



EISENHOWER HEALTH
LUCY CURCI CANCER CENTER



CANCER PROGRAM

ANNUAL REPORT 2023

UTILIZING 2022 CANCER DATA



Eisenhower Health's
Cancer Program
Physicians and Specialists

Cancer Program Annual Report 2023

Utilizing 2022 Cancer Data

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Cancer Committee Members

Eisenhower Health's Cancer Committee has had a significant impact on the Eisenhower Lucy Curci Cancer Center's programs. A special thank you to the required Cancer Committee members and their appointed alternates for their dedicated leadership and tireless efforts to ensure quality cancer care is delivered to patients every day.

Iyoob Ilyas, MD, *Cancer Committee Chair*

Delshad Ahmad, MD, *Medical Oncology*

Constantin Dasanu, MD, PhD
Clinical Research Coordinator, Medical Oncology

Mehran Elly, MD, *Diagnostic Radiology*

Dennis Frisman, MD, *Pathology*

Vasudha Lingareddy, MD, *Radiation Oncology*

Kamal Patel, MD, *Radiation Oncology*

Anil Perumbeti, MD, *Pulmonology*

Steven Plaxe, MD, *Gynecologic Oncology*

Justin Reckard, MD, *Vice President,
Surgical Services*

Patti Richardson, MD, *Pathology*

Paul Sylvan, MD, *Diagnostic Radiology*

Henry Tsai, MD, *Cancer Liaison Physician
Medical Oncology*

Davood Vafai, MD
Cancer Conference Coordinator, Medical Oncology

Karen Alvarez, MPH
American Cancer Society

Raeln Anderson, BSN, RN
Quality Outcomes Analyst

Charlie Chavez, DNP, MSN, RN
Quality Outcomes Director

Ben Farber, DNP, RN, CNL, NEA-BC, CENP
*Chief Nursing Officer and Vice President,
Patient Care Services*

Lainie Hughes
Manager, Clinical Research

Pamela Jones-VanderNagel, MSW, LCSW, OSW-C
Cancer Patient Survivorship

Laura Latham, MSN, RN, OCN
*Oncology Nurse Leader; Director,
Clinical Operations*

Jody McLeish, MSN, RN, NI-BC
Oncology Quality Outcomes Analyst

Tijuana Parker, MSN, RN, OCN, *Oncology Nurse
Leader; Director, 3 East/Medical Oncology*

Kim Roberts, ODS-C
Oncology Data Specialist

Kim Rodriguez, BSPH, CPH, RHIT, ODS-C
*Cancer Registry Quality Coordinator; Oncology
Data Specialist; Manager, Cancer Data Systems*

Alison Mayer Sachs, MSW, CSW, OSW-C, FAOSW
*Director, Community Outreach, Cancer Support
& Survivorship Services*

Katie Schnaser, MHA, FACHE
Chief Administrative Officer

Sheryll Sese
Coordinator, Cancer Support Services

Alma Terraza
Coordinator, Cancer Registry

Welcome to the Lucy Curci Cancer Center

Katie Schnaser, MHA, FACHE

Chief Administrative Officer

Eisenhower Lucy Curci Cancer Center



Eisenhower Health's cancer program is anchored by the Lucy Curci Cancer Center, which had more than 125,000 patient visits in the most recent fiscal year. In addition to its main location in Rancho Mirage, there are

four satellite locations throughout the Coachella Valley. Outpatient services include hematology/oncology clinics and infusion centers, radiation oncology, gynecologic oncology, breast surgical oncology, American College of Radiology (ACR) accredited breast imaging centers, outpatient palliative care, oncology nurse navigation, personalized medicine, a new hepatobiliary and pancreatic (HPB) cancer surgery clinic, and a multitude of cancer support services. The hospital also has inpatient medical oncology and surgical services, radiology, pathology, a dedicated Mohs surgeon, rehabilitation services, inpatient palliative care services, and multiple cancer screening programs.

Further augmenting the strength of the program is the affiliation with UC San Diego Health Cancer Network, including the NCI-designated Moores Cancer Center. Since 2018, the collaborative affiliation has yielded numerous enhancements to the cancer program. Highlights include on-site and telemedicine-based support for blood and bone marrow transplant, personalized cancer therapy, orthopedic oncology, hepatology, genetic counseling, onco-fertility, pancreatic cancer

screening and prevention, and a new hepatobiliary and pancreatic cancer surgery clinic. Additionally, the affiliation includes multiple multidisciplinary cancer conferences, significant clinical trials support, access to participate on UC San Diego Health's disease teams, and regular consultation related to further program development.

Given the increasing demand for oncology care in our community, Eisenhower Health has heavily invested in resources to develop and grow the cancer program in recent years. In 2021, the Eisenhower Board of Directors approved a five-year strategic plan called Vision 2025 that outlines broad strategies for delivering world-class, nationally recognized cancer care locally. The plan's goals all require major investments of time, money and leadership at all levels of the organization and across all care settings. Significant achievements have already been made in year three of the five-year endeavor.

2023 Highlights

Ancillary Services

- Initiated construction of the new Mark and Paula Hurd Cancer Pavilion on the second floor of the Lucy Curci Cancer Center to add 30 new exam rooms and clinical workspace

Colorectal & Gastrointestinal Cancer Programs

- Established an on-site Hepatobiliary and Pancreatic (HPB) Cancer Surgery Clinic
- Implemented optical surface monitoring system (OSMS) for stereotactic body radiation therapy (SBRT) for liver and pancreatic cancer in radiation oncology
- Launched a new colorectal cancer screening webpage and education resources

Prostate Cancer Program

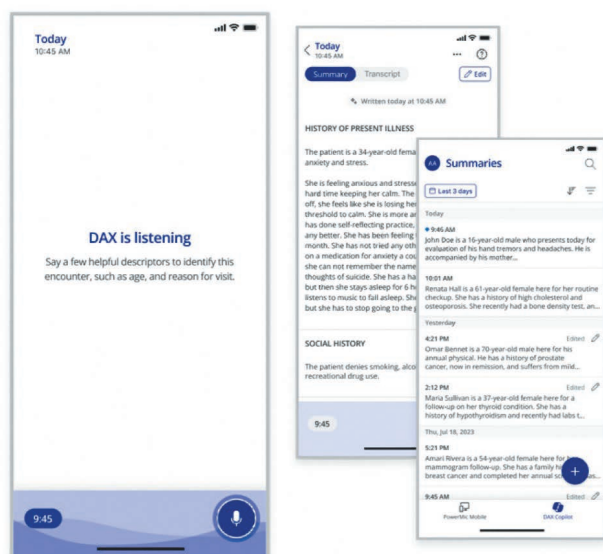
- New urologic robotic surgeon, James Hendricks, MD, joined Eisenhower Health to improve access to early diagnosis and treatment of prostate cancer
- Opened a new prostate cancer clinical trial

Breast Cancer Program

- Opened the Anne and Kirk Douglas Breast Center in Palm Springs
- Achieved American College of Radiology (ACR) accreditation of the newly opened Anne and Kirk Douglas Breast Center in Palm Springs
- New Breast Medical oncologist, Manasa Vulchi, MD, joined the Hematology/Oncology Clinic
- Recruited Edgar Staren, MD, Eisenhower Health's first-ever fellowship-trained Breast Surgical Oncologist
- Opened two new breast cancer clinical trials

Gynecologic Cancer Program

- Initiated Dragon Ambient eXperience (DAX®) documentation pilot, an AI-powered ambient clinical intelligence solution that automatically documents patient encounters accurately and efficiently at the point of care



Left to right: James Greenbaum; Joel Douglas; Mascha Brodeurhatch; Martin Massiello, President and Chief Executive Officer, Eisenhower Health; and Wendy Beerbower, Senior Vice President, Eisenhower Health Foundation.

Lung Cancer Program

- Instigated Epic Lung Module in the electronic medical record to automate Lung Cancer Screening Program monitoring, tracking and reporting
- Utilized lung imaging technology that uses unique suppression technology to create an unobstructed view of the chest, allowing radiologists to see clearly and decide confidently with higher accuracy
- Implemented triggered imaging capabilities for treating lung cancer in Radiation Oncology
- Launched a large-scale Lung Cancer Program marketing campaign to increase community awareness about the importance of lung cancer screening for high-risk individuals
- Opened a new recurrent non-small cell lung cancer (NSCLC) clinical trial

Skin Cancer Program

- New medical dermatologist, Jamie DeVito, MD, joined Eisenhower Health to strengthen access to skin cancer screening to improve early cancer detection
- Held a very successful skin cancer screening clinic in the community during Skin Cancer Awareness Month

Quality and Value-Based Care

- Maintained compliance with Centers for Medicare & Medicaid Services (CMS) OP-39 national benchmarks intended to reduce emergency room visits and hospitalizations for patients undergoing chemotherapy and OP-39 national benchmarks
- Maintained compliance with CMS OP-39 national benchmarks intended to measure recall rates for the percentage of patients called back for a screening mammogram after a diagnostic mammogram
- Achieved \$10.1 million of cumulative cost savings over four years on outpatient infusion medications due to biosimilar program

Comprehensive and Support Services

- Implemented new staffing model in hematology/oncology clinics by incorporating RN Clinical Coordinators into the skill mix

Care Transitions

- Board Certified Palliative Care physician, Andrew Kamell, MD, joined Eisenhower Health to strengthen and expand palliative care and symptom management for cancer patients
- Implemented a new Palliative and Symptom Management Program
- Launched remote patient monitoring technology for patients on oral chemotherapy



Palliative and Symptom Management Program team. Left to right: Peter Szolcsanyi, PA-C; Diana Evans, BSN, RN, PCCN, CHPN; and Andrew Kamell, MD, FAAHPM.

Future investments in Eisenhower's cancer program are anticipated to be just as substantial with a full two years left to achieve Vision 2025 strategic plan goals. Some examples of planned commitments include:

- Completion of the renovation of the Lucy Curci Cancer Center, to support expansion of all outpatient oncology services, and further service line development for breast cancer services, gynecologic oncology services
- Recruitment of physicians to improve access and close gaps in the cancer care continuum such as three to four additional medical oncologists, and additional physicians for urology, pulmonology and dermatology
- Investment in new technologies to support prevention, early detection and advanced treatment of breast, lung and other cancers, as well as expand remote monitoring and symptom management of chemotherapy patients
- Expansion of the breast cancer program to include new breast surgical oncology services, a breast cancer multidisciplinary clinic and a high-risk breast clinic
- Further collaboration with UC San Diego Health to provide local or expedited access to advanced cancer treatments and clinical trials
- Pursuit of national quality accreditations and certifications for select cancer programs and services

Eisenhower Health is the only non-profit health system delivering cancer care to the greater Palm Springs area. The hospital's administrative and medical leadership takes great pride in the high quality of care oncology patients are already experiencing today, and looks forward to taking the program to new levels of excellence in the coming years. Learn more about some of these endeavors in the following pages.

U.S. News & World Report Rankings

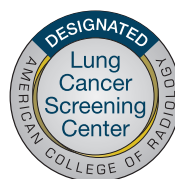
The annual Best Hospitals rankings and ratings are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or common elective procedures.

“To be ranked #1 in the Inland Empire by *U.S. News & World Report* is a tremendous honor,” says Martin Massiello, President and Chief Executive Officer for Eisenhower Health. “This recognition, on the heels of Eisenhower receiving five stars from the Centers for Medicare & Medicaid Services, underscores our commitment to providing the safe, compassionate care our generous community has come to expect from Eisenhower Health. This recognition belongs to every member of our organization. I couldn’t be prouder of our exceptional team.” Eisenhower Health ranks #12 in the state for 2023–24.

U.S. News & World Report evaluated more than 4,500 hospitals across 15 specialties and 21 procedures and conditions; only 12 percent of evaluated hospitals earned a Best Hospitals ranking. Hospitals awarded a “Best” designation excelled at factors such as clinical outcomes, level of nursing care and patient experience.

Eisenhower Health was recognized as high performing in three nationally ranked adult specialties: Geriatrics, Neurology & Neurosurgery, and Orthopedics. Only the top 10 percent of hospitals nationwide in these specialties were recognized as high performing. Eisenhower Health achieved the distinction of High Performing in 17 different types of care, marking the highest number of specialty recognitions awarded to a hospital in the Inland Empire. The high-performing cancer-specific areas include: Leukemia, Lymphoma & Myeloma, Prostate Cancer Surgery, Lung Cancer Surgery, and Colon Cancer Surgery.

U.S. News & World Report Best Hospitals rankings primarily rely on objective metrics, including risk-adjusted survival rates, discharge-to-home rates, health care volume, and nursing quality, among various other care-related indicators.



Hepatobiliary and Pancreatic (HPB) Cancer Surgery Clinic — Specialty Surgical Care in the Coachella Valley

Eisenhower Health, affiliated with the UC San Diego Health Cancer Network, now offers specialty care for hepatobiliary pancreatic (HPB) system cancers. HPB cancers include cancers of the liver, gallbladder, pancreas and bile duct. This clinic opened in October 2023, operating one day each month, alternating between two outstanding UC San Diego Health providers.

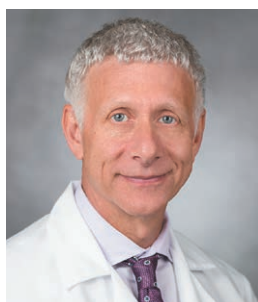


How to get started:

- A patient diagnosed with a hepatobiliary or pancreatic cancer will be referred to the Eisenhower Hepatobiliary and Pancreatic Cancer Surgery Clinic for a consultation with the HPB Cancer Team.
- If surgery is required, the patient and oncologist will have a consultation with one of the HPB specialty surgeons to develop a treatment plan.
- Surgery will take place in San Diego at UC San Diego Health.
- Follow-up treatment may take place at the Eisenhower Lucy Curci Cancer Center in Rancho Mirage.

For more information about the HPB Clinic, contact our Nurse Navigator at 760-837-8914.

UC San Diego Health Specialty Surgeons



Andrew M. Lowy, MD, is a surgical oncologist with expertise in treating cancers of the pancreas and GI tract. Dr. Lowy is recognized worldwide for his expertise in pancreatic cancer surgery and in the management of

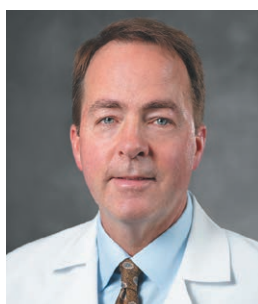
complex gastrointestinal cancers. He is also known for investigating novel cancer treatments, including heated intraperitoneal chemotherapy (HIPEC), to treat advanced abdominal cancers.

His research program, which focuses on pancreatic and peritoneal metastasis, has received funding from the National Cancer Institute, Stand-Up-To-Cancer, The Lustgarten Foundation, AACR/PANCAN, and the National Organization of Rare Diseases. He

currently serves as the surgical principal investigator for the largest pancreatic cancer clinical trial ever conducted in the United States.

A frequent speaker at national and international meetings, Dr. Lowy has coauthored numerous textbooks, book chapters and peer-reviewed articles, and serves on the editorial board of *Annals of Surgical Oncology*.

He completed a surgical fellowship at University of Texas, MD Anderson Cancer Center, and residency training at Cornell Medical Center and Memorial Sloan Kettering Cancer Center. He earned his medical degree from Cornell University Medical College. He is Board Certified in Surgery and is a Fellow of the American College of Surgeons (FACS).



Bryan Clary, MD, is a Board Certified surgeon who provides surgical care for patients with diseases of the liver, pancreas and bile ducts at UC San Diego Health System. He is a part of the gastrointestinal and pancreatic

cancer teams. Dr. Clary has extensive experience in performing surgeries associated with cancers of the liver, pancreas, gallbladder, and bile ducts. He is nationally recognized for excellent outcomes following these complex procedures.

Dr. Clary was recruited in 2015 to lead UC San Diego's highly ranked and widely recognized surgery programs as the Chair of the Department of Surgery for UC San Diego School of Medicine and as Surgeon-in-Chief for UC San Diego Health System.

Dr. Clary is a native of the Imperial Valley and completed undergraduate studies at UC San Diego

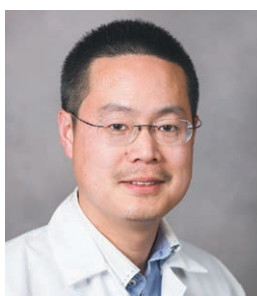
in Bioengineering. He earned his medical degree from University of California, San Francisco, and completed general surgery residency training at Duke University Medical Center. He then performed a fellowship in advanced cancer surgery at Memorial Sloan Kettering Cancer Center before returning to Duke to join the surgery faculty.

Dr. Clary served as chief of hepatobiliary surgery at Duke University Medical Center for 15 years, and as vice-chief of the Division of Surgical Oncology. He earned numerous awards for his clinical care, teaching and research. His research is focused on developing new therapies for metastatic liver cancer and on improving surgical outcomes in patients undergoing surgery for cancers of the liver, pancreas and bile ducts. He is a fellow of the American College of Surgeons and serves on the executive councils of the Society for Clinical Surgery and the Americas Hepato-Pancreato-Biliary Association.

University-Level Personalized Cancer Care Close to Home

In 2017, the Eisenhower Lucy Curci Cancer Center forged an affiliation with UC San Diego Health, home of Moores Cancer Center, a National Cancer Institute-designated Cancer Center and member of the National Comprehensive Cancer Network, an alliance of the world's leading cancer centers that treat patients with a broad spectrum of cancers and are recognized for dealing with complex, aggressive or rare cancer. This affiliation has yielded an ever-growing array of vital new resources for desert residents who would otherwise have to travel out of the area for advanced cancer care.

Through Eisenhower Health's affiliation with the UC San Diego Health Cancer Network, Eisenhower offers desert residents robust cancer services, building on what it has provided the community for decades. As part of this affiliation, Shumei Kato, MD, Board Certified in Medical Oncology at UC San Diego Health, spends one day a month at Eisenhower serving as a resource for local oncologists and their patients, in addition to having around-the-clock availability for Eisenhower oncologists to assist in the care of patients.



Dr. Kato specializes in treating rare cancers and gastrointestinal tumors. He uses numerous forms of therapy such as chemotherapy, biological therapy, immunotherapy and targeted therapy to offer the best possible

treatment options for his patients. Dr. Kato has a special interest in targeted molecular therapy and his approach to care emphasizes personalized medicine and experimental therapeutics.

"One of our newest offerings is a personalized immunotherapy clinic," says Steven Plaxe, MD, Director, Eisenhower Lucy Curci Cancer Center. Board Certified in Obstetrics, Gynecology and Gynecologic Oncology, Dr. Plaxe is Professor of Obstetrics, Gynecology and Reproductive Science at University of California, San Diego, spending three days a week in the desert. For personalized medicine, this approach requires drilling down to the molecular level of a tumor — beyond selecting systemic treatments like chemotherapy based simply on where in the body the tumor began.

"Personalized cancer treatment, also called precision medicine, means we target a specific mutation in the genetic makeup of a patient's cancer," explains Dr. Plaxe. "Instead of using chemotherapy as a blunt instrument, we can give more precise treatments that are easier for the patient to take and work better."

For example, he notes that not too long ago, most lung cancers were treated the same. Today, however, "Patient A with lung cancer may have a mutation requiring a certain pill that will target and treat this cancer, while Patient B has a type of lung cancer that would benefit from immunotherapy," he says. "Progress in personalized cancer treatment has ramped up dramatically in the past two or three years," he adds.

Related to this initiative, the Eisenhower Lucy Curci Cancer Center oncologists regularly participate in a molecular tumor board, made up of cancer specialists from Eisenhower and UC San Diego Health. Unlike disease site-specific tumor boards — such as for breast, prostate or gastrointestinal cancer — these enable patients to benefit from shared expertise based on molecular profiling, regardless of where in the body a tumor started or where it is located.

"If a patient isn't responsive to standard cancer therapies, this board can recommend alternative targeted treatments based on the patient's unique molecular profile," explains Katie Schnaser, MBA, Chief Administrative Officer, Eisenhower Lucy Curci Cancer Center. "Not many places have this capability," notes Dr. Plaxe.

Another important development that has evolved from Eisenhower's affiliation with UC San Diego Health Cancer Network is a Blood and Marrow Transplant (BMT) Clinic. An oncologist from UC San Diego Health is on-site monthly to consult with potential BMT candidates as well as handle post-procedure follow-up care.

"We can do all the preliminary lab work and evaluations locally," says Schnaser. "If the patient is a candidate, they'll go to UC San Diego Health for the procedure and inpatient stay. Then we can do all the follow-up care here at Eisenhower." She notes that Eisenhower has a dedicated nurse navigator who helps to seamlessly coordinate patients' care between the two locations.

Orthopedic oncology is another area in which the affiliation between Eisenhower and UC San Diego Health Cancer Network is delivering significant patient benefits. "Osteosarcoma — bone cancer — requires a high level of subspecialty expertise," Schnaser says, "so we've developed a relationship with an orthopedic oncologist at UC San Diego Health to partner in treating any patients with bone-related cancer."

In addition, Eisenhower is now participating in a leading-edge pancreatic cancer prevention and screening program. "We can screen patients at high risk for developing pancreatic cancer due to family history, genetic mutations or other indicators that make them high risk," says Schnaser. "We can perform lab and imaging tests here, have them evaluated by a team at UC San Diego Health, then put patients on a regular evaluation regimen. Our aim is to prevent this disease from developing or catch it early on, helping to give patients more options."

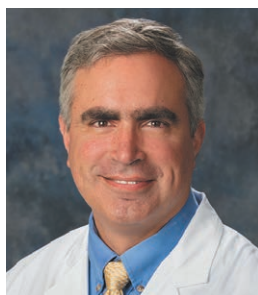
"Through this affiliation, we're always working on new things, offering new services and making cancer care easier and more accessible," says Dr. Plaxe. "It's a great partnership."

"If the patient is a candidate, they'll go to UC San Diego Health for the procedure and inpatient stay. Then we can do all the follow-up care here at Eisenhower."

Katie Schnaser, Chief Administrative Officer,
Eisenhower Lucy Curci Cancer Center

New Palliative and Symptom Management Program

Helping patients maintain their quality of life while managing a serious disease is the purview of palliative care. Eisenhower Lucy Curci Cancer Center is proud to provide inpatient palliative medicine services. It recently opened a new outpatient Palliative and Symptom Management Program in December 2023. This team is specifically trained to help cancer patients maintain the quality of their lives as they go through cancer treatment. The clinic initially started with half days every Tuesday, but community needs have indicated the need for the addition of half days every Thursday, with the likelihood of even further expansion.



Andrew W. Kamell, MD, FAAHPM, is Board Certified in Family Medicine and Palliative Care Medicine. Leading the new service, he brings with him nearly 20 years of experience in palliative medicine. Most

recently, he served as the Palliative Care Medical Director at HonorHealth in Scottsdale, Arizona.

Dr. Kamell graduated from Brown University School of Medicine, Dartmouth Medical School. He completed his internship and residency at Lancaster General Hospital in Pennsylvania, and went on to fulfill his hospice and palliative medicine fellowship at the University of New Mexico Medical School.

Dr. Kamell's practice spans both the inpatient and outpatient settings.

The entire palliative medicine appointment focuses on relief of physical and emotional symptoms related to cancer. The goal is to make the patient's life the best it can be at any time — before, during or after treatment. This means that common symptoms like nausea, pain, tiredness, or shortness of breath, constipation/diarrhea are treated and controlled. The clinic also helps with emotional symptoms such as stress and depression. Listening to each patient's needs and concerns and creating plans of care based on their choices is the goal of each visit. The team is there to assist at all stages of the cancer journey.

Multidisciplinary Breast Cancer Care: An Integrative Approach

In 2023, Eisenhower Lucy Curci Cancer Center's breast program hosted multiple events highlighting its multidisciplinary approach to breast cancer care. It also covered various topics for the community and other clinicians, from diagnosis through survivorship.

In October, during Breast Cancer Awareness Month, a panel presentation explored the critical importance of this type of approach to breast cancer care, emphasizing various medical specialties. Sharing how this collaborative model provides patient-focused care, the panel delved into the latest advancements in breast cancer diagnosis, treatment and survivorship.

The "Achieving Ideal Breast Cancer Care" presentation began with an overview of the different screening modalities, including when and why they are ordered. It also focused on information primary care providers can provide to their patients regarding the complexity of cancer care, including: the role of oncology specialists, the treatment algorithms used to determine which oncology specialist sees the patient at what point during their course of treatment, and the way a multidisciplinary breast cancer care team functions. Cancer Center leaders also provided an update on the UC San Diego Health Cancer Network affiliation.



Left to Right: Alison Sachs, Dr. Edgar Staren, Dr. Manasa Vulchi, Dr. Vasudha Lingareddy, Marie (Toni) Pimentel, PT.

Welcome New Breast Medical Oncologist: Manasa Vulchi, MD



Manasa Vulchi, MD, joined the Eisenhower Lucy Curci Cancer Center breast cancer program in June 2023. She is a Board Certified Medical Oncologist who is dedicated to providing personalized

cancer care for her patients and their families. She completed an Internal Medicine residency as Chief Resident at MedStar Union Memorial Hospital in Baltimore, MD. She then completed a fellowship in Hematology and Medical Oncology at the Cleveland Clinic's Taussig Cancer Institute.

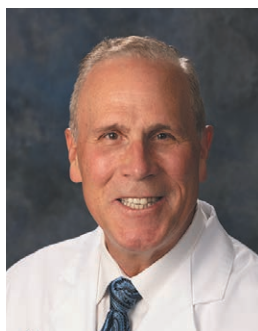
Dr. Vulchi specializes in breast cancer treatment and sees patients at the Eisenhower Lucy Curci Cancer Center in Rancho Mirage and the Eisenhower George and Julia Argyros Health Center in La Quinta.

Dr. Vulchi firmly believes that every patient is unique, and their treatment should reflect their desires and preferences. She understands the importance of open and honest communication and is deeply committed to providing a supportive environment where patients can discuss their concerns. She ensures that patients are heard, valued and well-informed, ultimately empowering them to actively participate in their care.

Recognizing the unique psychosocial needs of patients with breast cancer, Dr. Vulchi works closely with a multidisciplinary team of health care professionals to ensure that her patients

receive comprehensive care that encompasses their physical, emotional and psychosocial well-being. She stays up to date with the latest scientific developments in breast oncology and practices evidence-based medicine to provide the highest standard of care. Dr. Vulchi actively participates in research and is passionate about making well-designed clinical trials available to her patients in our community.

Welcome New Breast Surgical Oncologist: Edgar Staren, MD



Edgar D. Staren, MD, PhD, MBA, joined the Eisenhower Lucy Curci Cancer Center breast cancer program in October 2023. He is a Board Certified Surgeon who specializes in Breast Surgical Oncology. Most recently he was Chief of Operations and Director of Breast Cancer Surgery for Arizona Oncology, an affiliate of The US Oncology Network. Prior to that, he served as Professor of Surgery, Vice President and Executive Director for Cancer Services at Atrium Health Wake Forest Baptist Medical Center in Winston-Salem, North Carolina, and Deputy Director for Clinical Affairs of its National Cancer Institute-designated Comprehensive Cancer Center.

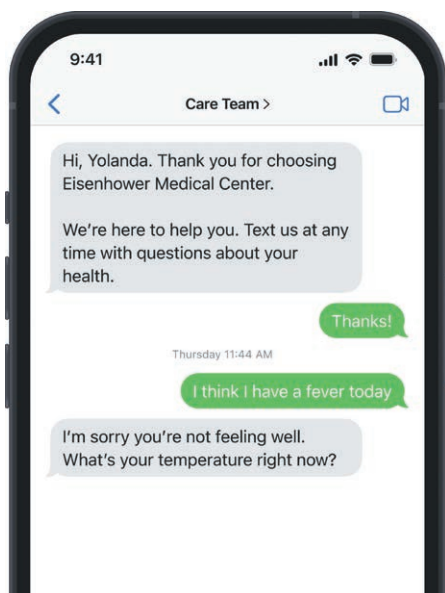
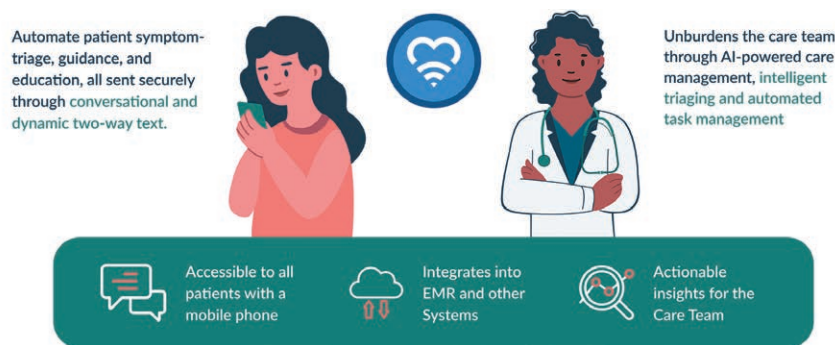
He is a graduate of Loyola University Chicago Stritch School of Medicine and received his general surgery training and surgical oncology fellowship at Rush University Medical Center and Cook County Health, both in Chicago.

Additional graduate education includes a PhD in immunology/microbiology from Rush University and an MBA from Benedictine University in Lisle, Illinois. After his training, Dr. Staren remained as a faculty member at Rush and held positions as Professor of General Surgery and Associate Dean for Medical Student Programs. He subsequently served as Professor and Chairman of Surgery at the Medical College of Ohio (now University of Toledo Medical Center) and Medical Director of the Medical College of Ohio Cancer Institute (now Eleanor N. Dana Cancer Center); then as Chief Medical Officer and CEO of Cancer Treatment Centers of America (now City of Hope) Medicine and Science, and CEO of its Western Regional Medical Center in Goodyear, Arizona.

Dr. Staren is a member of numerous academic organizations including the American Surgical Association and is a past president of the American Society of Breast Surgeons, the Rush Surgical Society and the Toledo Surgical Society. He is a member of the Alpha Omega Alpha Medical Honor Society and has been regularly listed in "Best Doctor's in America" and "America's Top Doctors for Cancer." He has published nearly 300 scientific works including more than 150 manuscripts, 80 plus abstracts, 46 book chapters, and 12 books.

Remote Patient Monitoring of Oral Chemotherapy Patients

The Eisenhower Lucy Curci Cancer Center established a partnership with an evidence-based care program that uses conversational artificial intelligence (AI) to support patients throughout their cancer care journey.



In September 2023, Memora Health, the leading intelligence care enablement platform, announced a partnership with Eisenhower Health. This partnership supported the launch of oncology care programs to assist more than 1,000 patients in receiving oral and infusion chemotherapy.

Through this partnership, Eisenhower leverages Memora's platform to provide high-touch support and proactive symptom management assessments to patients during their cancer treatments. Using evidence-based care programs and conversational AI to deliver support, Eisenhower is able to reduce the burden of routine phone calls and portal messages for clinical team members, while increasing care plan adherence and reducing the impacts of treatment-induced toxicities for patients. In a similar program focused on oral chemotherapy medication adherence with Penn Medicine, Memora's conversational AI was able to manage 60 percent of symptoms without care team escalation or intervention.

"Going through chemotherapy can be scary. Being able to address a patient's questions and concerns about their care is critical," says Laura Latham, director of clinical operations at Eisenhower Lucy Curci Cancer Center. "By partnering with Memora Health, we can deliver the proactive, high-touch support these patients need and deserve, while removing the manual check-in burden from our doctors and nurses needed to respond to routine patient questions."

Memora-ble Moments

"Great communication between Lucy and my Oncologist. I feel a great deal of confidence that Lucy is communicating changes in my [medication tolerance] and my doctor addresses these concerns promptly. I feel well looked after."



Oncology patient using Eisenhower Health's Memora-powered platform

“Going through chemotherapy can be scary. Being able to address a patient’s questions and concerns about their care is critical.”

Laura Latham, Director, Clinical Operations
Eisenhower Lucy Curci Cancer Center

Memora’s platform simplifies complex care delivery for patients and their providers by automating care journeys. The program provides 24/7 two-way communications with patients and their caregivers; it intelligently triages patients questions and clinical concerns to the appropriate care team members. Seamless integration with Eisenhower’s electronic health record, Epic, allows Memora’s intelligent care enablement platform to capture and log vital patient data from every interaction, keeping providers up to date, and enabling coordination and collaboration among clinical team members.

“We are honored to partner with Eisenhower Health to address the critical needs of cancer patients and the clinical teams supporting them,” says James Colbert, MD, MBA, Senior Vice President of Care Delivery at Memora Health. “Our platform enables Eisenhower’s clinical teams to focus on providing the highest level of care to patients throughout their oncology journey, while helping keep patients on their care plans and out of the Emergency Department.”

Together, Memora and Eisenhower are creating a more efficient way to extend clinical resources to deliver the same — or better — level of care to patients going through complex treatment, such as chemotherapy.

Since go-live in October 2023, the team at Lucy Curci Cancer Center has enrolled 90 patients onto the Memora platform. Of those enrolled, 73 have consented and are actively engaged with the platform on a weekly basis. There have been 10,177 messages that have gone out to patients, 95 percent of which were fully automated, proactive touch points to check in on patients and required no manual intervention from the care team.

There have been 2,836 messages sent by patients through Memora; as a result of patient messages and survey interactions, 590 escalations have been generated and nearly all were resolved by Eisenhower’s care team in less than one business day. Since launch, patients have consistently responded to key surveys to provide updates about their health. Patient satisfaction with the program has also remained high.

Future endeavors include enrolling IV chemotherapy patients onto the Memora Health platform to also manage their care. Thanks to the generous support of funding through BIGHORN Behind A Miracle (BAM), implementation of this new technology was 100 percent donor funded.

Anne and Kirk Douglas Breast Center Achieves ACR Accreditation



On January 17, 2023, the **Anne and Kirk Douglas Breast Center** opened and began accepting patients in the Eisenhower Health Center at Sunrise. As part of the Eisenhower Lucy Curci Cancer Center, the facility delivers outpatient screening mammography and bone density screenings by appointment.

The new Palm Springs Breast Center uses the same 3D digital tomosynthesis mammography equipment found at our Rancho Mirage and La Quinta locations.

- Screening mammography uses advanced equipment that performs exams faster and uses 60 percent less radiation
 - Computer-aided detection (CAD) software improves accuracy
 - Specialized mammography radiologists are dedicated to breast health and truly understand the concerns and needs of women
- Bone density screening
- Streamlined scheduling and registration to reduce wait time

The Anne and Kirk Douglas Breast Center in Palm Springs offers state-of-the-art mammography services, and its dedication to delivering quality care is exemplified by the recently achieved American College of Radiology (ACR) accreditation in mammography. The ACR accreditation is a valuable tool for maintaining excellence in everything from operations to patient care.

Learn more or schedule your mammogram by calling 760-773-4338.



Eisenhower Health Ranks #2 in the Nation for the National Cancer Institute's Myelodysplastic Syndromes (MDS)

Study led by Principal Investigator Constantin Dasanu, MD

In 2023, nearly 150 patients were in various stages of treatment or follow-up on 27 different cancer trials. These include clinical trials for the treatment of breast cancer, lung cancer, melanoma, myeloma, and B-cell malignancies, as well as observational studies on myelodysplastic syndromes (MDS). We are proud that Eisenhower continues to rank number two in the nation for enrollment in the National Myelodysplastic Syndromes (MDS) Study with 94 enrollees.

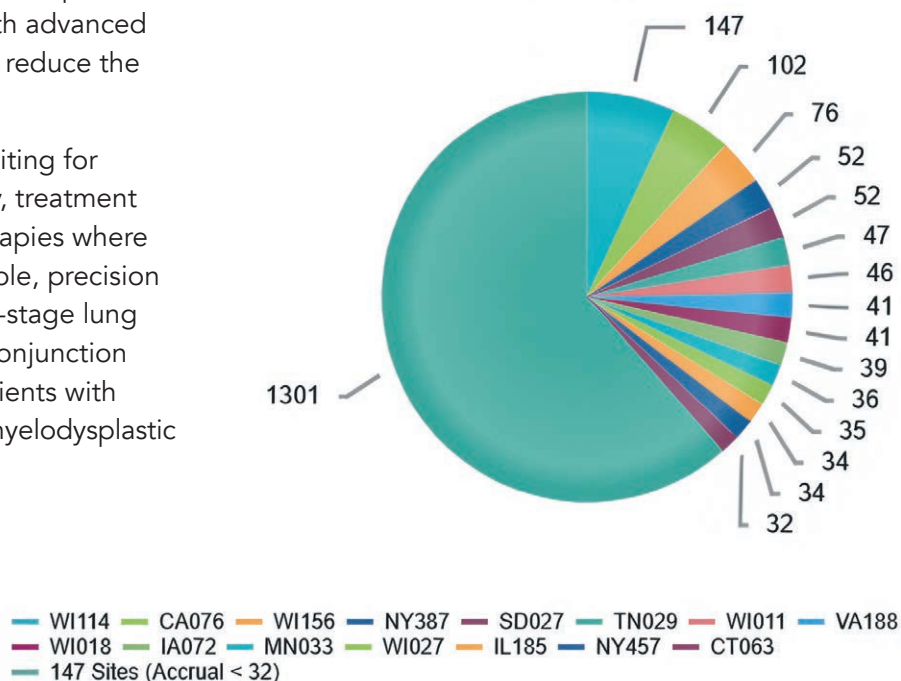
There are 11 cancer clinical trials actively recruiting patients. Many of these trials offer cutting-edge precision medicine, including immunotherapies and targeted therapies for patients with advanced cancer, as well as novel approaches to reduce the risk of recurrence of cancer.

Specifically, the Cancer Center is recruiting for studies of personalized cancer therapy, treatment of advanced cancer with targeted therapies where there are no standard therapies available, precision medicine trials for early and advanced-stage lung cancer, immunotherapy treatment in conjunction with standard of care therapies for patients with Stage III and Stage IV cancer and the myelodysplastic syndromes registry study.



Eisenhower Lucy Curci Cancer Center Research Director, Constantin Dasanu, MD, PhD. Dr. Dasanu is Principal Investigator on eight clinical trials and has enrolled 68 patients to date in the National Myelodysplastic Syndromes (MDS) Study.

Patient Other Accrual by Site



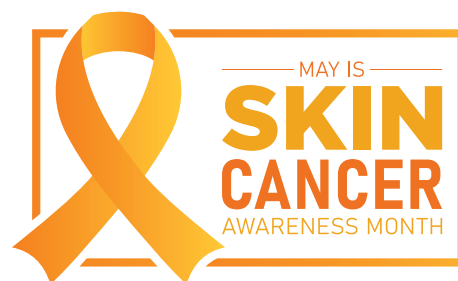
Skin Cancer Screening in the Community

According to the American Cancer Society, skin cancer is by far the most common type of cancer. Early detection saves lives. Skin cancer exams, both at home and with a physician, are especially vital to spot skin cancer early, when it is easiest to cure.

On May 13, 2023, the Eisenhower Lucy Curci Cancer Center held its annual skin cancer screening event for the community at the Eisenhower George and Julia Argyros Health Center in La Quinta. Keyan Mantipour, MD, and Jamie DeVito, MD, along with some of the Eisenhower family medicine residents, were able to provide skin cancer screenings to 80 attendees.

For patients who may have had suspicious or positive findings, a referral form from the American Dermatology Association is sent to the patient's primary care physician or local dermatologist. Follow-up is continued in three month intervals for the duration of a year.

The free screenings are made possible through a generous donation of the proceeds from the annual Shooppy Scramble Golf Tournament at Desert Willow Golf Resort in Palm Desert.





Left to right: Anil Perumbeti, MD; Regina Schroeder, PA-C; Davood Vafai, MD; Kamal Patel, MD; Justin Thomas, MD; Joan Dabu, MD; Naveen Jayakumar, MD; Mehul Patel, MD; Vijay Kumar Vanam, MD; Annette Godwin, PA-C; Joseph Wilson, MD; Abby Lopez, BSN, RN; Daniel Logsdon, MD.

Lung Cancer Screening Program Celebrates One Year

Eisenhower's Lung Cancer Screening Program (LCSP) celebrated its one-year anniversary. Since August 2022, there have been more than 600 low-dose CT orders and four patients diagnosed with early lung cancer. There is more work to be done, with more than 3,300 eligible patients still needing to be screened. Thus far, Justin Thomas, MD, Medical Director, Eisenhower Pulmonary and Critical Care Services, has seen twice as many patients with the screening program in place.

Oncology Nurse Navigation Team

Serving as a single point of contact for Eisenhower patients, the Oncology Nurse Navigators (ONN) help to navigate a patient's journey from diagnosis through treatment — ensuring that if they're referred to Moores Cancer Center at UC San Diego Health, they receive the high-touch, compassionate care they have come to expect here at Eisenhower.

Additionally, the ONN helps to ensure everything runs smoothly, removing any barriers that may arise between Eisenhower Health and UC San Diego Health. It is reassuring to patients that Eisenhower is ever present and focusing on their needs.

At Eisenhower, Patty Garcia and Abby Mata-Lopez serve as the dedicated Oncology Nurse Navigators. Providing direction for patients and their loved ones as they travel to/from their appointments, Patty and Abby check to see all the necessary patient/medical information is received, and care is coordinated with the Eisenhower/UC San Diego multidisciplinary health care team — making sure the right information is communicated to everyone involved in the patient's care.

A cancer diagnosis creates a lot of change. For newly diagnosed patients, it's strange and unfamiliar territory, filled with difficult medical jargon and tough decisions, combined with uncertainty, shock and fear. We consider our patients part of the Eisenhower family, and we will be with them every step of the way — clearing any obstacles and providing clear communication from the care team.



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Community Support Keeps Eisenhower Lucy Curci Cancer Center a Leader in Cancer Care

Eisenhower Health is proud to provide the very best in patient care which is made possible by the generous community it serves. Gifts large and small make a significant impact on patient care as do the volunteers who donate their time. The following are just a few highlights from 2023 showing how the community supported the Cancer Center and its patients.

BIGHORN Behind A Miracle (BAM): The Miracle Continues

Since its inception in 2007, BIGHORN BAM has assisted more than 100,000 local patients in their cancer treatment journeys.

Over the course of 16 years, BIGHORN BAM has contributed nearly \$11 million to Eisenhower Health.

BAM is dedicated to providing critical funding needed to help in the diagnosis, treatment, research, services and education for those affected by cancer.

In 2023, its donations totaled \$421,000, and went to support:

- The addition of a new BIGHORN BAM vehicle to further expand the fleet and annual operating expenses. The BAM fleet provides patients with rides to and from their appointments.
- Funding to open and continue operations of three on-site UC San Diego Health Cancer Network-affiliated specialty oncology clinics — the Blood and Marrow Transplant Clinic, the Personalized Medicine Clinic, and the Pancreatic and Hepatobiliary (HPB) Cancer Surgery Clinic. Support for these clinics locally means patients can obtain care closer to home.
- Funding to implement remote patient monitoring technology for patients receiving chemotherapy. With this advanced AI technology, the platform will monitor up to 800 oral and intravenous chemotherapy patients for medication adherence and symptom management.



Left to right: Kelly Levy; Kent Thompson, MD; Paul Sylvan, MD; Danielle Higgins; Julie Simon; Alison Mayer Sachs; Larissa Kerstetter; and Laura Fritz.

- Covering the cost for up to 50 patient visits via telehealth with the Genetic Counseling Clinic established as part of the affiliation with UC San Diego Health Cancer Network.
- Providing the opportunity for additional training for mammography technologists to build skills, efficiency and accuracy to ensure they have acquired the most current knowledge in imaging.

Through its BAM van transportation service, BAM has given more than 50,000 rides to assist people who would normally rely on public transportation in getting to and from treatment. This extraordinary fundraising feat is made possible through hard-working volunteers and generous donors who understand the importance of finding a cure for cancer while at the same time adding fun and flair to BAM's exciting events.

Citrus Club Check Presentation

For a second year in a row, the generous donors from La Quinta's Citrus Country Club held a golf tournament that benefits Lucy Curci Cancer Center's Cancer Support Services.

These funds will help support our information and support groups, community outreach, education presentations, stress management classes, nutritional counseling, wig bank — all at no cost to the cancer patients and their loved ones.

We are so grateful to the Citrus Country Club and their members for their ongoing support.



Left to Right: Alison Mayer Sachs, Teri Sauvain, Laura Williamson, Karen Roman, Lisa Kelley, Val Hardy, Katie Schnaser, Wendy Beerbower.

BAM Van Donations Add to Eisenhower Fleet

Cancer patients who struggle with transportation to and from radiation and chemotherapy treatments have one less obstacle to overcome thanks to generous donations of new transportation vehicles by BIGHORN Behind a Miracle (BAM), the Coachella Valley Firebirds hockey team and the Thiel Family, owners of Palm Springs Motors, Fiesta Ford, and Fiesta Kia.

Inspired by the late founder of BIGHORN Behind A Miracle (BAM), Selby Dunham, when she was undergoing radiation treatments, BAM has helped provide nearly 50,000 round-trip rides since 2009 to patients who meet needs-based criteria.



Left to Right: Derek Thiel, Katie Schnaser, Paul Thiel, Julie Simon, Trevor Thiel, and Kamal Patel, MD.



Eisenhower Lucy Curci Cancer Center staff and BIGHORN BAM donors joined by Fuego, the Coachella Valley Firebirds mascot.



Fuego with BIGHORN BAM Donors.

“The thought that a cancer patient in the Coachella Valley wouldn’t be able to get the treatment they need because of transportation didn’t sit well with me,” says Thiel. “Supporting local cancer patients through wonderful organizations like BIGHORN BAM and Eisenhower Health fills us with great pride.”

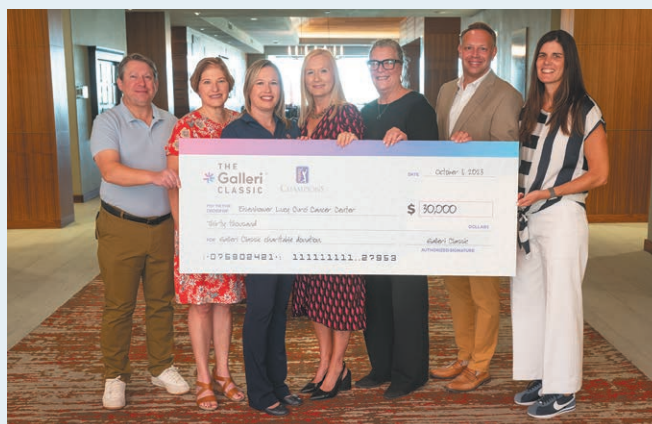
Paul Thiel, Palm Springs Motors

The Galleri Classic

Mission Hills Country Club hosted the inaugural Galleri Classic in March 2023. The tournament featured 78 PGA Tour champion professionals, including World Golf Hall of Fame members, who played 54 holes of stroke play for a purse of \$2.2 million. The Galleri Classic was the latest addition to the PGA Tour Champions' schedule that benefited cancer-related causes.

Eisenhower Lucy Curci Cancer Center's oncology financial navigation program was chosen as one of the recipients of the funds raised from the Galleri Classic.

We are grateful to the Galleri Classic for their generous support!



Left to right: Brian Lipman, Beth Graham, Katie Schnaser, Laura Williamson, Alison Mayer Sachs, Jeremy Wingerter, and Michelle DeLancy.

Shoopy Scramble 2023

In 2013, Brett Shoopman decided to host a golf tournament to raise awareness of the danger of sun exposure and skin cancer. Shoopman, an assistant golf pro and melanoma survivor, felt passionate about educating others as well as raising money to support cancer services.

Since then, the Shoopy Scramble has raised more than \$250,000 for Eisenhower Lucy Curci Cancer Center.

The Shoopy Scramble has funded annual skin cancer screenings, educational presentations for the community, and the many programs offered through the Eisenhower Lucy Curci Cancer Center's Patient and Family Cancer Support Services programs, such as nutritional counseling, stress management classes, exercise classes, healing touch massage and support groups.



Left to right: Gail Vasquez, Chuck Cervello, Laura Williamson, Katie Schnaser, Alison Mayer Sachs, Brett (Shoopy) Shoopman, Wendy Beerbower, Brian Simpson, Jacky Shoopman, and Mary Hamilton.



Paint El Paseo Pink 2023

The 17th Annual Paint El Paseo Pink (PEPP), benefiting Desert Cancer Foundation took place on October 14, 2023. Eisenhower Health was the presenting sponsor for the event. Dozens of Eisenhower Health employees donned their finest pink ensembles to support the cause, honor lives lost, and celebrate survivors of breast cancer. The Desert Cancer Foundation's mission is to pay for cancer care on behalf of Coachella Valley residents who need financial assistance with treatment for any type of cancer.



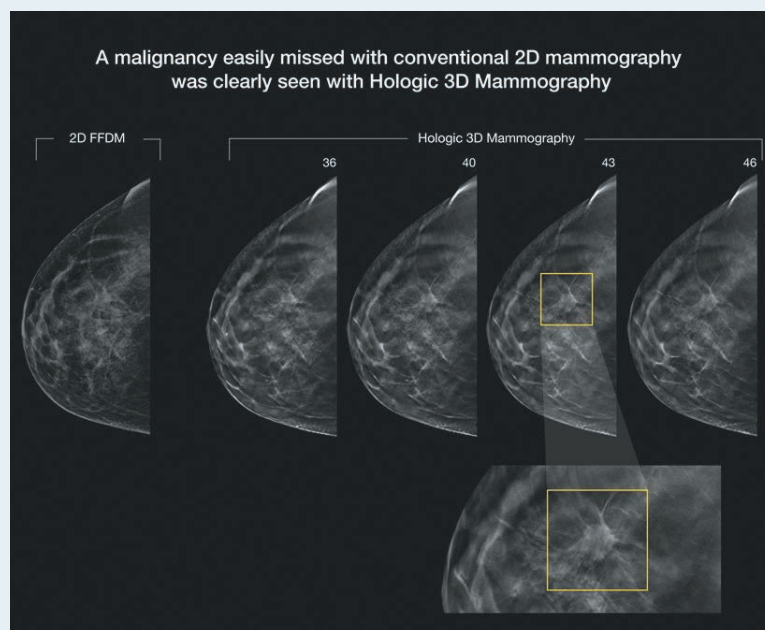
2D vs. 3D Imaging: Changing the Game in Breast Imaging

During a routine screening in 2015, Jo Hillyard was diagnosed with breast cancer using tomosynthesis, or 3D mammogram. Tomosynthesis is an advanced form of mammography, a specific type of breast imaging used to detect cancer early when it is most treatable. For Jo Hillyard, it was a lifesaver.

During a discussion with her physician, Jo was surprised to hear that this lifesaving technology was not readily available to everyone due to insurance issues, financial constraints related to high co-pays, or for those with no insurance or who are underinsured. Jo decided she needed to do something to change that and she created the 3D Access Fund Game Day. This annual event raises funds to ensure that everyone who is scheduled for a mammogram at Eisenhower's Schnitzer/Novack Breast Centers or the Eisenhower Anne and Kirk Douglas Breast Center is offered a 3D/tomosynthesis mammogram regardless of their ability to cover the out-of-pocket costs. On behalf of our patients, we are so grateful to Jo Hillyard for her generosity!



Jo Hillyard



Mammography image courtesy of Hologic.

Post-Mastectomy Gift Bag Donation

As Sherri Geschwind describes it, her healing journey began as she was dressing to return home after a bilateral mastectomy and a nurse asked her if she had a “recovery shirt” at home. A shirt designed specifically for post-mastectomy patients, it has pockets to hold surgical drains, is easy to take on and off, and is soft and comfortable. Sherri made it her mission to see to it that every person who has a mastectomy at Eisenhower goes home with a Post-Mastectomy Gift Bag, and she established a foundation to ensure her gift will be ongoing.

The post-mastectomy gift bags have appropriately sized recovery shirts, mesh bags to hold drains during showering and other items to help smooth the way for an easier recovery for all. Sherri’s thoughtful gift brings comfort to our patients in a manner only a survivor can truly understand.



Sherri Geschwind



Left to Right: Autumn Brewer, Maddy Botello, Laura Latham, Shay Moraga.



Left to Right: Shay Moraga, Maddy Botello, Autumn Brewer, Lucy Curci Cancer Center Administration and Infusion Nurses.

Shay’s Warriors: Life After Cancer

The “Give Without Expectations” program was started in 2017 by Shay Moraga, founder of Shay’s Warriors: Life After Cancer. Shay would like to bring joy to Lucy Curci Cancer Center, where she previously had treatment for her breast cancer. Her gift of choice was blankets, because in Native American culture blankets are used for warmth and protection. Many times they are colorful. Blankets are symbolic gestures because when a person wraps a blanket around themselves, it is an extension of a warm hug from those who are wishing them well. The blankets are also a sign of hope and life.

In 2023, Shay’s Warriors donated 100 sets of blankets, socks, beanies and handmade cards from students at the Sacred Heart School. Autumn Brewer wrapped each item carefully and with loads of love. Shay’s Warriors are proud to partner with and support Lucy Curci Cancer Center each year to bring joy to our patients.

Costco Wholesale Palm Desert Donation

Costco's Palm Desert employees initiated a breast cancer donation drive to show their commitment to supporting breast cancer patients and survivors.

Costco's "Journey for All" is a committee that serves as a platform for mentoring and educating employees.

They decided that they would show their support by not just wearing pink through the month of October, but also by organizing something special.

The committee planned a three-day donation drive, prompting employees to generously contribute blankets, socks, beanies and books.

Given that many of the employees have personally experienced the impact of cancer on their family, friends and coworkers, the act of giving during Breast Cancer Awareness Month resonated deeply.

Costco has donated more than 100 items to our patients, which will bring warmth and comfort to those facing challenging times. We are truly touched by the kindness of the Costco Palm Desert employees.



Left to right: Costco Wholesale Palm Desert employees: Nora Baca, Lily Dumas, Heather Burns.

Shadow Hills Country Club Donation

Eisenhower Lucy Curci Cancer Center is grateful for the wonderful donation of blankets and socks from the Desert Life Chapter at Sun City Shadow Hills.

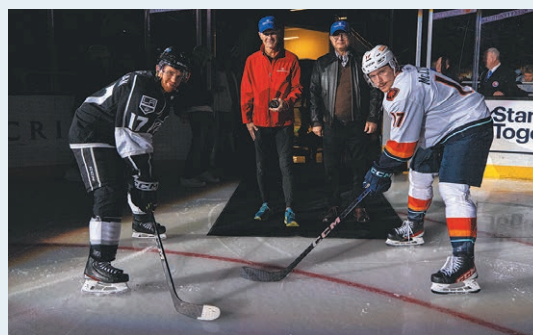
These beautiful blankets and socks will be distributed to patients in Eisenhower's infusion centers. The monetary donation will be deposited in a fund that covers the costs of our Cancer Support Services program. Thanks again for the generous donation!



Justin Thomas, MD.



Eisenhower staff hold the American flag during the national anthem.



Puck drop with Joseph Wilson, MD, and Davood Vafai, MD.

Hockey Fights Cancer at Acrisure Arena

While Hockey Fights Cancer brought awareness to all cancers, the evening presented an opportunity for Eisenhower Health to educate the public about lung cancer and the benefits of early lung cancer screening.

Eisenhower also partnered with the company that makes the Monarch robot to offer a test drive of the Monarch robotic system. The Monarch™ Platform is an innovative technology that provides a unique approach for visualizing and accessing small, peripheral nodules in hard-to-reach areas of the lung, enabling doctors to make a more accurate diagnosis of possible early-stage lung cancer. Attendees were able to test drive the same type of console our physicians actually use.

Eisenhower employees had the privilege of holding the American flag while Board Certified Interventional Pulmonologist, Justin Thomas, MD, played the national anthem on his saxophone to a packed house. Participating in the ceremonial puck drop was Board Certified Medical Oncologist, Davood Vafai, MD, and Board Certified Cardiothoracic Surgeon, Joseph Wilson, MD. Midway through the game, Board Certified Radiation Oncologist, Kamal Patel, MD, Medical Director, BIGHORN Radiation Oncology Center, rode the Zamboni, and was met with a round of applause as he was recognized for his work in the fight against cancer.

SPOTLIGHT ON COMMUNITY SUPPORT



Katie Schnaser, Sheryll Sese and Alison Mayer Sachs. Henry Tsai, MD and Patricia Garcia, BSN.



Left to right: Mamta Mehta, MD; Paul Sylvan, MD; Henry Tsai, MD; Mark Genesen, MD; and Cari Sudmeier, NP.

Evening of Caring 2023

The 2023 cancer prevention event was the annual Evening of Caring About Women and Cancer. The focus was lowering individual risks with cancer screenings. Screening tests can find some cancers early, when treatment works best. This evening event had a panel of physicians, advanced practitioners, and registered nurses sharing important insights about screenings, and how Eisenhower can assist.

Screening recommendations followed the latest American Cancer Society guidelines, as well as National Comprehensive Cancer Network guidelines. The evening was well attended, with more than 100 community members present. Following the panel presentation, there was an opportunity for attendees to speak with the panelists one on one.

Lung Cancer Review 2023



Davood Vafai, MD
Medical Oncology
Cancer Conference Coordinator

One of the greatest public health contributions in the United States happened in 1964, when the Surgeon General published *Smoking and Health: Report of the Advisory Committee to the Surgeon General of the Public Health Service*. It determined there was a definitive scientific link between smoking and lung cancer. Data shows that individuals who smoke cigarettes are 25 times more likely to develop lung cancer than those who never smoked (Cancer Facts & Figures, 2022, page 3). The endeavor to prevent and reduce lung cancer diagnoses began with targeting a modifiable risk factor — smoking. Calling attention to risk factors aids in combatting this disease from all angles. Lung cancer is the number one leading cause of cancer deaths among men and women — more than breast, colon and prostate cancers combined. According to the American Cancer Society, in 2022, there were 236,740 new lung cancer cases diagnosed, with 130,180 lung cancer deaths. The outlook for treatment of lung cancer is changing dramatically. Along with prevention, the recent advances in screening, imaging, surgery, immunotherapy, and research mean lung cancer patients are seeing improvements in their cancer journey.



**Kim Rodriguez, BSPH, CPH,
RHIT, ODS-C**
Oncology Data Specialist
Cancer Data Systems Manager

Types of Lung Cancer

There are two common types of lung cancer. Small cell lung carcinoma (SCLC) accounts for approximately 10 to 15 percent of all lung cancer diagnoses. Non-small cell lung carcinoma (NSCLC) comprises 80 to 85 percent of all lung cancer diagnoses. Several common NSCLC categories include adenocarcinoma, squamous cell carcinoma, large cell carcinoma, and neuroendocrine (also known as carcinoid) carcinoma.

Risk Factors for Lung Cancer

The American Cancer Society states that 80 percent of lung cancer deaths are thought to result from smoking, and even higher risk of death for patients diagnosed with SCLC. The longer a patient smokes, the greater the risk for developing lung cancer. Quitting smoking reduces the risk of premature death and can add as much as 10 years to life expectancy. For nonsmokers, secondhand smoke can increase the risk of developing lung cancer. Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke. Exposure to asbestos or high levels of radon or other cancer-causing agents may also increase risks. It has been well documented that heavy smokers using beta-carotene supplements are at increased risk for lung cancer.

Prevention and Screening

Cancer prevention occurs at three levels — primary, secondary, and tertiary — each playing a vital role in reducing disease burden and improving outcomes.

Primary prevention focuses on reducing risk factors that can lead to cancer. At Eisenhower Health, education is a key strategy, including community lectures and events that promote healthy lifestyle choices and raise awareness about cancer risk. We offer ongoing smoking cessation classes that educate on the link between tobacco use and lung cancer — one of the more effective ways to help reduce cancer incidence.

Secondary prevention involves early detection and timely intervention to stop disease progression. At Eisenhower, this includes supportive services for individuals undergoing evaluation for lung nodules or recently diagnosed with lung cancer. Our multi-disciplinary team — including patient navigators, financial counselors, and social workers — works to reduce barriers to care and support patients' emotional, physical and psychosocial needs.

Tertiary prevention is focused on rehabilitation and improving quality of life after diagnosis. Programs such as smoking cessation support groups help patients reduce future complications and improve long-term outcomes. Eisenhower is proud to offer comprehensive services across all levels of prevention to support patients throughout their cancer journey.

Regular health screenings are essential to maintaining overall wellness — and in the case of lung cancer, early detection can be lifesaving. For individuals who smoke or have a history of smoking, screening before symptoms appear is critical. The Centers for Disease Control and Prevention (CDC) recommends low-dose computed tomography (LDCT) as the only approved screening method for lung cancer.

In 2022, Eisenhower Health launched a dedicated Lung Cancer Screening and Lung Nodule Clinic, offering advanced screening through LDCT and streamlined access to next steps in care when needed. Detecting lung cancer early significantly improves treatment options and survival rates — making our commitment to early screening more important than ever.

Signs and Symptoms

Taking an active role in your health can make a significant difference. Noticing changes in your body and reporting new or unusual symptoms to your doctor can lead to earlier diagnosis — when cancer is often more treatable resulting in better outcomes. If something feels off, it's important to speak with a health care provider so the cause can be identified and addressed quickly. Early recognition of any of the signs listed below — and timely access to care — can improve treatment options and save lives.

Some of the most common symptoms of lung cancer include:

- A persistent or worsening cough
- Coughing up blood or rust-colored mucus (sputum)
- Chest pain that may worsen with deep breathing, coughing or laughing
- Hoarseness
- Loss of appetite
- Unexplained weight loss
- Shortness of breath
- Ongoing fatigue or weakness
- Frequent respiratory infections, such as bronchitis or pneumonia, that don't go away or keep returning
- A new onset of wheezing

If lung cancer spreads to other parts of the body (metastasizes), additional symptoms may develop:

- Bone pain, particularly in the back or hips
- Neurological changes, including headaches, dizziness, balance issues, seizures, or numbness or weakness in an arm or leg
- Yellowing of the skin and eyes (jaundice)
- Swollen lymph nodes, especially in the neck or above the collarbone

Tests for Lung Cancer

Medical History and Physical Exam

This is a very important step where the doctor will ask for a medical history to learn about a patient's symptoms and possible risk factors. They will also examine the patient, looking for signs of lung cancer or other health problems. If the results of the history and physical (H&P) exam warrant concern, more tests will be done.

Imaging

Imaging tests might be ordered for a number of reasons both before and after a diagnosis of lung cancer, including: to look at suspicious areas that might be cancer; learn how far cancer might have spread; help determine if treatment is working and look for possible signs of cancer recurrence after treatment. Imaging tests use different methods to create pictures of the inside of the body, such as:



- **Computed Tomography (CT)** — Uses X-rays to make detailed cross-sectional images of the body by taking many pictures. A computer then combines all the images to show a slice of the part of the body being studied. Since a CT scan is more detailed than a CXR, it is more likely to find lung tumors. Details of CT include the size, shape, and position of any lung tumors and can help find enlarged lymph nodes that might contain cancer that has spread. This test can also be used to look for masses in other parts of the body that might be due to the cancer spread.
- **Magnetic Resonance Imaging (MRI)** — Similar to CT scans, an MRI can show detailed images of soft tissues in the body through radio waves and strong magnets instead of X-rays. MRI scans are most often used to look for possible spread of lung cancer to the brain, spinal cord, or liver.
- **Positron Emission Tomography (PET)** — To help get a better picture, a slightly radioactive form of sugar (known as fluorodeoxyglucose [FDG]) is injected into the blood and collects mainly in cancer cells. This is because cancer cells tend to take up more sugar (or glucose) than normal cells do.
- **Combined PET/CT** — This special machine that performs both PET and CT lets the doctor compare areas of higher radioactivity on the PET scan with a more detailed picture on the CT scan. This type of PET scan is most often used in patients with cancer. PET/CT scans are used for cancer staging, which is to see if and where the cancer has spread. While they can be used to look at most organs in the body, they are not useful for looking at the brain or spinal cord.
- **Bone Scan** — For this type of test, which helps to determine if cancer has spread to the bones, a small amount of low-level radioactive material is injected into the blood, and mainly collects in abnormal areas of the bone.
- **Chest X-ray (CXR)** — Often the first test the patient's doctor will order to look for any abnormal areas in the lungs. If something suspicious is detected, more tests may be ordered.

Confirmation of Cancer

Symptoms and the results of certain tests may strongly suggest that a person has lung cancer, but the actual diagnosis is made by looking at cells in the lab for confirmation of the exact type of cancer. This tissue can tell the histology (cancer type), where it originated, and give useful information about molecular (genomic) testing to help create a specific treatment plan for each individual type of diagnosis. This can be done in a variety of ways:

- **Needle biopsy** — A hollow needle is inserted through a small puncture and used to collect a small sample from the area in question. This can be done either through a core needle biopsy, with a larger needle that takes multiple cores of tissue for examination. There is also a fine needle aspiration (FNA) where a syringe with a very thin, hollow needle withdraws (aspirates) cells and small fragments of tissue. A FNA biopsy may be done to check for cancer in very small masses or in the lymph nodes located around the lungs.
- **Thoracentesis** — When fluid collection around the lungs occurs, also known as a pleural effusion, the fluid is removed through a hollow needle inserted between the ribs to drain the fluid. The fluid is checked in the lab for cancer cells. Other tests of the fluid are also sometimes useful in telling a malignant (cancerous) pleural effusion from one that is not. If a malignant pleural effusion has been diagnosed and is causing trouble breathing, a thoracentesis may be repeated to remove more fluid which may help a person breathe better.
- **Sputum cytology** — A sample of sputum (mucus coughed up from the lungs) is analyzed in the lab to see if it has cancer cells. The best way to do this is to get early-morning samples three days in a row. This test is more likely to help find cancers that start in the major airways of the lung, such as squamous cell lung cancers.

- **Molecular (genomic) testing** — In some cases, especially for non-small cell lung cancer (NSCLC), doctors may test for specific gene changes in the cancer cells, which could mean certain targeted drugs (immunotherapy) might help treat the cancer. Some examples of tests are on the following genes: KRAS, EGFR, ALK, ROS1, RET, BRAF, MET, Her2, NTRK, and PDL-1.
- A recent development in diagnostics is checking for circulating tumor DNA (ctDNA). It is a noninvasive test that analyzes DNA fragments released into the bloodstream by dying tumor cells. The test can be used to track treatment response, predict tumor recurrence, and identify genetic heterogeneity. ctDNA levels can vary depending on the stage of cancer and whether the patient has had surgery.

Lung Cancer Staging

In order to determine the best treatment plan, doctors take all of the information they have available to provide a cancer stage. The stage of a cancer describes how much and where the cancer is in the body. Doctors also use a cancer's stage when talking about survival statistics. Complete American Joint Committee on Cancer (AJCC) cancer staging includes information about the tumor (T), lymph nodes (N), metastasis (M). Numbers or letters after T, N, and M provide more details about each of these factors. Higher numbers mean the cancer is more advanced. Once a person's T, N, and M categories have been determined, this information is combined in a process called stage grouping to assign an overall stage group (ranging from 0 to IVB). Clinical staging is based on the results of the physical exam, biopsy and imaging tests before any treatment has been delivered. Pathologic staging is based on the results of the surgery performed.

Treatment for Lung Cancer

Depending on a patient's clinical stage and overall health, there are various treatment options for lung cancer. Specifically, this is focused on non-small cell lung cancers, which is based mainly on the stage of the disease, as well as a person's overall health, lung function, and cancer characteristics. Below are some of the treatment modalities currently offered.

- **Surgery** — If a patient is healthy enough for surgery, they can usually be treated by segmentectomy or wedge resection (removal of part of the lobe of the lung). Cancers in some locations may be treated with a sleeve resection, but in some cases, they may be hard to remove completely without removing a lobe (lobectomy) or even an entire lung (pneumonectomy). It is common practice to remove lymph nodes with surgical resections.
- **Chemotherapy** — Depending on the stage and biology of cancer, chemotherapy may be required to ensure treatment of microscopic disease that cannot be seen by gross examination or on imaging. This might be delivered pre-operatively and/or post-operatively.
- **Immunotherapy** — Also called targeted therapy, immunotherapy is often recommended for non-small cell cancers with specific tumor markers that may be responsive to targeted therapies. This may be administered alone or in conjunction with chemotherapy and/or radiation therapy. A cutting-edge targeted-therapy developed is known as antibody drug conjugates (ADC), a type of biopharmaceutical that combines chemotherapy with targeted therapy to treat cancer. ADCs are designed to kill tumor cells while avoiding healthy cells.



- **Radiation Therapy** — Depending on the stage of the cancer, radiation therapy might be the only treatment required for less complicated lung cancers, or may be used in conjunction with other treatments for more complex lung cancer diagnoses.
- **Clinical Research Trials** — Clinical trials are studies of new drugs, procedures and other treatments in people. Doctors use clinical trials to develop new treatments for serious diseases such as cancer. Eisenhower has a very engaged team of clinicians that participate in clinical trials. Patients are screened for eligibility and consented for enrollment, if eligible and interested in participating.

Eisenhower's Stage III–IV Review

Annually, the cancer program performs an in-depth medical records review of diagnostic evaluation and treatment of individual patients to determine concordance with evidence-based national guidelines. For 2023, the cancer committee approved reviewing stage III–IV non-small cell lung cancers (NSCLC) diagnosed from 2022–2023. Davood Vafai, MD, was the physician assigned to this review. The National Comprehensive Cancer Network (NCCN) guidelines, Lung Non-Small Cell v5.2023, were referenced. These guidelines were used as the basis to build the spreadsheet to determine appropriate diagnostic workup and first course treatment for patients eligible for this review. Cancer registry data and review of the patient's electronic medical records in Epic were utilized to supplement the review. After inclusion and exclusion criteria were assessed, there were 14 eligible cases meeting the review definition.

First course treatment was assessed in the eligible cases:

- Evaluation for peri-operative therapy was discussed and documented on 10/14 patients (71.4%), with 2 patients declining further treatment and 2 unknown decisions.
- Primary site surgery was performed on 0/14 patients (0%). This is in line with advanced non-small cell lung cancers, as surgery would not be the primary treatment for them.
- Lymph nodes were evaluated on 6/14 patients (43%), with 2 declining further workup, and 6 unknown.
- ALK was performed on 9/14 patients (64%), with 2 declining further workup, and 3 unknown results.
- EGFR was performed on 9/14 patients (64%), with 2 declining further workup, and 3 unknown results.

- KRAS was performed on 10/14 patients (71%), with 2 declining further workup, and 2 unknown results.
- ROS1 was performed on 9/14 patients (64%), with 2 declining further workup, and 3 unknown results.
- BRAF was performed on 8/14 patients (57%), with 2 declining further workup, and 4 unknown results.
- NTRK 1/2/3 was performed on 2/14 (14?) patients with 2 declining further workup, and 10 unknown results.
- METex14 was performed on 8/14 patients (57%), with 2 declining further workup, and 4 unknown results.
- RET was performed on 8/14 patients (57%), with 2 declining further workup, and 4 unknown results.
- Her2 (ERBB2) was performed on 8/14 patients (57%), with 2 declining further workup, and 4 unknown results.
- PD-L1 was performed on 10/14 patients (71%), with 2 declining further workup, and 2 unknown results.

Positive findings from the study included:

- Palliative and/or hospice care were appropriately discussed and involved early.
- Appropriate evaluation of therapy discussed with all patients.
- Pathology was reviewed on all patients.
- AJCC clinical staging was available for all patients.
- Documentation of history of tobacco use well documented.
- Performance status (ECOG or Karnofsky) was well documented in all cases.

Opportunities for improvement included:

- Ensuring that when additional testing is sent outside of Eisenhower for results, that copies are obtained to document completed results.
- Presenting more cases at monthly lung cancer conferences or at monthly main cancer conferences.

Living as a Survivor

Completing treatment for cancer is both exciting and stressful. Many patients worry that the cancer will return. For some, the cancer may never go away completely, requiring regular treatment to control the cancer. Follow-up care is essential. Depending upon the stage and grade of the cancer based on evidence-based guidelines from the National Comprehensive Cancer Network, a specific schedule of follow-up appointments will be made. It is important to keep all appointments. Patients should watch for signs of recurrence, such as new and worrisome symptoms, unexplained weight loss, pain, bleeding, cough, shortness of breath, or decreased appetite. Most recurrences are found due to symptoms, so these should be shared with the treating physician right away. Routine surveillance evaluations consist of a review of symptoms and physical exam. Additional imaging (e.g., CT, MRI or PET/CT) may be helpful to monitor disease.



Patients should keep health insurance intact and keep a copy of all medical records in the event a physician change is necessary. Further, patients should adopt healthy behaviors such as not smoking, eating well to maintain a healthy weight, limiting alcohol intake, and getting regular physical activity. Depression and anxiety can be normal for those dealing with a cancer diagnosis. Finding emotional support through friends and family, religious groups, support groups, or professional counselors is important.

There has been remarkable progress over the past generation with well-organized and thoughtful collaborative research, both nationally and internationally. With the support of our clinical staff, Eisenhower Lucy Curci Cancer Center administrative and research teams (including UC San Diego Health Cancer Network) and Eisenhower Health, we have been able to access and implement the best of this progress for our patients — providing them with the best care possible.

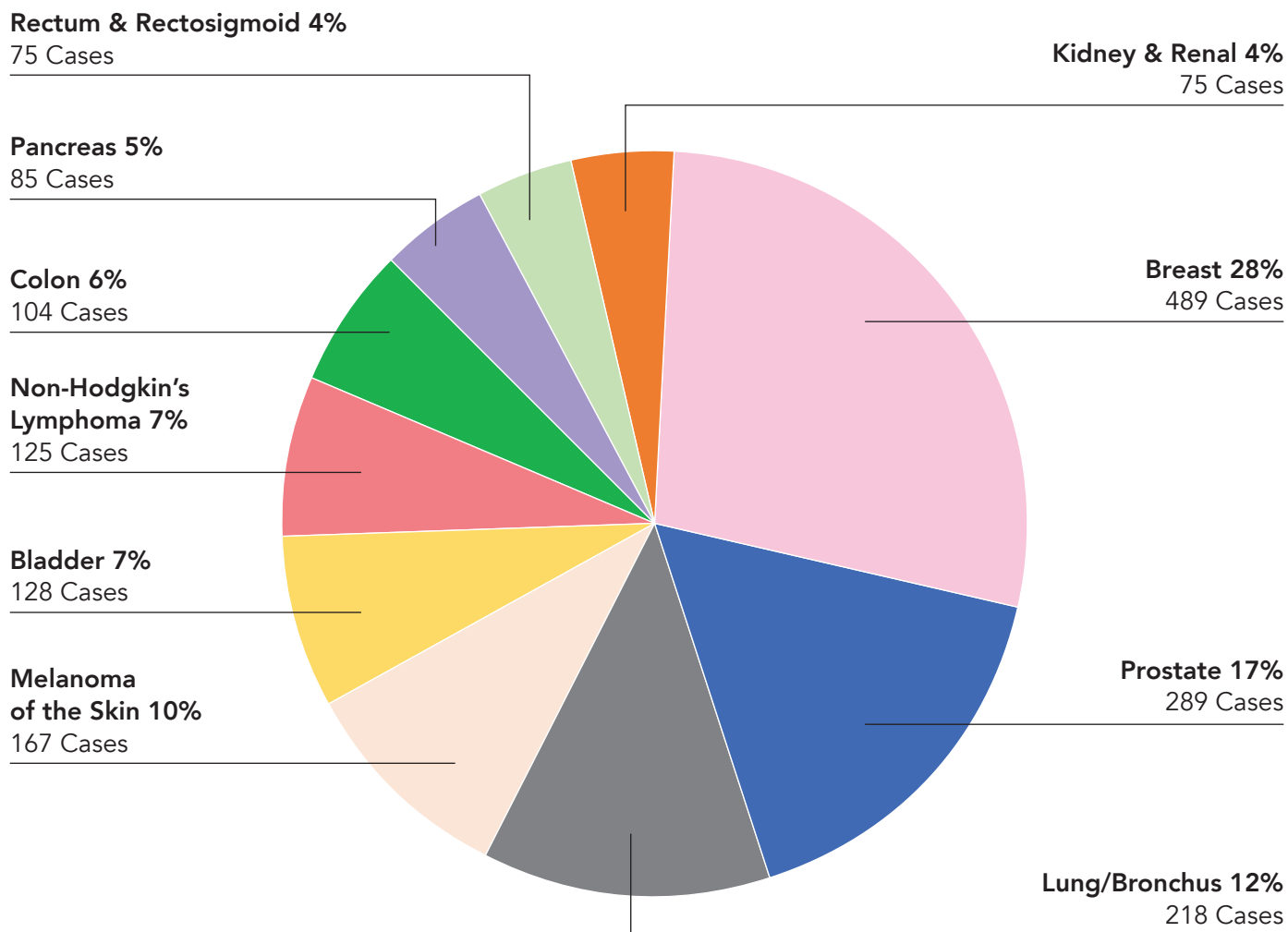
References: American Cancer Society, Centers for Disease Control and Prevention, National Comprehensive Cancer Network

2022 Primary Cancer Case Index

SITE GROUP	TOTAL CASES	CLASS OF CASE			SEX			STAGING (Analytic Only)							
		Analytic	Non-Ana	Other	M	F	Other	0	I	II	III	IV	Unkn	N/A	Missing
ALL SITES	2438	2068	352	18	1187	1249	2	204	577	269	220	292	233	264	9
HEAD & NECK	27	19	8	0	18	9	0	0	2	3	1	7	4	2	0
Hypopharynx	1	0	1	0	1	0	0	0	0	0	0	0	0	0	0
Mouth, Other NOS	3	2	1	0	3	0	0	0	0	1	0	1	0	0	0
Nasopharynx	2	2	0	0	2	0	0	0	0	1	0	1	0	0	0
Oropharynx	4	2	2	0	4	0	0	0	0	1	1	0	0	0	0
Pharynx & Ill-Defined	2	1	1	0	0	2	0	0	0	0	0	0	0	1	0
Salivary Glands, Major	2	2	0	0	0	2	0	0	0	0	0	2	0	0	0
Tongue	7	5	2	0	4	3	0	0	1	0	0	2	2	0	0
Tonsil	6	5	1	0	4	2	0	0	1	0	0	1	2	1	0
DIGESTIVE SYSTEM	414	351	60	3	243	170	1	12	54	63	67	89	45	18	3
Anus, Anal Canal & Anorectum	36	22	14	0	25	11	0	0	2	8	8	1	3	0	0
Bile Ducts	10	9	1	0	4	6	0	1	1	0	0	2	4	1	0
Colon	104	96	8	0	47	57	0	7	17	25	18	19	9	0	1
Esophagus	30	21	8	1	23	7	0	0	2	0	3	6	5	5	0
Gallbladder	2	2	0	0	0	2	0	0	0	1	0	0	1	0	0
Liver	30	21	9	0	21	9	0	0	2	2	4	6	3	4	0
Other Digestive	7	7	0	0	3	4	0	0	0	0	0	0	0	7	0
Pancreas	85	77	7	1	53	31	1	0	18	13	3	37	5	1	0
Peritoneum, Omentum & Mesentery	3	2	1	0	0	3	0	0	0	0	0	1	1	0	0
Rectum & Rectosigmoid	75	68	6	1	45	30	0	3	9	13	24	8	9	0	2
Small Intestine	6	6	0	0	2	4	0	0	1	0	4	1	0	0	0
Stomach	26	20	6	0	20	6	0	1	2	1	3	8	5	0	0
RESPIRATORY SYSTEM	247	202	42	3	124	123	0	2	58	20	36	65	17	3	1
Larynx	4	4	0	0	3	1	0	2	0	0	0	1	1	0	0
Lung - Non-Small Cell	218	179	36	3	108	110	0	0	58	18	32	53	14	3	1
Lung - Small Cell	20	14	6	0	9	11	0	0	0	1	4	7	2	0	0
Pleura	5	5	0	0	4	1	0	0	0	1	0	4	0	0	0
HEME & LYMPH	241	187	53	1	159	82	0	0	13	11	15	36	42	70	0
Hemoretic	61	51	10	0	36	25	0	0	0	0	0	0	0	51	0
Hodgkin's Disease	5	4	1	0	3	2	0	0	0	2	2	0	0	0	0
Myeloma	40	28	12	0	26	14	0	0	1	1	2	0	19	5	0
Non-Hodgkin's Lymphoma	125	98	26	1	87	38	0	0	12	8	11	36	23	8	0
Other Hemeatopoetic	10	6	4	0	7	3	0	0	0	0	0	0	0	6	0
BONE	1	1	0	0	1	0	0	0	0	0	0	1	0	0	0
Bone	1	1	0	0	1	0	0	0	0	0	0	1	0	0	0
SOFT TISSUE	19	17	2	0	12	7	0	0	6	1	1	2	1	6	0
Soft Tissue	19	17	2	0	12	7	0	0	6	1	1	2	1	6	0
SKIN	179	173	6	0	115	64	0	49	65	18	9	12	16	4	0
Kaposi's Sarcoma	3	3	0	0	3	0	0	0	0	0	0	0	0	3	0
Melanoma of Skin	167	162	5	0	107	60	0	49	63	17	9	11	13	0	0
Other Skin Cancer	9	8	1	0	5	4	0	0	2	1	0	1	3	1	0
BREAST	489	451	35	3	5	484	0	93	235	50	15	16	36	5	1
Breast (male & female)	489	451	35	3	5	484	0	93	235	50	15	16	36	5	1
FEMALE GENITAL SYSTEM	132	105	24	3	0	132	0	0	44	7	15	7	20	12	0
Cervix Uteri	9	5	4	0	0	9	0	0	2	2	1	0	0	0	0
Corpus Uteri	69	62	5	2	0	69	0	0	38	2	6	3	13	0	0
Ovary	20	14	6	0	0	20	0	0	3	1	6	1	3	0	0
Other Female Genital	15	15	0	0	0	15	0	0	0	0	0	0	4	11	0
Uterus NOS	2	2	0	0	0	2	0	0	0	0	0	2	0	0	0
Vagina	6	2	4	0	0	6	0	0	0	1	1	0	0	0	0
Vulva	11	5	5	1	0	11	0	0	1	1	1	1	0	1	0
MALE GENITAL SYSTEM	297	219	73	5	296	0	1	1	24	73	53	39	26	1	2
Other Male Genital	1	0	1	0	1	0	0	0	0	0	0	0	0	0	0
Penis	3	2	1	0	3	0	0	1	1	0	0	0	0	0	0
Prostate	289	214	70	5	288	0	1	0	23	73	50	39	26	1	2
Testis	4	3	1	0	4	0	0	0	0	0	3	0	0	0	0
URINARY SYSTEM	211	179	32	0	144	67	0	47	60	21	8	17	22	4	0
Bladder	128	109	19	0	99	29	0	44	31	18	3	5	7	1	0
Kidney & Renal Pelvis	75	63	12	0	41	34	0	2	28	3	5	11	14	0	0
Other Urinary	4	3	1	0	1	3	0	0	0	0	0	0	0	3	0
Ureter	4	4	0	0	3	1	0	1	1	0	0	1	1	0	0
BRAIN/CENTRAL NERVOUS SYSTEM	87	75	12	0	26	61	0	0	0	0	0	0	0	75	0
Brain	30	24	6	0	14	16	0	0	0	0	0	0	0	24	0
Other Nervous System	57	51	6	0	12	45	0	0	0	0	0	0	0	51	0
ENDOCRINE	25	22	3	0	6	19	0	0	16	2	0	1	3	0	0
Thyroid	24	22	2	0	6	18	0	0	16	2	0	1	3	0	0
Other Endocrine	1	0	1	0	0	1	0	0	0	0	0	0	0	0	0
OTHER/UNKNOWN	69	67	2	0	38	31	0	0	0	0	0	0	1	64	2
Unknown or Ill-Defined	69	67	2	0	38	31	0	0	0	0	0	0	1	64	2

2022 Top 10 Cancer Cases

This chart represents the top 10 cancers at Lucy Curci Cancer Center, which represent 72 percent of all cancers diagnosed and treated in 2022.



Cancer Conference Coordinator



Davood Vafai, MD, is Board Certified in Internal Medicine and Medical Oncology. He is a graduate of the Tehran Medical School in Iran. After medical school, Dr. Vafai completed his internship at Englewood

Hospital in New Jersey, and a residency and oncology fellowship at the University of Southern California. He completed another fellowship in hematology and bone marrow transplantation at the University of California, San Diego.

In 2023, Dr. Vafai began his role as cancer conference coordinator for the cancer committee —

a required role for the committee. The coordinator is responsible for monitoring and evaluating the activities of the multidisciplinary cancer conferences, and reports findings to the cancer committee. The coordinator report involves documenting cancer case conference frequency; multidisciplinary physician specialty attendance in accordance with defined requirements set forth in policy; the number of cases presented; the prospective case presentation; and appropriate discussion of elements, as applicable to each case, which includes clinical and/or pathologic staging, treatment planning using national evidence-based guidelines, options for genetics, clinical research studies, and supportive care services.

Cancer Conference Report 2022

Multidisciplinary cancer conferences are vital to the patient care process. Formerly known as tumor boards (TB), the conferences bring together physicians and other health care professionals to plan treatment on individual cases. Cancer conferences are an opportunity to review diagnostics and recommend treatments for optimal patient care. These conferences provide excellent educational benefits for attendees and valuable multidisciplinary consultative and treatment guidance benefits for our patients. Cancer conference presentations are open to staff physicians and allied health care professionals focused on oncology care that have a current Memorandum of Understanding (MOU) on file. MOUs must be renewed annually to ensure confidentiality is maintained at conferences.

Conference Formats

Eisenhower Lucy Curci Cancer Center hosts cancer conferences in four specific formats, multiple times during each month. Eisenhower also participates in joint conferences with UC San Diego (UCSD) Health.

- **Main (general) Cancer Conference** — occurs once a month. This conference encompasses all cancer sites not included at specialty conferences, such as brain and central nervous system, gynecologic oncology, urologic oncology.
- **Multidisciplinary Breast Care Conference (MBCC)** — occurs twice a month. This conference encompasses breast cancers, but also encourages discussion of other non-malignant breast disease processes that may be difficult to treat.

CANCER CONFERENCES (TUMOR BOARDS)

- **Lung Cancer Conference** — occurs once a month. This conference encompasses lung cancers, but also encourages discussion of other nonmalignant lung disease processes that may be difficult to treat, as well as discussing other cardiothoracic disease processes.
- **Gastrointestinal (GI) Cancer Conference** — occurs twice a month. This conference encompasses a wide variety of GI cancers, such as colon, rectum, pancreas and liver. In addition, the rectal cancer team meets once a month during the GI conferences to discuss especially complex rectal cases.
- **UCSD Cancer Conferences** occur during various intervals throughout the month, and include: molecular, bone marrow, neurologic oncology and brain, breast, GI, dermatology oncology, genitourinary, and thoracic. These joint conferences through the affiliation with UC San Diego Health allow for an even higher level of collaboration.

During the height of the COVID-19 public health emergency, all cancer conferences were transitioned to virtual presentations, to comply with social distancing but to also still be able to continue holding these important conferences. In early 2023, the California Department of Public Health rescinded the need for social distancing. Virtual attendance for Eisenhower staff is still available, however in-person attendance is strongly encouraged. All UCSD joint conferences are only presented in the virtual format.

To schedule a case for presentation at a cancer conference, physicians or fellows/residents can email the Cancer Registry Department at CancerRegistry@EisenhowerHealth.org to obtain the call for cases form and for more details about the cancer conference process.

Through the commitment of many physicians at Eisenhower Health, 281 cases were discussed at cancer conferences in 2022. The cancer conferences were attended by the following physician specialties: medical oncology, radiation oncology, pathology, radiology, surgery, and diagnostic radiology. In addition, dedicated allied health professionals also contributed to discussions, such as: oncology nursing, social services, nurse navigators, clinical research, physical therapy, cancer registry, and other supportive services departments.

2022 Cancer Conference Statistics Case Presentations

Cancer Type	Number of Cases
Lung	39
Breast	75
Gastrointestinal	98
Main (General)	23
UCSD Joint Conferences	46
Total Number of Cases	281

Grand Rounds

The Annenberg Center for Health Sciences at Eisenhower hosts Grand Rounds and many other educational programs, both in person and virtually. In 2022, cancer-related Grand Rounds included topics such as:

- Genetic Risk Assessment: Who Should Be Tested
- Indication for Stem Cell Transplant
- Cancer Care Team: Multidisciplinary Care
- Updates in Breast Cancer Diagnosis and Treatment
- Updates on Melanoma
- Rise of Cardio-Oncology
- Paraneoplastic Syndrome

For more information on upcoming Grand Rounds, please call 760-773-4500.

Overview of Eisenhower Lucy Curci Cancer Center

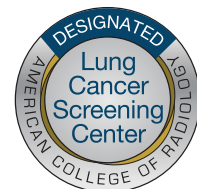
Eisenhower Lucy Curci Cancer Center is truly a remarkable cancer treatment facility, bringing together a tremendous technological strength and a profoundly human environment — all in one place.

We offer cancer patients state-of-the-art medical care and comprehensive cancer services. At Eisenhower Lucy Curci Cancer Center, we not only treat the cancer, we care for the person in a *healing place like no other*®.

There are many reasons people choose Eisenhower Lucy Curci Cancer Center for all of their cancer care when facing a cancer diagnosis, including:

Commission on Cancer

Eisenhower's accredited cancer program has been continuously accredited by the American College of Surgeons (ACS) Commission on Cancer (CoC) since 1980. The Cancer Center is one of only a few hospitals in Riverside County to attain accreditation for its cancer program. This accreditation is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through standard-setting, prevention, research, education and the monitoring of comprehensive quality of care. Cancer programs undergo an on-site visit on a triennial basis, during which a trained CoC site reviewer visits the Center and reviews required cancer program activity documentation to ensure compliance with the rigorous standards. There are more than 1,500 CoC-accredited programs across the United States and Puerto Rico. CoC-accredited facilities diagnose and/or treat more than 70 percent of all newly diagnosed cancer patients every year. For more information on the CoC, visit facs.org/quality-programs/cancer-programs/commission-on-cancer/.



American College of Radiology

The Cancer Center extends its high standards of care to include diagnostic imaging. The Schnitzer/Novack Breast Centers and the Anne and Kirk Douglas Breast Center are accredited through the American College of Radiology (ACR). The ACR, on behalf of the United States government, accredits all facilities providing mammography and other imaging services.

In addition to top-notch imaging services, Eisenhower Lucy Curci Cancer Center is designated a Lung Cancer Screening Center through the ACR, as well as a Screening Center of Excellence through the Lung Cancer Alliance.

The Joint Commission

Eisenhower Health is accredited by The Joint Commission (TJC), the leader in accreditation and certification of health care organizations.



Clinical Research

Eisenhower Health is also a member of the Eastern Cooperative Oncology Group (ECOG), one of the largest clinical cancer research organizations in the United States. One of only nine participating organizations in the state of California, Eisenhower Health currently has more than 25 active cancer treatment clinical trials.



Our cancer program is proud to demonstrate its commitment to quality cancer care by remaining CoC-accredited for more than 40 consecutive years.

Eisenhower Lucy Curci Cancer Center is an extraordinary facility, nationally accredited and clinically distinguished. The healing environment, uncompromising care, personalized services, and highly skilled team of health care professionals coming together to care for you and your loved ones are critical components of the unmatched cancer treatment provided.

If you have questions or would like to learn more about services and treatment options at Eisenhower Lucy Curci Cancer Center, please call **760-674-3602**, or visit **EisenhowerHealth.org/Cancer**.

Eisenhower Breast Centers

Breast care centered in a warm, supportive atmosphere. The compassionate, healing environment of our breast centers is the very hallmark of clinical excellence, melding the very best technologies with excellent patient care — creating nurturing, welcoming and reassuring surroundings at our three convenient locations.



Services at the Eisenhower Schnitzer/Novack Breast Centers and the Anne and Kirk Douglas Breast Center offer an approach to women's health care that is comprehensive, convenient and caring. Here, patients have access to complete breast care, from screening mammography through diagnosis and follow-up. Diagnostic findings and the best treatment options for women diagnosed with breast cancer or complex nonmalignant disease are discussed at a collaborative multidisciplinary breast care conference (MBCC). A breast center navigator is available to help explain the imaging process, and patients who choose treatment at Eisenhower Health will be assisted by an oncology nurse navigator to guide them through the diagnosis, treatment and follow up process, which benefits both the patient and their caregivers.

While our focus is on breast health care, our goal is our patients' peace of mind.

Getting your mammograms here offers distinct advantages.

Whether it is your annual screening mammogram, or an advanced diagnostic procedure, utilizing Eisenhower Health's Breast Center services means that patients benefit from:

- Streamlined scheduling and reduced registration wait time
- Having your breast mammography performed at one of our three beautifully appointed facilities
- Board Certified, fellowship-trained breast radiologists — physicians dedicated to breast health — who are the foundation of the center and truly understand the concerns and needs of women
- State-of-the-art digital tomosynthesis (3D mammography) equipment
- Computer-aided detection (CAD) software that improves the accuracy of every mammogram
- Certified breast mammography and ultrasound technologists
- Additional diagnostic tools for follow-up exams, offered in cases of suspicious lumps, lesions or difficult to read mammograms

We offer three convenient locations for your mammography. The Eisenhower Schnitzer/Novack Breast Center has a main location in Rancho Mirage and a satellite center in La Quinta. Additionally, the Anne and Kirk Douglas Breast Center recently opened in Palm Springs.

We are proud to offer elite care at our Eisenhower Schnitzer/Novack Breast Centers and the Anne and Kirk Douglas Breast Center, which are designated by the American College of Radiology as Breast Imaging Center of Excellence.

This includes ACR accreditation in:

- Breast mammography
- Stereotactic breast biopsy
- Breast ultrasound and ultrasound-guided biopsy
- Breast MRI



Comprehensive Breast Center Programs

The Eisenhower Schnitzer/Novack Breast Centers and the Anne and Kirk Douglas Breast Center are the only place you need for your breast care.



Screening Mammography —

With advances in the treatment of breast cancer, the best chance for survival remains early detection. Getting regular mammograms is essential. The Breast Center offers state of the are digital 3D mammography

equipment, enhanced with computer-aided detection software, as well as education to encourage women to stay on top of their health. As a service to our patients, we send reminders when it is time to make an appointment for a mammogram.

Accurate diagnosis and evaluation — Eisenhower's fellowship-trained physicians provide patients with personalized, expert care, complemented by state-of-the-art technology. A variety of imaging methods are available to accommodate every patient and their unique needs.

**Providing excellence
in all aspects of
breast imaging.**

If you have questions or would like to learn more about Breast Center services, please call **760-773-2038**, or visit **EisenhowerHealth.org/Breast**.

Breast MRI — Eisenhower offers a dedicated breast MRI which may aid in showing spots in the breast that may or may not be cancer. A breast MRI generally is used to complement a mammogram for women with certain conditions, family history or other factors. Our fellowship-trained physicians will recommend the best imaging modality for each patient's needs, if such follow up is required.

Breast Ultrasound — Eisenhower offers breast ultrasound, which may aid in the detection of breast cancer. This imaging study helps health care professionals efficiently and consistently identify lesions or other areas of concern in fatty or dense breast tissue. Breast ultrasound can also be used in biopsy to help accurately target the mass for better biopsy results. This modality can also be used in conjunction with diagnostic mammography or as an additional screening study.

Ultrasound-Guided Core Biopsy — Eisenhower offers this safe, minimally invasive biopsy that obtains tiny tissue samples from an identified abnormal mass for further examination by a Board Certified Pathologist. A sample of suspicious breast tissue is precisely located with ultrasound imaging guidance, and removed with a vacuum-assisted needle. This outpatient procedure requires no hospitalization or surgical incision, and is performed using local anesthesia.

Stereotactic Breast Biopsy — Eisenhower offers an alternative, minimally invasive biopsy that obtains small tissue samples from an identified abnormal mass. A sample of the suspicious breast tissue is precisely located with computer-guided imaging and removed with a needle. Eisenhower was the first breast center in Southern California to offer the Hologic® Affirm® Breast Biopsy Guidance System, ensuring comfortable positioning for patients, while allowing 360-degree access of the breast. We have recently added an upright stereotactic biopsy unit, so the same procedure

can be performed while the patient is either lying prone or sitting upright. This gives maximum flexibility in accommodating each patient's particular needs or preferences. Additionally, we have added the Brevera® biopsy system, which takes a picture of each tissue sample, as it is obtained in real time. This results in a faster biopsy procedure, and also needs fewer tissue samples without compromising biopsy accuracy. Similar to ultrasound-guided biopsy, stereotactic biopsy requires no hospitalization or surgical incision, and is performed using local anesthesia.

Contrast Enhanced Mammography (CEM) —

Eisenhower was the first facility in the desert to offer CEM as a new diagnostic imaging exam. Performed as an adjunct to inconclusive mammography and ultrasound, Hologic CEM highlights areas of unusual blood flow patterns. The system automatically acquires the spectral data necessary to instantly create two images per view: a standard mammographic image showing tissue density, and a contrast-enhanced image in exactly the same position with the background signal subtracted out.



Bone Density Screening (DEXA Scan) —

Eisenhower offers this comprehensive X-ray to measure the strength of bones, and provides important information for the treatment and prevention of osteoporosis. The test is safe, painless, quick and accurate.

Cancer Registry

When the National Cancer Act of 1971 was established, it mandated the collection, analysis, and dissemination of data regarding patients with cancer to support the prevention, diagnosis, and treatment of cancer in the United States. Following the federal law, in 1985, California law required all cancers diagnosed in the state be reported to the California Department of Health Services. This information collection system has been designed to obtain specific data on all patients in the state, but is also reported on a national level. Cancer programs that are accredited through the Commission on Cancer, such as Eisenhower Health, also are required to submit cases to the National Cancer Data Base. The curated data collected provides essential information to researchers, health care providers and public health officials to better monitor and advance cancer treatments, conduct research, and improve cancer prevention and screening programs, as well as to reduce the burden that cancer places on public health.

Cancer Registrars and Data Collection



Have you ever wondered how the American Cancer Society® compiles their statistics? Or how physicians predict the outcomes of certain cancers, or know which treatments are the most effective? All of this vital data is due to the information carefully collected by the Cancer Registry Department. You can see an example of aggregated cancer data in the 2022 cancer site table in this report.

Cancer case abstraction is completed by certified staff, known as Oncology Data Specialists (OSD-C). The certified staff is also supported by additionally highly skilled registry staff that assist with follow-up and requesting treatment information. Cancer registrars help to identify cases, manage the cancer registry database, ensure data completeness, help to comply with cancer program standards, analyze and present data, run customized reports, track patient survival data, and much more. OSD-C staff capture a complete history, diagnosis, treatment, and health status for every cancer patient diagnosed

or treated at the hospital. By collecting the data that makes up the cancer history of each cancer patient, information can be provided to researchers, health care providers, and public health officials to help: monitor cancer trends over time; evaluate cancer patterns in populations and identify high-risk groups; guide planning and evaluation of cancer control programs; set priorities for allocating health resources; and study cancer causes and prevention strategies.

Cancer registrars work closely with physicians, administrators, researchers, and health care planners to provide support for cancer program development, ensure compliance of reporting standards, and serve as a valuable resource for cancer information with the ultimate goal of preventing and controlling cancer. Cancer data is collected, while strictly maintaining patient confidentiality. The statistical cancer information provided by the Cancer Registry is vital to saving lives and ultimately, defeating cancer.

How It Works

Cancer patients are automatically enrolled in the Eisenhower cancer registry database after receiving a diagnostic workup or medical treatment for their cancer diagnosis at the hospital. Cancer registry staff track each cancer patient's status annually in the following ways, as the information is necessary for current vital and survival statistics.

- When patients are readmitted to the hospital or have an outpatient visit, their cancer case is update in the database;
- The Cancer Registry of Greater California provides information for shared cancer patient follow-up when there is current information available;
- Physicians directly involved in the patient's care will be contacted for an update, if the patient hasn't been seen at Eisenhower in the previous year;
- In cases where patients are approaching 15 months of no contact with Eisenhower, cancer registry staff may send a letter to the last known address.

How You Can Help

If you or your physician's office receive a letter from the Cancer Registry, please complete the form and return the letter using the envelope provided. It is also important that you include any address, phone or physician changes.



California Cancer Registry (CCR)

Cancer patients can obtain their individual case file data from the California Cancer Registry, as can others with documentation proving they have the legal authorization to obtain this information on behalf of a patient. This includes parents and legal guardians, executors of wills, conservators, those with medical power of attorney, and other relatives (e.g., surviving spouses and children).

CCR requires that all patient records requests be made in writing and accompanied by proof of legal authorization.

To request a medical record for a patient, complete and submit the Patient Record Request Form and review the Patient Record Checklist, which provides a list of the information and documentation required to obtain an individual's CCR case file. Patients who are interested in more information from the state can visit crcal.org/retrieve-data/data-for-patients/.

How It Helps

The state uses current cancer information to identify preventable causes of cancer, observe treatment outcomes to help identify the best therapies, and track survival rates. All diagnostic information, treatment data and follow-up history submitted are strictly confidential and provided only in statistical form. Periodic reports are also utilized by the hospital in an effort to maintain the highest treatment quality and provide insight on improving patient care.

Cancer Support Services

It's hard to be a cancer patient. Whether you or someone you care about is a cancer patient, the journey from diagnosis through treatment and recovery is filled with many questions. At Eisenhower Lucy Curci Cancer Center, we offer guidance, support and understanding to help you every step of the way.



Our support services are designed to meet the specific needs and concerns of cancer patients, their family and friends. We incorporate the latest information on cancer treatment and research into an array of programs to help strengthen the body, physically and emotionally.

Our goal is to nurture hope and healing for our patients and their loved ones.

Every individual is unique, and so is every cancer patient's journey. That is why we have a variety of programs and services available in-person and virtually on Zoom to help each of our patients and their families to address topics in various areas that may be of interest, such as:

Social Work/Case Management

Sometimes just talking with someone can be healing. Short-term individual and family counseling with trained oncology social workers is available to help develop the emotional and social resources to deal with a cancer diagnosis.

Nutrition

Cancer and cancer treatments can change eating habits, affecting nutritional intake. Treatment side effects can result in loss of appetite, requiring patients to pay special attention to how much they are consuming, as good nutrition is necessary to maintain their health and strength during the treatment process. Eisenhower Lucy Curci Cancer Center provides a registered dietitian to provide e-consultations to evaluate their needs, and provide follow-up throughout their cancer journey. Lectures on diet and nutrition are offered throughout the year as part of the cancer lecture series.

Stress Management and Relaxation Program

Mindful meditation classes and weekly Healing Touch massage are offered through this program. It teaches new approaches to working with stress, pain, chronic illness and other challenges of living with a cancer diagnosis. The goal of the program is to help restore a sense of balance, hope and well-being for cancer patients and their caregivers.

Support Groups

According to the National Cancer Institute, support groups often can help people affected by cancer feel less alone and can improve their ability to deal with the uncertainties and challenges that cancer brings. Support groups give people who are affected by similar diseases an opportunity to meet and discuss ways to cope with illness.

Eisenhower Lucy Curci Cancer Center offers various support groups, including one to meet the needs of our Spanish-speaking patients. Participants can share personal experiences, or just listen to other cancer patients and survivors. There is no fee to participate and new members are always welcome.

Exercise for Cancer Patients

Patients undergoing treatments are often looking for ways to combat fatigue, maintain muscle strength, and feel as though they maintain control over some part of their lives. Studies have shown that patients may benefit from certain exercises, with many reporting improved appetite, less fatigue, improved sleep patterns, and overall improvement of quality of life. Recent studies also show that maintaining a healthy weight helps to decrease the risk of cancer returning, or developing a new cancer. Partnering with Eisenhower Health's Rehabilitation Services, we offer a variety of on-site exercise classes for cancer patients.

Cancer Lecture Series

Learning about cancer is an important part of the treatment journey. That is why we offer ongoing lectures and community education presentations about treatment options, and the latest in cancer prevention and detection. Eisenhower Lucy Curci Cancer Center also offers teleconferences, community meetings, cancer screenings and other workshops to continue providing the most up-to-date cancer information.

Genetic Counseling

Science and research have shown that genes contribute to the development of certain types of cancer. Through our affiliation with the UC San Diego Health Cancer Network, Eisenhower Lucy Curci Cancer Center offers access to risk assessment and genetic counseling with the only team of Certified Genetic Counselors (CGC) serving the Coachella Valley. Led by UCSD's Lisa Madlensky, PhD, CGC, this team provides expert consultation for our physicians, educational programs for the community, and genetic counseling in appropriate cases, typically following a cancer diagnosis.

Community Partnerships

Working with our non-profit community partners, Eisenhower Lucy Curci Cancer Center is able to provide a safety net for cancer patients and their families to help cover the costs of basic living needs that may become difficult during treatment. We provide assistance with food, gas, lodging, transportation assistance, insurance premiums, co-pays and anything else we can assist with along the way. The Cancer Center's team wants to ensure that no one goes without care or necessities during their cancer care journey here in the Coachella Valley.

Financial Navigation

We provide a specialized oncology financial navigator to help meet the financial needs of our patients. The financial navigation program at Lucy Curci Cancer Center works to improve the quality of life of those with cancer, and their loved ones, by reducing the cost of cancer, often referred to as financial toxicity. The financial navigator focuses on mitigating the financial toxicity of a cancer diagnosis, offers information about and helps connect patients to the many regional, state and national programs and non-profit organizations that aid in easing the financial burden so many people experience as a result of their cancer diagnosis. With new cancer treatments often attached to ever-increasing costs of care, our financial navigator also connects patients to pharmaceutical programs that might help lower the cost or remove co-pays associated with certain cancer-directed therapies.



Oncology Nurse Navigation

The goal of this service is to expedite care from cancer diagnosis to first appointment. After the primary care physician has submitted a referral in the electronic medical record, the navigators are available to assist the following patients who receive a portion of their cancer care at Eisenhower Lucy Curci Cancer Center:

- Eisenhower Health — newly diagnosed gastrointestinal cancers (colon, rectum, pancreas, anal, esophagus, liver, etc.); newly diagnosed breast cancer patients; newly diagnosed lung cancer patients; Emergency Department incidental findings on imaging
- UC San Diego Health Clinics — Bone and Blood Marrow Transplant; Pancreatic Cancer Screening and Prevention; Orthopedic Oncology; Fertility Preservation and Cancer Patients; other referrals to Moores Cancer Center at UC San Diego Health as needed

Concierge Services

Ensuring that our patients, their loved ones and visitors get to where they need to be efficiently is the primary responsibility of the concierge. Our Cancer Center Concierge is extremely knowledgeable about Eisenhower Health and is a valuable resource. The concierge helps orient visitors to the Cancer Center's many services and departments, and facilitates a positive experience through the oversight of the building's lobbies, waiting areas, gardens and grounds. Taking to heart Eisenhower Lucy Curci Cancer Center's motto — *a healing place like no other* — the concierge ensures that our physical environment sets the tone for our commitment to your care. From the soothing sounds of our lobby's grand piano, to the healing rainbow art that graces its walls, the concierge sees to it that we all are working in harmony to provide a sense of welcome and caring.

Learning about cancer is an important part of treatment.

The Eisenhower Lucy Curci Cancer Center is a resource for the entire community. You don't have to be a patient to take full advantage of all that we offer. If you or someone close to you has cancer, we are here for you.

If you have questions or would like to learn more about any aspect of the Cancer Support Services, please call **760-834-3798**, or visit **EisenhowerHealth.org/CancerSupport**.

Cancer Research

For the past several decades, clinical trials have been integral in the advancement of cancer treatment. Before medical advances in cancer or other disease states can be offered to the general public, they must be evaluated and approved through rigorously structured research studies, called clinical trials, involving human volunteers.



Participation in cancer research is an important commitment of Eisenhower Lucy Curci Cancer Center to provide the best cancer treatment. In support of its mission, Eisenhower Health has an affiliation with UC San Diego Health Cancer Network to offer National Cancer Institute-endorsed phase II and III, multi-center randomized and clinical trials. Treatment within a clinical trial is just one of

the aspects of the advanced care that the Center offers. Clinical trials available through Eisenhower Lucy Curci Cancer Center are helping to find new and better treatments for those diagnosed with cancer. Today's cancer treatments are yesterday's clinical trials. Every cancer treatment that is used today began with research in a clinical trial.

As a patient, there are potential benefits from participation in clinical trials, including:

- Health care provided by leading physicians in the field
- Access to new drugs and interventions before they are widely available
- Close monitoring of a patient's health care and any side effects
- More active patient participation in their own health care
- If the approach being studied is found to be helpful, patients enrolled are the first to benefit
- Opportunity to make a valuable contribution to cancer research



EISENHOWER
HEALTH

UC San Diego Health

World-class cancer expertise. National recognition. Local access.

**Patient participation
is key to the success
of cancer research.**

Today's cancer treatments are yesterday's clinical trials.

"Our ability to offer national clinical trials, endorsed by the National Cancer Institute, ensures that our patients receive excellent health care, by providing world-class treatment, right here on the Eisenhower Health campus," says Stephanie Farrell, MBA, BSN, RN, CCRC, CPHQ, Director, Research Administration.

For a listing of current trials at Eisenhower Health, visit

EisenhowerHealth.org/ClinicalTrials. For more information or to inquire about enrolling a patient, please call **760-837-8034**, or send an email to **CancerResearch@EisenhowerHealth.org**, and the research team will assist you.

Types of Clinical Trials

Prevention Trials — Test new approaches, such as medicines, vitamins, minerals or other supplements that doctors believe may lower the risk of a certain type of cancer, or may prevent cancer from coming back, or developing a new cancer in people who have already had cancer.

Screening Trials — Test the best ways to find cancer, especially in its early stages.

Treatment Trials — Test new treatments, like a new drug, new approaches to surgery or radiation, new combinations of treatments, or new methods such as gene therapy.

Diagnostic Trials — New tests or procedures are studies that may help identify or diagnose cancer more accurately. This usually involves people who have some signs or symptoms of cancer.

Quality of Life or Supportive Care Trials — Explores ways to improve comfort and quality of life for cancer patients.

Patients who participate in clinical trials play a critical role in the development of advancements in the treatment of cancer. “Clinical trials give patients opportunities to have the most advanced treatments, developed by a team of experts, that may not be widely available. Patients who participate in clinical research studies are monitored closely and their results carefully tracked; the knowledge gained from these trials advances cancer care for current and future patients,” says Steven Plaxe, MD, Medical Director, Eisenhower Lucy Curci Cancer Center.

Since 2006, the clinical research program at Eisenhower Lucy Curci Cancer Center has been recognized for exceeding the required standards. During the most recent triannual Commission on Cancer survey in 2022, the program was granted

continuing cancer program accreditation through 2025. The clinical research program has been recognized for providing patients with information about cancer-related clinical trials and enrolling patients in screening, prevention and treatment trials. The Center’s pursuits in clinical research ensures that patients receive the five-star treatment they have come to expect from Eisenhower Health.

Clinical Trial Participation: A Best Practice in Cancer Care

The National Comprehensive Cancer Network (NCCN) believes that the “best management of any patient is in clinical trials. Participation in clinical trials is especially encouraged.” Visit [nccn.org](https://www.nccn.org) for more information.

The American Society of Clinical Oncology honors practices that are dedicated to developing new ways to slow, halt, cure and prevent cancer through clinical research. Today, there are nearly 18 million cancer survivors in the United States, per the American Cancer Society. This is mainly because of the work done in clinical trials. New clinical trials are opened throughout the year. Contact the Research Department for the most current trials that are available. The Cancer Center has more than 25 active studies, with more slated to open throughout the year.

Every cancer treatment used today is a direct result of clinical trials and the people who took part in them. This is why it is so important to continue cancer research.

Eisenhower BIGHORN Radiation Oncology Center

Eisenhower BIGHORN Radiation Oncology Center offers some of the most advanced equipment and treatment techniques available. Providing a wide range of therapeutic options, it is designed to meet each patient's individual needs. Our caring staff take the time to explain what is happening, answer all questions, and provide information every step of the way. We are here to make a difficult situation not just bearable, but to improve the experience.



Radiation has been used to treat cancer since the early 1900s. Therapeutic techniques have advanced continuously over the years. Treatments are now available that minimize exposure to surrounding healthy tissue, while maximizing the radiation dose to the cancer.

If your physician decides that radiation therapy is appropriate for you, the first step is to develop a plan for your individual treatment. To ensure the highest level of patient safety and thoughtful care, your care team, including Board Certified Radiation Oncologists, oncology certified social workers, radiation therapists, dosimetrists, physicists, a registered dietitian, and experienced front desk personnel, all work collaboratively with your primary physician, surgeon, and/or medical oncologist to ensure ease of referral and seamless care, and an individualized treatment plan.

Radiation can be delivered in many ways to treat different types of cancers, including:

Intensity Modulated Radiation Therapy (IMRT)

This has been one of the most significant innovations in radiation therapy. IMRT uses sophisticated computer technology to create meticulous treatment plans with absolute precision and accuracy. The variable beam intensity, which is the hallmark of the IMRT technique, allows the radiation beams to be shaped in ways previously thought impossible. Due to its advanced accuracy, radiation is often delivered at higher doses without increased side effects. This allows tumors to be treated that, even a few years ago, would have been considered untreatable due to their size or proximity to other vital, healthy organs.

Stereotactic Radiation

This is a specialized external beam radiation therapy, which uses focused radiation beams targeting a well-defined tumor, relying on detailed imaging studies, computerized 3D treatment planning and precise treatment set up to deliver a radiation dose with extreme accuracy. There are two types of stereotactic radiation:

- **Stereotactic Radiosurgery (SRS)** — This does not actually involve surgery. It is a noninvasive method of delivering a precise dose of intense radiation to a tumor located inside the brain. SRS offers an important alternative for many brain tumors, benign and malignant, which have traditionally been treated with invasive surgery. Depending on the type of tumor, one of several radiation treatments may be involved. This technique can reach virtually any area in the brain, including those not accessible by conventional surgery.

- **Stereotactic Body Radiation Therapy (SBRT)** — This refers to the radiation treatments delivered within the body, for example — the lung. A customized plan allows physicians to administer high doses of radiation to the cancer with fewer treatments, typically one to five days, rather than over several weeks.

TrueBeam® Radiotherapy System

This system brings leading-edge cancer care to Eisenhower Health. Its platform is a fully integrated system for image-guided radiotherapy (IGRT), intensity modulated radiotherapy (IMRT), and stereotactic radiosurgery (SRS). Designed to treat targeted areas with advanced speed and accuracy, TrueBeam® rotates around the patient to deliver a prescribed radiation dose from virtually every angle. The system's multileaf collimator (MLC) shapes the beam with 120 computer-controlled leaves or fingers, to create apertures of different shapes and sizes. The leaves sculpt the beam to match the 3D shape of the tumor, which can also move and change during treatment to target the tumor while minimizing unnecessary radiation to nearby healthy tissue and organs. TrueBeam® treats cancer anywhere in the body where radiation is indicated for the patient, such as the lung, breast, prostate, and head and neck.

Triggered Imaging

Physicians at Eisenhower BIGHORN Radiation Oncology Center are now able to employ a technique known as triggered imaging. This sophisticated method allows the radiation oncologist to precisely target the tumor with accuracy, as well as sparing healthy organs and tissue that are near the tumor. Triggered imaging uses markers (fiducials) in the tumor, allowing the therapist to visualize the tumor during treatment. Low-dose X-ray images are generated throughout the treatment, enabling the TrueBeam® linear accelerator to automatically detect the position of

the markers. This helps the therapist account for any movement during treatment, resulting in pinpoint accuracy to the tumor, while minimizing unwarranted radiation. For example, curative radiation for lung cancer patients can be shortened from the typical six weeks, to as little as one-and-a-half weeks for certain patients.

HyperArc™

This technology was acquired to enable patients with multiple brain metastases to be treated faster and more efficiently, cutting treatment time from hours to minutes. HyperArc™ is designed to make it possible to easily target and eradicate isolated brain metastases and eliminate the need and complications of whole brain radiation. It achieves superior dosimetry, reduces side effects, and, in many cases, improves tumor control.

AlignRT®

This is Surface-Guided Radiation Therapy (SGRT), a contact-free technology that uses 3D cameras and computer vision to help ensure radiation therapy is delivered safely to the cancer patient. It helps to monitor the precise location and movement of a patient during setup for the radiotherapy treatment. Monitoring and maintaining a patient's position is especially important when treating the breast (particularly the left side, due to proximity to the heart), because movement and breathing can result in unintended radiation. AlignRT® is used for patients with breast cancer to help ensure that breath hold position is exactly the same each day for the treatments. Deep inspiration breath hold (DIBH) is a radiation therapy technique that is used for left-sided breast cancer when radiotherapy is suitable. With this technique, lungs fill with air and the heart will be moved away from the chest, protecting it from unwanted radiation.

Eisenhower Infusion Centers

We understand the challenges, both physically and emotionally, that affect every patient and their loved one when they are diagnosed with cancer. That is why our team of registered nurses are experienced in infusion services, and certified in chemotherapy administration. We combine clinical excellence with compassionate care. Any member of the health care team at Eisenhower Lucy Curci Cancer Center is available to provide information and answer questions.



Our nurses' stations are located in the middle of the Infusion Center, allowing our staff to provide the care and attention necessary, while reducing surrounding noise and distractions that may make it difficult for patients to feel less anxious and try to relax during their treatment.

Patient and family education is an essential part of the cancer care journey. We encourage all of our patients and their caregivers to be informed during the treatment process. Whether it is special instructions for care during and after treatments, or tips to reduce unpleasant side effects associated with infusions, we help to treat the disease, but also care for the whole person — our patient.

Comprehensive Infusion Services to Help You Regain Your Health

The Eisenhower Lucy Curci Cancer Center Infusion Centers offer a wide variety of infusion services to meet different needs.

Chemotherapy — Treatment of cancer with powerful medications to destroy cancer cells by stopping their growth and reproduction. Often referred to as anti-cancer drugs, they are most often administered intravenously (IV), by injection, or orally in a pill form. Chemotherapy can be used alone, or in conjunction with surgery and/or radiation.

Immunotherapy — Treatment to stimulate or restore the immune system's abilities. This is used in a variety of illnesses.

A place where your needs come first.

When you have cancer or another diagnosis that calls for infusion treatment, you can rely on Eisenhower Lucy Curci Cancer Center Infusion Centers to support your care. We have multiple locations open 365 days a year, including weekends and holidays, to meet your needs. With our team of experienced, caring medical professionals and leading-edge facilities focused on patient comfort and convenience — we're here for you.

If you have questions about infusion therapy or services available or for more information, please call **760-773-1500**, or visit eisenhowerhealth.org/services/oncology/services/infusion-center/.

Blood Transfusions (Only at Eisenhower Lucy Curci Cancer Center location) — Administration of blood components, such as red blood cells or platelets, when an individual has low blood counts due to various illnesses.

Injections — Administration of injectable drugs, either by the intramuscular or subcutaneous route, may be used to boost production of red or white blood cells, or in anticoagulant therapy.

Hydration Therapy — Infusion therapy to treat dehydration in patients undergoing chemotherapy, or as a result of insufficient fluid intake.

Uncompromising Clinical Care in a Comfortable Setting

When you don't feel well, the comfort of your home is especially important. From the picture windows to the welcoming smiles of our staff, our Center was designed with you in mind — to make your treatment experience as pleasant and comfortable as possible. We've taken every detail into account to help you feel at home:

- Oversized reclining treatment chairs
- Pillows and heated blankets
- A variety of refreshments are available
- Semi-private rooms (private rooms are available in most locations upon request and according to individual circumstances)
- Complimentary Wi-Fi

Infusion Center Locations

The Eisenhower Lucy Curci Cancer Center now has six convenient locations offering infusion services in Rancho Mirage, La Quinta, South Palm Canyon in Palm Springs, and Yucca Valley. Each location offers the same level of quality care and comfort our patients deserve in their cancer treatment.

National Oncology Nursing Certification Makes a Difference

Oncology nursing care is delivered by nurses with specialized skills and knowledge. Nurses complete additional education and training focused on cancer care. All nursing staff complete the National Oncology Nursing Society standard chemotherapy and immunotherapy training for specialized competency in the handling, administration and management of chemotherapy drugs and side effects.

Many of Eisenhower's chemotherapy-trained nursing staff have further attained a specialized national certification as an Oncology Certified Nurse (OCN), a distinctive certification for qualified, experienced registered nurses. OCNs have demonstrated specialized knowledge in cancer care by meeting strict eligibility requirements to test for the national exam. Obtaining the OCN certification demonstrates the nursing team's commitment to providing the best care possible.



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