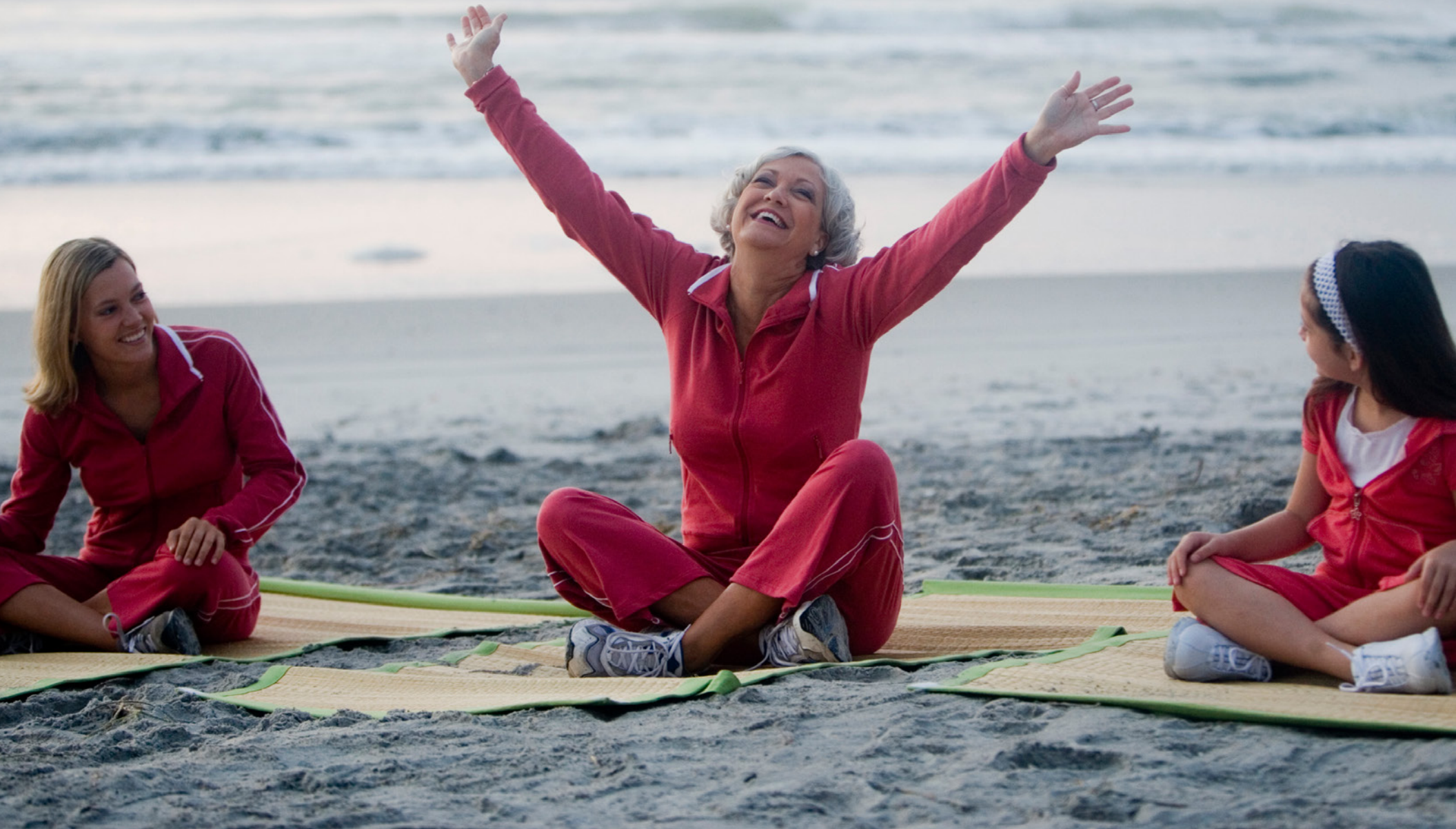


Kaiser Permanente Cancer Care

2013 ANNUAL REPORT



Mission

Kaiser Permanente exists to provide high-quality, affordable health care services and to improve the health of our patients and the communities we serve.

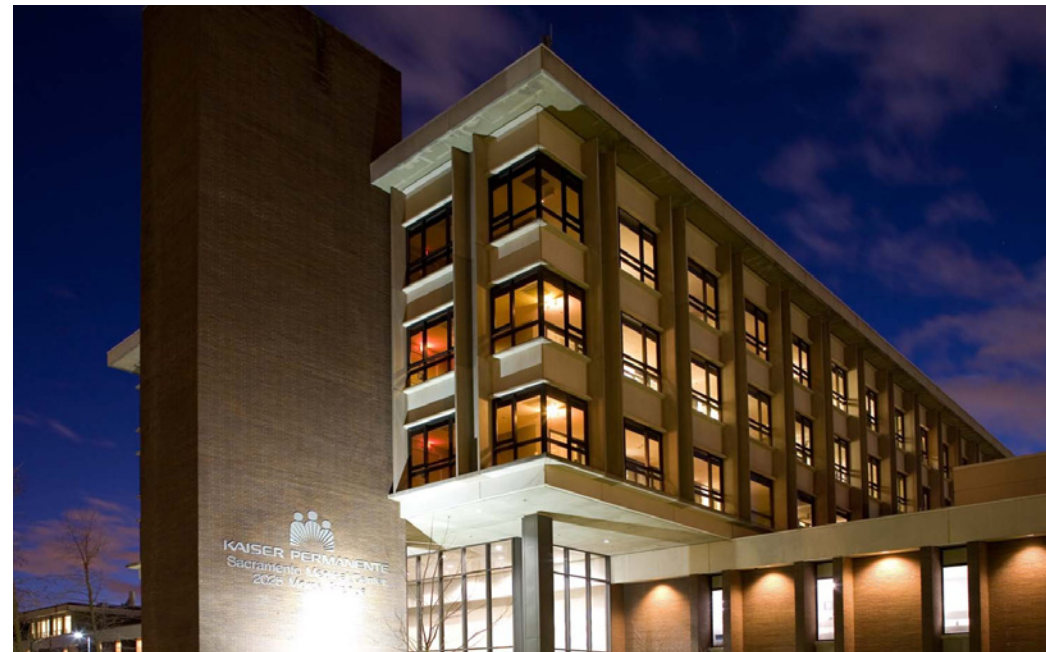
Kaiser Permanente Cancer Care

MISSION: With a dedicated and compassionate staff of physicians and health care professionals, we are here to provide the best personalized, patient-centered care through standard setting, prevention, research, education, and the monitoring of comprehensive quality treatment.

VISION: The Roseville and Sacramento Medical Centers are committed to improving the survival, quality and effectiveness of care provided to people diagnosed and living with cancer.



Visit Roseville Medical Center



Visit Sacramento Medical Center

Excellence in Cancer Care

At the Kaiser Permanente Medical Centers in Roseville and Sacramento, we are committed to improving the quality and effectiveness of care provided to patients diagnosed and living with cancer. We want our patients to feel confident that they are receiving the best care possible from well-trained and compassionate physicians, nurses, and pharmacists. That is why we fight everyday to improve outcomes through prevention, early detection and state-of-the-art treatment.

Our goal is to provide seamless, coordinated care focused on the specific needs of every patient. And with our unique integrated health care system, supported by our electronic medical record, our patients know their care is truly in the hands of a team of professionals who consult with each other to design an individualized plan from diagnosis, through treatment, to life after cancer.

Our Head and Neck Multi-Disciplinary Clinic, for example, enhances coordination of care by providing patients with the opportunity to be evaluated on the same day by specialists that include a head and neck oncologic surgeon, radiation oncologist, medical oncologist, prosthodontist, speech therapist, dietitian,

and medical social worker. And our Cancer Conferences provide a forum for diagnosticians, pathologists, medical oncologists, radiation oncologists, surgeons, genetic counselors, nurses, clinical trial staff, and patient navigators to share ideas, discuss treatment options, and review national guidelines in order to create the best, most efficient treatment plan for every patient.

No one is ever prepared for a diagnosis of cancer. Life interrupted by appointments, treatments, and often surgery, and the onset of a surge of emotions can make battling cancer a life-altering event. That is why we offer a host of services to support the emotional needs of our patients and their loved ones. Our cancer support groups provide a place where patients and family patients can share experiences, and our Breast Cancer Survivorship Institute helps patients learn to live again, post-cancer.

At the Kaiser Permanente Medical Centers in Roseville and Sacramento, our work continues to advance but our principles remain the same: We will continue to lead in all aspects of cancer care including prevention, screening, early diagnosis, state-of-the-art treatment and survivorship.



A handwritten signature in black ink, appearing to read "Chris Palkowski MD".

Chris Palkowski, MD
Physician-in-Chief
Roseville



A handwritten signature in black ink, appearing to read "Robert Azevedo MD".

Robert Azevedo, MD
Physician-in-Chief
Sacramento



A handwritten signature in black ink, appearing to read "Dinesh Kotak MD".

Dinesh Kotak, MD
Hematology and Oncology
Cancer Committee Chair



A handwritten signature in black ink, appearing to read "Derrick Schmidt MD".

Derrick Schmidt, MD
Radiation Oncology
Cancer Liaison Physician

2013 Recognition

David Koh, MD Cecil Cutting Leadership Award



[Learn more.](#)

Waiting for test results. It can be agonizing. But thanks to the innovative efforts of David Koh, MD, Chief of Radiology, Kaiser Permanente Roseville and Sacramento, getting results in hours rather than days is now the norm.

Dr. Koh's mission to vastly improve the patient experience by implementing cutting-edge technology and collaboration gained him the prestigious *Cecil Cutting Leadership Award* from The Permanente Medical Group. Besides bringing voice recognition technology to the region to expedite report turnaround, Dr. Koh's leadership fostered walk-in mammography, and the expansion of the department's subspecialists to support the continued development of centers of excellence in Musculoskeletal Radiology, Neuroradiology, Interventional Radiology, Nuclear Medicine, Pediatric Radiology and Breast Care.

Mark Hawk, MD Sidney R. Garfield Exceptional Contribution Award



[Learn more.](#)

Assistant Physician-in-Chief, Mark Hawk, MD, Neurosurgery, Kaiser Permanente Roseville and Sacramento, received the 2013 *Sidney R. Garfield Exceptional Contribution Award* from The Permanente Medical

Group for implementing a strategic plan to provide world-class Neurosurgery in Northern California. Dr. Hawk recruited the best neurosurgeons and staff, acquired the latest equipment, and masterminded a new level of complexity and specialization in Neurosurgery. Dr. Hawk developed a neurosurgical service at Kaiser Permanente South Sacramento, a critical component of expanding the Sacramento Neurosurgery Department. Dr. Hawk developed Pediatric Neurosurgery at the Kaiser Permanente Roseville Women and Children's Center; and Neurosurgery Departments in Fresno and Vacaville.

Darryl Hunter, MD Pride in Profession Award Heroes in Human Services Award



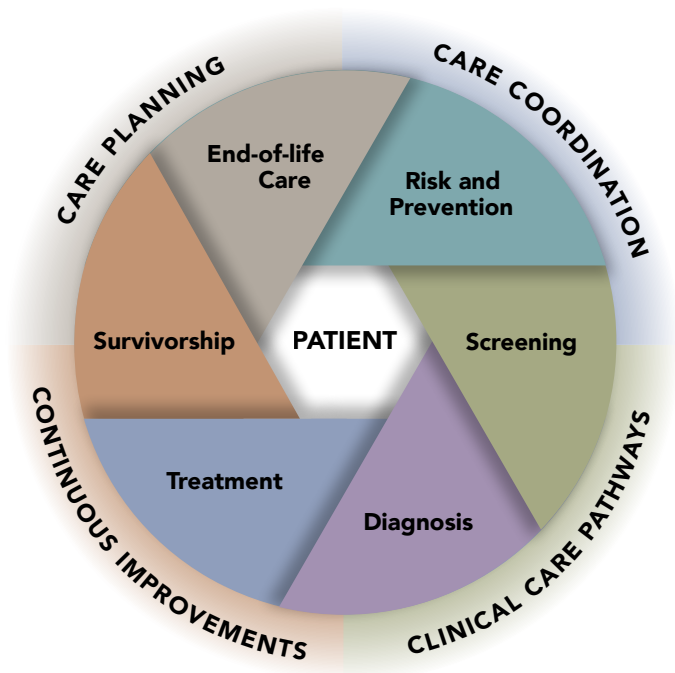
[Learn more.](#)

As a veteran himself, Darryl Hunter, MD, Radiation Oncology, Kaiser Permanente, Roseville has dedicated himself to ensuring that veterans receive the health care and services they deserve. The former United States

Air Force physician was involved in the founding of five distinct organizations aimed at veterans, African Americans, the homeless, and the underserved. The American Medical Association Foundation recognized Dr. Hunter with a *Pride in the Profession Award* for his outstanding leadership and exceptional service to veterans, students, and the underserved. Dr. Hunter is the first Sacramento area physician and first Kaiser Permanente doctor to receive the award. In addition, his work earned him a *Heroes in Human Services Award* from the Sacramento County Board of Supervisors that honors those who have touched the lives of others through their advocacy, dedication, service, and support.

The Comprehensive Care Team

Many of the recent advances in the diagnosis and treatment of cancer require close collaboration among cancer specialists. Our integrated health care system, in which the health plan, hospitals, and medical group work together, is uniquely positioned to provide coordinated care to our patients. Our integrated approach to care ensures cancer specialists work together to evaluate each patient's case, and develop treatment options and recommendations. This all-inclusive model of care is the hallmark of Kaiser Permanente's integrated system.



- Acupuncture
- Adult Infusion Center
- Ambulatory Surgery
- Anticoagulation Services
- Audiology
- Behavioral Medicine
- Bone Densitometry
- Cardiology
- Cardiac Cath Lab Services
- Chronic Pain Management
- Complementary and Alternative Medicine
- Dermatology
- Elder Care
- Endocrinology
- Gastroenterology
- Genetics
- Health Education
 - Wellness Coaching Center
- Home Health
- Hospice
- Infectious Diseases
- Laboratory
- Mohs Surgery
- Nephrology
- Neurological Lab/Sleep Service
- Neurology
- Neuroscience
- Nuclear Medicine (including PET scan)
- Nutritional Services
- Occupational Medicine and Therapy
- Oncology and Hematology
- Ophthalmology
 - Corneal
 - Glaucoma
 - Oculoplasty
 - Retinal

- Palliative Care
- Pathology
- Pediatric General
- Pediatric Specialties
 - Cardiology
 - Developmental
 - Endocrinology
 - Gastroenterology
 - High-Risk Infant
 - Infectious Diseases
 - Neonatology
 - Nephrology
 - Neurology
 - Neuromuscular Clinic
 - Oncology and Hematology
 - Pediatric Hospital Specialist
 - Pulmonology
 - Radiation Oncology
 - Rheumatology
 - Skeletal Dysplasia Clinic
 - Specialty Nutrition
 - Specialty Tests
- Pediatric Surgical Specialties
 - Anesthesia
 - General Surgery
 - Head and Neck Surgery
 - Neurosurgery
 - Ophthalmology
 - Urology
- Pharmacy
- Physical Medicine and Rehabilitation
- Physical Therapy
- Primary Care Medicine
- Psychiatry
- Pulmonology
- Radiation Oncology

- Radiology
 - Computed Tomography (CT) Scan
 - Fluoroscopy
 - Interventional Services
 - Magnetic Resonance Imaging (MRI)
 - Mammography-Breast Imaging
 - Ultrasound
- Rheumatology
- Speech Therapy
- Social Services
- Surgical Specialties
 - Anesthesia
 - General Surgery
 - Gynecological Oncology Surgery
 - Gynecological Surgery
 - Head and Neck Surgery
 - Neurosurgery/Interventional
 - Orthopedic Surgery
 - Plastic Surgery
 - Podiatry
 - Robotic Surgery
 - Spine Surgery
 - Thoracic Surgery
 - Urology
 - Vascular Surgery
- Women's Health
 - Breast Health Center
 - Center for Pelvic Pain
 - Gynecological Oncology Surgery
 - Infertility
 - Obstetrics and Gynecology
 - Perinatology
 - Urogynecology
- Wound Care

Multidisciplinary Care Enhances Patient-Centered Experience

Enhancing coordination of care for patients was the goal when the Head and Neck Multidisciplinary Clinic was launched in 2013.

A patient's visit to the clinic is comprised of meeting with specialists that include a fellowship-trained oncologic head and neck surgeon, radiation oncologist, prosthodontist, speech therapist, dietitian, and medical social worker. The care team provides same-day, on-site evaluation for head and neck cancer patients. Should the patient require a visit with a medical oncologist, the consultation is arranged the same day either through a video visit or an in-person appointment with the specialist.

The patient treatment plan is further discussed within the Kaiser Permanente Northern California Regional Head and Neck Cancer Conference. Patients are given a comprehensive treatment plan as they complete the process that day. This coordinated approach helps ensure patients are provided efficient and integrated care.

Since the inception of the Head and Neck Multidisciplinary Clinic, providers have seen more than 200 patients. Enhanced access to care results in higher patient satisfaction and a faster road to recovery.

“The Head Neck Multidisciplinary Clinic, which adheres to evidence-based best practices in head and neck cancers, has created an avenue for our patients to receive a comprehensive evaluation and consensus opinion through a highly coordinated team approach.”

– Nathalie Nguyen, MD
Radiation Oncology

OUR PATIENTS SAY:

“Gained a lot of information, felt cared for and was glad to see everyone in the same clinic.”

“Great to be seen by all the doctors on the same day.”

“Questions and concerns were answered in a way I could understand.”



Cancer Conferences

The centerpiece of our clinical cancer program is the cancer conference where specialists from Medical Oncology, Surgery, Radiation Oncology, Radiology, Pathology, Nursing, Genetics, Clinical Trial Research Team, Psychosocial Service, Palliative Care, Rehabilitation Service and Patient Navigation evaluate and discuss individual treatment plans utilizing a multidisciplinary approach. The underlying goal of the cancer conference, aligning with our clinical cancer program, is to improve the quality, effectiveness, and efficiency of cancer care so patients can live better lives.

During these cancer conferences, pathology, imaging studies, staging, and psychosocial status are reviewed. After reviewing all the relevant details the team then focuses on the best possible options. These options, be it a referral to a clinical trial, state-of-the-art treatment or a referral to supportive care are reviewed with the patient who makes the final decision.

Cancer conferences not only benefit our cancer patients by helping them get the best care possible, but also serve as educational platforms to provide learning opportunities and facilitate communication.

There are 27 individual cancer conferences held each month, including:

- Breast Cancers
- Endocrine Cancers
- General Oncology
- Head and Neck Cancers
- Hepatobiliary Cancers
- Lung Cancers
- Neuro-oncology
- Pediatric Oncology
- Stereotactic Radio Surgery (Brain Cancers)



Specialists at the Pediatric Oncology cancer conference discuss individual treatment plans utilizing a multidisciplinary approach. Conferring on a patient's case (above, left to right) are Derrick Schmidt, MD, Radiation Oncology; Scott Adams, MD, Pediatric Hematology/Oncology; Aarati Rao, MD Pediatric Hematology/Oncology; and Sonali Lakshminarayanan, MD, Pediatric Hematology/Oncology.

“Cancer conferences help promote multidisciplinary care. The pediatric cancer conference is a collegial forum at which various subspecialty divisions participate. The breadth of their skills provide unique patient insight. Such interaction helps encourage collaboration across the clinical specialties for the purpose of providing high-quality, comprehensive care, and the best outcomes for our patients.”

— Aarati V Rao, MD
Pediatric Hematology Oncology

Radiation Oncology Delivers High Quality Care

Hope. Tranquility. Harmony. For cancer patients undergoing radiation therapy, those heartening words mean a lot. That is why they were selected – by patients – as names for cancer-fighting radiation therapy units housed in Kaiser Permanente’s state-of-the-art Radiation Oncology Centers.

At our centers in Roseville and Rancho Cordova, our radiation oncologists employ some of the most advanced technologies available to target tumors precisely, while minimizing damage to normal tissues.

One of the modalities, Stereotactic Radiosurgery, guides beams of radiation to the targeted area, enabling doctors to have more accuracy when treating abnormalities, tumors, or functional disorders without harming nearby healthy tissue and without surgery. Our experts can also treat multiple targets at the same time, making it more convenient for patients.

Each patient’s radiosurgery is planned and delivered by an experienced radiation oncologist, neurosurgeon, medical physicist, registered nurse, and two radiation therapists.

An integral component of the Stereotactic Radiosurgery program is the multidisciplinary case conference comprised of a neurosurgeon, neuro-radiologist, radiation oncologist, radiation physicist, and neuro-oncologist. Physicians connect online while simultaneously reviewing patients’ electronic medical records so they can develop individualized pathways of care for each patient. The result: Streamlined, coordinated care for our patients.



Other Modalities Provided:

- Brachytherapy (High Dose Rate and Prostate Seed Implants)
- Electronic Portal Imaging Device (EPID)
- Image-guided Radiation Therapy (IGRT)
- Intensity-modulated Radiation Therapy (IMRT)
- Multileaf Collimator (MLC)
- Three-dimensional Conformal Radiation Therapy (3D-CRT)
- Volumetric Modulated Arc Therapy (VMAT), Rapid Arc™

The North Valley Way: A Quest for Excellence

Kaiser Permanente in Roseville and Sacramento is committed to The North Valley Way, a structured management and process improvement system that ensures consistent delivery of high-quality care and service for our patients. The North Valley Way allows us to leverage our strengths as an integrated, technology-enabled, patient-centered health care system to consistently align with the following four goals:

- Care With A Personal Touch
- Quality Second to None
- Safety In All We Do
- Improvement Through Continuous Innovation

Our leadership sponsored many collaborative, multidisciplinary, process-improvement events involving physicians, staff, and patients. The patients helped us to understand and improve their cancer-care journey, resulting in these improvements:

- Dedicated time in Interventional Radiology for chemo embolization reduces time from diagnosis to treatment.
- Streamlined referral process from Gastroenterology Department to Surgery Department, reducing wait times.

- Streamlined specialty care referral process for oncology patients enhanced access to speciality care.
- Use our technology to improve the flow of communication and patient care.

- Implementation of convenient, patient-centered, chairside scheduling of treatments.
- Establishment of multidisciplinary visits to improve the patient care experience through enhanced coordination of care.



EVERY PATIENT, EVERY TIME

Genetic Testing Can Assess Cancer Risk

Personalized Cancer Care Through Genetic Testing

Kaiser Permanente Roseville and Sacramento Centers offer a comprehensive Genetics Department to serve the needs of patients and their families who might benefit from a genetic evaluation. Patients who have a personal or family history suggestive of a hereditary susceptibility to cancer can be referred by their doctor or come in on their own.

The Genetics Department provides in-depth risk assessment for hereditary cancer syndromes. Our three clinical geneticists and 15 licensed genetic counselors (including seven who specialize in hereditary cancer risk assessment) discuss with patients the benefits and limitations of genetic testing, and coordinate pre- and post-test counseling. For added convenience, we are

often able to provide patients with their initial consultation and risk assessment by telephone.

In 2013, the majority of the referrals were patients and families who are concerned about their risk for hereditary breast and ovarian cancer syndrome (HBOC). HBOC is an inherited cancer predisposition that causes a significantly higher risk for breast, ovarian and other types of cancer compared to the average woman's risks. HBOC is most often associated with inherited alterations in either the BRCA1 or BRCA2 genes.

Convenient Care

To meet the needs of our patients, we provide an online presentation and offers same-day telephone or in-person appointments. Kaiser Permanente's electronic records system expedites the assessment and the communication of the information back to the providers to ensure that proper screening guidelines and recommendations are clear to both the patient and their physicians.

Our genetic counselors also reach out and review all new breast cancer diagnoses at the Sacramento and Roseville weekly cancer conferences to identify which patients should be referred to the Genetics Department for further evaluation.

A major advancement for 2013 is the implementation of "universal screening" for hereditary colon cancer syndrome, called Lynch Syndrome. The coordinated effort between the Genetics, Pathology, and Surgery Departments ensures screening for Lynch Syndrome is performed

on all colon cancers at the Sacramento and Roseville Medical Centers. Lynch Syndrome can increase significantly the risk of developing colon, endometrial, and other types of cancers compared to the average person's risks. By screening all colon tumors for this condition, geneticists are able to identify at-risk families. This allows us to identify families with Lynch Syndrome, who can then receive appropriate cancer screening tests.

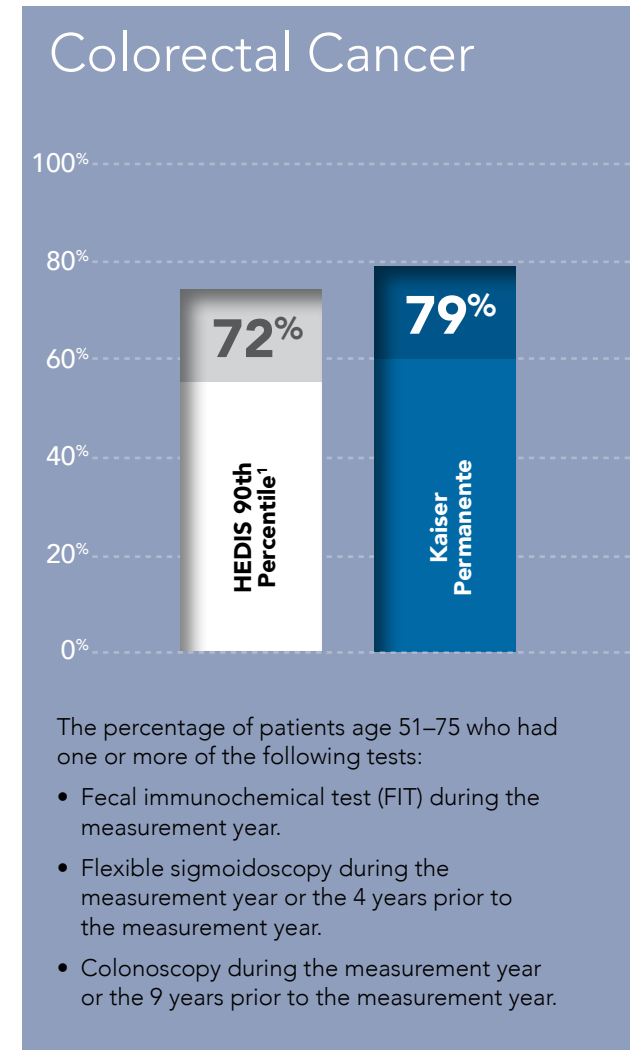
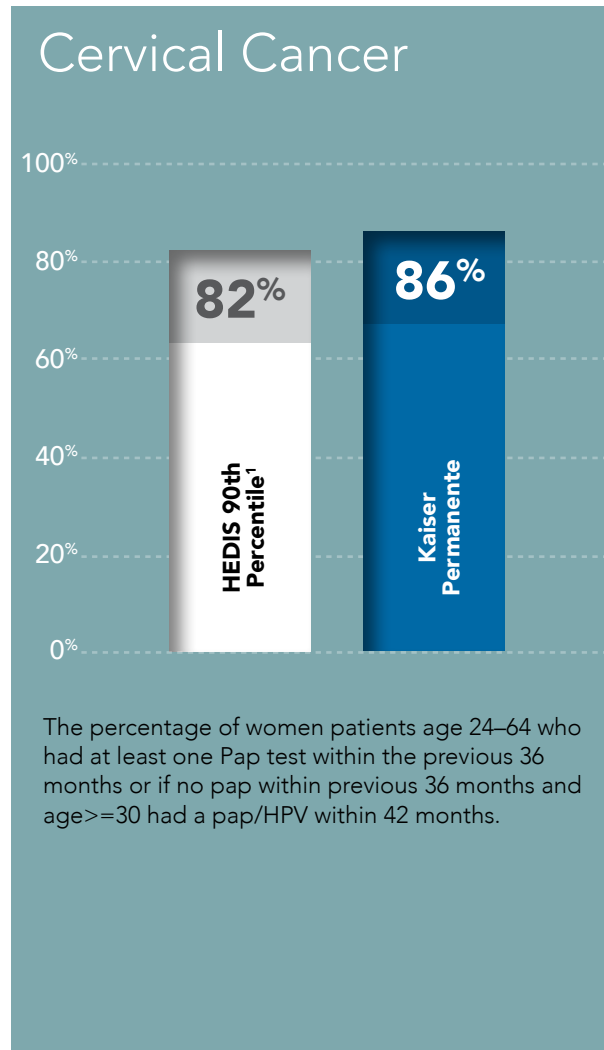
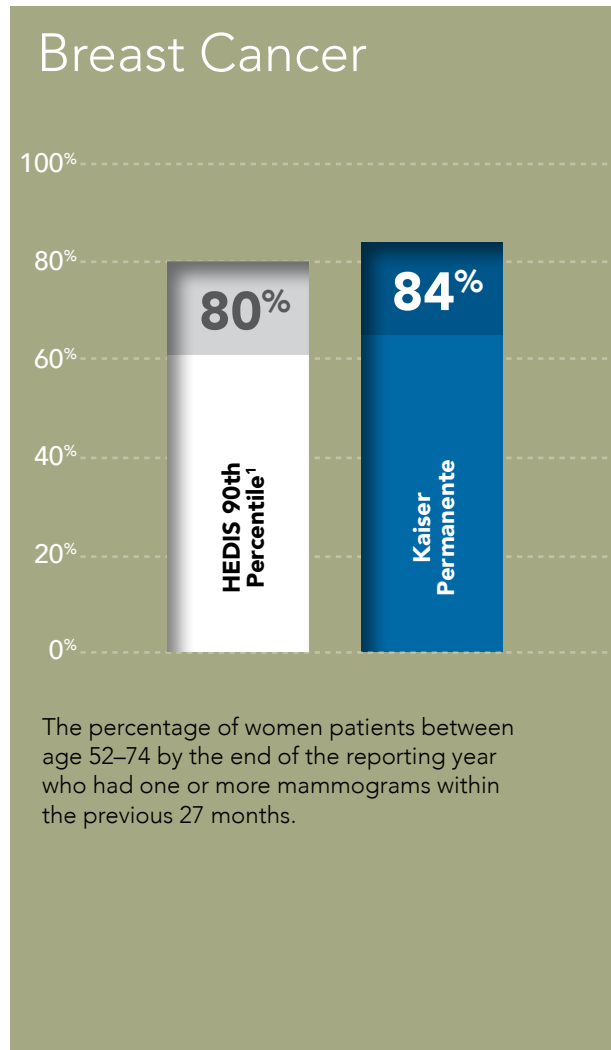
"At Kaiser Permanente, our goal is to prevent cancer before it develops or to find it at its earliest stage, where treatment is effective. We have programs to screen for breast and colon cancer, and, in certain high-risk situations, our genetic counselors offer blood DNA testing to detect the small number of families where an inherited factor causes a big jump in cancer risk. For these high-risk people, our goal is to ensure they receive all the studies needed to keep them healthy."

**— Mark H. Lipson, MD
Chief, Genetics Department**



Leading the Way in Cancer Screening

Kaiser Permanente Roseville and Sacramento Medical Centers screen for Breast, Cervical, and Colorectal cancer at a rate that outperforms over 90% of the commercial health plans in the country.



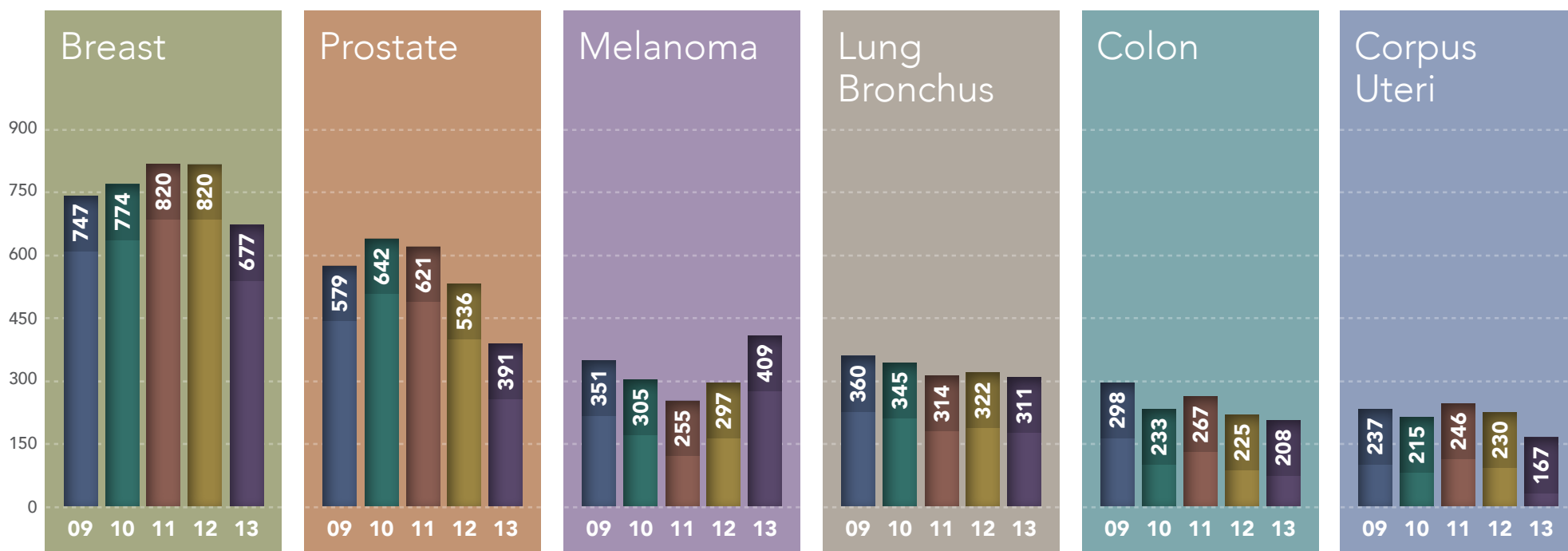
¹The Healthcare Effectiveness Data and Information Set (HEDIS) is a tool used by more than 90 percent of America's health plans to measure performance on important dimensions of care and service.

Trends in Cancer Diagnosis

ANALYTIC CANCER CASELOAD: Cases diagnosed and/or treated at Kaiser Permanente Roseville and Sacramento Medical Centers (2009 - 2013*)

**2013 data estimated to be 97% complete
at the present time.*

In 2013, 3,556 new cases of cancer were diagnosed and/or treated at Kaiser Permanente Roseville and Sacramento Medical Centers. The Kaiser Permanente Northern California Cancer Registry (KPNCCR) manages a consolidated database of all Northern California cancer patients. The reporting of incidence and outcomes aids in identifying trends, and assists in program planning and with the continual evaluation of patient care. The KPNCCR database now includes more than 535,000 cases of invasive and in situ cancer diagnosed from 1947 to the present.



Primary Site Table

Cancer Caseload: Cases diagnosed and/or treated at Kaiser Permanente Roseville and Sacramento Medical Centers (2009 - 2013)

	2009	2010	2011	2012	2013	TOTAL
ANUS/ANAL CANAL	15	14	29	10	14	82
BONES/JOINTS	7	11	5	10	9	42
BRAIN	73	89	82	81	94	419
BREAST	747	774	820	820	677	3838
CERVIX UTERI	41	30	28	32	28	159
COLON	214	171	202	161	153	901
CORPUS UTERI	235	211	240	224	165	1075
ESOPHAGUS	32	25	28	29	31	145
EYE/ORBIT	3	5	4	11	4	27
FLOOR OF MOUTH	3	2	2	2	5	14
GALLBLADDER	1	5	3	10	5	24
GUM/OTHER MOUTH	5	5	4	14	12	40
HODGKIN LYMPHOMA	21	21	29	8	13	92
HYPOPHARYNX	6	1	1	4	3	15
ILL-DEFINED	135	94	86	85	90	490
KAPOSI SARCOMA	0	2	0	0	1	3
KIDNEY/RENAL PELVIS	74	105	95	90	85	449
LARYNX	9	17	13	14	10	63
LEUKEMIA,LYMPHOCYTIC	33	31	26	22	17	129
LEUKEMIA,MONOCYTIC	0	0	0	1	1	2
LEUKEMIA,MYELOID	27	31	27	29	35	149
LEUKEMIA,OTHER	3	3	1	1	4	12
LIP	5	2	2	13	9	31
LIVER/INT.BILE DUCTS	26	31	26	49	40	172
LUNG/BRONCHUS	360	345	314	322	311	1652
MELANOMA	351	305	255	297	409	1617
MESOTHELIOMA	6	4	4	8	5	27
MYELOMA	36	33	33	31	30	163
NASAL/SINUS/EAR	5	11	4	8	8	36
NASOPHARYNX	4	7	5	1	10	27
NON-HOD. LYMPHOMA	107	111	107	118	122	565
OROPHARYNX	1	2	0	1	0	4

	2009	2010	2011	2012	2013	TOTAL
OTHER BILIARY	10	12	7	9	11	49
OTHER DIGESTIVE	5	2	6	2	4	19
OTHER ENDOCRINE	20	25	36	19	42	142
OTHER FEMALE GENITAL	4	1	2	14	10	31
OTHER MALE GENITAL	0	2	1	0	0	3
OTHER NERVOUS SYSTEM	88	76	62	79	70	375
OTHER ORAL/PHARYNX	1	0	0	2	1	4
OTHER RESPIRATORY	2	2	0	0	3	7
OTHER SKIN	21	4	9	13	15	62
OTHER URINARY	2	2	0	1	1	6
OVARY	89	100	107	82	70	448
PANCREAS	114	119	89	119	102	543
PENIS	3	1	5	6	6	21
PERITONEUM	11	11	12	8	7	49
PLEURA	1	1	1	0	0	3
PROSTATE	579	642	621	536	391	2769
RECTUM/RECTOSIGMOID	84	62	65	64	55	330
RETROPERITONEUM	1	3	0	6	2	12
SALIVARY GLANDS	8	8	6	13	6	41
SMALL INTESTINE	15	5	8	9	13	50
SOFT TISSUE/HEART	18	23	26	19	32	118
STOMACH	43	35	36	49	32	195
TESTIS	21	10	16	10	10	67
THYROID	81	76	83	91	68	399
TONGUE	24	22	29	32	35	142
TONSIL	17	15	12	20	10	74
URETER	3	4	6	2	4	19
URINARY BLADDER	145	113	131	122	125	636
UTERUS, NOS	2	4	6	6	2	20
VAGINA	4	4	8	6	8	30
VULVA	22	31	39	27	21	140
TOTAL	4023	3913	3904	3872	3556	19268

Helping Patients with Life After Cancer: Survivorship

A development in cancer care only imagined a few years ago is now a reality: Patients anticipate a full and active life post-cancer treatment.

The Kaiser Permanente Roseville and Sacramento Medical Centers help ease the transition from cancer patient to cancer survivor. The Breast Cancer Survivorship Institute serves as resource for women transitioning from cancer specialty care to primary care physicians. Breast cancer survivors who have often endured surgeries, chemotherapy, and radiation, can turn to the Survivorship Institute to find ongoing support, education, and treatment to help cope with the effects of the disease.

In addition, we have begun to implement a process for survivorship planning for patients with prostate cancer. This process, to be implemented at both Roseville and Sacramento, will involve three major components — medical treatment (details of diagnosis and treatment type), healthy behaviors (diet, exercise, and healthy body weight), and emotional wellbeing (recommendations for ongoing emotional support). The goal of survivorship is to provide patients with a roadmap for the transition from cancer patient to cancer survivor.



During the past several years, our Oncology team helped local restaurant owner, Bobbin Mulvaney, beat cancer not just once or twice, but three times. “The Kaiser team made it easy for me to go along with my life and my business because I knew I had the team and the team was the best,” said Bobbin. “They saved my life.” Bobbin and her family joined our Oncology team, which was honored at a Sacramento Kings NBA basketball game during the 2013 season.



When Virginia Mochel was just five years old, she was diagnosed with leukemia. Virginia was treated with two and a half years of chemotherapy, followed by bone marrow transplantation from her younger sister, Rebecca Rose. She is now in remission. During a touching reunion with her caregivers, Virginia said, “I feel awesome. It’s just like normal again. Thank you for everything and keeping me alive.”

“What does survivorship mean to me as a patient? It means making a goal and then building a plan. It means that I am NOT my disease. It is the hope that allows one to find the beauty in every day.”

— Kevin R. Anderson, MD
Patient and Physician

Access to Leading-Edge Research Through Clinical Trials

Northern California's Kaiser Permanente Oncology Clinical Trials Program (KPOCT) is proud to have been selected as one of the new and few National Cancer Institute Community Oncology Research Programs. This honor is in recognition of our comprehensive integrated model of care for cancer patients, our strength in oncology clinical trials for medical and radiation oncology, extensive research experience in cancer treatment, excellence in data management, and nursing and pharmacy integration as well as our work with other Kaiser Permanente regions. A key component for approval was serving minority and diverse populations for their cancer care.

Kaiser Permanente Oncology Clinical Trials Program is an important aspect of Kaiser Permanente's commitment to state-of-the-art treatment to our members who have been diagnosed with cancer. Clinical trials provide an opportunity for patients to be part of cutting-edge research, and are a pathway to finding better treatments for others in the future. The program is one of the largest in the western United States. Annually, 400 to 500 patients are enrolled in National-Cancer-Institute-sponsored or approved clinical trials, and more than 125 medical, surgical, gynecologic, and radiation oncologists at sites in Northern California take part in the effort. Kaiser Permanente has participated in key practice-changing clinical trials in recent years, and is currently enrolling patients in 200 ongoing cancer studies.



“Clinical trials are a critical part of our mission at Kaiser Permanente. They provide our patients with access to leading-edge treatments, and allow them to participate in studies that help to shape the future of cancer care — potentially resulting in the next major breakthrough in treatment.”

— Richard M. Guy, MD
Chief, Hematology and Oncology

In the Community

Sun Protection

At Kaiser Permanente, we can't emphasize enough the preventative benefit of using sunscreen. That is why we created our Sunscreen Bar initiative and a free online sunscreen tool kit for coaches.

Sunscreen Bar



We set up our no-cost sunscreen "bar" at an array of outdoor events to promote skin safety and skin cancer prevention. Since this

program began, we have attended numerous events to encourage skin cancer prevention by giving away free sunscreen. In addition, the facts about skin protection are provided in educational materials that attendees can take home and share with friends and family.

Coaches Tool Kit

Our online tool kit for sports coaches has sun protection messages to include on game schedule emails or websites, tips for engaging players and parents, helpful website links and printable posters. For instance, one tip advises using the shadow rule for safe sun exposure: A shadow that is longer than you are means UV exposure is low; a shadow that is shorter than you are means the UV exposure is high.

Walk to Thrive

People who are overweight are at increased risk of several types of cancers, including colorectal, endometrial, esophageal, pancreatic, and breast cancer. That is why Kaiser Permanente encourages everyone to build fitness into their day. Our Walk to Thrive program has inspired more than 9,000 people in Roseville and Sacramento to sign up and get moving by participating in one-mile, physician-led walks. At the Westfield Galleria in Roseville, the year-round weekly walking program includes monthly seminars with our caregivers who discuss topics that include cancer prevention. To add a little incentive, t-shirts and pedometers are provided, plus a chance to receive additional prizes. In 2013, we introduced our Stroll to Thrive program at the Westfield Galleria shopping mall geared to parents with infants and toddlers. Participants exercise, win prizes,

[Learn more.](#)



Ed Bermudez, MD, Medical Services Director at Sacramento's Point West Medical Offices, leads a one-mile walk in downtown Sacramento.

and network with other parents. Walk to Thrive is also in downtown Sacramento where physicians lead a one-mile walk during the seasonal farmers market on Capitol Mall.

Don't Buy the Lie

Tobacco use is the number one cause of preventable death in the U.S. That is the challenge of our 20-year-old anti-smoking, "Don't Buy the Lie" program. Because we know advertising has a profound effect on youth, we utilize education methodology with advertising — created by kids, for kids — to counter the glamorous portrayal of smoking in the media. Our tobacco education program reached more than 100,000 middle and high school students. Our billboards informed more than 2 million people.

[Learn more.](#)



Bringing 21st Century Information Technology to Everyday Medical Practice

Video Visits

Kaiser Permanente Roseville and Sacramento doctors now routinely connect with patients and each other through video visit. Our patients are a click away from connecting with their healthcare team. And for doctors, it is an efficient way to improve specialty care.



Dinesh Kotak, MD, Hematology and Oncology, uses video visits to conduct pre-chemotherapy appointments, hospice visits, and regular follow-up visits from his Roseville office. He says, "It's a powerful way to communicate with and care for patients diagnosed, being treated, and living with cancer. Patients love the ability to see their doctor without leaving their home."

Robert McLaughlin, MD, Assistant Physician-in-Chief, Head and Neck Surgery, Roseville, was a pioneer of the patient-centered video visit concept. "We started looking at video visits after we saw the success we were having with phone consultations," says Dr. McLaughlin. "We knew then that being able to see the patient while talking with them would be even more effective."

Physicians connect with each other to make consultations more efficient. By a referring physician calling a specialist via video for advice while the patient is in the exam room, Kaiser Permanente Roseville and Sacramento patients experience consistently outstanding and timely access to specialty care.

[Learn more.](#)

Electronic Medical Records

With the touch of a button, a Kaiser Permanente doctor can see your entire medical history. With our robust electronic medical record technology (Kaiser Permanente HealthConnect®) at their fingertips, physicians can quickly access a patient's up-to-date lab results, images, prescription refills, hospitalization information, and other health records. Kaiser Permanente HealthConnect® facilitates communication between patients and Kaiser Permanente professionals to help getting well and staying healthy even more convenient.

[Learn more.](#)

Preventative Care

Yes, there is an app for that. Patients can download a free, health reminder app that provides important personalized health reminders and information on the go. Managing health for the entire family is easy and personalized. Alerts make it easier to remember to schedule or show up for appointments, and all your personal history and information is in one place.

[Learn more.](#)

My Health Manager

At Kaiser Permanente, we encourage our patients to take an active role in their care. We know that patients involved and engaged with their health care team stay healthier. My Health Manager is a unique service that provides our patients with the tools to stay connected, including making non-urgent appointments, requesting refills on their medications or reviewing their lab results.

[Learn more.](#)

Partners in Care: Shared Decision Making

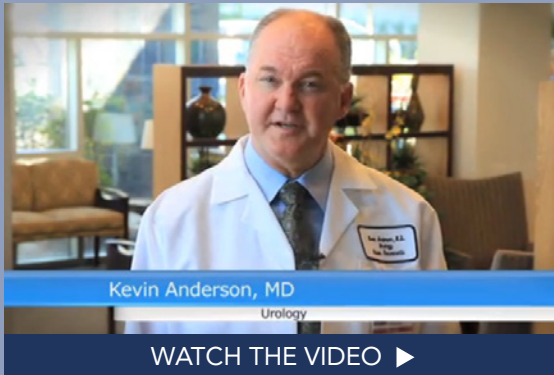
We are committed to working with our patients and their families to improve health outcomes and quality of life. We encourage our patients to be directly involved in their treatment decision-making process. The result is a more informed and collaborative conversation between physicians and patients about care options, giving our patients a sense of ownership in their health. One way to facilitate shared decision making is through the use

of decision support tools, which offer the patient high quality medical information in an easily understandable format.

Our patients can attend online classes, read or listen to articles about specific cancers and treatments, and watch videos to help them make informed decisions about their care. A sampling of videos available to our patients includes:

“The video was well done, plain and easy to understand and an excellent way to educate the patient and answer questions regarding the disease and treatment options. A well done learning experience for patients and caregivers.” — Patient

Prostate Cancer



Prostate Cancer

- Introduction to Understanding Treatment Options
- Understanding PSA, Grade, Stage, and Risk Categories
- Brachytherapy
- Open Radical Prostatectomy
- External Beam Radiation Therapy
- Robot-Assisted Laparoscopic Surgery

Breast Cancer



Breast Cancer

- Understanding Breast Cancer
- Surgery
- Radiation Therapy
- Medical Therapies
- Coordinating Care

Head and Neck Cancer



Head and Neck Cancer

- Multidisciplinary Clinic Team
- About Head & Neck Cancers
- Treatment Options
- Self Care and Recovery

Cancer Care Committee Members

Specialty Representing Both Roseville and Sacramento Medical Centers

American Cancer Society	Colleen Root
Analyst	Casey Dittmer, MBA
Area Quality Leader, Roseville	Laura Moreno, RN, MBA
Area Quality Leader, Sacramento	Erick Berry, FACHE, MBA, MSHS
Assistant Physician in Chief	Robert McLaughlin, MD
Associate Medical Group Administrator	Marcia Dravis, NP
Breast Health Coordination	Jennifer Hoff
Chief Nursing Officer, Roseville	Allyson Mason-Herr, RN, MBA
Chief Nursing Officer, Sacramento	Clement Miller, MSN
Dietary Services	Michele Lites, RD III
General Surgery	Melinda Mortenson, MD
Genetics	Kelly Adams, MS
Hematology and Oncology	Richard Guy, MD
Hematology and Oncology, Cancer Committee Chair	Dinesh Kotak, MD
Northern California Cancer Registry	Michael Oehrli, MPA, CTR
Oncology and Infusion Center	Katie Donahue, RN
Oncology and Infusion Center	Margaret Cummings, RN

Oncology Pharmacy	Cecily Amato, PharmD
Oncology Pharmacy	Kathryn Garrison, PharmD
Operations Information Management	Heather Minch
Organizational and Leadership Development	Maurice Dunn, PhD
Palliative Care and Quality	Shelly Garone, MD, FACP
Pathology	Priya Brink, MD
Pediatric Oncology	Aarati Rao, MD
Program Manager	Anissa Hendrix, RN, MS
Public Affairs	Richard Robinson, Director
Quality Specialist	Brianna Brown
Quality Specialist	Kera Collins
Radiation Oncology, Cancer Liaison Physician	Derrick Schmidt, MD, PhD
Radiology	Linlin Fu, MD
Rehabilitation Services	Stacy Itagaki, PT
Social Services	Charlotte Richardson, LCSW
Surgical Specialties and Oncology	William Kingman, RN

Cancer Care Website

mydoctor.kpvnly.org/cancer-care

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Kaiser Permanente Cancer Care

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- Our Services
- Support Resources
- Patient Videos
- Our Locations

Resources

- [American Cancer Society](#)
- [National Cancer Institute Cancer Information Summaries](#)

Kaiser Permanente Cancer Care

At Kaiser Permanente Roseville and Sacramento, we provide an integrated care delivery system composed of specialists and multidisciplinary care teams that are focused on disease prevention and providing high quality care.

Every day, we make a commitment to beating cancer and saving lives with earlier detection, cutting-edge research, and superior personal care.

Every patient, every time.

National Cancer Institute (NCI) designated Community Oncology Research Program

The designation from the [National Cancer Institute \(NCI\)](#) allows Kaiser Permanente to expand the innovative oncology [clinical trials program](#) and conduct new research on cancer care delivery.



Other Resources

kp.org/roseville

kp.org/sacramento

sacramento.kaiserpermanente.org/specialty-care/cancer-care

cancercare.kaiserpermanente.org



KAISER PERMANENTE ROSEVILLE AND SACRAMENTO MEDICAL CENTERS
mydoctor.kpvnly.org/cancer-care