



# Outcomes

2017 Cancer Program Annual Report



## A Message from the Committee Chairperson

### **Greetings...**

*I take great satisfaction in submitting the annual report of Winona Health's cancer care service, now in its fifth year of accreditation by the Commission on Cancer. I feel our program adds significant value to the community by giving our cancer patients the option of pursuing their treatment with local healthcare providers who follow standards established by the National Comprehensive Cancer Network. The result is high quality care using nationally recognized standards in a personable and convenient setting.*

### **Our cancer committee consists of the following physicians and support staff:**

- Ronald England, DO, FCAP, Surgical Pathologist, Cancer Committee Chair
- Richard Ferris, MD, Medical Oncologist, Clinical Trial Coordinator
- Matthew Broghammer, DO, General Surgeon, Cancer Liaison Physician
- Wen-Yu "Vicky" Haines, MD, FACS, General Surgeon
- Crystal Lumi, MD, FACS, General Surgeon, Cancer Conference Coordinator
- Karen Perkins, PA-C, General Surgery, Clinical Research Coordinator
- Laura Schiltz, PA-C, General Surgery
- Hans Serleth, MD, Plastic, Cosmetic and Reconstructive Surgeon
- Catherine Compton, CNP, Plastic, Cosmetic and Reconstructive Surgery
- Sandy Gruszynski, RN, CN-BN, PNC, Cancer Coordinator Patient Navigator, Cancer Care
- Dawn Gronner, LSW, Psychosocial Services Coordinator
- Alex Westenfield, MD, Diagnostic Radiologist, Imaging Services
- Cheryl Evans, CTR, Cancer Care
- Theresa Hoyles, RD, LD, CDE, Dietician, Diabetes and Nutrition Education
- Emily Breunig, OTR/L, CLT, CES, Rehabilitation Services
- Angie Johannes, RN, BSN, Cancer Program Administrator, Director of Surgical Services

*The following are reports on programs related to prevention and screening for cancer at Winona Health, as well as data indicating how we compare nationally in Cancer Care Quality Improvement and Surveillance.*

*Sincerely,*

**Ronald England, DO, FCAP**

Chairperson, Cancer Committee  
Winona Health

## Clinical and Administrative Team

Winona Health's Cancer Program provides a team approach to cancer care. Our staff includes general surgeons, a reconstructive surgeon, a dermatologist/Mohs surgeon, and a medical oncologist. Additionally, pathologists and radiologists provide critical information needed to accurately diagnose and stage cancer and develop individualized patient treatment plans. Our clinical team also includes oncology nurses, laboratory technicians, registered dietitians, a nurse navigator, an oncology social workers and rehabilitation therapists – who, with our administrative team, are committed to doing their part to ensure the best patient care.

## Cancer Committee

Winona Health's Cancer Committee includes physicians from various specialties, other healthcare professionals, administrators and support professionals. The Committee meets quarterly to plan, implement, review and assess cancer-related programs and services for our community. Each committee member makes his or her participation a top priority.

## Cancer Conference

A multidisciplinary cancer conference is held twice each quarter where diagnosis and treatment planning is discussed on an individualized basis. All providers are invited to attend this conference, and input from the various disciplines involved in comprehensive cancer care is encouraged.

## Meet the newest members of our Cancer Care team

### **Crystal Lumi, MD, FACS, General Surgeon**

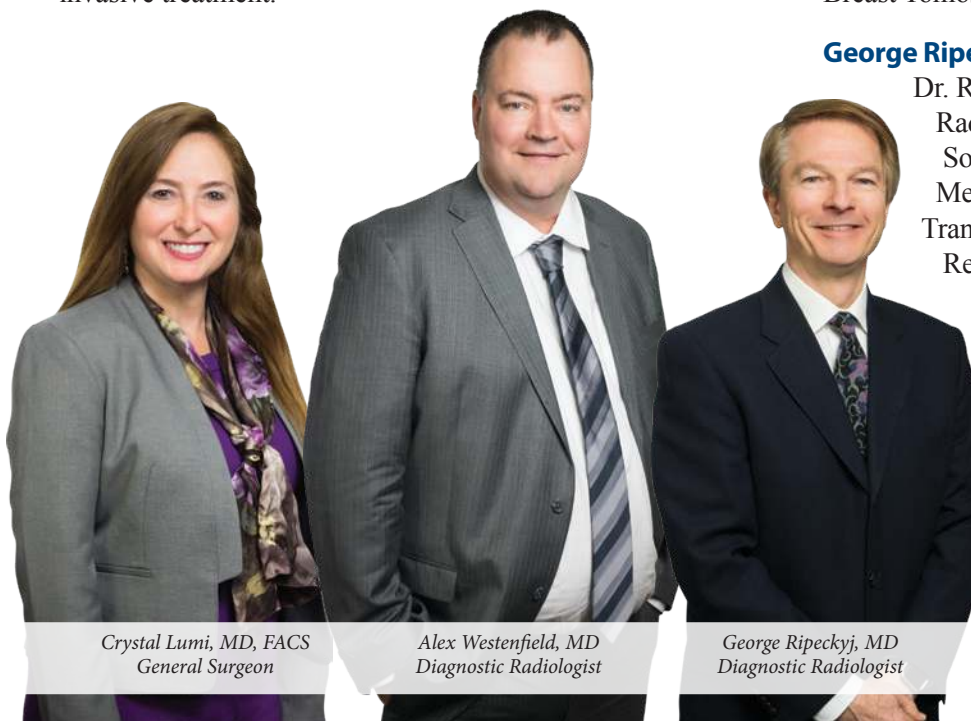
Dr. Lumi is certified by the American Board of Surgery. She earned her medical degree at the University of Minnesota-Minneapolis and completed her residency in General Surgery at the Marshfield Clinic-St. Joseph Hospital Program in Marshfield, Wis. In addition, she completed a Fellowship in Bariatric and Minimally Invasive Surgery at the University of Minnesota. Her main surgical interests are surgical oncology, particularly breast cancer and rare tumors, as well as finding the least invasive treatment.

### **Alex Westenfield, MD, Diagnostic Radiologist**

Dr. Westenfield is certified by the American Board of Radiology. He earned his medical degree from the University of Iowa College of Medicine in Iowa City, Iowa, completed his Transitional Year Residency at Gundersen Health System in La Crosse, Wis., and his Diagnostic Radiology Residency at the University of Nebraska in Omaha, Neb. He also completed fellowships in cancer and cardiac imaging and is MQSA (Mammography Quality Standards Act) Certified for Breast Tomosynthesis and Digital Mammography.

### **George Ripeckyj, MD, Diagnostic Radiologist**

Dr. Ripeckyj is certified by the American Board of Radiology. He earned his medical degree from Southern Illinois University School of Medicine in Springfield and completed his Transitional Year Residency and Radiology Residency at Saint Francis Hospital in Evanston, Ill. He completed a fellowship in Neuroradiology at the University of Texas Health Science Center at San Antonio and is MQSA (Mammography Quality Standards Act) Certified for Breast Tomosynthesis and Digital Mammography.



*Crystal Lumi, MD, FACS  
General Surgeon*

*Alex Westenfield, MD  
Diagnostic Radiologist*

*George Ripeckyj, MD  
Diagnostic Radiologist*



## Awareness, Screenings and Prevention Programs (4.1 and 4.2)

Our screenings, community education, and patient and family support services occur at various times throughout the year. Free Smoking Cessation programs are offered three times a year and, in 2017, free skin cancer screening was offered. If you have a question about screening or prevention programs, call 507.494.7378.

### SCREENINGS

SKIN CANCER	2014	2015	2016	2017
# of screenings	27	NA	41	66

The 2017 Skin Screening (Melanoma being the second highest cancer diagnosed at Winona Health) was held May 19, 2017 by Winona Health, Dr. Christensen saw 66 patients. This was a head-to-toe screening specifically for those who have never been checked for skin cancer. Six of those patients were set up for biopsies, 4 returned as Nevuses and 2 returned as Basal Cell Carcinomas. All had proper follow up by the dermatologist.

SMOKING CESSATION	2014	2015	2016	2017 YTD
Total attendees	22	12	21	12

Four-week classes were offered three times throughout the year.

LUNG CANCER	2014	2015	2016	2017 YTD
Total screenings	47	48	57	77

In 2014, Winona Health began offering low dose CT screening for individuals at high risk for developing lung cancer.

Low Dose Lung CT Screening: Jan. 1 - (year to date), 77 patients have had a low dose lung CT at reduced cost compared to 57 patients last year. Of those 77 patients screened, 3 squamous cell lung carcinomas were diagnosed. All biopsies done in CT are ordered by the Primary Care Provider or a surgeon and the results go to that ordering provider, who then calls the patient with results. Winona Health follows the National Comprehensive Cancer Network (NCCN) guidelines for lung cancer screening and/or referral.

MAMMOGRAPHY	2014	2015	2016	2017 YTD
Total screenings	5,654	4,438	4,082	3,641

Winona Health invests in the equipment and technology to provide outstanding breast screening services for our community.

Since 2013, we've offered 3D mammography (tomosynthesis). Breast screening with tomosynthesis when combined with conventional 2D mammography has a 40-percent higher invasive cancer detection rate than conventional 2D mammography alone. Tomosynthesis technology gives radiologists increased confidence with up to a 41-percent reduction in recall rates.

## Awareness, Screenings and Prevention Programs (4.1 and 4.2) continued

“Winona Health has the best of the best in mammography technology. We use computer-aided, 3D technology for screening and every aspect of breast care—so if there is an issue, our radiologists can examine it ‘spot on’ from every angle,” says Claudine Van Meeteren, director of Imaging Services at Winona Health. “It’s like being able to read every word in a book without opening the cover.”

In 2015, we upgraded our MRI unit and can now conduct breast MRI screening as necessary. Breast MRI is used to screen women at higher-than-average risk for developing breast cancer and for imaging following diagnosis or after treatment.

“We are committed to winning the fight against breast cancer,” said Van Meeteren. “In offering breast tomosynthesis digital mammography and with our breast MRI capabilities, we have powerful technology available to detect the presence of cancer in the breast.”

### Community Education Support

- **Way to Wellness — Community Health and Wellness Event:** The annual Way to Wellness health and wellness event was Saturday, February 25, 2017. The event featured programs and informational booths to help people improve their health or simply feel better.
- **Free Health Talk: *Seeing Spots* - preventing, detecting and treating skin cancer.** Dermatologist and Mohs Surgeon Kevin Christensen, shared tips for skin cancer prevention, detection and treatment options including Mohs surgery at a free event Thursday, May 11, 2017.
- **Free Skin Cancer Screening Day:** Winona Health offered free skin cancer screening Friday, May 19, 2017. Screening was by appointment and intended for those who have never been screened for skin cancer.
- **Free Smoking Cessation Program:** Winona Health offered free, four-week smoking cessation programs in 2017.
- **Women’s Health Event:** A free event on Thursday, October 12, 2017, featured Dermatologist Kevin Christensen; Plastic, Cosmetic and Reconstructive Surgeon Hans Serleth; and booths including breast screening information.
- **Men’s Health Event: *A Drink with the Docs*** was November 30, 2017. This casual, men-only event was facilitated by Family Medicine Physician Nicholas Modjeski and Emergency Medicine physician Brett Whyte, and provided answers to frequently asked questions and raised awareness of men’s health issues.
- **Breast Fest:** October 7, 2017, Breast Fest, an annual music festival to benefit local people being treated for breast cancer, raised \$10,000 to be distributed through the Winona Health Foundation to help people with expenses related to having a serious illness but that are not covered by insurance.
- **Knitted Knockers:** Knitted Knockers are handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. They are lovingly made by Winona Health Volunteers and given to breast cancer survivors or any woman who wants them. Contact Winona Health Volunteer Services at 507.457.4342, or visit [winonahealthfoundation.org/knockers](http://winonahealthfoundation.org/knockers) for more information.

## Cancer Care and Support Services

- |                                  |                          |                      |  |
|----------------------------------|--------------------------|----------------------|--|
| • Behavioral Medicine            | • Community Care Network | • Hospice            | • Plastic, Cosmetic and Reconstructive Surgery |
| • Chaplain Services              | • Dermatology            | • Imaging Services   | • Primary Care                                 |
| • Chemotherapy Infusion Services | • Nutrition Education    | • Inpatient Services | • Women’s Health                               |
|                                  | • General Surgery        | • Physical Therapy   |  |
|                                  |                          | • Surgical Services  |  |

## Winona Health designated a Breast Imaging Center of Excellence

Winona Health has earned accreditation in all aspects of breast imaging to achieve the designation of Breast Imaging Center of Excellence by the American College of Radiology.

Being awarded the status of a Breast Imaging Center of Excellence signifies that Winona Health has earned accreditation in mammography, stereotactic breast biopsy, breast MRI, breast ultrasound and ultrasound-guided breast biopsy.

Winona Health has been using 3D Mammography since 2013. “Tomosynthesis, or 3D mammography, is 41 percent more effective than traditional mammography in detecting invasive breast cancer,” notes Claudine Van Meeteren, director of Imaging Services at Winona Health. “That means peace of mind when it comes to early detection.”

“Our exceptional technology is provided to all of our patients at no extra cost. Many places charge extra if someone wants 3D images,” says Kara Nelsestuen, lead mammography technologist at Winona Health.

“A unique feature that women really appreciate is the comfort of the exam,” says Kara. “It accommodates the difference in thickness between the chest wall and other areas of the breast and applies the appropriate amount of compression. It gives us clear images without applying too much pressure—that makes a big difference that women often comment on.”

According to a thankful patient, “This was the fastest, most comfortable exam I have ever had. I often dread my mammogram, but I was in and out in less than 20 minutes. I was amazed at the efficiency and appreciated the technologist’s consideration during this personal procedure.”



“It takes an incredible team commitment to earn accreditation as a Breast Imaging Center of Excellence,” said Claudine Van Meeteren, director of Imaging Services at Winona Health. “The criteria is extensive and includes everything from staff credentials, board certifications and continuing education to image quality assurance documentation. Our technology is the best of the best, and we have an outstanding team devoted to providing the highest standard of care to our community.”

To schedule a screening mammogram at Winona Health, a Breast Imaging Center of Excellence, call 507.457.4320.

## Most effective treatment for skin cancer is at Winona Health

Board-certified dermatologist and fellowship trained skin cancer surgeon, Kevin Christensen, specializes in Mohs surgery. According to the Skin Cancer Foundation, Mohs surgery is the single most effective technique for removing the two most common types of skin cancer, basal cell carcinoma and squamous cell carcinoma, along with certain melanomas.

In addition to providing general dermatology services and specializing in the diagnosis and treatment of skin cancer, Dr. Christensen also specializes in techniques to treat aging skin, cosmetic treatments such as Botox, fillers, and laser surgery, as well as providing general dermatology services.

After earning his Medical Degree from Mayo Medical School in Rochester, Minn., Dr. Christensen completed his internship at Hennepin County Medical Center in Minneapolis, Minn., his dermatology residency at Mayo Clinic in Rochester and a fellowship in Micrographic Surgery and Dermatologic Oncology (Mohs surgery) at MD Anderson Cancer Center in Houston, Texas.

“As a native of Minnesota who trained at Mayo Clinic, I feel a strong connection with people in this area,” said Dr. Christensen. “My goal is to deliver high-value, patient-centered care that is accessible and convenient.”

For a Dermatology appointment at Winona Health, call 507.457.7674.



Winona Health diagnostic radiologists, Alex Westenfeld, MD, and George Ripeckyj, MD.

Board-certified dermatologist and skin cancer surgeon Kevin Christensen, MD, joined Winona Health in August 2016.



The Cancer Registry is an important element of Winona Health's Cancer Program. The Cancer Registry systematically collects and reports a wide range of demographic and medical data about cancer and tumor diseases to the Minnesota Cancer Surveillance System (MCSS) and Wisconsin Cancer Reporting System for monitoring the incidence and risks of developing cancer, promoting cancer research and measuring outcomes of treatment and survival.

Winona Health's Cancer Registry began collecting and submitting cancer data on January 1, 2007. Since then, a total of 1,496 cases have been added to the registry. Data is collected by a Certified Tumor Registrar who receives extensive and ongoing training in the collection, management, analysis and dissemination of information on cancer patients. The cancer registrar captures a complete summary of patient history, diagnosis, treatment and status for every cancer patient diagnosed and/or treated

at Winona Health. The Cancer Registry uses an oncology software system for database management, reporting and survival study support. Additionally, the Cancer Registry performs lifetime follow-up of our cancer patients on treatment, recurrence and status.

Currently, our follow-up rate for patients since the beginning of our cancer registry data collection (2007) is 98 percent and the follow-up rate for patients for the past five years (2012 to present) is 99 percent—both rates exceed the 80 and 90 percent minimum standards established by the Commission on Cancer.

Patient privacy and confidentiality are maintained at all times according to HIPAA regulations.

Under the guidance of the Winona Health Cancer Committee, the registry staff also coordinates the cancer committee meetings and cancer conferences.

### Winona Health receives ACS 2017 Silver Merit Award

The American Cancer Society, a nationwide voluntary health organization dedicated to eliminating cancer, presented Winona Health with the **2017 Silver** award for completeness for their cancer data submitted to the Wisconsin Cancer Reporting System. The American Cancer Society awarded facilities that reported 25 or more cases per year for their completeness on 2015 diagnosed cases submitted to the Wisconsin Cancer Reporting System by August 31, 2017.

Recognition was based upon the following standards: *Platinum*, 100 percent of 2015 cases submitted; *Gold*, 95 percent of cases submitted; *Silver*, 90 percent of cases submitted.

These awards recognized facilities in Wisconsin that submitted complete and timely data to the state's central cancer registry as mandated under Wisconsin State Statute Chapter 255.04, Cancer Reporting.

The American Cancer Society would like to thank Winona Health for their outstanding work in helping Wisconsin fight the war on cancer; special recognition went to Winona Health and the facility's Health Information Management experts, Certified Tumor Registrars, and other medical coding staff assigned to do this important work for cancer prevention, control, surveillance and research.

The American Cancer Society is committed to recognizing the excellent work of facilities around Wisconsin that continue to provide the evidence-based data needed for all aspects of cancer control.



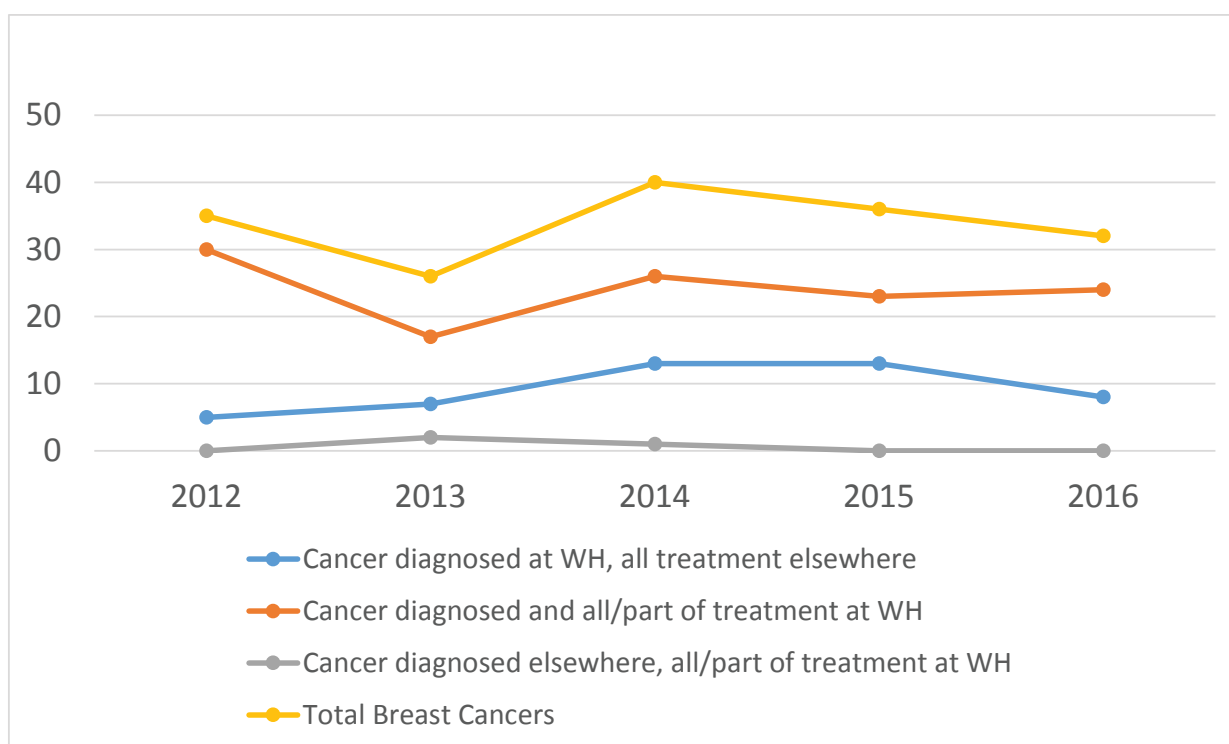
Cheryl Evans accepts the 2017 Silver Merit Award on behalf of Winona Health.



## Breast Cancer Cases at Winona Health

# 2016

CASES	2012	2013	2014	2015	2016
Cancer diagnosed at WH, all treatment elsewhere	5	7	13	13	8
Cancer diagnosed and all/part of treatment at WH	30	17	26	23	24
Cancer diagnosed elsewhere, all/part of treatment at WH	0	2	1	0	0
<b>Total Breast Cancer Cases</b>	<b>35</b>	<b>26</b>	<b>40</b>	<b>36</b>	<b>32</b>



### Winona Health's nationally accredited Cancer Care Program provides:

- A multidisciplinary team approach for the best cancer treatment options.
- Access to information, education and personalized services.
- Options for genetic assessment and counseling and palliative care services.
- Ongoing monitoring and improvement of care.
- Assessment of treatment planning based on evidence-based national treatment guidelines.
- Information about clinical trials and new treatment options.
- Follow-up care including a survivorship care plan.
- A cancer registry that collects data on cancer type, stage, and treatment results, and offers lifelong follow-up.



# Cancer Sites by Stage and Gender at Winona Health

# 2016

## Top 5 Cancer Sites by STAGE

		STAGE							
DIAGNOSIS SITE		0	I	II	III	IV	UNK	TOTALS	% TOTAL
1	Breast	3	13	11	3	2	0	32	24.24
2	Melanoma skin	8	10	1	0	0	0	19	14.96
3	Colorectal	0	4	2	4	2	3	15	11.81
4	Prostate	0	3	6	1	2	1	13	10.24
5	Lung	0	2	0	3	7	0	12	9.45

## Top 5 Cancer Sites by GENDER

		GENDER	
DIAGNOSIS SITE		Male	Female
1	Breast	1	31
2	Melanoma skin	13	6
3	Colorectal	7	8
4	Prostate	13	NA
5	Lung	8	4

Patients diagnosed with cancer are grouped into a category or "stage" based on the extent or spread of their disease at the time of diagnosis. Information on the extent of disease helps the physicians plan the most appropriate treatment and assess prognosis (outlook).

### Cancer Committee

Front row (L to R): Emily Breunig, OTR/L, CLT, CES; Michelle Freng, RN; Karen Perkins, PA-C; Crystal Lumi, MD, FACS; Cheryl Evans, CTR; Sandy Gruszynski, RN, PNC, CN-BN; and Wen-Yu Vicky Haines, MD, FACS.

Back row (L to R): Richard Ferris, MD; Alex Westenfield, MD; Dawn Gronner, LSW; Ronald England, DO, FCAP; and Matthew Broghammer, DO.

Not pictured: Angie Johannes, RN, BSN; Laura Schiltz, PA-C; Laura Schaffner, RN; and Theresa Hoyles, RD, CDE.



## Winona Health (WH) New Cancer Cases

compared to the American Cancer Society (ACS) Estimates

# 2016

SITE	WH NEW CASES <sup>†</sup> (Analytic)		ACS <sup>1</sup> ESTIMATES *			
			Minnesota *		National *	
Breast, female <sup>1</sup>	28	23.1%	4,300	14.8%	246,660	14.6%
Melanoma skin <sup>1</sup>	11	9.1%	1,220	4.2%	76,380	4.5%
Colorectal (excluding anus)	13	10.7%	2,180	7.5%	134,490	8.0%
Lung & Bronchus	12	9.9%	3,660	12.6%	224,390	13.3%
Prostate	13	10.7%	2,930	10.1%	180,890	10.7%
Uterine	5	4.1%	1,070	3.7%	60,050	3.6%
Cervix	2	1.7%	140	0.5%	12,990	0.8%
Non-Hodgkin Lymphoma	3	2.5%	1,370	4.7%	72,580	4.3%
Bladder	3	2.5%	1,300	4.5%	76,960	4.6%
Leukemia	3	2.5%	1,280	4.4%	60,140	3.6%
Other Sites	28	23.1%	9,680	33.2%	539,680	32.0%
<b>TOTAL<sup>1</sup></b>	<b>121</b>		<b>29,130</b>		<b>1,685,210</b>	

<sup>1</sup> Excludes basal cell and squamous cell skin cancers and in situ carcinomas except urinary bladder. According to the ACS, approximately 61,000 carcinoma in situ of the female breast and 68,480 melanoma in situ will be newly diagnosed in 2016.

<sup>†</sup> Total number of all new WH analytic cases for 2016 is 132, which includes carcinoma in situ of the female breast and melanoma.

\* Estimates. American Cancer Society. *Cancer Facts & Figures 2016*. Atlanta: American Cancer Society; 2016.



### Statistics at a Glance: The Burden of Cancer in the United States \*

- In 2017, an estimated 1,688,780 new cases of cancer will be diagnosed in the United States and 600,920 people will die from the disease.
- The most common causes of cancer death are cancers of the lung and bronchus, colorectum, and prostate in men and lung and bronchus, breast, and colorectum in women.
- The lifetime probability of being diagnosed with invasive cancer is slightly higher for men (40.8%) than for women (37.5%).
- The overall cancer death rate rose during most of the 20th century, largely driven by rapid increases in lung cancer deaths among men as a consequence of the tobacco epidemic, but has declined by about 1.5% per year since the early 1990s.

\* Cancer Statistics, 2017 (January 5, 2017). Retrieved from <https://www.cancer.org/research/cancer-facts-statistics.html>.

DIAGNOSIS GROUP/SITE	TOTAL	
<b>ORAL CAVITY, PHARYNX</b>	1	
<b>DIGESTIVE SYSTEM</b>	20	
— Esophagus	1	
— Colon, Rectum, Anus	15	
— Liver, Gallbladder, Intrahepatic Bile Duct, Other Biliary	2	
— Pancreas	2	
<b>RESPIRATORY SYSTEM</b> (Larynx, Lung & Bronchus)	12	
<b>SOFT TISSUE INCLUDING HEART</b>	2	
<b>SKIN</b>	21	
— Skin: Melanoma	19	
— Skin: Other Non-Epithelial	2	
<b>BREAST</b> (Male & Female)	32	
<b>FEMALE GENITAL SYSTEM</b>	8	
— Cervix	2	
— Uterine	5	
— Other Female Genital Organs	1	
<b>MALE GENITAL SYSTEM</b> (Prostate & Testis)	14	
<b>URINARY SYSTEM</b>	7	
— Urinary Bladder	3	
— Kidney	4	
<b>BRAIN, OTHER NERVOUS SYSTEM</b>	3	
— Brain-CNS: Benign, Borderline	3	
<b>ENDOCRINE SYSTEM</b>	2	
— Thyroid	2	
<b>LYMPHOMA</b>	3	
— Non-Hodgkin Lymphoma	3	
<b>LEUKEMIA</b>	3	
<b>MYELOMA</b>	2	
<b>MISCELLANEOUS</b> (Unknown Primary)	2	
<b>TOTAL</b>	<b>132</b>	

Exclusions: Carcinoma in situ of the cervix, intra-epithelial neoplasia, and basal and squamous cell skin cancers.



# *What Cancer Cannot Do*

Cancer is so limited...

It cannot cripple love.

It cannot shatter hope.

It cannot corrode faith.

It cannot destroy peace.

It cannot kill friendship.

It cannot suppress memories.

It cannot silence courage.

It cannot invade the soul.

It cannot steal eternal life.

It cannot conquer the spirit.

*- Author Unknown*