“When we first got Al’s cancer diagnosis, our friends thought we should go to Boston. We felt that there was no need to do that. The Boston hospitals have a wonderful reputation, but we felt the care here was better because it’s more personal. We were right.”

Al Sico’s wife Janice
Our patients speak for us

Al Sico never imagined himself talking in superlative terms about a medical center. The mere thought of medical treatment terrified him. Ever since he can remember, he’s had a phobia about doctors, hospitals and specifically needles. Neither he nor his wife Janice can remember the 63-year-old going to the doctor. But that all changed this past September when he was diagnosed with Stage IV prostate cancer.

Al and Janice’s cancer journey together began with a jolt and included a two-month stay at SMHC to manage the issues that arose from an aggressive form of prostate cancer that metastasized in Al’s bladder and bones.

“To be truthful, in my first week, I didn’t think I was going to make it,” recalls Al, who fought through a variety of issues, from a blood clot to failing kidneys over an eight-week period. “But looking back now, I can tell you that the care was unbelievable. The doctors, the nurses and even the people who took my blood, were so nice and caring. I felt like I was part of their family.”

“Al’s diagnosis was a shock but the light has been the care and treatment he has received from everyone at the hospital,” adds Janice. “We called them our dream team. They were so kind, so compassionate and they knew how to care for his specific phobias. They always assured him they were going to use the smallest needle possible. Their thoughtfulness and humor caused his anxiety level to drop.”

After the diagnosis, Al, who moved to Sanford from Cambridge, Massachusetts in 2004, was urged by his friends to get his cancer care from one of the major Boston hospitals. But Janice, who has worked at SMHC for five years, had the utmost confidence in her colleagues at SMHC.

“When we first got Al’s diagnosis, our friends thought we should go to Boston,” remembers Janice. “We felt that there was no need to do that. We know the Boston hospitals have a wonderful reputation, but we felt the care
here was better because it’s more personal. We were right.”

After his hospitalization, Al received ongoing care at the Cancer Care Center of York County in Sanford where medical oncologist Eva Zaslavsky, MD, oversaw an aggressive treatment plan that got Al out of bed and back on his feet.

“From the people at the front desk to the nurses and the physician assistant, each of the caregivers at the Cancer Center became a part of our lives in a very special way,” recalls Janice. “Dr. Zaslavsky not only helped heal the body, but her care and concern eased our minds. They all addressed our fears and offered a strong shoulder to lean on during a trying time.”

The last several months have been a roller coaster of emotions, tests, chemotherapy, and doctor visits, but Al is on the upside and feeling better. His fear of hospitals has transitioned to a fondness for the team that has given him new hope.

“We’ve been blessed with this hospital,” says Al who, with Janice, was presented with pins of hope by SMHC’s Dietary staff as a reflection of their wishes for his full recovery.

“It is a time in our lives when we needed TLC and we certainly got it…and then some,” adds Janice. “The care at SMHC was something we will never forget. This hospital has touched both our hearts. We’re fans for life.”

“It is a time in our lives when we needed TLC and we certainly got it…and then some. The care at SMHC was something we will never forget. This hospital has touched both our hearts. We’re fans for life.”

In 2015, SMHC’s Cancer Care program was reaccredited with commendation by the Commission on Cancer (CoC) and SMHC’s Center for Breast Care was reaccredited by the National Accreditation Program for Breast Centers (NAPBC). These accreditations are the highest level awarded for cancer care programs in the United States.
Launched in 2015, SMHC Cancer Care and Blood Disorders offers Medical Oncology in both Biddeford and Sanford.
Comprehensive, collaborative team-based cancer care

Southern Maine Health Care’s Cancer Care and Blood Disorders program continues its track of unprecedented growth to ensure the people of York County have greater access to cancer care close to home.

Launched in 2015, SMHC Cancer Care and Blood Disorders offers Medical Oncology in both Biddeford and Sanford, meeting a critical need for state-of-the-art cancer care, regardless of an individual’s ability to pay.

As part of SMHC’s membership in MaineHealth, York County cancer patients have access to a full spectrum of cancer care through SMHC and Maine Medical Center. SMHC’s Cancer Care program has received the highest accreditation by the American College of Surgeons’ Commission on Cancer as well as being recognized as a Breast Center of Excellence by the National Accreditation Program for Breast Centers (NAPBC).

SMHC’s comprehensive program includes:
• Medical oncology and hematology
• The Center for Breast Care
• Cancer Care Center of York County (CCCYC), a collaboration of SMHC and Maine Medical Center (MMC)
• York County’s only radiation oncology services at the CCCYC provided in partnership with Spectrum Medical Group
• Infusion services in Biddeford and Sanford, in partnership with MMC.

In 2016, oncologist Eva Zaslavsky, MD, and physician assistant Beth Hart, PA-C, joined oncologist Peter Rubin, MD on the SMHC team. Luiz de Oliveira, MD, will join the team in March of 2017.

New services have been added that embody a holistic approach to providing care, including genetic counseling, licensed clinical social
work, phlebotomy services (through NorDx) and dietitians that are embedded directly in the practices.

SMHC also expanded its nurse navigation services to meet growing demand, and is partnering with MaineHealth to provide patients with an opportunity to participate in clinical trials.

State-of-the-art cancer care relies on the abilities of many cancer care specialists. When these experts can review cases and share opinions among themselves, it’s always best for patients. This is especially true for the treatment of breast cancer.

Over the past year, a collaborative care model was established for newly diagnosed breast cancer patients designed to make it easy and efficient for cancer specialists to quickly review cases and lend opinions.

SMHC has also expanded its cancer care services to Western Maine Health in Norway, Maine, and soon to Memorial Hospital in North Conway, New Hampshire, both MaineHealth members.

“Our goal is to ensure that all people in our region, regardless of their ability to pay, have access to the very best cancer care close to home. The SMHC Cancer Care Program has made that possible.”

Ed McGeachey
SMHC President and CEO
Maine’s newest radiation therapy technology – now in York County!

Cancer is a challenging and complex disease but, thankfully, the technologies used for treating cancer continue to improve at a remarkable pace. The powerful combination of digital imaging and high technology makes treatment easier and faster. That’s why the Cancer Care Center of York County (CCCYC), York County’s only radiation treatment center, installed a state-of-the-art linear accelerator (LINAC) in June 2016.

This remarkable technology greatly enhances care for patients with cancer by enabling CCCYC’s radiation oncology team to deliver treatments with unparalleled precision, minimizing treatment time and radiation damage to healthy tissue while treating more types of cancer and improving patient outcomes.

“With its image-guided radiotherapy, the Varian True Beam cancer treatment system is the ultimate in cancer treatment technology,” according to Philip Villiotte, MD, radiation oncologist and medical director for the CCCYC. “Our referring physicians and patients want to be treated with the most advanced technology and the highest level of clinical expertise. The new linear accelerator is the cornerstone of this program.”
The LINAC is capable of advanced treatments such as Stereotactic Body Radiotherapy (SBRT), also known as stereotactic ablative radiotherapy, which uses several beams of high dose radiation at various intensities aimed at different angles to precisely target a tumor. The best candidates for this procedure are patients with small, well-defined tumors who cannot tolerate surgery.

For the CCCYC and its hospital partners — Southern Maine Health Care and Maine Medical Center — the LINAC and a new CT simulator, along with the accompanying software, represents a $4 million investment in patient care for southern Maine, specifically York County.

“It is very rewarding to be part of the final stages of this patient-centered project,” said Karen Pierce-Stewart, executive director of the CCCYC. “The new equipment is a significant benefit to cancer patients and their families in southern Maine. We are excited to be able to treat more types of cancer and in far less time.”

For more information about the CCCYC, visit: cancercareyorkcounty.org or call (207) 459-1606.

This remarkable technology greatly enhances care for patients with cancer by enabling CCCYC’s radiation oncology team to deliver treatments with unparalleled precision, minimizing treatment time and radiation damage to healthy tissue while treating more types of cancer and improving patient outcomes.
Cancer and its treatments affect the quality of life and functioning of every person touched by the disease. To more effectively assess opportunities to improve the day-to-day lives of our patients, a collaborative workgroup was established to develop a user-friendly screening tool to help identify patients that would benefit from physical, occupational and/or speech-language therapy services. The screening tool was rolled out in 2016. Patients are asked questions about how well they are able to perform daily activities as well as any physical or emotional symptoms they may be experiencing. The brief survey is completed at their first visit, a few weeks after treatment begins, monthly during their treatment, and again after the treatment period ends. Monitoring changes at these points along the care continuum ensures that the care team can assess when therapy would be most beneficial to help patients maintain or improve their independence and quality of life.
SMHC is one of only two hospitals in the state of Maine to sign a pledge with the American Cancer Society TO SCREEN 80% OF PATIENTS FOR COLORECTAL CANCER BY 2018.

SMHC is currently screening 75% OF PATIENTS.

IF YOU ARE OVER AGE 50, please talk with your doctor about getting a colonoscopy.

Linda Nadeau of Wells loves spending time with her grandchildren; that’s why she followed her doctor’s advice and got her first colonoscopy, which found cancer. An early diagnosis saved her life.

“I chose SMHC for the colonoscopy because it’s local,” recalls Linda. “The care was wonderful. I’m a very lucky person.”

If you’re age 50+, check with your doctor to see if it’s time for you to have the test.

Learn more at smhc.org.

“Having a colonoscopy saved my life.”
The SMHC Cancer Care and Blood Disorders program serves a large portion of York County, representing a total population of about 200,000 people.

In 2016, the SMHC Cancer Committee, a multi-disciplinary group of providers and specialists, completed a community needs assessment to better understand the needs of its communities and to ensure that SMHC Cancer Care and Blood Disorders meets those needs. The assessment plays an important role in helping the SMHC Cancer Care team develop services and programs.

The study drew its findings from a variety of resources, including the Commission on Cancer National Cancer Database, Department of Health and Human Services, U.S. Census data, the Behavioral Risk Factor Surveillance System, Healthy People 2020, National Cancer Institute Centers for Disease Control, and the Maine Shared Community Health needs assessment.

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### People in poverty and individuals with low education levels tend to get screened less for cancer. The barriers include:

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<tr>
<th>Barrier: NO INSURANCE, HIGH DEDUCTIBLES AND HIGH CO-PAYS</th>
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<tr>
<td><strong>Resources:</strong> SMHC offers available resources to help eligible patients pay for the cost of health care. Other financial assistance programs offered through SMHC include: MedAccess, the Maine Breast and Cervical Health Program, and free genetic counseling for MaineCare patients.</td>
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<tr>
<th>Barrier: NO TRANSPORTATION</th>
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<tr>
<td><strong>Resources:</strong> Transportation is available through Road to Recovery (American Cancer Society), Logisticare for MaineCare patients, York County Community Action bus services, and gas cards provided by SMHC in emergency situations.</td>
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<th>Barrier: PATIENTS WITHOUT A PRIMARY CARE PROVIDER</th>
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<td><strong>Resources:</strong> All SMHC primary care providers (PCPs) are welcoming new patients to ensure that everyone has access to health care. Patients seen in the SMHC Emergency Department who do not have a PCP are offered an appointment with the on-call doctor for follow-up on their condition.</td>
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In 2016 SMHC was one of three hospitals in Maine to receive a three-year grant for $164,000 from the Maine Cancer Foundation to ensure an outpatient nurse navigator is embedded in the practice who will implement a lung cancer screening process at SMHC.

SMHC provides cancer care regardless of someone’s ability to pay. Financial support for our programs is provided through the generous support of individuals and partners like:

- Maine Coast Marathon
- Pinks on the Links Golf Tournament
- SMHC Auxiliary
- Maine Cancer Foundation

If you wish to support SMHC’s Cancer Care Program, please contact Chrissie Attura, development director, at 207-7235 or ciattura@smhc.org.

GOALS FOR 2016
After reviewing the assessment, the Committee established and implemented these goals:

- Recruit an onsite dedicated social worker for Biddeford and Sanford
- Offer onsite genetic counseling in Biddeford and Sanford
- Expand free nutrition counseling to Biddeford

FUTURE GOALS
- Address the goals established by the Maine Cancer Foundation for Healthy Maine 2020
- Develop specific educational outreach for individuals below the poverty line or with a poor educational background to ensure they have access to primary care providers and screening
- Reduce financial barriers to screening and care
- Reduce transportation barriers to screening and care
- Provide a support system for those patients that do not have family or friends
Cancer Committee

Peter Rubin, MD
Medical Oncologist
Chair

Marguerite Belanger, RN, BSN, OCN
Cancer Care Coordinator / Oncology Nurse Navigator

Ashley Bell, CCRC
Clinical Research Coordinator

Nancy Bouffard, OTR
Lymphedema Specialist

Jennifer Chatfield, RN, BSN, OCN
Oncology Nurse Navigator

April Clark, LCSW
Psychosocial Services Coordinator

Donna Deletetsky, LCSW
Psychosocial Services Coordinator

Heather DiYenno, LCSW
Palliative Care Program Manager

Tarek Hammour, MD
Pathologist
Spectrum Medical Group

Nicole Heanssler
Health Systems Manager
Hospitals
American Cancer Society

Katherine Lafferty, MS, CGC
Genetic Counselor

Helene Langley, RN, BS, CBCN, CN-BN
Breast Nurse Navigator

Donna Michaud, CTR
Cancer Registry

Monica Moore, RD
Nutrition Services

Gina Mosher, OT Manager
Rehabilitation Services

William Perron, RN
Oncology Service Line Director
Cancer Program Administrator
Cancer Conference Coordinator

Karen Pierce-Stewart
Executive Director
Cancer Care Center of York County
Community Outreach Coordinator

Leslie Roberts
Director
Community Relations

Catherine Share, MD
General Surgery
Cancer Liaison Physician

Philip Villiotte, MD
Radiation Oncologist
Spectrum Medical Group

Steven Weinert
Project Manager

Joline Woodhead, RN
Performance Improvement

Eva Zaslavsly, MD
Medical Oncologist

Our Partners

Southern Maine Health Care
MaineHealth
Cancer Care
and Blood Disorders

Maine Health Cancer Resource Center

Nordx
MaineHealth

NAPBC
Commission on Cancer

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ACCREDITED BREAST CENTER

American Cancer Society