

# Comprehensive Community Cancer Programs

2014 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.

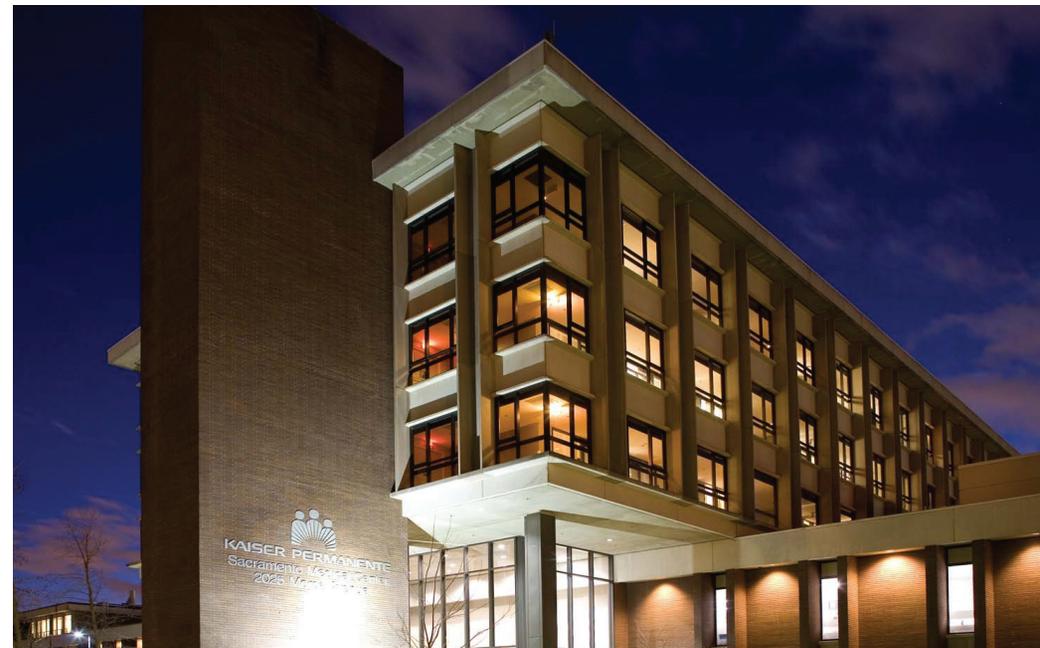
## Kaiser Permanente Cancer Care

**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.



Roseville Medical Center



Sacramento Medical Center

# Excellence in Cancer Care

At the Kaiser Permanente Medical Centers in Roseville and Sacramento, our commitment to patients diagnosed with cancer is simple and straightforward—deliver the highest quality of care using state-of-the-art cancer therapies.

Our cancer specialists are dedicated to providing the latest advances in cancer diagnosis and treatment, while assuring a patient-centered care experience. Kaiser Permanente's integrated health care system enables our physicians to treat patients using a multidisciplinary approach that draws upon the expertise and collaboration of multiple specialists to coordinate and deliver comprehensive care with minimal disruption in our patients' lives.

In addition to treating cancer, preventing it is also a priority for us. From encouraging healthy lifestyles to performing genetic testing, we focus on pre-emptive measures before the cancer develops. We continually promote preventative care. Every appointment is an opportunity for our medical staff to educate members on the importance of regular screening, early detection, and lifestyle habits. When treatment is no longer viable, we offer comfort care and counseling to our patients and their families with compassion and understanding.

In 2014, our ongoing efforts to deliver a superior patient care experience earned our Roseville and Sacramento medical centers designation as Comprehensive Community Cancer Programs by the Commission on Cancer (COC) of the American College of Surgeons. We achieved this three-year accreditation with commendation

by satisfying stringent eligibility requirements and meeting rigorous quality care standards for maintaining a level of excellence in the delivery of comprehensive patient-centered care.

This accomplishment would not have been possible without the noteworthy contributions of our physicians, oncology specialists, and their staff, such as:

- Chief of Pathology Lirong Cheng, MD, who led the Pathology Department in surpassing the COC accreditation requirements for standardized reporting of invasive cancers. This achievement facilitates our doctors providing the most informed treatment recommendations.
- Interventional Pulmonologist Archan Shah, MD, was instrumental in implementing the Lung Nodule Pathway, an evidence-based clinical pathway that expedites the appropriate management, diagnosis, and treatment of a lung nodule.
- Radiation Oncologist Nathalie Nguyen, MD, spearheaded the creation of the Head and Neck Multidisciplinary Center where patients receive same-day evaluation from a specialty care team.

These physicians represent just a few of the tireless individuals in our medical centers who commit themselves daily to giving our patients and their loved ones hope for a cancer-free future. Our 2014 annual report details the efforts of our outstanding physicians and staff to ensure the highest quality care for our patients.



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 PhD".

Derrick Schmidt, MD, PhD  
Radiation Oncology  
Cancer Liaison Physician

# 2014 Recognition of Outstanding Care

## Ernie Bodai, MD

**Breast Cancer Stamp creator; CEO, CureBreastCancer Inc.**

Kaiser Permanente surgeon Ernie Bodai, MD, has been instrumental in promoting breast cancer awareness nation-wide through his creation of the Breast Cancer Research stamp. Issued in 1998, it was the first postal service stamp in US history to fund research. Sales of the stamp have raised over \$80 million for breast cancer research. In September 2014, the stamp was re-issued, and the Sacramento postal district launched a campaign to reach the ultimate goal of selling the one-billionth Breast Cancer Research stamp.

Dr. Bodai, who is also the CEO of the non-profit CureBreastCancer, Inc., and the director of the Breast Cancer Survivorship Institute, continues to be a driving force for breast cancer awareness and research, appearing and speaking at community events, such as the Sacramento King's October pre-season home game honoring breast cancer survivors. [Learn more.](#)

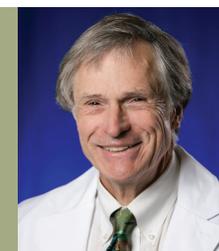


## Walter Kinney, MD

**Published in *International Journal of Cancer, Gynecologic Oncology***

A practicing obstetrician/gynecologist and prolific researcher, Walter Kinney, MD, has devoted much of his medical career to the prevention of cervical cancer through early detection. In 2014, Dr. Kinney continued his groundbreaking research on cervical cancer detection through human papillomavirus (HPV) testing. HPV infection of the cervix is the most common cause of cervical cancer. Dr. Kinney's investigation into the connection between HPV infection and cervical cancer led to HPV testing as a standard screening tool for detecting certain types of invasive cervical cancer. Thanks to Dr. Kinney's tireless research efforts, many women today are enjoying a cancer-free life through a simple, yet life-saving screening test.

In 2014, he co-authored several published works on his ongoing cervical cancer research. One such study, reported in the *International Journal of Cancer* in November 2014, used population-based data to examine the utilization of HPV testing for cervical cancer in the United States. Another published study in the June 2014 issue of the international journal *Gynecologic Oncology* reported on the proliferation of cervical cancer screening choices and the effectiveness and harm of such screenings. [Learn more.](#)



## Robert McLaughlin, MD

**Sydney R. Garfield Exceptional Contribution Award**

Robert McLaughlin, MD, Assistant Physician-in-Chief, was honored for his passion and perseverance in enhancing the way patients access specialty care. He advocated the novel idea of the patient and doctor having a consultation with a specialist during the same appointment. This unique approach has significantly streamlined the specialty referral process.

With pConsult, a simple phone call connects the patient and doctor to a specialist while the patient is in the exam room, thereby involving the specialist in the upfront care planning and coordination process. Having this immediate access to a specialist helps coordinate next steps and often allays the concerns and fears of patients, especially those facing a serious diagnosis such as cancer.

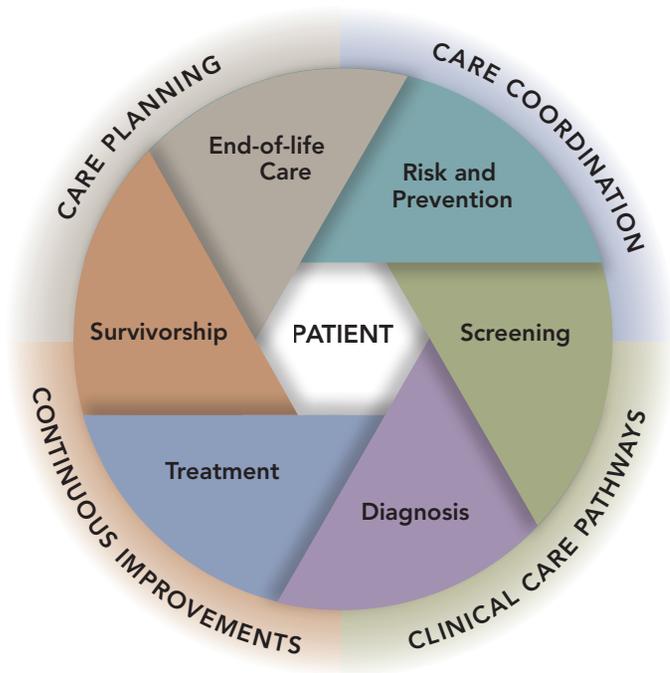
Dr. McLaughlin, a head and neck surgeon, advocated this innovative concept in 2009 as a way of coordinating and enhancing patient care. His experiment, conducted in the departments of Head and Neck Surgery, Neurology, and Medicine, proved him right. Today pConsult is used broadly throughout Northern California to provide better care coordination and specialty access for patients. [Learn more.](#)



# The Comprehensive Care Team

## Collaboration + Integration + Coordination = Comprehensive Care

This formula has been the basis of our success in delivering comprehensive care to our cancer patients: Assemble an expert team of cancer specialists across multiple departments to collaborate on developing the best treatment plan. Provide it in an integrated health care system, in which the health plan, hospital, and medical group work seamlessly together. And coordinate the delivery of quality care with the patient's comfort, convenience, and well-being as the primary focus.



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  
 • (CI) 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

# Oncology Supportive Care Team Addresses More than Medical Needs

At Kaiser Permanente, care is more than just addressing medical needs, especially when the patient is dealing with a potentially life-threatening disease like cancer. Often it requires attending to emotional, psychological, and spiritual concerns as well.

The Oncology Supportive Care Team, piloted in our Roseville Medical Center in 2014, was created to address those very needs by providing a multi-specialty team in a caring environment that offers an added layer of support to patients living with cancer and to their families.

The team includes Palliative Care doctors, registered nurses, and social workers who are available to meet with patients during their scheduled visits with their oncologist. This happens seamlessly in both our Roseville and Sacramento Oncology Departments. The team offers assistance in developing coping strategies for patients and families and advanced care planning, depending on their immediate concerns and questions.

“We offer discussion about values and goals, and the meaning of the cancer diagnosis and treatment to the member’s life and the lives of their loved

ones,” explained Chief of the Continuum Shelly Garone, MD, FACP. “I think the greatest benefit of the clinic is to remind our patients that they are first, people, and second, cancer patients. We remind them that they can continue to write their life story... that they control how they want to approach their cancer. They are not alone, and we seek to treat them as a whole person, not just as a patient.”

***“The greatest benefit of the clinic is to remind our patients that they are first, people, and second, cancer patients.”***



**— Shelly Garone, MD  
Chief of the Continuum**



# Pediatric Oncology – Better Outcomes for Childhood Cancer Patients

Over the past three decades, survival rates for pediatric cancer patients have dramatically improved. Today, in the US alone, more than 80 percent of children are alive five years after diagnosis, compared to 62 percent in the mid-1970s. This increase can be largely attributed to the advanced therapies and protocol-based treatments resulting from national pediatric cancer clinical trials, which guide the standard of care for all childhood cancer patients.

Our pediatric cancer specialists are committed to seeing young cancer patients live a full and healthy life by providing them the highest standard of care available. Our access to national cancer care experts and cutting-edge advances in childhood cancer treatment is made possible through our participation in the Children's Oncology Group (COG), a world-renowned organization devoted exclusively to childhood and adolescent cancer research. As a long-standing COG member, we are able to enroll our young patients in nationally-run clinical trials, offering them state-of-the-art treatment for their specific diagnoses, including leukemia, lymphoma, Hodgkin's disease, brain tumors, and other childhood cancers. Currently, we are actively monitoring more than 200 patients whose treatment has ended.

Safety and quality of care are paramount when treating our young cancer patients. We adhere strictly to treatment guidelines established by COG, the American Academy of Pediatrics (AAP), and the American Society of Pediatric Hematology/Oncology (ASPHO). Our cancer care team of pediatric oncologists, pediatric sub-specialists, case managers, nurses, and research coordinators, meet daily to review each patient's status. As a quality improvement safeguard, we continually evaluate the patient's response to clinical trial therapy throughout the course of treatment to ensure the patient's utmost safety and well-being.

Additionally, we hold multi-disciplinary cancer conferences to enhance the coordination of care for children with cancerous tumors. These monthly sessions enable our pediatric cancer specialists and subspecialists to conduct a comprehensive evaluation of these patients and determine the best treatment plan.



“At Kaiser Permanente’s Pediatric Oncology Department, each patient is followed by every pediatric oncology physician,” said Sonali Lakshminarayanan, MD, Pediatric Hematology/Oncology. “Everyone has knowledge of each patient’s status, so there is never a disruption in the continuity of care.”

# Enhancing Recovery After Surgery for Patients

In 2014, patients at our Roseville and Sacramento Medical Centers who had hip fracture, joint replacement, or colorectal surgery, including those with colorectal cancer, experienced the benefits of Enhanced Recovery After Surgery (ERAS), a new protocol for pre- and post-surgery care that has resulted in fewer complications and greater patient satisfaction.

Patients are fed within two hours before surgery and shortly afterwards to achieve optimal nutritional status. The use of narcotics or pain medication is minimized. And patients get out of bed and walk sooner after surgery.

“Since these patients require fewer opioid pain medications to control their pain, they are less prone to nausea and think more clearly,” explained Glenn Tse, MD, a surgeon and ERAS lead.

“Because they are less dizzy, they are able to walk sooner and longer. The more a patient walks after an operation, the less likely he or she is to have a venous blood clot, pneumonia, or other hospital-acquired conditions.”

The results have been encouraging. We have seen reduced rates of infection, and patients are able to go home earlier. Most important—our patients feel much better sooner.

“We understand the need to provide the best surgical experience possible for our patients,” said Erin Kong, MD, Chief of the Department of Anesthesiology and Perioperative Medicine at



our Sacramento Medical Center. “Through our ERAS initiative, our anesthesia and surgical teams work collaboratively to offer our patients a combination of non-narcotic medications, peripheral nerve blocks, and early mobility guidelines, among others. It’s very exciting to see that our patients are more comfortable and are able to go home sooner, as a result of our team-based and patient-focused efforts.”

“We continue to work on improving the surgical experience of our cancer patients,” added Dr. Tse. “Through the ERAS program, we strive to make this especially difficult part of their journey easier by reducing their pain and speeding their recovery.”

# The North Valley Way: Striving for Excellence

At our Roseville and Sacramento Medical Centers, we strive to continually improve the patient care experience. Using The North Valley Way, an integrated process improvement and management system, physicians and staff continuously improve and transform approaches to care delivery and service for our patients. Each process improvement effort adheres to the four core values of The North Valley Way: Care with a personal touch; Quality second to none; Safety in all we do; and Improvement through continuous innovation.

In 2014, we continued our investment in process improvement efforts, discovering new ways to provide superior quality of care to our patients.

## Coordination of Care for High Risk Patients

Hereditary breast and ovarian cancer (HBOC) is an inherited condition caused by a gene mutation. BRCA, a gene mutation found in both men and women, is the most common cause of hereditary breast and ovarian cancers. Its presence, identified through genetic testing, indicates a high risk for developing these cancers and requires timely attention and coordination of numerous medical specialties, including Ob/Gyn, primary care medicine, general surgery, plastic surgery, genetics, and radiology.

With the support of The North Valley Way team, a core group of physicians, nurses, genetic counselors, and staff launched a year-long process improvement initiative to examine how we could enhance coordination of care for people who are genetically at a higher risk for breast and ovarian

cancer than the general population. As a result, the multi-specialty Familial Cancer Prevention Program was implemented. This program brings together specialists in one location to provide coordinated care and follow-up to patients potentially at risk for cancer. Today, we offer expert care and convenience to these at-risk patients.

“Coordination of care for our patients is a priority at Kaiser Permanente,” said Assistant Chief of Women’s Health Kelly McCue, MD. “Utilizing the North Valley Way process, multiple departments collaborated to create our Familial Cancer Prevention Program, which expedites care for our patients at risk for HBOC.”



# Lung Nodule Pathway

## A multidisciplinary approach to patient-centered care

Finding a spot or nodule on the lung often generates a sense of anxiety and alarm, both for the patient and the physician. This is an understandable reaction given the remote possibility that the nodule could be cancerous.

To address these concerns, we have developed the Lung Nodule Pathway (LNP), a unique patient-centered approach, in which a team of specialists,

including pulmonologists, oncologists, thoracic surgeons, nuclear medicine physicians, pathologists, and primary care physicians jointly review the patient's information and collaborate on the best treatment plan. The options are then discussed with the patient, and additional tests and treatment are promptly scheduled.

"The Lung Nodule Pathway is a unique, team-based approach designed to care for patients diagnosed with a lung nodule," said Interventional Pulmonologist Archan Shah, MD. "We are leading the way in delivering patient-centered care."



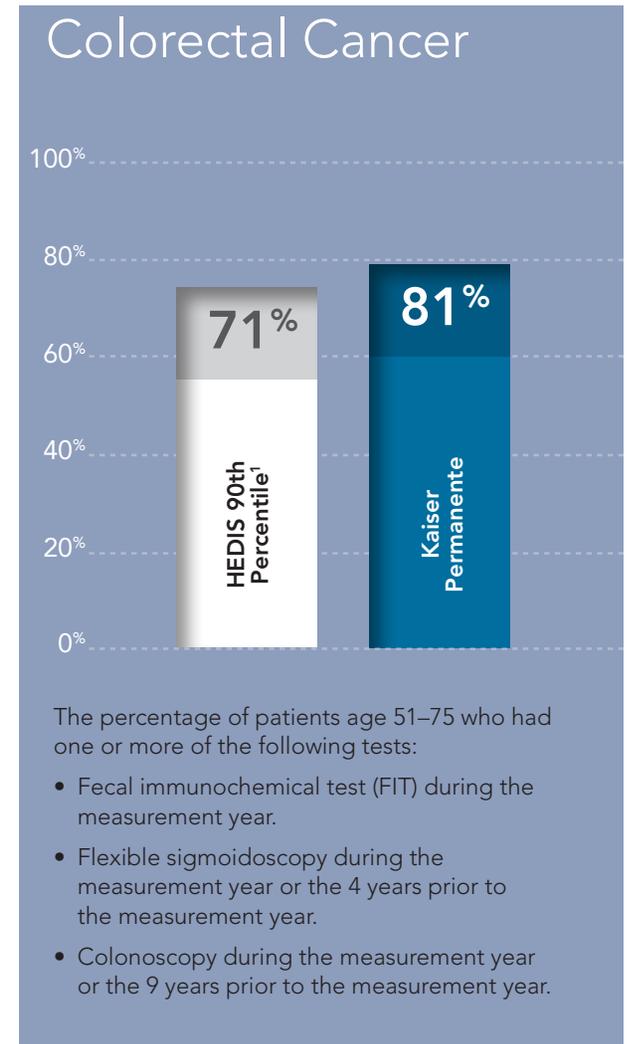
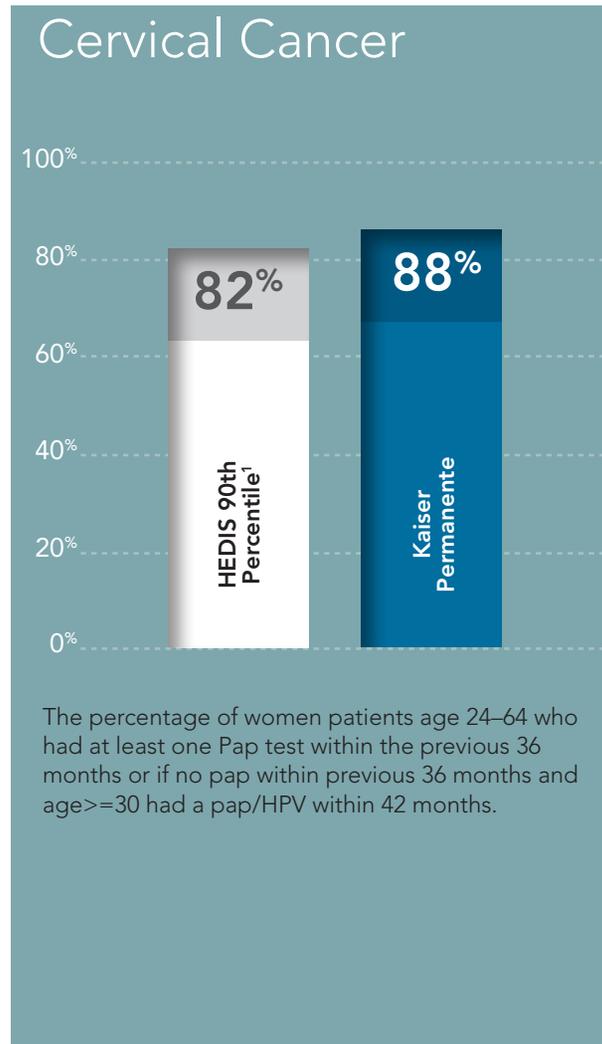
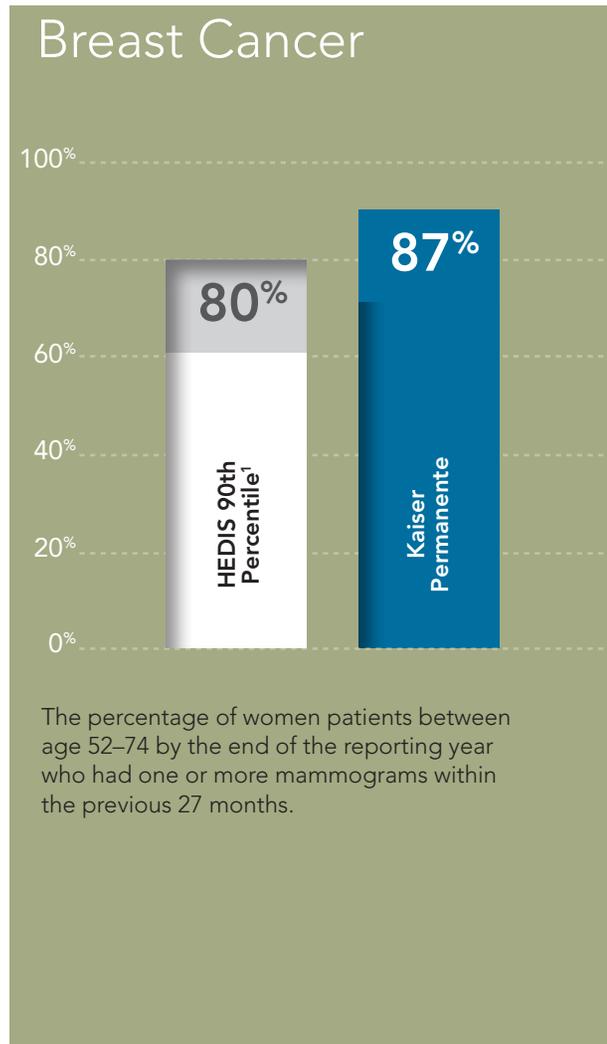
*"The Lung Nodule Pathway is a unique, team-based approach to care."*

— Archan Shah, MD  
Interventional Pulmonologist



# 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.



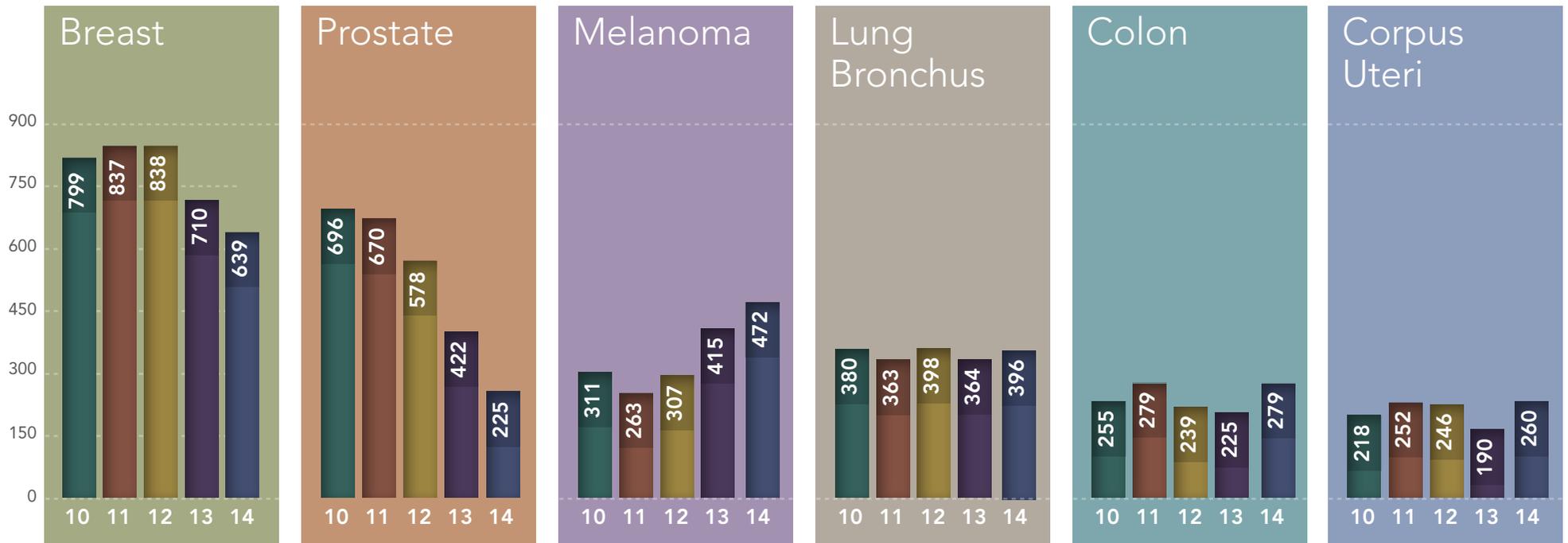
<sup>1</sup>The Healthcare Effectiveness Data and Information Set (HEDIS) is a tool used by more than 90 percent of America's health plans to measure performance on important dimensions of care and service.

# Trends in Cancer Diagnosis

## COMBINED ANALYTIC CANCER CASELOAD: Cases diagnosed and/or treated at Kaiser Permanente Roseville and Sacramento Medical Centers (2010 - 2014\*)

\*2014 data estimated to be 97% complete at the present time.

In 2014, 3,750 cases of cancer were diagnosed and/or treated (analytic cases) at Kaiser Permanente Roseville (1,878) and Sacramento (1,872) Medical Centers. The source of program data is the Kaiser Permanente Northern California Cancer Registry (KPNCCR) which manages a consolidated database of all Kaiser Permanente Northern California Region cancer patients. The KPNCCR database now includes more than 565,000 patient abstracts (480,000 unique tumor records) of invasive and in situ cancer diagnosed from 1947 to the present. Reportable benign and borderline CNS tumors were added in 2001. The reporting of incidence and outcomes aids in identifying trends, and assists in program planning and the continual evaluation of patient care.



For information on national cancer trends, visit the website of the National Cancer Institute at the National Institutes of Health.

# Primary Site Table

## Roseville Medical Center Cancer Caseload: Cases diagnosed and/or treated (2010-14)

	2010	2011	2012	2013	2014	TOTAL
BRAIN/OTHER NERVOUS	54	42	48	45	32	221
BREAST	432	443	463	398	360	2096
CERVIX UTERI	10	13	12	10	11	56
COLORECTAL	137	156	127	128	146	694
CORPUS UTERI	46	59	81	69	74	329
ESOPHAGUS	15	20	19	22	22	98
HODGKIN LYMPHOMA	17	15	5	6	14	57
KAPOSI SARCOMA	1	0	0	1	1	3
KIDNEY/RENAL PELVIS	65	62	50	61	39	277
LARYNX	9	7	4	5	6	31
LEUKEMIA	42	33	37	42	57	211
LIVER/INT.BILE DUCTS	14	16	38	33	31	132
LUNG/BRONCHUS	183	180	203	192	252	1010
MELANOMA	152	111	171	198	236	868
MESOTHELIOMA	2	4	5	3	3	17
MYELOMA	20	17	21	19	22	99
NON-HOD. LYMPHOMA	59	67	70	72	71	339
ORAL CAVITY/PHARYNX	38	30	48	45	41	202
OVARY	24	27	14	12	15	92
PANCREAS	39	31	39	38	50	197
PROSTATE	493	459	401	301	142	1796
STOMACH	17	15	23	14	17	86
TESTIS	4	10	8	2	8	32
THYROID	41	41	40	33	44	199
URINARY BLADDER	64	77	72	77	81	371
X=ALL OTHER	165	163	153	172	173	826
<b>TOTAL</b>	<b>2143</b>	<b>2098</b>	<b>2152</b>	<b>1998</b>	<b>1948</b>	<b>10339</b>

## Sacramento Medical Center Cancer Caseload: Cases diagnosed and/or treated (2010-14)

	2010	2011	2012	2013	2014	TOTAL
BRAIN/OTHER NERVOUS	137	115	132	139	115	638
BREAST	367	394	375	312	279	1727
CERVIX UTERI	24	17	20	21	22	104
COLORECTAL	118	123	112	97	133	583
CORPUS UTERI	172	193	165	121	186	837
ESOPHAGUS	17	11	13	13	16	70
HODGKIN LYMPHOMA	7	16	5	8	10	46
KAPOSI SARCOMA	1	0	0	2	2	5
KIDNEY/RENAL PELVIS	52	38	46	34	26	196
LARYNX	13	7	10	5	8	43
LEUKEMIA	33	31	32	29	37	162
LIVER/INT.BILE DUCTS	24	19	21	21	26	111
LUNG/BRONCHUS	197	183	195	172	144	891
MELANOMA	159	152	136	217	236	900
MESOTHELIOMA	3	0	3	2	1	9
MYELOMA	19	24	21	21	19	104
NON-HOD. LYMPHOMA	59	48	51	68	63	289
ORAL CAVITY/PHARYNX	34	38	63	59	73	267
OVARY	80	85	73	65	76	379
PANCREAS	89	67	104	90	75	425
PROSTATE	203	211	177	121	83	795
STOMACH	22	23	32	22	31	130
TESTIS	8	6	4	8	6	32
THYROID	38	47	55	37	29	206
URINARY BLADDER	56	60	56	53	48	273
X=ALL OTHER	158	179	164	205	235	941
<b>TOTAL</b>	<b>2090</b>	<b>2087</b>	<b>2065</b>	<b>1942</b>	<b>1979</b>	<b>10163</b>

# Helping Patients with Life After Cancer: Survivorship



## Surviving the Odds

When faced with a life-changing event like a cancer diagnosis, having the right attitude and support can make all the difference in the world. Just ask Kaiser Permanente member **Justin Wages**, who has fought not one but multiple battles with cancer since 2008.

Justin Wages continues to work in the field as a land manager after his cancer experience.

Justin was diagnosed with stage III colorectal cancer after a rectal tumor was discovered during a

sigmoidoscopy. He underwent three years of chemotherapy and radiation and endured several invasive procedures, including surgeries to remove part of his colon, a section of his liver, and the entire upper left lobe of his lung where the cancer had spread.

Throughout this debilitating ordeal, he continued to work as a land manager for the Placer Land Trust, receiving assistance from Kaiser Permanente's Medical Financial Assistance program when he couldn't cover his medical costs and day-to-day living expenses.

Despite the pain, discomfort, and complications, Justin refused to give in to cancer. Today, he is tumor and cancer-free and continues to work in land preservation, education, and trail building. He credits his survival to the excellent care and attention he received from his Kaiser Permanente oncology team.

An avid hiker, Justin has become actively involved with the Kaiser Permanente Thrive Program leading hiking groups. "Because hiking is something I do on a weekly basis, what better way for me to give back to the people who helped save me than by leading Kaiser Permanente Thrive hiking groups," said Justin. Learn more about his inspirational story [in this video](#).



## Walking for Health

**Janet Davis** has battled cancer several times in her life, but she considers herself lucky. She credits the outstanding cancer care she received from the experts at Kaiser Permanente for getting her through diagnosis and treatment. And she is doing her part to decrease her risk

Mark Ziegler, MD, joins Janet Davis on one of the weekly walks at the Roseville Galleria.

of a recurrence of the disease by staying in shape with Walk to Thrive, Kaiser Permanente's walking program.

"As soon as I finished treatment I went back to walking. I was determined to get back to an exercise program. I want to exercise to improve my overall health," said Janet, 72. She has been a member of the walking program since it began in 2012. Every Wednesday, walkers join a clinician for a one-mile walk at the Roseville Galleria. Some of them, like Janet, go an extra mile as well.

Janet knows that exercise can be key to fighting cancer. Physical activity reduces fatigue, decreases anxiety, and also can lower the recurrence of various types of cancer, including colorectal, prostate, and ovarian cancers. Kaiser Permanente started Walk to Thrive to encourage active living. The walk began at the mall and expanded to downtown Sacramento to coincide with the seasonal Farmer's Market. More than 9,000 registered walkers are in the program.

Janet has been treated for several skin cancers as well as a tumor in her nasal cavity for which she underwent radiation and chemotherapy. She not only walks at the mall weekly, but also participated in a 5K last spring. Thanks to her physical activity, even her blood pressure has improved. "Once you have cancer you look over your shoulder every day. But, so far, so good. I am very happy about that," Janet said.

# Community Caregivers Invited to Prostate Cancer Seminar

To provide the best care for patients diagnosed with cancer, physicians need to stay current on recent developments in all aspects of cancer care. Kaiser Permanente sponsors annual educational seminars, inviting doctors, nurses, allied health professionals, scientists, and researchers to exchange and share the most up-to-date cancer research and evidence-based guidelines.

Each year the seminar covers a specific type of cancer. In 2014, the focus was on prostate cancer. Kaiser Permanente caregivers, as well as practitioners in the community, were invited to attend Prostrate Cancer 2014: Expert Advice on Screening, Management, and Follow-Up.

“The management of prostate cancer continues to change,” said Kaiser Permanente Radiation Oncologist Derrick Schmidt, MD, PhD. “A lot of new data was published in the last few years, and we felt that our clinicians would benefit from some expert interpretation.”

Seminar attendees included primary care physicians, nurses, allied health providers, and specialists in urology, medical oncology, radiation oncology, and pathology. Participants gained a better understanding of the latest data on prostate cancer screening, active surveillance, and treatment options.

Specialists and primary care physicians left the meeting informed about the latest advances in cancer care and, more importantly, how to empower their patients through shared decision-making by educating them on their disease.



Derrick Schmidt, MD, PhD, Radiation Oncologist, speaks at the Prostate Cancer Seminar.

***Kaiser Permanente sponsors annual educational seminars, inviting doctors, nurses, allied health professionals, scientists, and researchers to exchange and share the most up-to-date cancer research and evidence-based guidelines.***

# In the Community

## Breast Cancer Awareness

Breast cancer is the second-leading cause of death in women. And the best defense is early detection. That's why we take every opportunity to promote regular mammogram screenings. In October 2014, as a sponsor of and medical provider for the Sacramento Kings, we promoted breast cancer awareness during Breast Cancer Awareness Month at a pre-season home game. Ernie Bodai, MD, Director of the Breast Cancer Survivorship Institute and creator of the renowned fund-raising Breast Cancer Research Postage Stamp, was on hand to honor breast cancer survivors.



Pink, the color associated with breast cancer awareness, was notable throughout the arena and in the event

giveaways, including pink ribbons, workout towels, and caps. The pink breast cancer awareness theme is also promoted every Wednesday at our Sacramento and Roseville facilities. Physicians and staff wear the color during Pink Wednesdays to remind and encourage women to get their mammograms done. No appointments are necessary—members can receive screening on a walk-in basis at any of our mammography locations in the Greater Sacramento area.

## Walk to Thrive

Research shows that exercise can play a vital role in fighting cancer. Physical activity reduces fatigue, decreases anxiety, and also can lower the recurrence of various types of cancer, including colorectal, prostate, and ovarian cancers.

We started the Walk to Thrive program in 2012 to encourage people of all ages, health status, and fitness levels to get healthy... one step at a time. Every Wednesday, participants joined Kaiser Permanente clinicians for morning walks at the Roseville Galleria. The response was so positive we expanded the walking program to downtown Sacramento to coincide with the seasonal Thursday Farmer's Market. Today, there are more than 9,000 registered walkers.



Downtown Walk to Thrive participants receive encouragement from a Kaiser Permanente physician before starting their walk.

Participants receive free T-shirts and other giveaways and have access to monthly special events and health education seminars hosted by Kaiser Permanente physicians and health professionals.

## Don't Buy the Lie

Through our "Don't Buy the Lie" anti-smoking campaign, we encourage kids to "tell it like it is" by inviting students from local middle and high schools to create striking visual anti-smoking messages.

In 2014, we promoted the poster contest, now in its 21st year, by mailing out anti-smoking lesson plans and poster entries to local schools and addressing nearly 9,000 students at "Don't Buy the Lie" school assemblies. Seventy-six schools participated in this annual event, submitting 6,254 poster entries. The winners were selected from the 2,000 online votes from Kaiser Permanente employees, parents, and teachers at participating schools.

The two winners, a student from Albert Einstein Middle School, Sacramento City Unified School District, and a student from Sheldon High School, Elk Grove Unified School District, saw their designs transformed into billboards prominently displayed in the Greater Sacramento area, drawing more than 750,000 views per day.



# Bringing 21st Century Information Technology to Everyday Medical Practice

## Information Technology

Our investment in information technology has greatly enhanced the ability of our doctors to provide high quality cancer care. With the aid of automated systems and online tools, they are well equipped to make critical and timely health care decisions. Through our electronic medical record system, KP HealthConnect, our medical staff can check on a patient's health status, review medical history, and safely order appropriate tests, medications, and procedures at any time and from any location. In 2014, we continued to expand and enhance these capabilities.



## Oncology Clinical Trials

Our capacity to collect, store, and analyze patient data in KP HealthConnect contributes significantly to our participation in oncology clinical trials. We leverage our information technology to find clinical trials that suit the patient's needs. In 2014, we earned the prestigious designation as a National Cancer Institute Community Oncology Research Program (NCORP) site because of our reputation as a community-based cancer research facility.



A program of the National Cancer Institute  
of the National Institutes of Health

## Ambulatory Blood Product Ordering (Outpatient Blood Transfusions)

Ordering a blood product is a complex process involving multiple individuals and departments. Prior to 2014, blood transfusions were ordered through paper requests. A dedicated multidisciplinary team collaborated to design an automated system that was both safe and efficient. The end product of their collaboration was an easy-to-use, state-of-the-art online tool in KP HealthConnect that streamlined the ordering, preparing, and administering of transfusions.

## Beacon Oncology Module

Beacon is an oncology module in our electronic medical record system that supports high quality, safe, evidence-based care for all Kaiser Permanente oncology patients undergoing chemotherapy. We now use Beacon in both outpatient and inpatient settings, which enables us to promote consistent practice, ensure patient safety, and improve outcomes.

## Multidisciplinary Approach

We apply our advanced technology to facilitate secure web-based discussions that enable multiple specialists to weigh in on creating the best possible treatment plans for our patients. Our automated systems also include features that empower our members to access their electronic medical records, research health topics, and communicate with their doctors via email. In fact, many patients choose to "see" their doctors from the comfort of their home using our secure video visits.

# Cancer Care Committee Members

## Specialty Representing Both Roseville and Sacramento Medical Centers

<b>American Cancer Society</b>	Colleen Root
<b>Analyst</b>	Casey Dittmer, MBA
<b>Area Quality Leader, Roseville</b>	Laura Moreno, RN, MBA
<b>Area Quality Leader, Sacramento</b>	Erick Berry, FACHE, MBA, MSHS
<b>Assistant Physician in Chief</b>	Robert McLaughlin, MD
<b>Associate Medical Group Administrator</b>	Marcia Dravis, NP
<b>Breast Health Coordination</b>	Jennifer Hoff
<b>Chief Nursing Officer, Roseville</b>	Allyson Mason-Herr, RN, MBA
<b>Chief Nursing Officer, Sacramento</b>	Clement Miller, MSN
<b>Dietary Services</b>	Michele Lites, RD III
<b>General Surgery</b>	Melinda Mortenson, MD
<b>Genetics</b>	Kelly Adams, MS
<b>Hematology and Oncology</b>	Richard Guy, MD
<b>Cancer Committee Chair</b>	Dinesh Kotak, MD
<b>Northern California Cancer Registry</b>	Michael Oehrli, MPA, CTR
<b>Oncology and Infusion Center</b>	Margaret Cummings, RN
<b>Oncology Pharmacy</b>	Cecily Amato, PharmD
<b>Oncology Pharmacy</b>	Kathryn Garrison, PharmD
<b>Operations Information Management</b>	Heather Minch
<b>Organizational and Leadership Development</b>	Maurice Dunn, PhD
<b>Palliative Care and Quality</b>	Shelly Garone, MD, FACP

<b>Pathology</b>	Priya Brink, MD
<b>Pediatric Oncology</b>	Aarati Rao, MD
<b>Program Manager</b>	Anissa Hendrix, RN, MS
<b>Public Affairs</b>	Richard Robinson, Director
<b>Quality Specialist</b>	Brianna Brown
<b>Quality Specialist</b>	Kera Collins
<b>Radiation Oncology, Cancer Liaison Physician</b>	Derrick Schmidt, MD, PhD
<b>Radiology</b>	Linlin Fu, MD
<b>Rehabilitation Services</b>	Stacy Itagaki, PT
<b>Social Services</b>	Charlotte Richardson, LCSW
<b>Surgical Specialties and Oncology</b>	William Kingman, RN



# Cancer Care Website

**Our Doctors**   **Staying Healthy**   **Español**

**Cancer Care**  
ROSEVILLE AND SACRAMENTO MEDICAL CENTERS

[Home](#)   [About Your Cancer Care](#)   [Our Services](#)   [Support Resources](#)   [Clinical Trials](#)   [Survivorship](#)

As you face the challenge of cancer, Kaiser Permanente physician experts, state-of-the-art information technology and our integrated system of care provide you and your loved ones with comprehensive and compassionate cancer care.

**About Your Cancer Care**

Anal Cancer	Colorectal Cancer
Bladder Cancer	Endometrial Cancer
Bone Cancer	Esophageal Cancer
Brain Tumors	Head and Neck Cancer
Breast Cancer	Hodgkin Lymphoma
Cervical Cancer	Kidney Cancer

[More »](#)

**Our Services**

Adult Infusion Center	Nuclear Medicine Treatment
Breast Reconstruction	Radiation Oncology

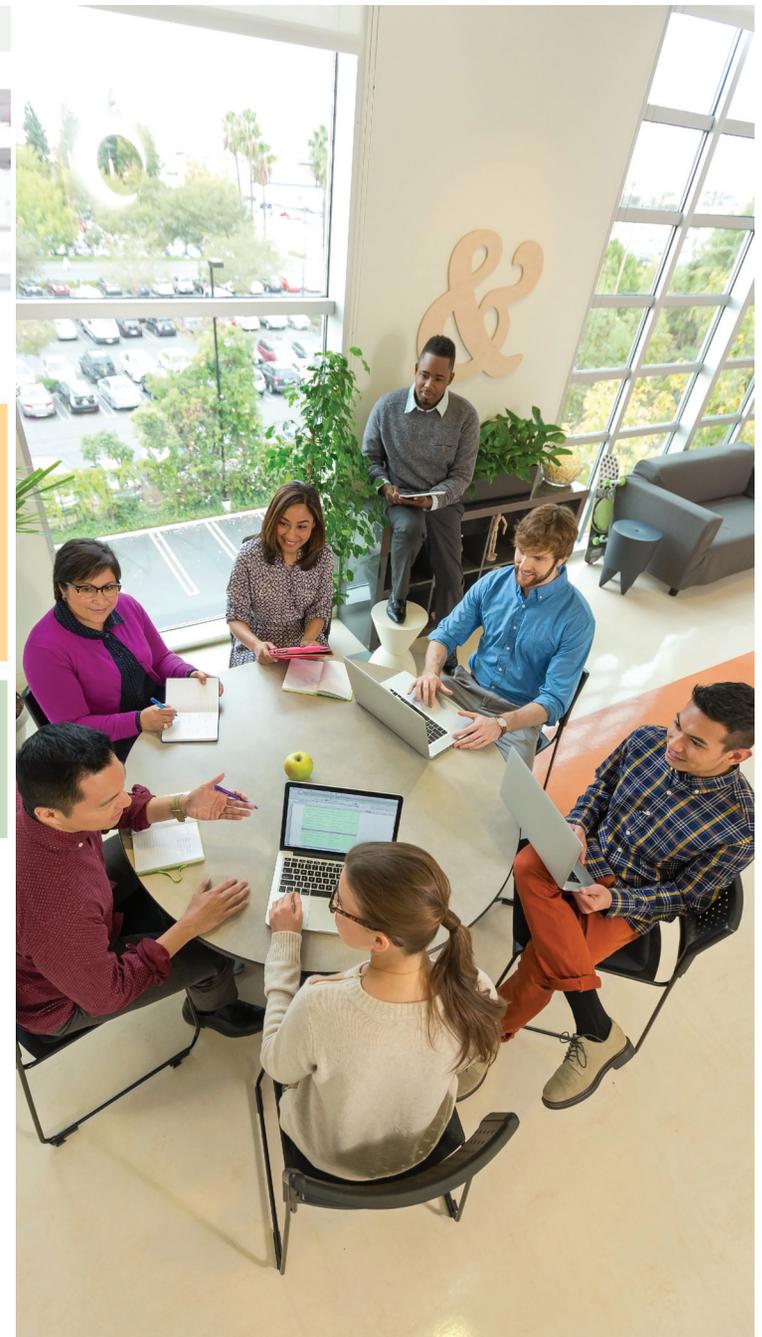
**News & Events**

Cancer Center Annual Reports  
2012 and 2013 Annual Reports

Cancer program earns full accreditation  
Accreditation commendation for  
Sacramento and Roseville Medical   [View All »](#)

**Clinical Excellence**

Our Commitment  
Our Commitment - Roseville &  
Sacramento Cancer Care   [View All »](#)



## Other Resources

Roseville and Sacramento Medical Centers Cancer Care website  
[kp.org/roseville](http://kp.org/roseville)  
[kp.org/sacramento](http://kp.org/sacramento)  
[kp.org/greatersacramento/specialty-care/cancer-care](http://kp.org/greatersacramento/specialty-care/cancer-care)  
[cancercare.kaiserpermanente.org](http://cancercare.kaiserpermanente.org)



Commission  
on Cancer®  
ACCREDITED PROGRAM

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