A New Home for Dedicated Cancer Care
Ortenzio Cancer Center Opens on West Shore Campus

A Team Approach to Maintaining Health

Catch Lung Cancer Early With a Low-Dose CT Scan

Make A Date Every Ei8ht PinkHope Party at PinnacleHealth October 8th

Prevention Innovation Treatment
Dear Friends,

It always feels good to be recognized for your hard work and achievements. Recently, PinnacleHealth has been fortunate to be recognized by our neighbors and our peers.

We’re proud to have been voted “Simply the Best” hospital in central Pennsylvania. Since 1997, Harrisburg Magazine has polled its more than 50,000 readers each year to determine which central Pennsylvania organizations are worthy of being named Simply the Best®.

This year, PinnacleHealth was named Simply the Best hospital—marking the third year in a row we’ve earned that honor. Not only that, we were also awarded the Simply the Best title in six other categories, including family doctors, counseling, themed fundraiser, volunteer organization and medical specialists.

Thank you to everyone who voted for us. The entire PinnacleHealth team is honored to be recognized by its friends and neighbors.

We were also named as one of the nation’s Top Performers on Key Quality Measures® for 2012 by The Joint Commission, the leading accreditor of healthcare organizations in America. PinnacleHealth was recognized for its performance in the heart attack, heart failure, pneumonia and surgical care categories.

The Top Performer on Key Quality Measures program recognizes Joint Commission-accredited hospitals that attain and sustain excellence. Results of this annual recognition program are announced in the fall of each year, coinciding with the publication of The Joint Commission’s Improving America’s Hospitals annual report. The Joint Commission is a distinguished organization with rigorous standards, and we are immensely proud to be recognized by the organization as one of the best hospitals in the nation.

I want to thank The Joint Commission and the people of central Pennsylvania for these outstanding honors. We are deeply grateful for this recognition, and we look forward to continuing to earn your trust and support.

Yours in good health,

Michael A. Young
President & CEO, PinnacleHealth
Studies show that people who maintain close relationships with family and friends live longer, healthier lives. Yet many of us overlook one of the most important relationships we can form—our relationship with a primary care physician.

“If people begin to shift their focus from visiting their physicians only when ill to practicing preventive medicine, not only will they reap cost savings, they will see the benefits in living life to the fullest,” says Laura Wagner, COO, PinnacleHealth Medical Group.

An ongoing relationship allows your doctor to get to know you. When you build a history with your doctor, you are setting the stage for identifying changes in your health. Early identification of illness is often the best avenue to successful treatment. Annual checkups allow you to stay on track with preventive services and screenings that can help keep you well.

PinnacleHealth Medical Group offers more than 24 primary, pediatric and specialty offices throughout the region. Our many locations provide you with convenient access to your doctor, whether from home, work or school. With services like walk-in acute care (no appointment necessary), same-day appointments and 24/7 medical advice for those urgent and after-hours emergencies/situations, the philosophy and approach are simple—we are a patient-centered medical group that wants to make it easier for you to get the care you need.

“We want our patients to know we’re available when and where they need us,” Laura says. “We no longer focus on simply treating an isolated condition—we believe in caring for the whole person. In order to do this, an environment of trust must be created and communication fostered. Patient involvement in his or her own healthcare journey is shaping the landscape of healthcare today.”

A TEAM APPROACH

At PinnacleHealth Medical Group, the patient is an important member of the team. Valuable and honest input from the patient helps the rest of the healthcare team set the right healthcare goals and meet them.

When communication is encouraged and you’ve established trust with your doctor, your healthcare providers are not only able to address the reason for a visit, but also uncover underlying issues. Improved systems of communication and the ability to access health records have helped patients become more proactive in their healthcare so they can check in with their physicians when necessary.

Gone are the days when a doctor shuffles patients in and out without having important conversations or taking the time necessary to ensure the right treatment and plan are in place.

“PinnacleHealth Medical Group invests its resources in each patient, ensuring we provide the best care in a continuous and coordinated way,” says James Bleicher, MD, MHCM, president and CEO, PinnacleHealth Medical Group. “Getting to know an individual’s health history, family situation, lifestyle and personal preferences allows our providers to develop personalized plans of care and create an environment of trust between the patient and caregiver.”

FOR MORE INFORMATION ABOUT HOW PINNACLEHEALTH MEDICAL GROUP CAN SERVE YOU, VISIT US ONLINE AT PinnacleHealth.org/PHMG.
A cancer diagnosis can unleash an overwhelming number of questions for patients and families—“Will I be OK?” “Which doctor should I choose?” “Where can I get treatments?”

PinnacleHealth’s team of dedicated oncology providers has been helping patients work through these questions at the PinnacleHealth Cancer Center on the suburban East Shore since 2011. With August’s opening of the Ortenzio Cancer Center, located on the West Shore Campus in Mechanicsburg, patients now have an additional point of access to PinnacleHealth’s comprehensive array of oncology services.

A PLACE TO TURN

The first question many cancer patients ask is, “Where do I turn for help?” Each and every patient has a choice regarding where to seek care. Most will receive referrals from their physicians. Many look to national healthcare organizations.

Patients in our region are fortunate to have access to PinnacleHealth, where highly experienced oncology specialists work collaboratively with patients to review their diagnoses, address any concerns and outline treatment options—all at locations close to their family and friends. With the endorsement of current patients and national recognitions for quality—including accreditation from the National Accreditation Program for Breast Centers and the Commission on Cancer—PinnacleHealth providers are well-known as highly qualified, well-liked and trusted providers of excellent clinical care.

BRINGING COMFORT, TECHNOLOGY TOGETHER

Looking for a facility for cancer treatments requires some thought. Key questions include: “How far will I have to travel for my treatments?” and “Does this facility offer the services I need?”

Using the same patient-focused architecture found at the PinnacleHealth Cancer Center on the East Shore, the Ortenzio Cancer Center coordinates care for services including radiation and medical oncology, infusion treatments and surgical intervention, all available at one convenient campus. Here, advanced technology such as the TrueBeam system for radiation therapy is found alongside a soothing tranquility garden to combine the best of technology and comfort.

PUTTING AN END TO LYMPHEDEMA SYMPTOMS

Lymph nodes are often removed during cancer treatment to help determine whether or not a cancer has spread. A common consequence of lymph node removal is lymphedema, a condition in which lymph fluid no longer circulates properly and can cause swelling in the affected body part.

Though lymphedema is not life-threatening, it is a chronic condition that requires lifelong management. Through the PinnacleHealth Lymphedema Core Program, cancer survivors have access to certified lymphedema therapists who work with them to develop individual lymphedema management plans. These plans may include lymphatic drainage therapy (a light-touch lymphatic stimulation), compression bandaging, compression garments and education about exercises individuals can perform to prevent fluid accumulation.
A PERSONAL APPROACH

Since each patient is unique, treatments need to be individualized. Our team collaborates to discuss each patient’s diagnosis and needs. Even when a patient is not in the cancer center or doctor’s office, his or her care team is working to find the resources and treatment that will bring the best results.

The most advanced and proven treatments, including intensity-modulated radiation therapy, image-guided radiation therapy and stereotactic body radiation therapy, help ensure patients are treated as effectively and comfortably as possible. Having the PinnacleHealth Women’s Cancer Center and Breast Care Center offices and infusion area within the Ortenzio Cancer Center allows us to provide more timely treatments for patients needing multidisciplinary care.

As the new realities of life set in after a diagnosis of cancer, our team works through each patient’s questions one by one. With nationally recognized providers and the West Shore’s new Ortenzio Cancer Center, newly diagnosed patients and their families will find more hope and healing, closer to home.

FOR MORE INFORMATION ABOUT THE ORTENZIO CANCER CENTER, VISIT PINNACLEHEALTH.ORG AND SELECT “CANCER CENTERS & PRACTICES” UNDER THE “LOCATIONS & DIRECTIONS” TAB.

ENHANCING CANCER IMAGING

The PinnacleHealth Fredricksen Outpatient Center is home to a new positron emission tomography/computed tomography (PET/CT) scanner that makes it more convenient for patients on the West Shore to receive timely, accurate cancer screening, diagnosis and evaluation.

The PET/CT scanner combines two advanced forms of imaging. The PET component of the scanner gives physicians a better look at cancer at the cellular level, while the CT component provides an anatomical map of the body’s structures. This dual-imaging capability provides accurate information about malignancy location and prevents many patients from having to endure multiple types of scans.

BY THE NUMBERS

- One in two men and one in three women will develop cancer during their lifetimes.
- According to estimates, 2,000 new cancer cases will be diagnosed in the Midstate region during the next five years, and at least 29,000 individuals in the area will need cancer care during that time.
- The Rocco and Nancy Ortenzio Foundation contributed $2 million to bring cancer care to the West Shore.
- The Ortenzio Cancer Center features 11 infusion bays for chemotherapy treatments.

A SPECTRUM OF SPECIALTIES

The following PinnacleHealth providers see patients at the Ortenzio Cancer Center:
- PinnacleHealth Women’s Cancer Center
- PinnacleHealth Breast Care Center
- PinnacleHealth Hematology/Oncology
- PinnacleHealth Department of Radiation Oncology
Lung cancer is the leading cause of cancer death in the United States, killing more people annually than pancreatic, breast and colorectal cancers combined. For those with a high risk for developing the disease, the United States Preventive Services Task Force (USPSTF) and the American Cancer Society recommend a yearly low-dose CT scan.

“For certain patients, the benefits of a low-dose CT scan far outweigh the minor radiation risks involved in getting one,” says Troy Moritz, DO, FACOS, thoracic surgeon at PinnacleHealth. “CT scans can reduce lung cancer deaths by up to 20 percent.”

WHO QUALIFIES?
You should have a yearly scan if you:
• Are 55 to 80 years old
• Currently smoke or quit within the last 15 years
• Have a smoking history of 30 pack-years (or the equivalent of one pack a day for 30 years or two packs a day for 15 years)

Patients who meet all three criteria are at the highest risk of developing lung cancer. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.

WHAT WILL THE TEST SHOW ME?
The CT scan will produce either a suspicious result or a negative result. A suspicious result could indicate the presence of an abnormal “spot” in the lungs called a pulmonary nodule—caused by either lung cancer or another serious condition—or could be a false positive. A negative result indicates no abnormal findings.

“Finding a pulmonary nodule typically means more testing will need to be done,” Dr. Moritz says. “However, a negative result does not automatically rule out developing lung cancer later in life.”

HOW MUCH DOES THE CT SCAN COST?
As a B-level recommendation from the USPSTF, the screening is covered by some insurance companies for those who qualify. For those without insurance or on a plan that does not cover this screening, the cost is $99.

“Lung cancer has one of the lowest survivability rates of the more common forms of cancer,” Dr. Moritz says. “A CT screening for those who meet certain criteria can improve the chances of early diagnosis, effective treatment and a longer life.”

Updated recommendations from the American Heart Association and American College of Cardiology urge physicians to help more patients lower their cholesterol levels with statins. These medications work to reduce the body’s concentrations of low-density lipoprotein (LDL) cholesterol—the “bad cholesterol” that can contribute to arterial plaque buildup and cardiovascular disease.

“Living a healthy lifestyle is still the best way to manage cholesterol,” says Atizaz Mansoor, MD, a noninvasive cardiologist with PinnacleHealth CardioVascular Institute. “These new guidelines open statin therapy to more people at moderate risk based on their unique situations. For example, people with a 7.5 percent or higher risk of heart attack or stroke in the next 10 years are now candidates for statins.”

**NOT JUST A NUMBER**

For Dr. Mansoor, the new guidelines provide another way to start the conversation with patients about preventive healthcare, a topic encompassing much more than cholesterol readings.

“The decision to begin statin therapy remains an individualized choice made by a physician and patient,” Dr. Mansoor says. “Consider this a starting point. The only way to know if you could benefit from statin therapy is to see a physician for a thorough risk assessment.”

For more information about the new guidelines and what they mean for you, visit bit.ly/preventionguidelines.

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**A New Statin Strategy**

New national guidelines for preventing heart disease and stroke could inspire a conversation with your doctor that helps keep your heart beating stronger and longer.

**The Next Generation of Breast Cancer Screening**

Breast tomosynthesis—also known as 3-D mammography—can help radiologists find tumors that might go undetected with conventional 2-D imaging.

**Conventional 2-D mammography** produces only one top-to-bottom, side-to-side image of the breast. With 3-D mammography, the imaging equipment rotates slightly above the patient, creating multiple images that can be separated into 1-millimeter slices.

“Think of the difference between a closed book and an open one,” says Tracy Reed, RTRM, mammography supervisor at PinnacleHealth. “When the book is closed, its pages are stacked—that’s what 2-D mammography is like. With breast tomosynthesis, we can open the book and look at the pages—every layer of the breast.”

PinnacleHealth data reveals that breast tomosynthesis can increase breast cancer detection by 10 to 15 percent. Most women are candidates for 3-D mammography, but the technology is particularly beneficial for women with dense breasts.

For more information about 3-D mammography, visit PinnacleHealth.org/mammography.
Make a Date to join PinnacleHealth on October 8th for an evening of food, fun and helpful health information for women. During Breast Cancer Awareness Month, we will empower women to do more than just hope to avoid breast cancer; we will educate women on risk factors, healthy habits and prevention.

Festivities include:
Hand massages and chair massages | Wine and chocolate pairing
Tours of imaging facility | Great shopping opportunities

Tasty appetizers and festive beverages will be served.

This event is free of charge, but RSVP is recommended. The first 200 women to RSVP will receive a special gift! Register by calling the PHoneLine at (717) 231-8900.

Turn hope into action. Grab a friend and plan to attend this special Make A Date Every 8 event.

Go to pinnaclehealth.org/8 for more info.