



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Cancer Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org

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Quality Report Card Licking Memorial Health Systems

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Volume 11, Issue 10

October 2010

Health Tips – Cancer Risk Factors That You Can Change

The Ohio Department of Health issued a report in 2008* that outlined the prevalence of certain behaviors that put residents at an increased risk for chronic diseases, including cancer. A person's risk for developing cancer can be reduced by making healthy lifestyle improvements.

	Licking County			Ohio
	Men	Women	All adults	All adults
Heavy drinking (> 2 drinks per day for men, > 1 drink per day for women)	6.5%	5.3%	5.9%	5.4%
Current cigarette smoking	24.4%	21.8%	23.0%	23.6%
Current smokeless tobacco use	5.5%	0.2%	2.7%	2.7%
Eating <5 fruits/vegetables per day	81.4%	74.6%	77.9%	78.4%
Lack of physical activity	19.2%	25.8%	22.6%	24.2%
Overweight and obesity	74.1%	56.2%	64.8%	62.2%

*Ohio Department of Health. Healthy Ohio community Profiles. Office of Healthy Ohio, Columbus, Ohio. December 2008.

Cancer Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

Check out
our Quality
Report Cards online
at www.LMHealth.org.

- 1** If you have a mammogram, you want to be confident that it is interpreted accurately. Specificity is a measure of the accuracy of mammography interpretation related to normal (negative) results. Sensitivity is a measure of the accuracy of mammography interpretation related to abnormal (positive) results.

	LMH 2007	LMH 2008	LMH 2009	Goal ⁽¹⁾
Specificity	99%	99%	97%	greater than 90%
Sensitivity	96%	96%	98%	greater than 85%

- 2** Sometimes a radiologist will recommend a biopsy after a mammogram is read. To be accredited for mammography, health care organizations are required to look at the number of cases recommended for biopsy that result in cancer diagnoses – called the positive predictive value. This helps monitor the accuracy of the radiology interpretations.

	LMH 2007	LMH 2008	LMH 2009	Goal ⁽¹⁾
Positive predictive value	39%	28%	38%	25% to 40%

- 3** Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, Licking Memorial Hospital (LMH) follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2007	LMH 2008	LMH 2009	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

- 4** When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It is then the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff may also contact the primary care physician to ensure the health of the patient.

	LMH 2007	LMH 2008	LMH 2009	Goal
Cancer patients with follow-up	94%	93%	92%	greater than 90%

- 5** Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2007	LMH 2008	LMH 2009	Goal
Newly diagnosed and/or treated patients in clinical trials	2.6%	3.1%	3.7%	greater than 2%

- 6** In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer, colorectal cancer and prostate cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2007	LMHP 2008	LMHP 2009	National Average ⁽²⁾
LMHP patients who received screening tests for:				
Breast cancer	85%	84%	85%	76%
Cervical cancer	85%	85%	85%	83%
Colorectal cancer	61%	64%	64%	42% ⁽³⁾
Prostate cancer	76%	77%	75%	55%

Data footnotes: (1) Quality Determinates of Mammography, *Clinical Practice Guide #13, AHCPH Publication No. 95-0632*. (2) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008. (3) The Behavioral Risk Factor Surveillance System (BRFSS) national average for adults aged 50 and over who have had a sigmoidoscopy or colonoscopy is 62.2 percent, while the average for those who have had an occult blood stool test is 21 percent. We compare ourselves to the average of the two national statistics, which is 42 percent.

Patient Story – Jay Dalgarn

Throughout two rounds of chemotherapy in the past two years, Jay Dalgarn of Pataskala has contributed to his own treatment by maintaining a positive attitude and staying active. The 70-year-old Pataskala resident is president of Dalgarn's Landscaping and Garden Center in Granville, a business he started in 1976. Despite a full schedule of physicians' visits and biweekly chemotherapy sessions, Jay continued to greet customers, manage the store and raise Hereford cattle.

Jay had no family history of colon cancer, but during a routine colonoscopy in November 2008, Licking Memorial Gastroenterologist Shakil Karim, D.O., found malignant lesions on the colon wall. In early 2009, General Surgeon Howard Reeves, D.O., performed bowel resection surgery to remove the malignant lesions on Jay's colon and implanted a "port" in his chest for chemotherapy infusions.

Several weeks later, Jay met with Licking Memorial Oncologist Jacqueline Jones, M.D. Jay said, "Dr. Jones carefully explained my disease and the treatment procedure. Fortunately, my cancer was a slow-growing type, and we caught it in the early stages. Dr. Jones prescribed a combination of chemotherapy drugs that was customized just for me, and we began 12 weeks of treatments."

Jay said the Licking Memorial Hospital (LMH) staff and the environment were a great help to him throughout his treatments. "The staff in the Oncology Department are absolutely fantastic," he said. "They are so cheerful and caring that it lifts your spirits to be there. Jeff Smith (Director of Pastoral Care) frequently stopped in to see me, and say 'hello.' At every visit, I also noticed how clean the Hospital is. It is reassuring to see how much effort the staff puts into the details."

The chemotherapy sessions took place every other week. "On Monday, I would be at LMH for approximately five hours. They gave me the chemotherapy through the port in my chest as I sat in a comfortable recliner chair. On Tuesday, I would be at LMH for approximately three hours, and went home with a chemotherapy pump overnight. On Wednesday, I returned to LMH to have the pump removed. Thursday, I had blood work done, and on Fridays, I would learn if my blood test results were good enough that I could have my next chemotherapy session on schedule."

Jay was able to avoid many of the difficulties associated with chemotherapy by working closely with the Oncology staff. "The chemotherapy itself was not painful, and physicians now have many medications and products they can use to control side effects. Fortunately, I never had the nausea that many people have. I did have sores in my mouth, but I found a



Oncologist Jacqueline Jones, M.D., consults with Jay Dalgarn of Pataskala before chemotherapy treatment at Licking Memorial Hospital.

mouthwash that helped." Jay said. He learned to deal with other symptoms by realizing they would subside when the chemotherapy ended. "I felt really tired, and I also tended to have what I call 'fog brain.' I have trouble remembering people's names, even if I know them well."

Jay and his wife, Linda, have been married 38 years. (Linda is Vice Chairman of the LMH Board of Directors.) Their five grown children rallied to help with chores and offer encouragement. "Linda is a jack-of-all-trades – she is wonderful," Jay said. "Our children

who live nearby come over and help with the store and the farm work. The others call frequently to check on me. It is so important to have that kind of support from family and friends – it keeps me going!" Jay said. "When you are going through chemotherapy, your attitude can make all the difference in your recovery."

The Dalgarns are active in their church, Tri Village Christian Church, where Jay serves as a deacon. "Our faith also plays a key role in getting through these challenging times," Jay commented.

In April 2009, after the end of Jay's chemotherapy, he received a PET scan that detected no traces of cancer in his body. However, the celebration was short-lived when a follow-up PET scan in September 2009 revealed a new malignancy on his liver. "This time, I did not have any surgery," Jay said, "and we got started on a second, stronger course of chemotherapy. With my first round of chemotherapy, I did not lose my hair, but I have started to lose it now."

Jay also has type 2 diabetes, but with careful monitoring, the condition has not been adversely affected by the cancer treatment. "I watch my diet, and I exercise at the Licking Memorial Wellness Center. They have me test my blood sugar levels before and after exercising to ensure the levels are in the safe range, and they also monitor my blood pressure. It is good to work out – it keeps me going all day. I also recently had the A1c blood test, which had a result of approximately 6, which is really good," Jay said. "My friends at the Wellness Center help keep our spirits up by sending cards and calling occasionally to see how we are doing."

Most customers who stop by Dalgarn's Landscaping and Garden Center are unaware that Jay is undergoing treatment for cancer. "You have to keep a positive attitude," he said. "It is so important to enjoy life and stay away from anger. If you can relax and have a loving and forgiving spirit, it will help you through this trying time."

Radiation Necessary for Many Cancer Treatments

We all encounter radiation in some form every day. Radiation exists naturally in the environment, and is also emitted from many common man-made sources. Although some forms of radiation have been proven to cause cancer, it also has many medical benefits when used under careful management.

There are two basic types of radiation – ionizing radiation that has enough energy to mutate the body’s cells, and non-ionizing radiation that cannot directly damage a cell’s DNA. Some examples of ionizing-radiation sources include sunlight, underground radon gas, and X-rays. Examples of non-ionizing-radiation sources include microwaves, cell phones, heaters, radio waves and power lines. In general, ionizing radiation has been proven to cause cancer in humans, whereas most studies have not been able to make a direct link between exposure to non-ionizing radiation and an increased risk of cancer.

“Oncology patients are often anxious when they are referred to the Radiology Department,” said Leslee Arthur, Director of Radiology Services at Licking Memorial Hospital (LMH). “They say, ‘Radiation can cause cancer, and I already have cancer. Will an X-ray make it worse?’ That is a good question.”



Patients with cancer often need multiple X-rays throughout their treatment to monitor the chemotherapy’s effectiveness. Licking Memorial Hospital offers computed tomography (CT) scans that produce highly detailed images in just a few seconds.

Leslee explained, “When the radiologist performs an X-ray, only the amount of radiation that is necessary to create an image is used – different body parts require varying amounts. The patient’s exposure is kept to a minimum. For example, the level of radiation from a chest X-ray is equivalent to the average person’s exposure to radiation in the environment over a 10-day span.”

X-rays are often used to monitor a tumor’s response to cancer treatment. “The benefits of using X-ray technology in treating cancer far outweigh the

risks,” said Oncologist Jacqueline Jones, M.D. “An X-ray image can show us if chemotherapy is effective in shrinking a tumor, or if an adjustment needs to be made. Although there is a slight increased risk for a second cancer from the radiation, X-rays have helped us to save many patients’ lives.”

All X-ray generating equipment is inspected at least annually, according to manufacturer recommendations and certified by a radiation physicist to ensure As Low As Reasonably Achievable (ALARA) radiation standards and maximum patient safety is achieved. Licking Memorial Radiology Services is located on the first floor of the Hospital.

Most Common Cancer incidences in Licking County compared to the state and nation⁽¹⁾

Per 100,000 residents – rounded to whole numbers

Type	Licking County	Ohio	U.S.
Bladder	23	22	21
Brain/Central Nervous System	9	7	7
Breast(female)	124	122	126
Cervix	8	8	8
Colon/Rectum	53	53	51
Kidney/Renal	13	14	13
Leukemia	11	11	12
Liver/Bile Duct	3	4	6
Lung/Bronchial	71	75	64
Melanoma	23	17	19
Non-Hodgkins	5	19	20
Oral/Pharynx	9	9	10
Ovary	13	12	13
Pancreas	9	11	12
Prostate	138	146	163
Stomach	4	6	8
Thyroid	7	8	9
Uterus	24	26	23

1. Ohio Cancer Facts & Figures 2009, The American Cancer Society and Ohio Cancer Incidence Surveillance System, pages 35-36.