KAISER PERMANENTE ROSEVILLE AND SACRAMENTO MEDICAL CENTERS

COMPREHENSIVE CANCER CENTER

2012 ANNUAL REPORT

KAISER PERMANENTE®

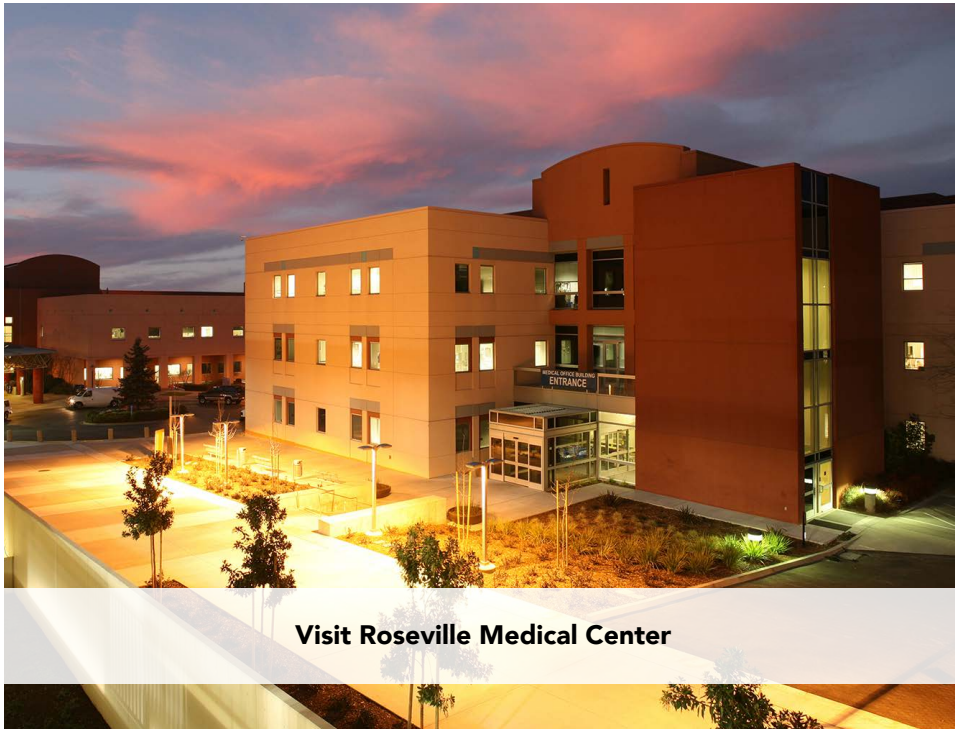
Mission

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

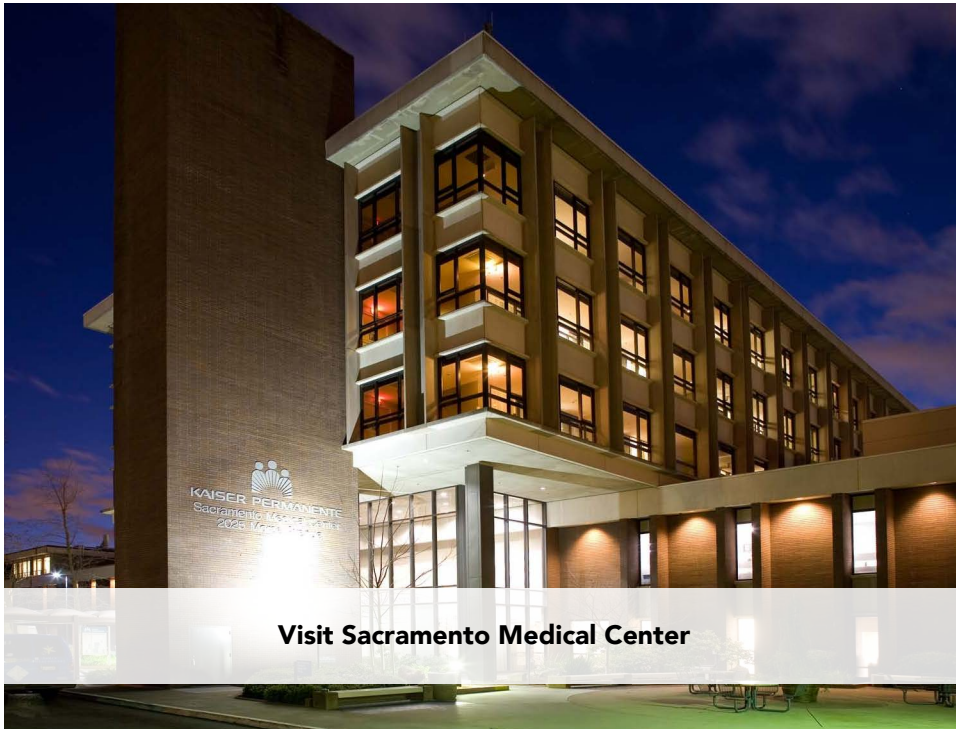
Roseville and Sacramento Comprehensive Cancer Center

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

Since our founding more than 60 years ago, Kaiser Permanente has pioneered how an integrated care delivery system, with our own specialists and multidisciplinary care teams, can prevent disease and provide high-quality care. Nowhere is our system more of an advantage than in the prevention, detection, and treatment of cancer.

Every day, we make a commitment to beating cancer and saving lives with earlier detection, cutting-edge research, and superior personal care delivered with compassion. We offer some of the brightest minds in medicine with doctors who are educated and trained at many of the best schools and institutions. They bring that knowledge to their patients every day as they employ the latest treatments, technologies, and techniques.

But beyond their credentials, they bring a commitment to form a true partnership with their patients that is built on care, communication, and collaboration to ensure the best course of treatment for every individual. Our doctors take an active interest in educating their patients about all treatment options available to them.

In addition, Kaiser Permanente has an extensive infrastructure that supports both the patient and the treatment team. Patient cases are discussed regularly in a team-oriented, multidisciplinary environment where an array of specialists share treatment approaches and results. And our entire electronic health record system is designed around making diagnoses and treatments visible to all physicians and medical professionals who need this information. Each member of the care team is linked to a patient's electronic health record, informed of treatment, and kept current on the patient's condition and recovery. This integrated, coordinated approach is the hallmark of the care we provide.

No one is ever prepared for a diagnosis of cancer and the subsequent whirlwind of appointments, treatments, and often surgery. This is accompanied by a surge of emotions that makes battling cancer a life-altering event. Patients who receive their cancer care at Kaiser Permanente are assured of coordinated, compassionate and supportive care. We are proud to share our work with you in this annual report.

Robert Azevedo, MD
Physician-in-Chief
Sacramento

Chris Palkowski, MD
Physician-in-Chief
Roseville

Dinesh Kotak, MD
Hematology and Oncology
Cancer Committee Chair

Derrick Schmidt, MD
Radiation Oncology
Cancer Liaison Physician

2012 Recognition

Walter Kinney, MD

Significant Contribution Award Winner

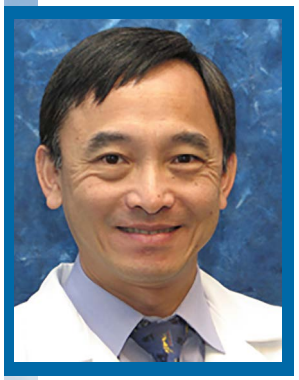
Walter Kinney, MD, Gynecologic Oncology, was honored with the Morris F. Collen Research Award in 2012 for his groundbreaking work on cervical cancer. The award recognizes Kaiser Permanente physicians who make significant contributions to scientific literature, the knowledge of their colleagues, and the health and welfare of Kaiser Permanente members and our communities.

Dr. Kinney helped confirm what he and others long suspected–that a Pap test alone might not be enough to detect certain types of invasive cervical cancer. A test for the human papillomavirus (HPV) is also needed.

In part because of Dr. Kinney's efforts, in 2003 Kaiser Permanente became the world's first health plan to recommend combined Pap and HPV tests for women age 30 and older. In 2012, also based in part on Dr. Kinney's work, the American Cancer Society began recommending Pap and HPV tests as the preferred choice for all U.S. women age 30 and older.

Dr. Kinney's findings, *"Cervical cancer risk for women undergoing concurrent testing for human papillomavirus and cervical cytology: a population-based study in routine clinical practice,"* appeared in Lancet Oncology, the world's leading general medical journal in oncology, neurology and infectious diseases. The Lancet Oncology, July 2011, Vol. 12 No. 7 pp 663-672 (Erratum appears in Lancet Oncol. 2011 Aug;12 (8):722).

Learn more.



Allan Y. Chen, MD

Prestigious Publication Touts New Findings

How to accurately locate small pulmonary targets for lung Stereotactic Body Radiation Therapy (SBRT), is the subject of an editorial published in the Journal of Thoracic Disease. In the article, Allan Y. Chen, MD, PhD *et al.*, discussed the application of different imaging methodologies, including double CT imaging and 4-dimensional CT imaging, to accurately measure the respiratory movement of small pulmonary tumors during SBRT.

The famous Chinese idiom and the title of Dr. Chen's study, *"A Millimeter Miss is as Good as a Thousand Miles,"* applies to how in medicine, even slightly subtle errors may lead to huge consequences. Target localization for lung SBRT represents one such situation, in which inaccuracy in millimeters may result in the dire consequence of treatment failure.

The Journal of Thoracic Disease is a worldwide-distributed authority that publishes new findings on the diagnosis and treatment of conditions related to thoracic disease (lung disease, cardiology, esophagus, and breast disease).

Learn more.

Cutting-edge Chemoradiation Therapy for Lung Cancer

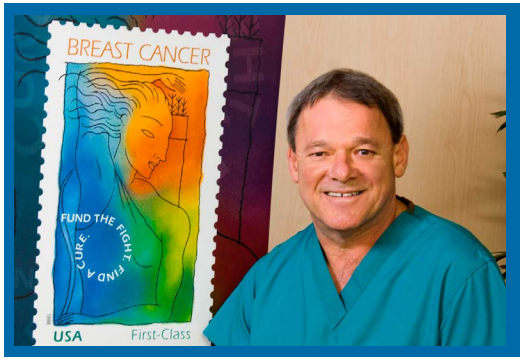
Lung cancer represents the most common cause of cancer-related mortality in the United States and around the world. In a review article by Allan Y. Chen, MD, PhD *et al.*, the present state of cutting-edge therapy with DNA topoisomerase I (TOP1)-targeted chemotherapy and modern radiotherapy for lung cancer was reviewed.

Chen, A. Y., Chen, P. M. T. & Chen, Y. -J. DNA Topoisomerase I Drugs and Radiotherapy for Lung Cancer. J. Thorac. Dis., 4(4): 390-397, 2012.

Learn more.

Breast Cancer Surgeon Champions Research Funding

Ernie Bodai, MD, a Kaiser Permanente breast cancer surgeon, is also a well-known advocate for cancer research. He is the founder of the Breast Cancer Research Stamp, the first fundraising stamp in U.S. history. The stamp has raised more than $95 million through the sale of nearly one billion stamps, and earned Dr. Bodai a nomination for a Congressional Gold Medal of Honor.



Ernie Bodai, MD

Integrated Approach to Care

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. In addition, there are eight Cancer Conferences in Roseville and Sacramento attended by a range of specialists to facilitate a multidisciplinary approach to cancer care. This all-inclusive model of care is the hallmark of Kaiser Permanente's integrated system.

Services

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 Services
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
- Gyn Oncology Surgery
- Gynecological Surgery
- Head and Neck Surgery
- Neurosurgery/Interventional
- Orthopeadic Surgery
- Plastic Surgery
- Podiatry
- Robotic Surgery
- Spine Surgery
- Thoracic Surgery
- Urology
- Vascular Surgery

Women's Health
- Breast Health Center
- Center for Pelvic Pain
- Infertility
- Obstetrics and Gynecology
- Perinatology
- Urogynecology

Wound Care

Multidisciplinary Care Enhances Patient-Centered Experience

The Head and Neck Multidisciplinary Clinic was launched to enhance coordination of care and to provide patients with an invaluable onestop experience. The visit is comprised of specialists that include a fellowship-trained, oncologic head and neck surgeon, radiation oncologist, medical oncologist, prosthodontist, speech therapist, dietitian, and medical social worker. The care team provides same-day, on-site evaluation for head and neck cancer patients. Cases are then presented to the Kaiser Permanente Northern California Regional Head and Neck Cancer Conference for further discussion. Patients are given a comprehensive treatment plan as they complete the process that day. This coordinated approach to care helps ensure patients are provided efficient and integrated care.

Cancer Conferences

There are eight unique Cancer Conferences at the Roseville and Sacramento Medical Centers. The multidisciplinary conferences are comprised of radiologists, pathologists, medical oncologists, radiation oncologists, surgeons, genetic counselors, nurses, clinical trial research staff, and patient navigators.

Multidisciplinary Cancer Conferences:

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

"Our multidisciplinary approach to breast cancer treatment planning brings together physicians and caregivers from diverse disciplines who provide comprehensive expertise, consultation, and collaboration that facilitates quality breast cancer care."

Surgeon Reid Towery, MD
Breast Cancer Conference Lead

Advanced Technology

Many treatment options are available at Kaiser Permanente Roseville and Sacramento Medical Centers. Multiple treatment modalities may be utilized to optimize outcomes, which include a full array of types of radiation therapy. Our radiation oncologists employ some of the most advanced technologies available to target tumors precisely, while minimizing damage to normal tissues.

- 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)
- Stereotactic Radiosurgery (SRS)
- Three-dimensional Conformal Radiation Therapy (3D-CRT)
- Volumetric Modulated Arc Therapy (VMAT), Rapid Arc™

Targeted Treatment

Brachytherapy, a cancer treatment that implants radiation sources directly into the tumor, is an important care option for prostate cancer patients at Kaiser Permanente's Radiation Oncology Centers. Radiation implants are placed using needles inserted into the prostate, leaving behind small radioactive pellets or "seeds" and then removing the needles. The radiation works by killing cancer within tissue that surrounds the tubes, needles or pellets (seeds).

The radiation is targeted to give a higher dose to the tumor while lessening its negative effects on healthy tissues around the tumor. The vast majority of our patients receive the treatments on an outpatient basis in one visit. Our data clearly indicates that Brachytherapy treatments can result in positive outcomes with minimal side effects. The Kaiser Permanente Roseville and Sacramento Radiation Oncology Centers have utilized Brachytherapy treatments an average of 225 times a year from 2008 to 2012.

Helping to Identify Risk

The Genetics Department in Roseville and Sacramento is made up of board certified clinical geneticists and licensed genetic counselors who provide risk assessment, genetic testing, and counseling for patients who may be at risk for hereditary cancer susceptibility syndromes. Genetic risk assessment involves evaluating a person's medical and family history, determining if genetic testing is indicated, explaining the benefits and limitations of testing, and interpreting the test results.

Although most cancers are sporadic, a small percentage of cancers can be attributed to a single, high-risk gene alteration inherited from generation to generation. Identifying an altered gene can provide more information about a person's risk for certain types of cancers, determine appropriate screening recommendations and risk-reducing options, and identify other at-risk family members. Services include an informative presentation available in person or online for patients referred for a family history of breast or ovarian cancer.

Learn more.

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 achieve the following four pillars:

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:

- Significant improvement in the quality and safety of chemotherapy treatments by leveraging Kaiser Permanente's electronic medical record, Kaiser Permanente HealthConnect®. Utilization of Kaiser Permanente HealthConnect® provides better accuracy and transparency, and facilitates care team coordination.
- Timely delivery of chemotherapy treatments.
- Implementation of convenient, patient-centered, chairside scheduling of treatments.
- Establishment of care teams of nurses and medical assistants working together to improve the patient's chemotherapy care experience.
- Streamlined surgery scheduling process.
- Establishment of multidisciplinary visits to improve the patient care experience through enhanced coordination of care.

EVERY PATIENT, EVERY TIME

Monitoring Compliance and Evidence-Based Guidelines

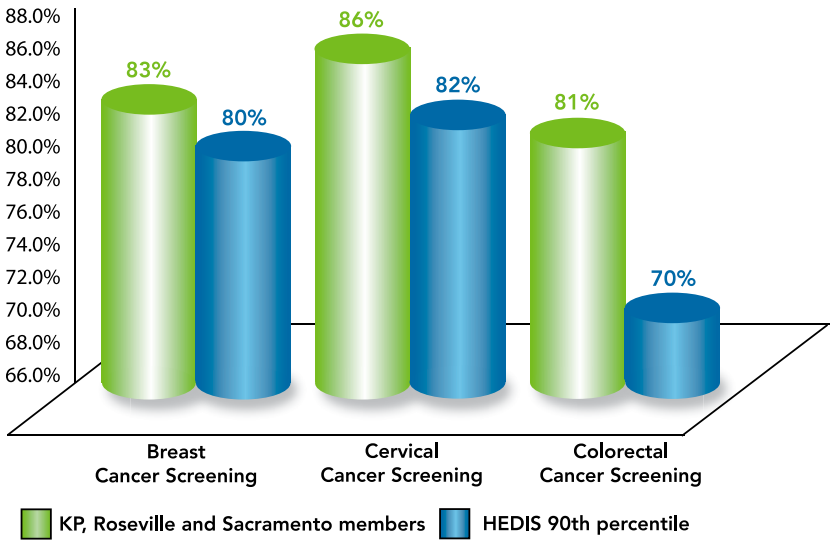
For patients with a diagnosis of metastatic colon cancer, it is important to do additional genetic testing on the tumor tissue to help guide treatment. Studies show that if a certain mutation is present in a gene called KRAS, the medications cetuximab and panitumumab are not effective, and should not be used. Kaiser Permanente follows evidence-based guidelines by checking the KRAS mutation status for these patients.

All patients with a diagnosis of metastatic colon cancer who received at least one dose of either cetuximab or panitumumab between January 2012 and June 2013 were evaluated in Roseville and Sacramento. Of these patients, 24 of 25 (96 percent) had KRAS gene mutation testing performed with an appropriate negative result.

Cancer Screening Results Above National Levels

Find cancers before they spread. Get them when they are easy to treat. Screening does save lives. At Kaiser Permanente Roseville and Sacramento Medical Centers, these simple facts motivate a large and determined effort to encourage cancer screening early and often.

Kaiser Permanente Northern California was ranked in the top 10th percentile for cancer screening among health plans in the nation, according to HEDIS performance measurements.



Kaiser Permanente Roseville and Sacramento Breast, Cervical and Colorectal Cancer Screening Results Compared to 2012 National 90th percentile (HEDIS)[1]

[1]The 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.

WATCH THE VIDEO

Colon Cancer Screening Saves Lives: One Patient's Story

Early colon cancer screening is extremely important because its early stages are often symptom free.

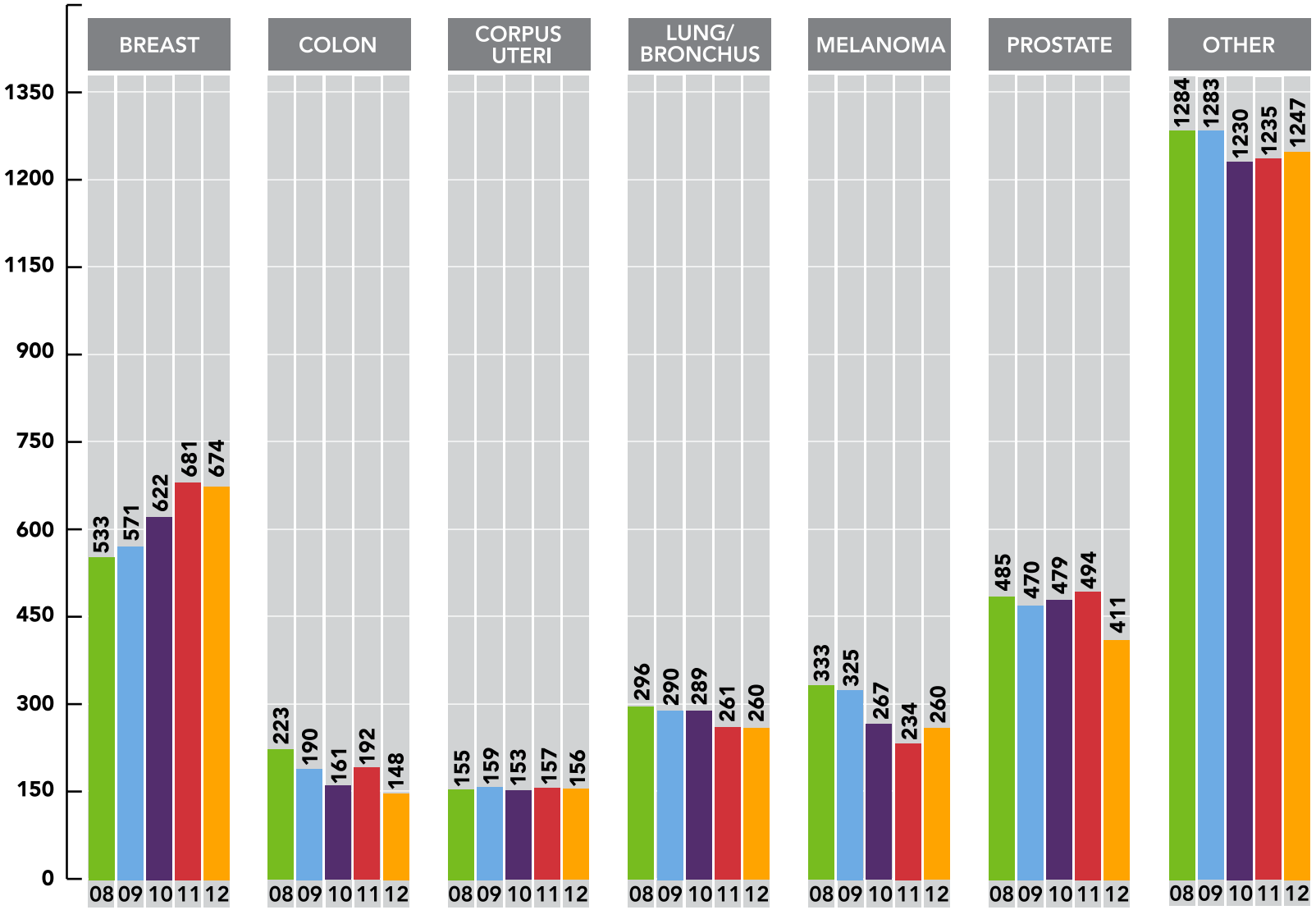
"It doesn't hurt, it takes two seconds, and it costs nada," says Kaiser Permanente member Al Prado. He took the gentle urging of his doctor seriously and sent in his Fecal Immunochemical Test (FIT) sample.

"I'm so grateful Kaiser Permanente found that cancer in me and took care of it all."

The FIT test looks for just a very small amount of blood that might be in your stool. And not being able to see it does not mean the blood is not there. The test is a simple way to find out if a closer look is necessary. "I'm so grateful Kaiser Permanente found that cancer in me and took care of it all," says Al of his early diagnosis of colon cancer.

Trends in Cancer Diagnosis

Cancer Caseload: Cases Diagnosed and/or Treated at Kaiser Permanente Roseville and Sacramento Medical Centers (2008-2012)



In 2012, 3,156 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 incidences 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 454,000 cases of invasive and in situ cancer diagnosed from 1947 to the present.

Primary Site Table

Cases Diagnosed and/or Treated at Kaiser Permanente Roseville and Sacramento Centers (2008-2012)

	2008	2009	2010	2011	2012	TOTAL
ANUS/ANAL CANAL	12	10	13	24	8	**67**
BONES/JOINTS	5	5	5	5	7	**27**
BRAIN	57	52	65	61	63	**298**
BREAST	533	571	622	681	674	**3081**
CERVIX UTERI	34	23	18	18	18	**111**
COLON	223	190	161	192	148	**914**
CORPUS UTERI	155	159	153	157	156	**780**
ESOPHAGUS	22	26	21	23	23	**115**
EYE/ORBIT	2	1	5	3	9	**20**
FLOOR OF MOUTH	7	2	2	2	2	**15**
GALLBLADDER	2	1	5	3	7	**18**
GUM/OTHER MOUTH	5	4	4	4	11	**28**
HODGKIN LYMPHOMA	22	17	18	24	4	**85**
HYPOPHARYNX	3	6	1	1	3	**14**
ILL-DEFINED	95	124	83	74	64	**440**
KIDNEY/RENAL PELVIS	73	69	100	89	81	**412**
LARYNX	12	8	13	11	12	**56**
LEUKEMIA, LYMPHOCYTIC	38	28	27	21	19	**133**
LEUKEMIA, MONOCYTIC	2	0	0	0	1	**3**
LEUKEMIA, MYELOID	32	25	30	25	24	**136**
LEUKEMIA, OTHER	2	3	2	1	2	**10**
LIP	4	5	2	2	11	**24**
LIVER/INT. BILE DUCTS	37	23	26	24	43	**153**
LUNG/BRONCHUS	296	290	289	261	260	**1396**
MELANOMA	333	325	267	234	260	**1419**
MESOTHELIOMA	11	5	4	4	6	**30**
MYELOMA	29	34	31	31	23	**148**
NASAL/SINUS/EAR	8	5	8	3	5	**29**
NASOPHARYNX	3	4	6	4	1	**18**
NON-HODGKIN LYMPHOMA	105	90	101	95	102	**493**
OROPHARYNX	5	1	1	0	1	**8**
OTHER BILIARY	9	7	8	7	7	**38**

	2008	2009	2010	2011	2012	TOTAL
OTHER DIGESTIVE	1	5	1	6	2	**15**
OTHER ENDOCRINE	23	18	20	32	16	**109**
OTHER FEMALE GENITAL	3	3	0	1	7	**14**
OTHER MALE GENITAL	1	0	1	1	0	**3**
OTHER NERVOUS SYSTEM	55	72	55	57	70	**309**
OTHER ORAL/PHARYNX	0	1	0	0	1	**2**
OTHER RESPIRATORY	1	0	2	0	0	**3**
OTHER SKIN	14	19	4	8	10	**55**
OTHER URINARY	2	2	2	0	1	**7**
OVARY	63	61	78	71	65	**338**
PANCREAS	78	82	98	71	99	**428**
PENIS	8	3	1	5	6	**23**
PERITONEUM	22	6	9	7	5	**49**
PLEURA	0	1	1	1	0	**3**
PROSTATE	485	470	479	494	411	**2339**
RECTUM/RECTOSIGMOID	65	74	51	60	52	**302**
RETROPERITONEUM	2	1	3	0	4	**10**
SALIVARY GLANDS	10	6	6	5	10	**37**
SMALL INTESTINE	6	14	5	8	8	**41**
SOFT TISSUE/HEART	22	13	20	18	12	**85**
STOMACH	33	35	27	30	39	**164**
TESTIS	18	19	9	13	9	**68**
THYROID	56	70	66	73	81	**346**
TONGUE	12	19	16	26	26	**99**
TONSIL	13	13	13	9	15	**63**
URETER	3	3	4	6	2	**18**
URINARY BLADDER	120	142	110	122	117	**611**
UTERUS, NOS	5	2	2	4	4	**17**
VAGINA	2	3	2	8	5	**20**
VULVA	10	18	25	34	24	**111**
TOTAL	3309	3288	3201	3254	3156	16208

Helping Patients with Life After Cancer - The Survivorship Institute

The Kaiser Permanente Roseville and Sacramento Medical Centers have addressed a development only imagined just a few decades ago: The care of women anticipating a full and active life post-breast cancer treatment. To help ease the transition from cancer patient to cancer survivor, the Breast Cancer Survivorship Institute opened its doors, marking a significant breakthrough in the quest to improve women's health.

"We started the Survivorship Institute because there's a growing need to support, educate, and inform survivors about their cancer and the role their lifestyle plays in preventing recurrence," says Ernie Bodai, MD, director of the institute.

The Survivorship Institute acts as a treatment facility 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 affects of the disease.

"Even after being declared cancer free, all survivors deal with unresolved medical issues and long term side effects of treatment," Dr. Bodai says. "We offer a comfortable office and exam room to sit down with these brave women and discuss what changes to expect in their health, explain how to lessen the chances of recurrence, offer classes and support groups, and just be available when they need someone to talk to."

Access to Leading-Edge Research Through Clinical Trials

Kaiser Permanente's Oncology Clinical Trials Program is an important aspect of our commitment to state-of-the-art treatment for our members who have been diagnosed with cancer. Clinical trials provide an opportunity for volunteers to be a 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 across Northern California take part in the effort. Kaiser Permanente currently participates in more than 200 ongoing cancer studies.

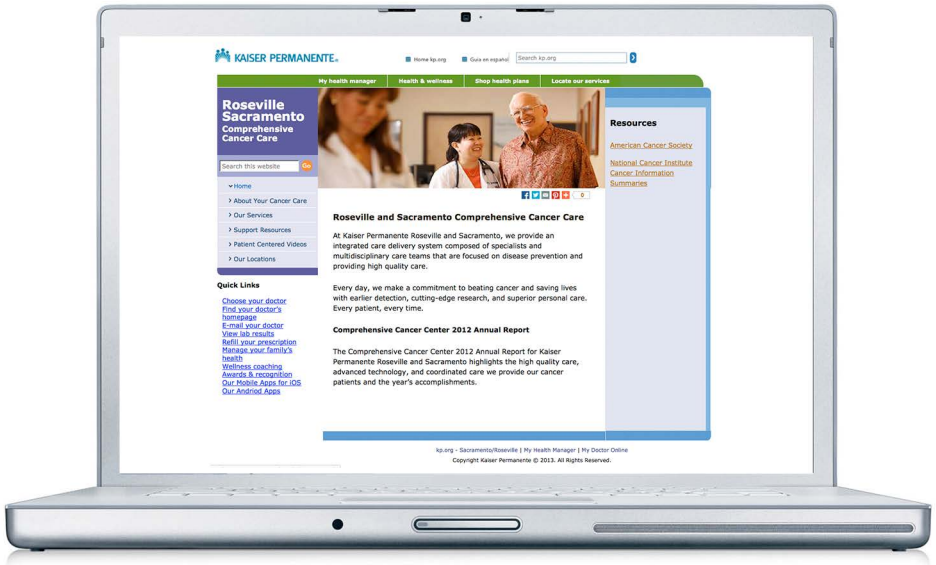
Our program has participated in several key practice-changing clinical trials in the last decade. Between 2000 and 2005, KP Northern California was a top enroller for a key study of the breast cancer drug trastuzumab (Herceptin), which showed a dramatic decrease in the recurrence of HER2 positive breast cancer in women who received trastuzumab. The program has also participated in trials evaluating the effects of the drug bevacizumab (Avastin) in advanced cancers.

Our oncologist-investigators are currently participating in studies evaluating immunotherapies (medicines that harness the immune system to fight cancer) in several different types of cancer.

Learn more.

Cancer patient John Geist, with oncologist Hoa Duong, MD, has participated in Kaiser Permanente's clinical trials program.

Comprehensive Cancer Website



mydoctor.kpnvly.org/cancer-care

Other Resources

kp.org/roseville

kp.org/sacramento

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

cancercare.kaiserpermanente.org

In the Community

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.

This year, more than 100,000 middle and high school students were exposed to a four-week tobacco education program, and more than two million people in the Greater Sacramento area were exposed to anti-smoking billboards created by the students.

Evaluations have shown that 89.4 percent of the students participating in Don't Buy the Lie are confident they will not smoke, and 97.8 percent felt that they had control over their decision not to smoke.

Michael Okimura, MD, Endocrinology, leads walkers on a one-mile route.

Walk to Thrive

People who are overweight are at increased risk of several types of cancers, including colorectal, endometrial, esophageal, pancreatic, and post-menopausal 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.

Learn more.

Sunscreen Bar

At Kaiser Permanente, we know the facts about skin cancer and the preventive benefit of using sunscreen. Our Sunscreen Bar initiative takes skin cancer prevention and education to where people gather, especially outside.

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. The bars are particularly popular with attendees who forgot to apply sunscreen before leaving home or need to re-apply.

In the Workplace

Kaiser Permanente is taking the battle against cancer into the workplace with our Corporate Health Promotion Program. We offer businesses a variety of health-focused and employee-centered workplace programs to significantly benefit employers, employees, their families, and our communities.

We offer Dermascan Skin Evaluations that allow participants to see previous sun damage to their skin. They also receive sun exposure education and information on skin cancer awareness and prevention. In our Tobacco Cessation Series, participants learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to manage withdrawal. This intensive six-session series is designed for those who have not succeeded with a previous attempt to quit.

We also offer education and information on how to reduce the risk of cancer. Participants learn about screenings for breast, prostate, testicular, and colon cancer. The class reviews general risk information and screening recommendations, and we provide classes that focus on gender specific health issues.

We know that a healthy lifestyle secures big rewards for workers. Employees are more likely to be happy on the job and performing well when they are in optimal physical and psychological health — a win-win for both employees and employers.

Learn more.

Bringing 21st Century Information Technology to Everyday Medical Practice

Our unique, integrated model of care, in which the hospital, health plan, and medical group work together to provide high-quality, coordinated care, is supported by our extensive electronic medical record. Kaiser Permanente HealthConnect® is a comprehensive health information system that securely connects nine million people to their health care teams, their personal information, and the latest medical knowledge, leveraging the evidence-based approaches to health care available at Kaiser Permanente.

Kaiser Permanente HealthConnect® facilitates communication between members and Kaiser Permanente professionals to help getting well and staying healthy even more convenient. Thanks to this technology, physicians can quickly access a patient's up-to-date lab results, images, prescription refills, hospitalization information, and other health records. The system works to enhance our patient experience and helps our doctors make the best care decisions for their patients.

Our members benefit from the many patient-focused online features of Kaiser Permanente HealthConnect®. With *My Health Manager*, they are able to securely email their doctors, schedule appointments, and view lab tests – all from the convenience of their home.

Kaiser Permanente HealthConnect® By The Numbers:

- More than 100,000 physicians, nurses and other employees in more than 618 medical offices and 37 hospitals consult Kaiser Permanente HealthConnect® to care for their patients on a daily basis.
- More than 4.4 million Kaiser Permanente members have activated their personal health record on kp.org, making it one of the most actively used online health records in the world.
- More than 1.1 million secure email messages are sent each month to Kaiser Permanente doctors and clinicians.

What Our Members Say...

Integrated Approach to Care Helped Patients Cope with Battling Cancer

For these three patients, a diagnosis of cancer came as a shock. None of them ever thought they would be battling the disease.

The patients discuss their cancer journeys and how Kaiser Permanente's coordinated, integrated approach streamlined and enhanced their care through diagnosis, treatment, and post-cancer survivorship. They include Janell Fragel, a woman in her 20s and the mother of a young child, who says that her daughter was "the light at the end of the tunnel." Patient Anthony Scott says, "I am going to beat cancer; it is not going to beat me."

The strong bonds the patients formed with their care providers and the support they were given helped them cope with cancer not only medically, but also mentally and emotionally. "The support I received from Kaiser was phenomenal," says patient Rick Eagle.

Patient Learns Regular Exams are Critical for Early Detection

Marilyn Meixner postponed her annual exam and PAP test for 10 years. Finally, Marilyn's doctor's office would not let delay be an option.

"Dr. Odell's assistant called and said how about tomorrow afternoon, 2:00? 3:00?" She really kind of put me on the spot," remembered Marilyn.

The result of Marilyn's PAP screening was bad news. Marilyn had cervical cancer. She couldn't help but be hard on herself for procrastinating, and lamented that if only she had been tested earlier, surgery could have been prevented. Fortunately, her cancer tumor was relatively small, and her surgery was a success.

"Women take their lives for granted," Marilyn says. "We are so busy being there for someone else, but we have to be there for ourselves."

Patient Grateful for Latest Technology To Detect Breast Cancer

Although Carol Beale has a history of breast cancer in her family, she didn't think much about the lumps she could feel in her breast. The informed, health-conscious woman had mammograms regularly.

Carol was happy to hear that Kaiser Permanente had a new and improved mammogram technology that produced a better picture, and more accurate results. She has high-density breasts, and knew that traditional mammograms don't pick up changes as well in those circumstances.

For Carol, the new technology was a lifesaver.

"Why did I get breast cancer? Because women get breast cancer. That is why they give mammograms. But I am healthier because they picked it up earlier."

Comprehensive Cancer Center Committee Members

Kelly Adams, MS	Genetics
Cecily Amato, PharmD	Oncology Pharmacy
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Marcia Dravis, NP	Associate Medical Group Administrator
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