

LIVING PROOF



**CANCER PROGRAM
ANNUAL REPORT 2008**
(2007 DATA PRESENTED)

Living Proof

LIVING PROOF. Depending on what setting you may be in, the meaning of that phrase can vary. However, here at The Cancer Center at Cookeville Regional, **LIVING PROOF** means numerous things. It means seeing our patients not only survive, but thrive through difficult diagnoses. It means seeing their families feel supported as they watch their loved ones journey down a difficult path. But **LIVING PROOF** also means keeping the initiative of bringing the best care to the region alive and well. Our **LIVING PROOF** of that commitment is evidenced by the new Cancer Center, one that will continue to match the excellence of care we provide every day, set to open in January 2009. The new TomoTherapy treatment system is the world's most advanced cancer treatment system, and we are so proud to be only the second facility in Tennessee to bring this revolutionary treatment to our patients. The hospital recently added the daVinci surgical system for prostate surgery to its list of surgical options to treat cancer. Our new Cancer Garden and our Cancer Care Fund donors are **LIVING PROOF** that people still embody the spirit of giving even in tough times. Our employees are **LIVING PROOF** that buildings don't mean much without the people who give so much of themselves every day as they bring joy, encouragement and support to our patients. We are proud that we have many examples of **LIVING PROOF** and look forward to a new year with many new examples of **LIVING PROOF**.

Jonas Sidrys, M.D.
Radiation Oncologist
Chairman, CRMC Cancer Committee

Scott Copeland, M.D.
General & Vascular Surgeon
Physician Liaison, CRMC Cancer Committee

Algis Sidrys, M.D.
Medical & Radiation Oncologist
Medical Director of the Cancer Center

Paul Jacquin, M.D.
Medical Oncologist

CANCER COMMITTEE

Jonas Sidrys, M.D. - Chairman, Radiation
Oncology

Scott Copeland, M.D. - Physician Liaison,
Vascular/General Surgery

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Center, Radiation Oncology/Medical Oncology

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- Oncology Data Research Coordinator

Syd Byrd, RN - Nursing Director, Medical
Oncology Unit

All the members of the Cancer Committee work collaboratively to manage the CRMC cancer program. The success of the program depends upon the effectiveness of this committee. The committee is responsible for goal-setting, planning, initiating, implementing, evaluating and improving all cancer-related activities for CRMC.

Cancer Center

THE NEW CANCER CENTER AT COOKEVILLE REGIONAL

The Cancer Center at Cookeville Regional is living proof that positive change is occurring for patients of the Upper Cumberland. Not only does the new center allow for continued comprehensive cancer care close to home, but it also offers patients and their families a state-of-the-art building to match. For years now our patients have been accustomed to receiving the latest technology when it comes to cancer treatment. Now patients will have a state-of-the-art Cancer Center to match that quality care.



The patients and their families will notice a difference as soon as they arrive at the facility, with dedicated parking and a private entrance. The lobby is open and spacious and also has Internet access for the convenience of all guests.

They will also notice the attention to detail in a warm, comfortable environment with an abundance of natural light.

Patients receiving chemotherapy may choose between a private infusion suite of their own or an open communal infusion treatment area where patients often form supportive relationships with each other. Virtually every aspect of the facility is being expanded as the facility grows to 33,000 square feet.

The Cancer Center and its team of physicians, nurses, radiation therapists, pharmacists, social workers and dietitians remain committed to offering patients the latest medicines and treatment, including clinical trials, all while providing a supportive network to assist patients and families through the cancer treatment process.

The new center is set to open January 2009.

WELCOME TO COOKEVILLE REGIONAL MEDICAL CENTER'S HEALING GARDEN



In Memory of John and Lela Rose Mattingly

The design team of Putman County Master Gardeners, made up of Teresa Bostic, Nancy Rich, Pat Cardinal and MaryDell Sommers, were joined by Meg and Rich Goode in designing a garden that would project a peaceful feeling of beauty and calm. The community, as well as employees of Cookeville Regional, joined in the development of various elements in the garden. The mural, under the direction of accomplished muralist Teresa Bostic, was designed to provide an inspirational feeling of hope and caring.

Cancer Care Fund Donors*

We apologize for any errors and/or omissions. If you have any corrections and/or additions, please call The Foundation office at 931-646-2037.

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GFWC Cookeville Jr Women's Club
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**Donors as of June 2008*

Cancer Care Fund



LIVING PROOF

The Cancer Care Fund assists cancer patients who are being treated at The Cancer Center at Cookeville Regional with expenses not covered by insurance.

At 45 years old, Leanne Lynch thought her life was pretty good. She had married a Cookeville resident and moved to Cookeville. She had three adult children. Lynch and her husband were working hard and enjoying life.

In March 2008, she went to the doctor with flu-like symptoms expecting to receive medicine that would quickly help her get back to her daily routine. Instead, she was diagnosed with acute myelogenous leukemia.

“I was diagnosed so suddenly,” said Lynch. “Within six days I was admitted to the hospital for a month-long stay.”

Immediately her family went from two incomes to only one.

“We were totally unprepared, but I had to be treated right away,” said Lynch. Without both incomes, Lynch and her husband did not know how they were going to pay bills for basic necessities.

“As I was being admitted to the hospital I was thinking that my phone would probably be disconnected. We didn’t know what we were going to do.”

That’s when hospital staff recommended Lynch for assistance from The Cancer Care Fund, managed by The Foundation at Cookeville Regional.

“Not only did they give us money for our phone bill,” said Lynch, “they actually went and paid the bill for me.”

Today, Lynch says she is doing well. She is grateful for the help she received – both for her cancer and the family’s financial needs.

“When I am better I want to give back, too,” said Lynch.

For more information on The Cancer Care Fund, and other ways to contribute to The Foundation at Cookeville Regional, call (931) 646-2003 or visit www.crmchealth.org.

CRMC is now affiliated with the Southwest Oncology Group (SWOG) via the University of Tennessee. SWOG is one of the largest cancer clinical trials cooperative groups in the United States, and through our affiliation, we are able to offer many more clinical trials for our patients. For a complete list of clinical trials offered at Cookeville Regional please visit our Web site at www.crmchealth.org.

Focus Study: Thyroid Cancer

Thyroid cancer is diagnosed most often in younger adults. Nationally, 73% of patients diagnosed with thyroid cancer are between the ages of 16 and 59. At CRMC, 68% of patients diagnosed are between those ages. While 33,550 malignant cases were expected to be diagnosed nationally in 2007, only 1 in 20 thyroid nodules will be cancerous.

Risk Factors for Thyroid Cancer

- Gender and age – usually diagnosed three times more often in women than men
- Diet low in iodine
- Hereditary conditions
- Previous exposure to radiation

Signs and Symptoms

- Lumps or nodules in the neck
- Swollen neck
- Pain in front of the neck
- Hoarseness

Diagnostic Evaluation

- Needle biopsy
- Chest X-ray
- Ultrasound
- Computed Tomography (CT)
- Nuclear medicine scan

Treatment

- Surgery – removal
- Radioactive Iodine
- Hormone therapy
- Radiation
- Chemotherapy

Since most thyroid cancers are found at an early stage, many patients are candidates for removal of the thyroid alone, while others require a combination of radioactive iodine treatment with surgery. The majority of patients at CRMC choose

COMMUNITY BENEFIT

Cookeville Regional prides itself on being an integral part of the community we serve. Each year we strive to provide affordable health screenings, information and education for residents of our community.

- Over 2,600 people received cancer and general health screenings at health fairs and community events
- More than 25 community and industrial health fair events were held
- 908 men participated in the prostate-specific antigen blood test
- Cookeville Regional raised more than \$11,000 in 2007 for Relay for Life

to have the thyroid removed in combination with iodine treatment. Nationally, many patients choose removal of the thyroid only as treatment.

STAGING

Stage 1 percent diagnosed nationally: 59%

Stage 1 percent diagnosed at CRMC: 62%

- Staging determines the extent the cancer has spread at the time of diagnosis.
- Stage 1 means the tumor has not spread to nearby lymph nodes or distant sites.

FIVE-YEAR SURVIVAL RATES

Stage 1 at diagnosis nationally: 98%

Stage 1 at diagnosis at CRMC: 100%

Source: American Cancer Society –

www.cancer.org.

National Cancer Database Benchmark Report, v9.0.

Focus Study: Breast Cancer

According to the American Cancer Society, there were 178,480 cases of breast cancer nationally in 2007, with 2,030 cases diagnosed in males. Breast cancer is the leading cancer for females nationally as well as for the Upper Cumberland area. Incidence trends decreased by 3.5% for years 2001-2004 compared to 1975-1980, which saw rates remain constant, and an increase in the years between 1980-2001.

RISK FACTORS FOR BREAST CANCER

- Inherited genetic mutations in the BRCA1 and BRCA2 genes
- Personal family history of breast cancer
- High breast tissue density
- Biopsy-confirmed hyperplasia
- Obesity
- Alcohol consumption
- Tobacco use

SIGNS & SYMPTOMS

- Abnormality detected on a mammogram before it can be felt
- Persistent changes to the breast, such as tenderness, distortion and swelling
- Palpable lump

DIAGNOSTIC EVALUATION

- Mammogram
- MRI of the breast
- Breast ultrasound
- Biopsy

PROGNOSTIC FACTORS

- Type of breast cancer – different names include ductal, lobular, medullary, etc.
- Grade of tumor – the extent to which a tumor resembles normal tissue
- Stage of cancer – determines the extent of cancer in the body
- Estrogen and progesterone receptor status – proteins on the outside surfaces of cells that

may attach to hormones that circulate in the blood

- HER2/neu status – growth-promoting protein

TREATMENT OPTIONS

- Surgery – removal of lump or breast
- Radiation
- Chemotherapy
- Hormones
- Immunotherapy

Treatment Combinations	CRMC	TN	National
Surgery, Radiation, Hormone	26%	10%	15%
Surgery, Radiation, Chemotherapy	19%	10%	10%
Surgery & Radiation	13%	15%	13%

FIVE-YEAR SURVIVAL RATES BY STAGE OF DISEASE AT DIAGNOSIS

Stage of Disease	CRMC	Nation
0	92%	95%
1	92%	91%
2	83%	82%
3	58%	56%
4	17%	18%

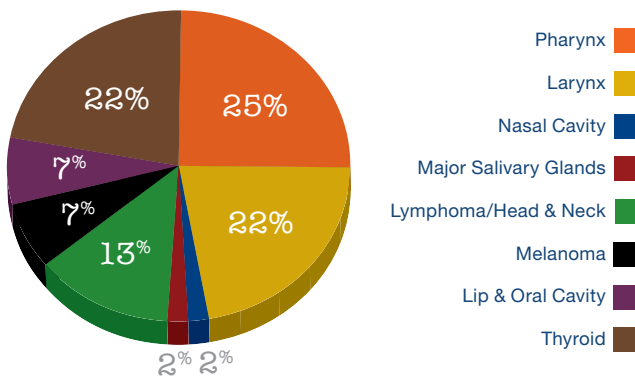
Staging of cancer details the extent of the cancer in the body. Factors determining the stage include the size of the tumor, involvement of nodes, whether it is non-invasive or invasive, and if it has spread to other areas in the body. Staging plays a vital role in a patient's prognosis and treatment planning. The lower the stage, the less the cancer has spread. A higher stage, such as stage 4, means a more serious or advanced cancer.

Source: American Cancer Society – www.cancer.org

Source: National Cancer Data Base, Commission on Cancer, American College of Surgeons. Survival Reports v9.0

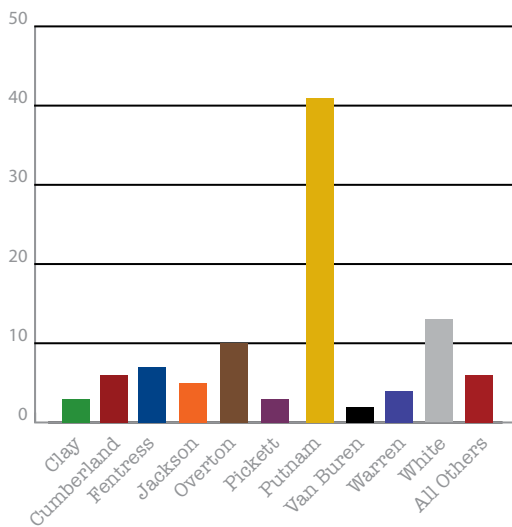
Graphs + Charts

Head and Neck Cancers



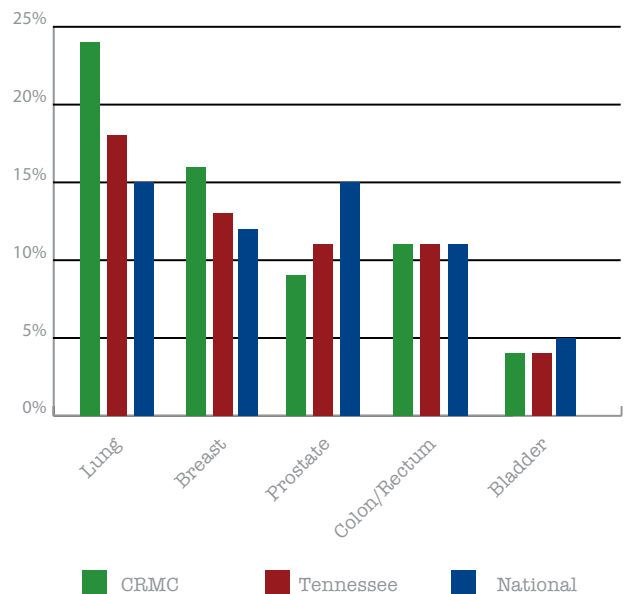
Treatment combinations for these sites vary from surgery alone to mixed modalities, including radiation and chemotherapy. At CRMC, larynx cancer patients receive radiation 40% of the time as initial treatment, as well as surgery 40% of the time for early stage disease. Nationally, 28% receive radiation as treatment, while 19% receive surgery as the sole treatment for larynx cancer.

2007 CRMC Cancer Patients/
County of Residence



Top Five Malignancies

Source: ACS 2007 Facts and Figures



Cancer Registry

The Cancer Registry is responsible for collecting in-depth information about the diagnosis and treatment of cancer patients who receive their care at Cookeville Regional. Patients or family members are welcome to request data. Call (931) 646-2292 for more information.

PRIMARY SITE	TOTAL	SEX		AJCC STAGE GROUP						
		Male	Female	0	I	II	III	IV	UNK	N/A
ALL SITES	719	379	340	20	151	148	116	121	76	87
ORAL CAVITY	26	23	3	0	2	4	4	10	6	0
LIP	3	2	1	0	0	0	0	0	3	0
TONGUE	5	5	0	0	1	1	0	3	0	0
OROPHARYNX	2	2	0	0	0	0	1	1	0	0
HYPOPHARYNX	0	0	0	0	0	0	0	0	0	0
OTHER	16	14	2	0	1	3	3	6	3	0
DIGESTIVE SYSTEM	111	58	53	2	10	15	25	25	31	3
ESOPHAGUS	9	8	1	0	0	1	1	4	3	0
STOMACH	4	3	1	0	0	0	0	2	2	0
COLON	51	24	27	2	8	11	13	8	9	0
RECTUM	24	12	12	0	1	2	3	3	14	1
ANUS/ANAL CANAL	4	1	3	0	1	0	1	1	1	0
LIVER	4	3	1	0	0	0	2	1	1	0
PANCREAS	7	2	5	0	0	1	3	3	0	0
OTHER	8	5	3	0	0	0	2	3	1	2
RESPIRATORY SYSTEM	191	119	72	1	44	22	61	56	6	1
NASAL/SINUS	1	1	0	0	0	0	0	0	0	1
LARYNX	15	13	2	1	5	4	4	1	0	0
LUNG/BRONCHUS	174	104	70	0	39	18	57	54	6	0
OTHER	1	1	0	0	0	0	0	1	0	0
BLOOD & BONE MARROW	39	20	19	0	0	0	0	0	1	38
LEUKEMIA	12	5	7	0	0	0	0	0	0	12
MULTIPLE MYELOMA	12	6	6	0	0	0	0	0	1	11
OTHER	15	9	6	0	0	0	0	0	0	15
BONE	3	2	1	0	2	0	0	0	1	0
CONNECT/SOFT TISSUE	8	5	3	0	2	0	1	1	4	0
SKIN	10	7	3	2	4	1	0	0	3	0
MELANOMA	8	5	3	2	4	1	0	0	1	0
OTHER	2	2	0	0	0	0	0	0	2	0
BREAST	112	3	109	5	38	41	13	5	10	0
FEMALE GENITAL	24	0	24	0	12	3	3	4	2	0
CERVIX UTERI	7	0	7	0	3	3	1	0	0	0
CORPUS UTERI	10	0	10	0	9	0	0	1	0	0
OVARY	4	0	4	0	0	0	1	3	0	0
VULVA	3	0	3	0	0	0	1	0	2	0
MALE GENITAL	66	66	0	0	4	49	3	3	7	0
PROSTATE	61	61	0	0	1	49	2	3	6	0
TESTIS	4	4	0	0	3	0	1	0	0	0
OTHER	1	1	0	0	0	0	0	0	1	0
URINARY SYSTEM	44	33	11	10	15	8	1	7	3	0
BLADDER	29	23	6	10	9	6	0	2	2	0
KIDNEY/RENAL	15	10	5	0	6	2	1	5	1	0
BRAIN & CNS	19	9	10	0	0	0	0	0	0	19
BRAIN (MALIGNANT)	9	5	4	0	0	0	0	0	0	9
OTHER	10	4	6	0	0	0	0	0	0	10
ENDOCRINE	21	6	15	0	10	2	1	2	0	6
THYROID	15	3	12	0	10	2	1	2	0	0
OTHER	6	3	3	0	0	0	0	0	0	6
LYMPHATIC SYSTEM	24	16	8	0	7	3	4	8	2	0
HODGKIN'S DISEASE	4	3	1	0	0	2	1	0	1	0
NON-HODGKIN'S	20	13	7	0	7	1	3	8	1	0
UNKNOWN PRIMARY	20	11	9	0	0	0	0	0	0	20
OTHER/ILL-DEFINED	1	1	0	0	1	0	0	0	0	0

Introducing TomoTherapy

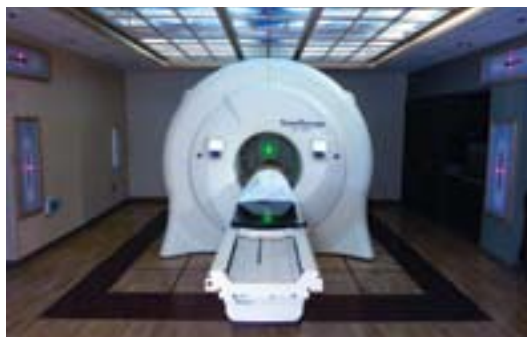
TomoTherapy is **LIVING PROOF** that technology is changing and that Cookeville Regional is committed to bringing patients of the Upper Cumberland the best in cancer care.

TomoTherapy is one of the world's most advanced cancer treatment systems. The Cancer Center at Cookeville Regional is proud to be the second facility in Tennessee to offer this revolutionary treatment.

The TomoTherapy Hi-Art treatment system looks like a CT scanner because it contains a CT scanner's capabilities. The system allows clinicians to efficiently acquire 3-D images of every patient, every day. With the images, clinicians can check the size, shape and location of tumors before each treatment. Then they can compare that day's image with the one used for planning, to ensure that radiation will be delivered with extreme accuracy. Importantly, daily images can also be used to analyze – and, if necessary, modify – a patient's treatment at any point during the treatment course.

The system also provides unparalleled precision. Conventional radiation therapy machines deliver a wide beam of radiation from only a few angles. The TomoTherapy Hi-Art system uses its unique CT scanner design to deliver radiation continuously from all angles, which results in minimal damage to surrounding healthy tissue.

The TomoTherapy treatment system not only creates the CT images, but also delivers the radiation, which allows increased efficiency in treating patients.



In an effort to provide the best care to the patients of the Upper Cumberland, several physicians go above and beyond their level of responsibility. Through their dedication to both the patient and the treatment of the disease of cancer, we are able to offer the highest level of cancer care in the region. A special thank you goes to:

Dr. Jonas Sidrys
 Dr. Paul Jacquin
 Dr. Scott Copeland
 Dr. Algis Sidrys
 Dr. Sam Glasgow
 Dr. Sam Kincaid
 Dr. Glenn Hall
 Dr. Tim Collins (pathology)
 Dr. Jason Nolan
 Dr. Melvin Rapelyea
 Dr. Ginny Charnock
 Dr. Spencer Madell
 Dr. Edrick Ferguson
 Dr. Douglas Kane
 Dr. Mark Kriskovich

Dr. Scott Keith
 Dr. Thomas Lawrence
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 Dr. George Ivey
 Dr. Dale Douglas
 Dr. Todd Chapman
 Dr. Lewis Wilson
 Dr. James Fonger
 Dr. Lee Moore
 Dr. Harry Stuber
 Dr. Loretta Connely
 Dr. Paige Gernt
 Dr. Joseph Jestus



Supportive Services Offered

After diagnosis and treatment, sometimes a patient needs support from others that are knowledgeable of their needs and can answer questions and give guidance. CRMC offers a wide range of support groups and employs full-time social workers and registered dietitians.

Efforts are underway to bring forth a children's support group that focuses on dealing with a parent's or caregiver's cancer diagnosis.

The following are some of our supportive services:

- Pastoral Services
- Reference Library
- Hospice
- Oncology Pharmacist
- Susan G. Komen Foundation: Provides education and support for patients diagnosed with breast cancer
- House Call: An informative program offered on the local television station discussing various cancer issues, such as prevention and treatment
- Women's Wednesday: Programs offered by The Women's Center that discuss breast cancer, skin cancer and other related topics
- US Too: A support group that helps local prostate cancer patients and their caregivers
- Look Good-Feel Better: A program sponsored by the American Cancer Society and other agencies that focuses on appearance-related changes due to cancer treatment
- Health Fairs: Programs offered at several health fairs each year
- Circle of Hope: A support group for patients who are diagnosed with any type of cancer, and their families
- Reach to Recovery: Helps patients cope with breast cancer by arranging visits between survivors and newly diagnosed patients
- Breast Cancer Support Group: An emotional and educational support group for women with breast cancer
- Journey to Breast Health: A program to help navigate the path to health and healing
- Quit 4 Life: Free smoking cessation classes that meet weekly and are highly successful at helping people quit smoking
- Let's Quit: Classes for adolescents that discuss the importance of not smoking and the dangers of secondhand smoke
- Lymphedema Therapy: A therapy program teaching patients how to manage their lymphedema, a side effect that can sometimes occur after breast cancer surgery
- Healing in Motion Exercise Classes: Designed to improve overall wellness using the principles of tai chi, dance, meditation, and lymphatic stimulation.

A special "THANK YOU" to the people who work behind the scenes to help make our cancer program a success!

Kathy Kane, Highland Rim Respiratory Specialists

Crystal Garrett, Upper Cumberland Otolaryngology Clinic

Brenda Turnage, Upper Cumberland Surgical Associates

Sheila Reecer, Upper Cumberland Urology Associates

Rana McSpadden, Middle Tennessee Surgical Specialist

Carol Ann Rudd, Cookeville Pathology

Ali Bagci, Radiology Department at CRMC

Joellen Stafford and Pati Kanable, Radiology Department at CRMC

Auxiliary Volunteers at CRMC

A VERY SPECIAL "THANK YOU" to Amy Sullivan in the Education Department and Judy Phillips, Catering Supervisor!!

**RESOURCES CONTACT
INFORMATION:**

Cookeville Regional Medical Center
(931) 528-2541
www.crmchealth.org

The Cancer Center at Cookeville Regional
1-866-258-5416
(931) 783-2497

Breast Health Nurse Navigator
Erin Young, RN, BSN
(931) 783-2628
eyoung@crmchealth.org

Breast Cancer Support Groups
Patricia Gregory
(931) 783-2026
*For other cancer support groups go to:
www.crmchealth.org

Clinical Trials Coordinators
Stephanie Rutledge, RN; Joy Hilliker, RN
(931) 783-5755

American Cancer Society
Sandy Carr, Local District Representative
(931) 520-7757 – Upper Cumberland Office
(800) 277-2345 – National Office
www.cancer.org

Susan G. Komen Foundation
Eileen Stuber, President of Upper Cumberland Chapter
(931) 528-5878 – Upper Cumberland Office
www.komenuppercumberland.org
(877) 465-6636 – National Office
www.komen.org

National Cancer Institute
(800) 422-6237
www.cancer.gov

Cookeville Regional Tumor Registry
(931) 783-2292