

FRYE REGIONAL CANCER CARE

Statement from John delCharco, M.D., Frye Regional's Oncology Medical Director and Cancer Committee Chairman:

Enhancements and achievements for 2015-2017 include:

Commission on Cancer (COC) accreditation for 2015 – 2018: Frye Regional Medical Center (FRMC) is an accredited, comprehensive cancer center which assures patients and their families that cancer care is delivered with the most exacting standards. The quality of Frye Regional's Cancer Center is validated by the Commission on Cancer of the American College of Surgeons. Receiving care at a Commission on Cancer approved cancer program ensures that you will have access to a range of state-of-the-art services and equipment, information on clinical trials, education and support, lifelong follow up through a cancer registry that collects data on types and stages of cancer and treatment results, ongoing monitoring and improvement of care.

National Accreditation Program Breast Cancer (NAPBC) accreditation for 2016 – 2018:

Accreditation is granted only to those centers that voluntarily commit to providing the best possible care to patients with diseases of the breast. FRMC demonstrates a multidisciplinary team approach to coordinate the best care and treatment options available to breast patients, ongoing monitoring and improvement of care, information about clinical trial and new treatment options, access to breast cancer related information, education and support, and breast cancer data collection on quality indicators for all subspecialties involved in breast cancer diagnosis and treatment.

- The Frye Radiation Oncology Center opened in 2009 and is located on the main campus of Frye Regional Medical Center with easy access and parking for radiation patients. The department has added High Dose Radiation (HDR) for treating prostate and bronchial patients, and the department is accredited by the American College of Surgeons. There are three board-certified radiation oncology physicians available to our patients.
- FryeCare Outpatient Imaging Center offers **Digital Mammography including 3D Mammography**. A certified breast care educator is available to all patients. Imaging services include: Bone Densitometry, Computed tomography (CT) including CT colonography and CT lung screening, Fluoroscopy, Magnetic Resonance Imaging (MRI) and Open MRI, Nuclear medicine, Stereotactic breast biopsy, Ultrasound (including ultrasound guided breast biopsy) and X-Ray. We also provide mobile MRI services to Alexander County.

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- Frye's Marketing Department began developing new marketing and patient education materials, including a new booklet for newly diagnosed patients and a booklet specific to breast cancer patients. Other materials offer information on cancer treatments such as Radiation Therapy and Infusion, and supportive care and health information related to breast health, rehabilitation services, oncology navigation and support groups. In 2016, a member of the marketing department joined the Cancer Committee.
- The Pathology Department In 2017 the pathology office relocated, and the office implemented the "Clotest", which is now being performed with quality control. In 2015, the pathology lab started doing four new antibodies for IHC increasing our antibodies to 34 now offered in-house. We have a total of nine pathologists serving FRMC.
- Yoga Programs: Our yoga programs for cancer survivors continue to grow and expand. New Beginning Yoga for breast cancer survivors continues to grow and attract new members. In 2016, we introduced "Yoga Awareness" a six-week program that includes guided meditation, breathing exercises, and mindfulness practice. Another yoga class, "Yoga for all Cancer Survivors," was added and is a gentle, chair-based practice.
- Strength for Life started in 2015 after receiving a grant from Susan G. Komen to train therapists to provide an exercise program for all cancer survivors and those living with cancer. It is an evidence-based program that assists survivors with improving their energy level and offers a guide for healthy living.
- Participation in cancer support groups continues to grow and groups have been added to meet the needs of the community.
 - FRMC offers a Multiple Myeloma (MM) group which began in 2016, and is one of the only MM groups within a 60-mile radius of Hickory.
 - Living with Metastatic Cancer support group began in 2016 to meet the special needs of patients with incurable but treatable disease.
 - Feel Good Friday was created in 2015 for caregivers and patients focusing on the caregivers and their needs of caring for a cancer patient.
 - Breast Friends continues to support individuals with breast cancer.
 - Life Goes On is a support group for all types of cancer survivors.
- Survivorship Care Plans (SCP), which began at FRMC in 2015, is part of the survivor's plan of care after they have completed all their treatments. It includes a record of a patient's cancer treatment history and recommendations for follow-up care, and provides a guide to healthy living.

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- **CT Lung Screening 2017 Report**
Total number of CTLS: 157
Positives requiring further testing: 9%
Negative results: 91%
- Follow-up of Positives/Recommendations:
Follow-up CT in 3 months: 43%
Follow-up CT in 6 months: 14%
PET scan needed: 36%
Biopsy needed: 7%
- PET scan results:
True Positives that rendered cancer diagnosis: 25%
Negatives: 75%
Incidental Non-pulmonary Findings: renal mass, coronary calcifications, aortic aneurysm, hiatal hernia, hepatic steatosis, compression fractures, kyphosis, spleen lesion
- Kick the Habit Tobacco Cessation Program was created in 2015, utilizing a licensed clinical social worker. The program has expanded from just being offered at FRMC to being offered off-campus and at industries and businesses to produce wellness and improve quality of life for individuals.
- Frye sponsored a number of community events and fundraisers, including the American Cancer Society Relay for Life; Susan G. Komen Race for a Cure and Get Your Rear in Gear Colon Cancer Awareness 5k.

John delCharco, MD

Oncology Medical Director and Cancer Committee Chairman

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The Cancer Committee of FRMC is proud to present the 2015- 2016- 2017 Cancer Program Report, highlighting the Kick the Habit tobacco cessation program.

Tobacco Cessation Three-Year Report

2015, 2016, 2017

Frye Regional Medical Center: Helping Individuals Quit Tobacco Use

Frye Regional Medical Center (FRMC) has played a key role in fighting tobacco use, which contributes to lung cancer, the No. 1 cause of preventable death and disease in the United States. Medical and nonmedical professionals recognize the drastic effects using tobacco use can have on health. Secondhand smoke can take a toll on children and families. Many smokers want to quit. Getting started often takes support, motivation and information from trusted sources, like Frye Regional Medical Center.

When it comes to talking to individuals about quitting tobacco use, the Kick the Habit Tobacco Cessation program can be the start of a conversation. Kick the Habit offers resources, education materials and with evidence-based cessation treatment. With the support of materials and a supportive group experience, we can help individuals begin a smoke free life.

With the concentration on the Wellness Programs at FRMC and other wellness programs within the industry here in the Unifour area getting healthy is a community response to the individuals of our community. Most chronic diseases can be prevented or controlled. For example, quitting smoking and reducing weight can help a person reduce blood pressure while protecting against heart disease, stroke, diabetes, asthma and arthritis. In addition the conditions where we live, work, play and go to school can all support healthy lifestyles. A healthy environment can help: healthy people tend to stay healthy, individuals reduce their risks for developing chronic diseases and people who have chronic diseases to better control these diseases.

In 2015 FRMC began providing tobacco cessation group, Kick the Habit, to patients at FRMC and to local businesses for their wellness programs. The first outsourced tobacco cessation group was held at Century Furniture and since then, other businesses have utilized Kick the Habit. The groups are offered for six weeks and follow-up is with the physician/NP at the business.

<u>Dates</u>	<u>Location</u>	<u># Attendees</u>	<u>% That Quit</u>
5/18/15 - 6/22/15	FRMC	3	100%
9/3/15 - 10/6/15	Century Furniture/Hky	6	100%

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01/04/16 - 02/11/2016	Valdese Weavers	3	33%
	Century #1	8	75%
	Century #2	10	80%
	Hancock & Moore	8	75%
05/23/16 – 07/1/16	Vanguard Furniture	10	60%
01/3/17 – 3/7/17	Hancock & Moore #2	20	0%
01/4/17 – 3/8/17	Hancock & Moore #3	12	33%
2/28/17 - 4/4/17	Valdese Manufacturing	4	100%
5/22/17 – 6/26/17	Vanguard	8	63%
5/23/17 – 6/27/17	Vanguard	2	100%
5/25/17 – 6/29/17	Craft Master	4	0%