

# Outcomes

2018 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 sixth 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, Internal Medicine Physician, 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, Quality Improvement 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, Community Outreach Coordinator, Cancer Care
- Dawn Gronner, LSW, Psychosocial Services Coordinator
- Alex Westenfield, MD, Diagnostic Radiologist, Imaging Services
- Cheryl Evans, CTR, Cancer Registry Quality Coordinator, Cancer Care
- Arijana Kovacevic, RDN, LD, Dietitian, 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 physician experts. 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 nurses, laboratory technicians, registered dietitians, a nurse navigator, 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.

## Cancer Care and Support Services

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



# Can you spot skin cancer? We can.

Skin cancer is very treatable when caught early.  
**Get screened.**

**Call 507.457.7674**

**WH Winona Health**  
*Healthy starts here.*

Dermatology, clinic 2nd floor

Kevin Christensen, MD

Learn more about our Dermatology services and Mohs surgery with Dr. Christensen at [winonahealth.org/dermatology](http://winonahealth.org/dermatology).

## 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	2015	2016	2017	2018
Total attendees	12	21	12	7

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

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

Low Dose Lung CT Screening: January 1 - October 31, 2018, 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 the ordering provider. Winona Health follows the National Comprehensive Cancer Network (NCCN) guidelines for lung cancer screening.

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.

“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.”

Breast MRI is used to screen women at higher-than-average risk for developing breast cancer and for imaging following diagnosis and/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.”

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

### Regular screening leads to peace of mind.

Whether it's time for your first screening mammogram or you've been vigilant about scheduling annually, when it comes to breast health, it's important to stay in the loop with the latest information. Here's what to know:

- With today's mammography screening and techniques to treat breast cancer, the survival rate is on the rise. Regular screening mammograms may catch cancer in its earliest stage when it's most treatable.
- Winona Health provides 3D mammography—our standard of care—at no additional charge. According to Claudine Van Meeteren, director of Imaging Services at Winona Health, 3D mammography (or tomosynthesis) is 41 percent more effective than traditional mammography in detecting invasive breast cancer. That means peace of mind when it comes to early detection. 3D mammography also leads to fewer callbacks and helps prevent over diagnosis.
- After a screening mammogram, approximately 10 percent of women are called back for further imaging. This includes a diagnostic mammogram and/or an ultrasound. There are a number of things that could show up in a mammogram, and not all of them mean cancer – but it is important to find out.
- Board-certified Diagnostic Radiologists George Ripeckyj and Alex Westenfield and the mammography team at Winona Health encourage women to get screening mammograms beginning at age 40 as recommended by the American College of Radiology and the American Cancer Society.
- Winona Health has been designated a Breast Imaging Center of Excellence by the American College of Radiology. This signifies that Winona Health has earned accreditation in mammography, stereotactic breast biopsy, breast MRI, breast ultrasound and ultrasound-guided breast biopsy.



#### Mammography Technologists:

Pictured (l-r) back: Julie Pizarro, RT (R)(M);  
Kris Barry, RT (R)(M); Kara Nelsestuen, RT (R)(M)(BD);  
front: Brenda Markegard, RT (R)(M).

### Community Education Support

- **Way to Wellness — Community Health and Wellness Event:** The annual Way to Wellness health and wellness event was Saturday, February 24, 2018. The event featured programs and informational booths to help people improve their health or simply feel better.
- **Free Skin Cancer Screening Day:** Winona Health offered free skin cancer screening Tuesday, October 2, 2018. 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 twice in 2018.
- **Women's Health Event: Breast Health: Stay in the Loop,** a free event held on September 13, 2018 and presented by Winona Health General Surgeons: Matthew Broghammer, DO; Wen-Yu Vicky Haines, MD, FACS; Crystal Lumi, MD, FACS; and Plastic, Cosmetic and Reconstructive Surgeon Hans J. Serleth, MD. The surgeons encouraged attendees to develop a sense of what's "normal" for their breasts and to stay in the loop with the latest information about risk factors and assessment; screening guidelines; treatment for breast diseases including breast cancer; and reconstructive options.
- **Men's Health Event: A Drink with the Docs** was held November 29, 2018. This casual, men-only event was facilitated by General Surgeon Matthew Broghammer, DO; Family Medicine Physician Nicholas Modjeski, MD; Orthopedic Surgeon Ken Johnson, MD; Family and Sports Medicine Physician Adam Fletcher, MD; and Emergency Medicine Physician Brett Whyte, MD, and provided answers to frequently asked questions and raised awareness of men's health issues.
- **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.

## Kelly Jo's story...

As an x-ray technologist at Winona Health, I know that we provide compassionate, high quality care to our patients. But it wasn't until my breast cancer discovery that I realized what that really meant to the patient (me). All I can say is throughout my journey at Winona Health I truly felt cradled in care by everyone I encountered. That's when I discovered the most wonderful, caring and compassionate staff at Winona Health.

On Father's Day morning in 2016, I felt a lump in my right breast. I had my screening mammogram appointment that week, Friday. But, Monday when I went to work I talked to "my girls."

These ladies in the Winona Health Mammography department have taken care of me for years. My appointment was changed to diagnostic and moved up in the week.

*"I felt a whole team was working for me. All my questions, no matter how many times I asked, were always answered. I had all the information I needed to make the best decision for me."*

During my mammogram appointment, I was able to talk with the radiologist, Dr. George Ripeckyj, and he confirmed that I needed to have a biopsy. He answered all my questions and was so meticulous – in fact, I'd call him a perfectionist. He made me feel very comfortable and confident, and I knew I was in good hands. I was able to schedule my biopsy right then and there. When ready, Dr. Ripeckyj gave me my cancer results and set up my surgical appointment for me.

Feeling scared and not knowing what was next for me, I met an amazing woman, Sandy Gruszynski, Winona Health's Cancer Care Navigator. Sandy connected with me right away and walked me through the next steps including meeting with surgeon Dr. Matthew Broghammer. Treatment and decisions needed to be made and Dr. Broghammer was my shining star. He was very thorough in explaining all my options and factors I should consider. He was excellent!

I felt a whole team was working for me. All my questions, no matter how many times I asked,



**"The team that helped me survive to tell my story." – Kelly Jo**

Seated in center: Kelly Jo Lynch surrounded by (l-r): Cancer Care Navigator, Sandy Gruszynski; General Surgeon, Matthew Broghammer, DO; Director of Imaging, Claudine Van Meeteren; Diagnostic Radiologist, George Ripeckyj, MD; Imaging Technologist, Kara Nelsestuen; Imaging Technologist and Imaging Manager, Brenda Markegard.

were always answered. I had all the information I needed to make the best decision for me. I decided to have a double mastectomy.

The day of surgery was an emotional one, but the entire surgical team was so professional, supportive and wonderful. I knew I was in good hands from pre-to post-surgical care. They also took special care of my family during this time. My sister, Michelle, was with us and just couldn't believe how professional, warm and genuinely caring everyone was. She actually told me she wished she lived closer so she could come here for her healthcare!

To my co-workers, family, friends and most loved and missed caregiver, my husband Mike, thank you with all my heart. I only hope I can pay it forward as well.

Today, I'm cancer free! I will be forever thankful to the Winona Health staff who caught my cancer early so I can live on to share my story. With great pride and joy, I can say I'm a survivor and love working with caring professionals at Winona Health.

*"My sister, Michelle, was with us and just couldn't believe how professional, warm and genuinely caring everyone was. She actually told me she wished she lived closer so she could come here for her healthcare!"*

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 (WCRS) 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 1,665 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 (2013 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 2018 Platinum Award

Winona Health earned a 2018 Platinum Award from The American Cancer Society for completeness of cancer data submitted to the Wisconsin Cancer Reporting System. Winona Health, located in Minnesota, submits data to the Wisconsin Cancer Reporting System for patients who are Wisconsin residents.

The award was based upon the following standards: Platinum, 100 percent of 2016 cases submitted; Gold, 95 percent of cases submitted; Silver, 90 percent of cases submitted.

The American Cancer Society recognized Winona Health for outstanding work in helping Wisconsin fight the war on cancer. Special recognition went to the organization's Certified Tumor Registrar and other medical staff assigned to do this important work for cancer prevention, control, surveillance and research.

*The American Cancer Society, a nationwide voluntary health organization dedicated to eliminating cancer, is committed to recognizing the excellent work of facilities*

*that continue to provide the evidence-based data needed for all aspects of cancer control. These awards recognized facilities 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 awarded organizations reporting 25 or more cases per year for their completeness on 2016 diagnosed cases submitted to the Wisconsin Cancer Reporting System by September 4, 2018.*



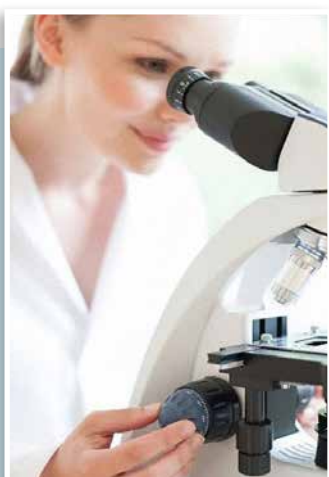
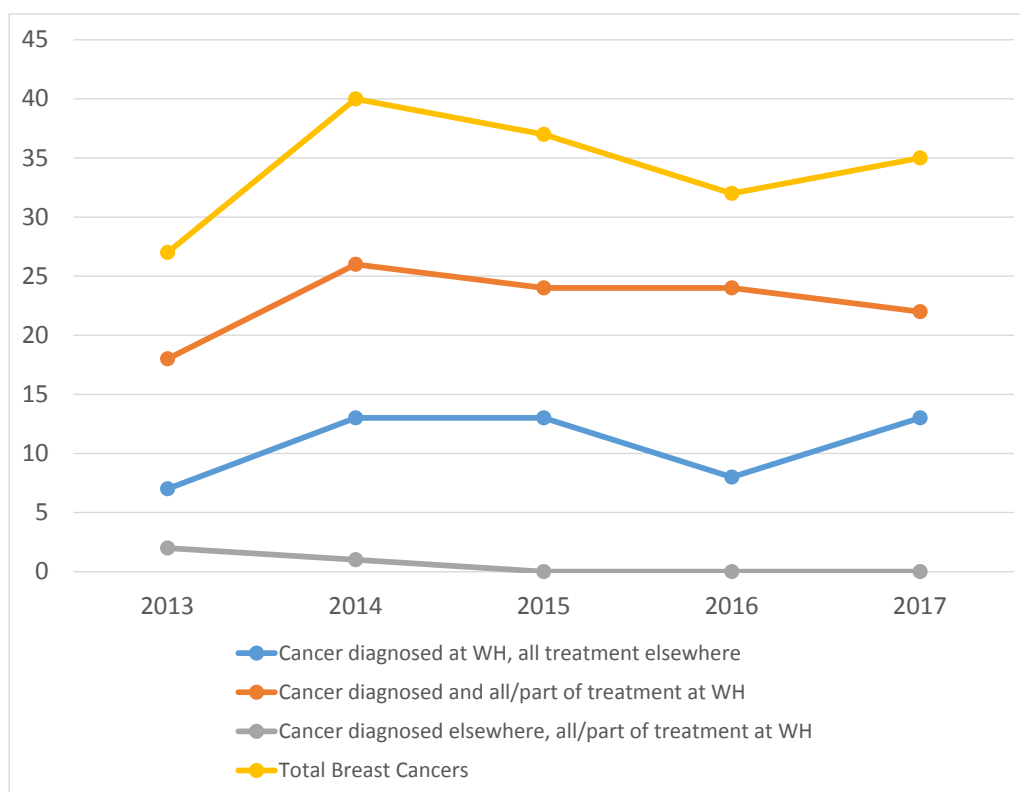
Cheryl Evans, CTR, accepts the 2018 Platinum Award on behalf of Winona Health.



## Breast Cancer Cases at Winona Health

# 2017

CASES	2013	2014	2015	2016	2017
Cancer diagnosed at WH, all treatment elsewhere	7	13	13	8	13
Cancer diagnosed and all/part of treatment at WH	18	26	24	24	22
Cancer diagnosed elsewhere, all/part of treatment at WH	2	1	0	0	0
<b>Total Breast Cancer Cases</b>	<b>27</b>	<b>40</b>	<b>37</b>	<b>32</b>	<b>35</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

# 2017

## Top 5 Cancer Sites by STAGE

		STAGE							
DIAGNOSIS SITE		0	I	II	III	IV	UNK	TOTALS	% TOTAL
1	Breast	7	9	15	3	1	0	35	25.4
2	Colorectal	0	1	5	9	3	3	21	15.2
3	Melanoma Skin	4	14	0	0	1	0	19	13.8
4	Prostate	0	1	8	0	2	0	11	8.0
5	Lung	0	1	1	2	4	0	8	5.8

## Top 5 Cancer Sites by GENDER

		GENDER	
DIAGNOSIS SITE		Male	Female
1	Breast	0	35
2	Colorectal	18	3
3	Melanoma Skin	10	9
4	Prostate	11	NA
5	Lung	5	3

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): Cindy Teske, PT; Cheryl Evans, CTR; Sandy Gruszynski, RN, PNC, CN-BN; Crystal Lumj, MD, FACS; Karen Perkins, PA-C; Angie Johannes, RN, BSN; and Wen-Yu Vicky Haines, MD, FACS.

Back row (L to R): Dawn Gronner, LSW; Jackie Scholl, RN; Laura Schaffner, RN Hospice; Timothy Gould, Chaplain; Ronald England, DO, FCAP; Matthew Broghammer, DO; and Alex Westenfield, MD.



## Winona Health (WH) New Cancer Cases

Compared to the American Cancer Society (ACS) Estimates

# 2017

SITE	WH NEW CASES <sup>†</sup> (Analytic)		ACS <sup>1</sup> ESTIMATES *			
			Minnesota *		National *	
Breast, female <sup>1</sup>	28	22.0%	4,230	14.1%	252,710	15.0%
Melanoma skin <sup>1</sup>	15	11.8%	1,330	4.4%	87,110	5.2%
Colorectal	21	16.5%	2,170	7.2%	135,430	8.0%
Lung & Bronchus	8	6.3%	3,620	12.1%	222,500	13.2%
Prostate	11	8.7%	2,750	9.2%	161,360	9.6%
Uterine	2	1.6%	1,080	3.6%	61,380	3.6%
Cervix	1	0.8%	140	0.5%	12,820	0.8%
Non-Hodgkin Lymphoma	4	3.1%	1,370	4.6%	72,240	4.3%
Bladder	0	0.0%	1,320	4.4%	79,030	4.7%
Leukemia	4	3.1%	1,290	4.3%	62,130	3.7%
Other Sites	33	26.0%	10,700	35.7%	542,070	32.1%
<b>TOTAL<sup>1</sup></b>	<b>127</b>		<b>30,000</b>		<b>1,688,780</b>	

<sup>1</sup> Excludes basal cell and squamous cell skin cancers and in situ carcinomas except urinary bladder. According to the ACS, approximately 63,410 carcinoma in situ of the female breast and 74,680 melanoma in situ will be newly diagnosed in 2017.

<sup>†</sup> Total number of all new WH cases for 2017 is 138, which includes carcinoma in situ of the female breast and melanoma. Those cases have been excluded in the table to align with the ACS state and national estimates.

\* Estimates. American Cancer Society. *Cancer Facts & Figures 2017*. Atlanta: American Cancer Society; 2017.

# Breast Health: STAY IN THE LOOP!

Find us online:  
winonahealth.org



Winona Health General Surgeons encourage you to develop a sense of what's "normal" for your breasts and to *stay in the loop* with the latest information about risk factors and assessment; screening guidelines; treatment for breast diseases including breast cancer; and reconstructive options.

#### Winona Health General and Plastic/Reconstructive Surgeons:



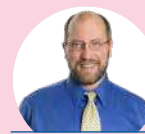
Matthew Broghammer, DO  
General Surgery



Wen-Yu Vicky Haines, MD, FACS  
General Surgery



Crystal Lumi, MD, FACS  
General Surgery



Hans J. Serleth, MD  
Plastic, Cosmetic and  
Reconstructive Surgery

**WH** Winona Health

855 Mankato Ave. • Winona, MN • 507.454.3650

DIAGNOSIS GROUP/SITE	TOTAL	
<b>ORAL CAVITY, PHARYNX</b> (Lip, Tongue, etc.)	3	
— Lip	3	
<b>DIGESTIVE SYSTEM</b>	33	
— Esophagus	1	
— Stomach	3	
— Colon, Rectum, Anus	21	
— Pancreas	6	
— Peritoneum, Omentum, Mesentery	1	
— Other Digestive Organs	1	
<b>RESPIRATORY SYSTEM</b>		8
— Lung and Bronchus	8	
<b>SOFT TISSUE INCLUDING HEART</b>		1
<b>SKIN</b>	19	
— Skin: Melanoma	19	
<b>BREAST</b>	35	
<b>FEMALE GENITAL SYSTEM</b>		9
— Cervix Uteri	1	
— Corpus, Uterus: NOS	2	
— Ovary	5	
— Vulva	1	
<b>MALE GENITAL SYSTEM</b> (Prostate)		11
<b>URINARY SYSTEM</b> (Bladder, Kidney, Renal Pelvis)		1
<b>BRAIN, OTHER NERVOUS SYSTEM</b>		2
<b>ENDOCRINE SYSTEM</b> (Thyroid)		1
<b>LYMPHOMA</b>	4	
— Non-Hodgkin Lymphoma	4	
<b>MYELOMA</b>		2
<b>LEUKEMIA</b>		4
<b>MISCELLANEOUS</b> (Unknown Primary, Bone Marrow Sites)		5
<b>TOTAL</b>		<b>138</b>

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

