**Julia Heckrotte**  
*Cancer Registry*

**Angela Kaitis, RPhD**  
*Pharmacy*

**Natalie Lucas-Teter, RN, BSN, MS**  
*Clinical Research*

**Christine Lutes, RD**  
*Oncology Dietitian*

**Jessica Mazzone, CRNP**  
*Lung Cancer Care*

**Colleen Meegan, CCRP**  
*Quality Improvement*

**Peyton Neilson, MSN, RN, OCN**  
*Infusion Center Nursing*

**Christina Pedini, MSPT, GCS**  
*Rehabilitation*

**Jessica Scott, MCG, CGC**  
*Genetic Counseling*

**Pat Wallace, CTR**  
*Cancer Registry Supervisor*



## LETTER FROM THE CHAIRMAN

Dear Colleagues:

Nothing makes me more proud and honored to lead the Kaufman Cancer Center (KCC) than when I witness the continued growth of our medical professionals and the passion for healing that we bring every day to our patients. Every year since its founding, our award-winning Cancer LifeNet (CLN) program has treated more and more patients and their families. Through a combination of nurse navigation, social work, financial advocacy and holistic healing, CLN is a unique and critical component to our multidisciplinary approach to cancer care. Our patients uniformly are both amazed and grateful for the care their neighbors and friends at CLN give to them. Thanks to wonderful community fundraising, we are able to provide CLN support entirely free of charge. It truly is a jewel of Harford County.

Our top priority at the Kaufman Cancer Center is to always continually improve our care and exceed the best national practices and standards in oncology. In this report, you will read about our progress over the last year. The past several years have brought dramatic improvements in cancer therapies, with innovative minimally invasive surgical techniques, stereotactic radiation therapy and fantastic new immunotherapies. Patients are living longer than ever and with higher quality. Patients are getting the state-of-the-art cancer care here in Harford County. But, with the new therapeutics comes potential new side effects and toxicities. The development of our new Cardio-Oncology program provides our patients with the best possible cancer therapy while limiting the risk for cardiovascular damage in the long term. This requires care coordination, communication and collaboration across treatment teams in the KCC and the Heart and Vascular Institute. Under the leadership of Laurie Fitzgerald, Director of Oncology Clinical Programs, Peyton Neilson, Infusion Center Manager and cardiologist Dipan Desai, our Cardio-Oncology program is applying the latest technologies and medications to our patients to prevent treatment-induced cardiac toxicity. We are one of the few community centers in the Baltimore region to offer this service.

Another critical aspect of the KCC's mission includes community wellness, prevention and the early detection of cancer. This past year, under the leadership of Director of Community Outreach Vickie Bands and Drs. Dixon King and Paul Lomonico, the KCC has worked with Harford County to educate the community on the Human Papillomavirus (HPV) vaccine and its role in cancer prevention. HPV is well known to be associated with cancers of the cervix and anus but

it is less known that it is one of the fastest rising causes of oropharyngeal cancer in the United States. We are seeing more young nonsmoking patients with oropharyngeal cancer due to the sexual transmission of HPV. The HPV vaccine appears to be critical in reducing transmission of this carcinogenic virus. Harford County lags slightly in the usage of the vaccine in our teen and young adult population and the KCC has made it a key goal to improve vaccination rates in the coming years.

Our affiliation with the University of Maryland (UM) Marlene and Stewart Greenebaum Cancer Center is one of the most important parts of our success at the KCC. So often, patients are forced to choose between the convenience of a community cancer center versus the expertise of an academic medical center. With our relationship with the University of Maryland, we have both here at the Kaufman Cancer Center. Leading UM breast and thoracic surgeons, radiation oncologists, gynecologic oncologists, medical oncologists and genetic counselors staff our clinics and sit at our multidisciplinary tumor boards. Our radiation oncology staff are some of the same people who rotate at the UM Maryland Proton Treatment Center, the only facility of its kind in the region that delivers cutting edge proton beam radiation. Lastly, through our relationship with University of Maryland, we are able to offer the latest clinical research to our patients here in Harford County, providing access to novel treatments without the long commute downtown to Baltimore or Philadelphia.

Finally, if you are a health care provider with ideas or insights into how we can improve our service to the community, we at the Kaufman Cancer Center absolutely welcome the feedback. If we are caring for one of your patients, please know that we welcome you to join us either in person or remotely during one of our multidisciplinary tumor board conferences. We want you to have confidence in the care your patients are receiving. Please call 443-643-3003 with any questions or concerns.

Sincerely,

Philip Nivatpumin, MD  
Medical Director  
Patricia D. and M. Scot Kaufman Cancer Center  
University of Maryland Upper Chesapeake  
Medical Center







# ACCREDITATIONS



The cancer programs at UM Upper Chesapeake Health are accredited by the American College of Surgeons. The accreditation means that a cancer center meets a national quality standard, establishes a framework for quality and improves patient care. UM Upper Chesapeake Medical Center is a Comprehensive Community Cancer program.



The American College of Surgeons accreditation by the National Accreditation Program for Breast Centers (NAPBC) is granted only to those centers that are voluntarily committed to providing the best possible care to patients with diseases of the breast. Each breast center must undergo a rigorous evaluation and review of its performance and compliance with NAPBC standards and, once accredited, must undergo an onsite review every three years.



The Breast Imaging Center at UM Upper Chesapeake Medical Center has been designated a Center of Excellence by the American College of Radiology. This designation signifies that our center provides breast imaging services to the community at the highest standards of the radiology profession.



NQNBC emphasizes processes, performance, specific metrics and patient satisfaction across diagnostics and multiple treatment disciplines, including outcomes. It identifies quality care measures, provides access to information submitted by other participants and allows breast centers to compare their performance with other centers across the country. The breast center at UM Upper Chesapeake Medical Center is a certified quality breast center.



This accreditation certifies that UM Upper Chesapeake Health is committed to providing a high quality lung cancer screening program that includes compliance with national standards on the most up-to-date practices for managing screening quality, radiation dose and diagnostic procedures. Our lung cancer screening program has been a center of excellence since 2014.



The lung cancer screening program at the Kaufman Cancer Center has been designated as a Lung Cancer Screening Center by the American College of Radiology. To receive this elite distinction, facilities must be accredited by the ACR in computed tomography in the chest module, as well as undergo a rigorous assessment of its lung cancer screening protocol and infrastructure.



UM Upper Chesapeake Health received the CEO Cancer Gold Standard accreditation, recognizing the organization's extraordinary commitment to the health of its employees and their families. To earn the Gold Standard accreditation, an organization must establish programs to reduce cancer risks by prohibiting tobacco use in the workplace, encouraging physical activity, promoting healthy nutrition and screenings and providing access to quality care, including participation in cancer clinical trials.



Accreditation by the CAP signifies the quality of patient safety by ensuring excellence in the practice of pathology and laboratory medicine. It advances the quality of a facility's pathology and laboratory services through education and standard setting and by ensuring laboratories meet or exceed regulatory requirements.



The SAVI Center of Excellence award honors cancer centers that have reached the highest levels of care in radiation oncology. SAVI is an advanced form of radiation therapy used in early stage breast cancer that allows physicians to precisely target treatment where it is needed most.



Accreditation by the Mammography Quality Standards Act (MQSA) ensures the strictest certification and inspection of equipment, personnel and mammography facilities annually.

# CARDIO ONCOLOGY PROGRAM

## PROTECTING YOUR HEART DURING CANCER TREATMENT

Cardio-oncology is the prevention, monitoring and treatment of cancer patients who either have, or who are at risk for developing heart disease as a direct result of cancer treatment. Within cancer care, there is growing clinical evidence that dedicated cardio-oncology programs are needed in order to provide the best care for patients fighting cancer. However, most often programs like these are found only within academic cancer centers. Many existing and new cancer therapies have the potential to significantly impact and harmfully affect the cardiovascular health of patients being treated for cancer. Because the majority of cancer patients and survivors are cared for in a community cancer center, the need to provide early detection of cardiotoxicity (the weakening or damage to the heart muscle) as well as a care plan to decrease those cancer treatment-related cardiovascular effects is vital. Damage to the heart related to chemotherapy could lead to signs and symptoms of congestive heart failure and potentially even cardiac death. A good cardio-oncology program includes not only the prevention, monitoring and treatment of cardiovascular toxicity but also improves the overall care of cancer patients from cancer diagnosis into survivorship.

### The Planning Team:

At UM Upper Chesapeake Health, teams from both the Heart and Vascular Institute and the Kaufman Cancer Center have collaborated to create such a program—a cardio-oncology program that includes a patient-centered, multi-disciplinary clinic for people with cancer. Our cardio-oncology planning team includes leaders from both the cardiology and oncology specialties.

*The team identified opportunities that serve the needs of this high-risk population through:*

- Reviewing current gaps with cardio-oncology care and prioritizing services
- Identifying the at-risk population for cardiotoxicity from cancer treatment
- A detailed review of chemotherapy agents and cardiotoxicity indications
- Baseline monitoring and prediction of those at-risk for developing cardiotoxicity
- Developing risk stratification models of clinical pathways
- Establishing general practice guidelines for the community cancer center

The goal of the cardio-oncology program is to provide optimal care to cancer patients while understanding their risk for developing cardiovascular-related issues due to chemotherapy. By creating an algorithm for patients at “high-risk”, we are better able to predict cardiotoxicity, improve individualized treatment plans and direct interval cardiac follow-up care and management. The cardio-oncology planning team reviewed the chemotherapeutic agents and narrowed the focus to the top six administered agents within the Kaufman Cancer Center. Patients who are prescribed these agents are reviewed for cardiac risk and if determined to meet high-risk criteria, are then referred to the Cardio-Oncology Multi-disciplinary Clinic for consultation.

### Focus:

The Cardio-Oncology Multi-disciplinary Clinic is offered at the Kaufman Cancer Center every other week. For patients who are taking newer chemotherapy agents, a baseline echocardiogram is done so that possible changes can be monitored. Patients who are either at risk for or who already have heart disease are referred to the Clinic for a cardiac consultation and individualized care plans are determined. Once patients are established in the Clinic, they will be seen a minimum of every twelve weeks or as their care plan determines. A personalized survivorship care plan is also created with specific recommendations by the cardiologist and oncologist emphasized.

### Summary:

While it is innovative for a community cancer center to offer such a program, the development of cardio-oncology care provides the patient with not only the best possible cancer therapy, but also with the least amount of risk for cardiovascular toxicity and/or worsening cardiovascular health. The goals for implementing the program are to improve quality of care and care coordination, communication and collaboration, education, cost-effectiveness and clinical outcomes while promoting quality of life and survivorship.

### Takeaway:

Cardio-oncology services can be achieved in a community cancer center by integrating them within a multi-disciplinary clinic and enhancing the collaboration of health care providers. With combined expertise, cardio-oncology services improve patient outcomes by providing quality cancer care and decreasing the incidence of cardiotoxicity.





**In collaboration with Kaufman Cancer Center care team, the cardio-oncology program is led by Dipan Desai, DO of Upper Chesapeake Cardiology. Not only does this team share a common passion, it also shares a steadfast commitment to providing the best care possible.**

Dipan Desai, DO  
Melinda Arnold  
Steve Clayton  
Diane Fitzgerald

Laurie Fitzgerald  
Janet Headley  
Trish Knight  
Peyton Nielson

Phil Nivatpumin, MD  
Mark Lewis  
Jermaine Ofori

**Dipan Desai, DO** joined Upper Chesapeake Cardiology in June 2014. Dr. Desai completed medical school at the Philadelphia College of Osteopathic Medicine and his internal medicine residency at Geisinger Medical Center in Danville, Pennsylvania where he was chief resident. He did a fellowship in cardiovascular diseases at New York Hospital Medical Center in Queens and is board certified in internal medicine, cardiology, nuclear cardiology and cardiac computed tomography.

# CANCER LIFENET

Sometimes the unknown is the biggest fear for people when they receive a cancer diagnosis. Navigating the health care system while facing a life-threatening disease can be a major challenge. The Cancer LifeNet program was developed to provide patients and their families the support they need and to coordinate and navigate their treatment and care. Cancer LifeNet is a free support system for anyone in Harford and Cecil counties with cancer, no matter where they seek treatment. Offering navigation and many support groups, Cancer LifeNet helps people cope with the physical, financial, psychological and emotional aspects of having cancer. Nurse navigators, social workers, financial advocates and dietitians work alongside all cancer patients, creating a safe and nurturing environment and helping them cope with each stage of their cancer journey. Specially trained and with years of experience, this group of professionals really are a godsend to many.

## CLIMB®

There may be nothing more frightening to a child than learning his or her parent or family member has cancer. Kids often lack many of the coping skills that come with adulthood and can experience many emotions related to their loved one having cancer. Created by The Children's Treehouse Foundation®, Children's Lives Include Moments of Bravery (CLIMB®) is a free support program designed to help children cope when a family member has cancer. Members of the Cancer LifeNet team have been professionally trained to offer CLIMB, one of our strongest and longest-standing support programs. By providing education and materials and creating a safe setting where kids can express their fears, CLIMB helps children manage their anguish and take comfort in knowing that they are never alone.

*Michelle Byers, Social Worker, runs the support group and is holding what the children in CLIMB created.*



**SINCE ITS INCEPTION IN 2006,  
CANCER LIFENET PROGRAMS  
HAVE BEEN USED BY MORE THAN  
10,000 PEOPLE.**



## MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH

Integrative therapies are a combination of medical treatments and complementary therapies designed to help patients cope with the symptoms and side effects of cancer and its treatment. UM Upper Chesapeake Health and the Kaufman Cancer Center partner with Maryland University of Integrative Health (MUIH), one of the nation's leading graduate schools for natural medicine, to bring integrative health services to our patients. The partnership allows MUIH graduate students the opportunity to collaborate with physicians, nurses and other care providers at the Cancer Center to offer a wide range of natural approaches to health and healing. Integrative therapies are about embracing a body, mind and spirit approach to facing cancer.

### Acupuncture:

Acupuncture is one of the oldest healing practices in the world. It is a traditional Chinese medicine that aims to enhance an individual's immune system and restore the body's natural functioning. During acupuncture, thin needles are used to stimulate specific points on the body and can be very helpful in easing a variety of symptoms experienced in the course of cancer treatment. Although needles are used, acupuncture treatment is fairly pain-free, and most patients report only a mild tingling or a minor, dull ache. By stimulating different areas of the body through acupuncture, an individual's energy flow is properly balanced helping to relieve nausea, fatigue, anxiety and depression. One of the most popular integrative therapies that we're able to offer in conjunction with MUIH, acupuncture is free to cancer patients through the Cancer LifeNet program.

To learn more about Maryland University of Integrative Health visit [muih.edu](http://muih.edu). To learn more about acupuncture for cancer patients call Cancer LifeNet at 443-643-3350.



## COMMUNITY OUTREACH EVENTS

Every year the Kaufman Cancer Center holds a variety of community outreach events. From cancer screenings and health fairs to our annual Cancer Survivors Day, our team is in the community year-round reminding people that we are always here, close by and ready to support. *We know that cancer care doesn't always happen inside a building.*

### 2016-2017 Cancer Community Outreach events include:

- Girls Night Out and Paws for Health – wine, snacks and photos with pets in the park to kick off Paint the Town Pink
- Paint the Town Pink – countywide events, fundraising and partnerships supporting cancer care
- Lung Cancer Screening information at McFaul Center Senior Fair
- Dining with Docs: the risks of developing cancer, presented by Phil Nivatpumin, MD and Russell Moy, MD
- Katie Walls Bras for a Cause
- Aberdeen Think Pink 5K benefiting Cancer LifeNet
- Women in Defense Luncheon – reconstructive surgery for breast cancer, presented by Ramon DeJesus, MD
- Women's Health Awareness Fair at Mt. Sinai Baptist Church
- Red Dress Pink Ribbon – an event for women with breast cancer and/or cardiac disease
- Bel Air Middle School Health Fair – education on vaping and e-cigarettes
- Helping Hands Ministries Health Fair - highlighting health disparities within the African American community
- Dining with Docs: colon cancer and how you can prevent it, presented by Peter Park, MD
- Cancer Screenings (oral and skin) for UM Upper Chesapeake Health team members and community
- National Cancer Survivors Day Celebration

## CURA PERSONALIS AWARD

*Cura Personalis...* translated from Latin it means 'care of the whole person' and promotes individualized care for others and attention to their unique circumstances.

**Meet Kitty Pickett:** a cancer survivor, long-time resident of our community and an advocate for local cancer patients and their families. Through her advocacy, volunteerism, personal experience and leadership commitment to the Chesapeake Cancer Alliance and The Upper Chesapeake Health Foundation, she has always been an 'in-person' example of *cura personalis*.

**Meet Cancer LifeNet:** a free support system for people in Harford and Cecil counties who are facing a cancer diagnosis. For the past decade, the Cancer LifeNet team has been providing patients and their families the comfort and support they need to fight cancer.

Now...put Kitty Pickett and Cancer LifeNet together and you have a winning combination of people united and dedicated to providing the best care and support possible to people in our community with cancer. In honor of Kitty's commitment and the tenth anniversary of Cancer LifeNet, UM Upper Chesapeake Health created the **Kitty Pickett Distinguished Cura Personalis Award**.

**In June 2017, the first Kitty Pickett Distinguished Cura Personalis Award was given to Patsy Astarita, manager of supportive care and community services at the Kaufman Cancer Center.**

Patsy Astarita, LCSW-C, OSW-C has served oncology patients for over 20 years in multiple settings, including outpatient clinics, inpatient acute care, home care, hospice and within many community-based health organizations. Patsy has been involved with the Cancer LifeNet program from the beginning—helping develop and expand the support groups and the devoted team of navigators that provide this unique support to people with cancer. She helped organize the very first UM Upper Chesapeake Health Cancer Survivors Day, an annual event that allows people the chance to celebrate their journey, their life and their survivorship with their friends and family.

Having initiated a partnership with Maryland University of Integrated Health (MUIH) to make services such as nutritional counseling, acupuncture and many other holistic and natural therapies available on site, Patsy has helped to ensure the Kaufman Cancer Center (KCC) really is a place where people can get their medical treatment, care and support in one location, close to home.

In 2016, Patsy and Michelle Abramowski, CRNP, wrote and submitted an application to the Association of Community Cancer Centers (ACCC) highlighting the KCC's outpatient Oncology Palliative Care program. They co-authored an article that was featured in *Oncology Issues*, an ACCC publication focused on issues surrounding cancer care that's provided in the community. Patsy was instrumental in helping to develop the innovative palliative care program; its uniqueness and its focus on providing the right care at the right time earned it the ACCC Innovator Award which celebrates achievements in oncology care. Always focused on the patient and his or her needs, a grateful patient recently said: "Patsy sat down with me for an hour and I left with a different perspective. I felt like this was a blessing, yes—100 percent a blessing—allowing me to be a wife, a mom and a cancer survivor." The Kitty Pickett Distinguished Cura Personalis Award recognizes the unique circumstances we face in life, the distinct need for personalized attention and the appreciation for remarkable gifts and insights. Patsy's vision, leadership and steadfast care for

people in our community who are fighting cancer made her a natural choice as the first recipient of this honor. Thank you to Patsy, Kitty and the Cancer LifeNet team—you're making a difference to our patients.



*Patsy Astarita*

“

I became aware of the problems facing cancer patients and their families when my father was diagnosed with colon cancer in 1973. At that time, hope and anticipation were rapidly replaced with sadness and fear. There was no one to really answer questions or provide support. Over the years, I've seen other family members and friends face the challenges that a cancer diagnosis brings. During the 1980s, I began raising funds for cancer programs because I wanted to believe that every dollar raised would support the efforts to find a cure. In 1995, I, myself was diagnosed with cancer. Luckily, I was surrounded by family and friends who supported me. Whether it was providing rides to treatment or just going out for lunch, they were there for me. The school community where I taught also surrounded me with spiritual and loving care.

Being an original founding member of the Chesapeake Cancer Alliance in 2003 and through its subsequent partnering with The Upper Chesapeake Health Foundation, I've been given a pathway that allows me to provide supportive care to patients and their families. We help them deal with the challenges of having cancer and undergoing treatment. I continue to work to raise funds for Cancer LifeNet because it makes me feel as though I am making a positive difference in someone's life.”

*- Kitty Pickett*



# HERO AWARD



Pictured left to right is William Regine, MD, Rose Hudson, and Elizabeth Nichols, MD

## H.E.R.O. AWARD

(HEALTHCARE, EXCELLENCE IN RADIATION ONCOLOGY)

The HERO Award commends those individuals who go above and beyond the normal duties to provide not only excellent patient care, but also compassion, hope and dignity at a time when people are at their most vulnerable. The Kaufman Cancer Center recognizes and thanks Rose Hudson, CRNP, OCN (KCC

Nurse Practitioner) on her HERO Award nomination (and win!) and for truly making a difference with her tireless effort and dedication. We couldn't do what we do here without Rose and the rest of the Cancer Center team who give their all to our patients on a daily basis.

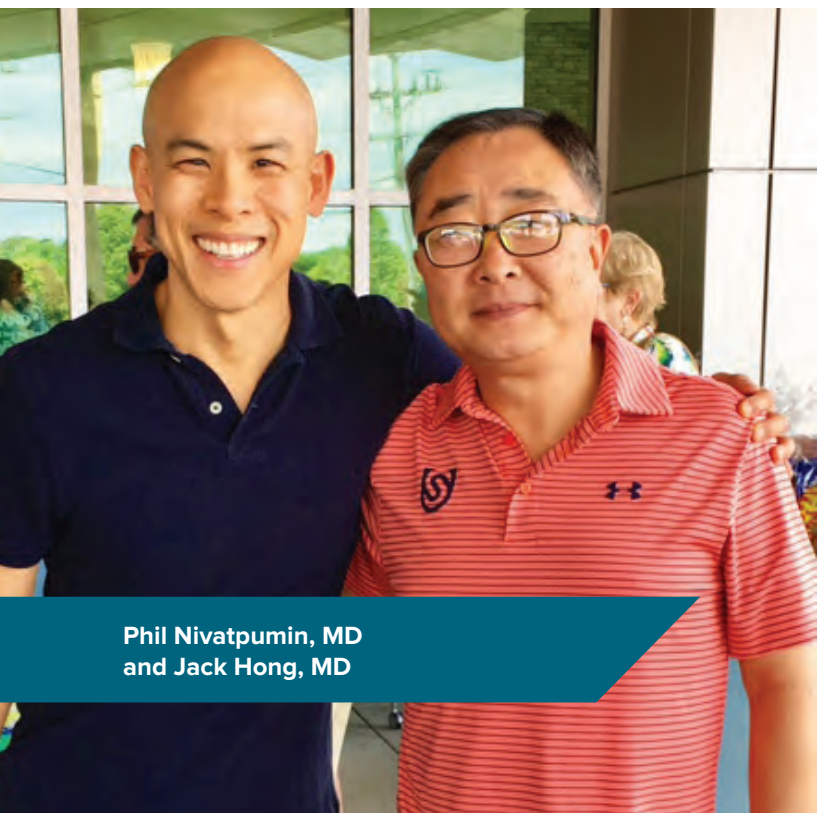




Amanda Hickad CCA Celebration Walk - KCC High-hikers Team



Cancer Surviv



Phil Nivatpumin, MD  
and Jack Hong, MD



Maryland Cancer Collaborative  
Implementation Award Team



Cruise for a Cause







Mothers Day

# HEALING

# to home



Jennifer Hutson,  
Medical Assistant at the  
Kaufman Cancer Center



Red Dress Pink Ribbon Event



Amanda Hickkad CCA Celebration Walk  
See pg 16 for total raised



Kids for Hope Fundraising Event

# HPV PREVENTION

## HPV: A COMMON VIRUS AND THE FIGHT AGAINST IT

Human papillomavirus (HPV) is a virus that can lead to certain cancers in both males and females. In most cases HPV is harmless and goes away on its own, but when it doesn't, HPV can cause serious health problems including cervical cancer and cancers of the vagina, vulva, penis and anus as well as the back of the throat. Many people who have HPV don't even know it.

In Harford County, improving HPV vaccination rates, as well as reducing HPV-related cancers, is a countywide initiative. The Kaufman Cancer Center and Upper Chesapeake Community Outreach have partnered with the Harford County Health Department and Harford County Public Schools to address the county's low vaccination rates among our youth and young adults. Each year an estimated 26,000 cancers are attributed to HPV. However, the HPV vaccine is still underutilized in our country despite the overwhelming evidence of its safety and effectiveness. Our goal is to educate, promote and increase the usage of this cancer preventing vaccine.

**HPV  
VACCINATION  
=  
CANCER  
PREVENTION**

*Credit: CDC*

**In addition to the staggering number of cancers that are attributed to HPV, these key facts can assist physicians when recommending the vaccine:**

- **14 million people in the United States will become newly infected with HPV each year.**
- **Maryland's Comprehensive Cancer Control Plan is to have 80 percent of eligible children vaccinated before the age of 18 and by the year 2020.**
- **The Centers for Disease Control and Prevention states that 99 percent of cervical cancers, 95 percent of anal cancers, 65 percent of vaginal cancers, 65 percent of oropharyngeal cancers, 50 percent of vulva cancers and 35 percent of penile cancers are caused by HPV.**

V. Dixon King, MD, chair of pathology at UM Upper Chesapeake Health and pediatrician Paul Lomonico, MD, co-chair UM Upper Chesapeake Health's campaign to increase vaccination and reduce these cancers.



**OUR HPV COMMUNITY OUTREACH EDUCATION: HPV CANCER PREVENTION VACCINATION, HAS BEEN SELECTED AS A WINNER OF THE MARYLAND CANCER COLLABORATIVE IMPLEMENTATION AWARD.**



# PREVENT HPV CANCERS

WITH THE HPV VACCINE

## 2 SHOTS IS ALL IT TAKES\*

\*3 SHOTS IF GIVEN AFTER THE AGE OF 14

Human Papillomavirus (HPV) is a very common infection that can be spread from person to person through direct contact

### why get VACCINATED?



Nearly **1 IN 4** Americans is **CURRENTLY INFECTED** with **HPV**



Most people **DON'T KNOW** they have an **HPV INFECTION**



The **HPV VACCINE** has been proven to be **VERY EFFECTIVE** in controlling **EFFECTS OF HPV**

## MALES AND FEMALES SHOULD BE VACCINATED



**MALES**  
between age 11 and 21



**FEMALES**  
between age 11 and 26

## THE VACCINE IS SAFE

The HPV vaccine has been carefully studied by medical and scientific experts and has not been associated with any long-term side effects.





## 75-80%

the average person's  
**LIFETIME RISK**  
of contracting HPV



## CANCERS

that can be prevented

-  MOUTH/THROAT (MALE & FEMALE)
-  CERVICAL, VULVAR & VAGINAL (FEMALE)
-  PENILE (MALE)
-  ANAL (MALE & FEMALE)



UNIVERSITY OF MARYLAND  
UPPER CHESAPEAKE HEALTH

[UMUCH.ORG/CANCER](http://UMUCH.ORG/CANCER)

IN PARTNERSHIP WITH  
**HARFORD COUNTY PUBLIC SCHOOLS**  
**HARFORD COUNTY HEALTH DEPARTMENT**

# CANCER SCREENING RECOMMENDATIONS

While everyone is different and our physicians know us best, the American Cancer Society recommends these cancer screening standards for most adults to detect cancer before a person develops symptoms.

<b>CANCER PREVENTION</b>	<b>3 Key Actions:</b> Exercise regularly, eat fruits/vegetables, manage weight, quit smoking and limit alcohol intake.
<b>BREAST CANCER</b>	<b>20-39 years old:</b> Self-Breast Exam <b>40-44 years old:</b> Discuss with physician when to begin screening <b>45-54 years old:</b> Annual mammograms <b>55 years and older:</b> Annual or biennial mammograms based on a shared decision making discussion with physician <b>High-Risk Women:</b> Consider annual screening mammograms earlier than age 40 as well as breast MRI
<b>CERVICAL CANCER</b>	<b>&lt;21 years old:</b> Should not be screened regardless of age at sexual initiation. <b>21-29 years old:</b> Cytology (pap) testing every 3 years <b>30-65 years old:</b> Co-testing with cytology (pap) and HPV every 5 years (preferred) <b>OR:</b> Cytology (pap) testing alone every 3 years <b>65 years and older:</b> Discuss with physician about eliminating testing <b>Hysterectomy:</b> If cervix removed, stop screening <b>High-Risk Women:</b> Discuss with physician appropriate screening schedule <i>*above per ACOG (American Congress of Obstetricians and Gynecologists)</i>
<b>COLON CANCER</b>	<b>Beginning at age 50:</b> Colonoscopy recommended every 5-10 years. If patient declines colonoscopy, annual FIT test for blood is recommended. <b>Second-Line Prevention Choices:</b> CT colonography every 5 years <b>Second-Line Cancer Detection:</b> Annual Hemoccult Sensa. If there is a family history of colorectal cancer, patients should discuss screening recommendations with their doctor.
<b>LUNG CANCER</b>	<b>55-79 years old:</b> 30 pack- year – if patient is still smoking or has quit within the last 15 years, an annual low-dose CT scan of chest is recommended.
<b>ORAL CANCER</b>	<b>All ages:</b> Dental visits every 6-12 months and oral self-exams routinely.
<b>SKIN CANCER</b>	<b>All ages:</b> Perform skin self-exams and take advantage of free screenings. Discuss recommended screening intervals with physician.
<b>PROSTATE CANCER</b>	<b>Beginning At Age 50:</b> Discuss with doctor. If patient is African American or has a family history (brother or father), begin discussion with doctor at age 45.





## PATIENT AND FAMILY ADVISORY COUNCIL

Undergoing treatment for cancer can be extremely challenging. That's one of the reasons our Patient and Family Advisory Council (PFAC) was established—to create a comforting environment and a safe forum for patients and their families to provide feedback on the care they are receiving. Consisting of a diverse group of cancer patients and family members, as well as those in leadership roles within the Cancer Center, the PFAC aspires to serve as a communication bridge between patients and their care team. It works to ensure that the highest level of quality care is provided and that support and other services are delivered consistently and compassionately. Established in 2015, the PFAC is fully dedicated to the patient and family care experience, making certain that suggestions and concerns are addressed promptly. By creating an open atmosphere, patients can feel confident that their questions are important to the Council as well as Cancer Center team members. Questions? Interested in volunteering? Learn more by calling 443-643-3352.

### COMMITTEE MEMBERS

John Anthony	Lewis Mackay
Joseph Bankert	Robert Malloy
Julie Chmura	Bonnie Naef
Kay Connors	Esther Showalter
Patrick Curran	Kristi Sjöholm-Siercho
Sandy Franz	Joe Svach
Tom Frendak	Diane Fitzgerald
Debbie Heath	Patsy Astarita
Pat Kaufman	Linda Pytel

# THE UPPER CHESAPEAKE HEALTH FOUNDATION

## HOPE AND HEALING CLOSE TO HOME

Thanks to the combined efforts of The Upper Chesapeake Health (UCH) Foundation and the Chesapeake Cancer Alliance (CCA) volunteers, Cancer LifeNet remains one of the Kaufman Cancer Center's most robust programs providing navigation and supportive care programs to patients and their families. The UCH Foundation continues to raise hundreds of thousands of dollars each year through the generous support of our community including philanthropic gifts received from grateful patients and their loved ones and through the support from fundraising events and community partners. Together, through philanthropy, we ensure that Cancer LifeNet's many offerings remain available free of charge.

## FRIENDS AND NEIGHBORS HELPING FRIENDS AND NEIGHBORS

The benefits of making a gift to The UCH Foundation are often beyond measure. Whether your gift supports Cancer LifeNet's ability to provide a lifeline of support throughout cancer treatment, the Senator Bob Hooper House that specializes in providing hospice care for neighbors in need, the Heart and Vascular Institute to offer the latest technology close to home or another health care service line of your choice —your generosity can make a world of difference. Advancements in care provided today have been brought about, in part, through charitable gifts from our neighbors and have helped UM Upper Chesapeake Health provide the very best health care for our community.



## FUNDRAISING EVENTS AND COMMUNITY ACTIVITIES SUPPORTING CANCER LIFENET

- **The Amanda Hichkad CCA Celebration Walk:** The fourth annual Amanda Hichkad Walk, held at Ripken Stadium in May 2017, raised \$125,000 thanks to friends, families and neighbors who came together to celebrate, remember and honor cancer patients and their loved ones. Since the walk's inception in 2014, more than half a million dollars has been raised in support of Cancer LifeNet.
- **Starnight Gala** - biennial black-tie gala that, in 2016, raised over \$1 million in support of Cancer LifeNet. The 2018 Starnight Gala will be held Saturday, November 3 at the Baltimore Marriott Waterfront Hotel.
- **Kids for Hope** - in partnership with the Arena Club in Bel Air, a mud run and obstacle course held annually in September allowing kids ages 7-18 the opportunity to 'get muddy' for a great cause.
- **Cruise for a Cause** - picturesque, fall motorcycle ride held in Harford County celebrating and raising funds for Cancer LifeNet. Riders enjoy coming together to support local patients served through Cancer LifeNet.
- **CCA Festival of Trees** - family-friendly seasonal event at the Bel Air Reckord Armory highlighting decorated trees, wreaths and gingerbread houses for sale by silent auction. A holiday tradition.



**GET INVOLVED,  
STAY CONNECTED,  
HELP MAKE A  
DIFFERENCE**



THE UPPER CHESAPEAKE  
HEALTH FOUNDATION



*Chesapeake  
Cancer Alliance*

The Upper Chesapeake Health Foundation is a registered 501c3 organization supporting the community health care mission of UM Upper Chesapeake Health. To learn more or to pledge your support, contact us today.

Phone: 443-643-3460

Website: [uchfoundation.org](http://uchfoundation.org)

Facebook: @UpperChesapeakeHealthFoundation

Mail: 520 Upper Chesapeake Drive • Suite 405  
Bel Air, MD 21014

## UNIVERSITY OF MARYLAND CANCER NETWORK (UMCN)

The University of Maryland Cancer Network offers our community something greater. Led by the UM Marlene & Stewart Greenebaum Comprehensive Care Center (UMGCCC), one of the nation's NCI-designated Comprehensive Cancer Centers, the UM Cancer Network provides access to national experts, the latest treatments, leading-edge technology and promising clinical trials—right here in Harford County. Together, the Kaufman Cancer Center and UMGCCC offer you and your family more hope, closer to home. At the Kaufman Cancer Center, you are a part of something greater. Visit [umms.org/cancer](http://umms.org/cancer) to learn more.

Visit [umuch.org/cancer](http://umuch.org/cancer) for updated tumor and cancer registry information.

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