

2018

ANNUAL REPORT

ONCOLOGY SERVICES

A MESSAGE FROM THE MEDICAL DIRECTOR



As Medical Director of Oncology Services at Montefiore St. Luke's Cornwall, I am privileged to work in coordination with our team of medical professionals to provide our community with cancer care that treats patients through the continuum of their journey with us. The connection with our patients and their caregivers is the cornerstone of the care the MSLC Oncology Team is privileged to provide.

Education and prevention are a primary focus of our team, and we work with our patients from the point of cancer diagnosis, through their treatment and survival. We aim to do this by providing our patients with access to all of the necessary medical and community resources they may need throughout their time with us.

Board Certification: American Board of Internal Medicine

- Internal Medicine
- Medical Oncology
- Hematology

Medical School: N.H.L. Municipal Medical College Gujarat University

Residency: Catholic Medical Center of Brooklyn and Queens - Internal Medicine

Fellowship: Long Island Jewish Medical Center - Hematology/Oncology

Umangi Patel

Umangi Patel, MD

Medical Director

A MESSAGE FROM THE ASSISTANT VICE PRESIDENT OF ONCOLOGY AND AMBULATORY SERVICES



At the Littman Cancer Center, we provide our patients and their caregivers with compassionate cancer care right in their backyard. The journey through cancer treatment can be life altering and our team is here to assist our patients every step of the way. As a formal member of Montefiore Health System, we've had the ability to grow not only our team but also the scope of services we provide. In addition to receiving high quality oncologic services including radiation therapy, infusion services, surgical oncology, patient navigation, nutritional counseling and genetic counseling, we are now connected to Albert Einstein College of Medicine, a leader in innovative medicine and clinical research. Our patients now have the option of clinical trials that otherwise would not be available. We've made tremendous strides and I'm proud to say that this is just the beginning!

H. Janelle Carr

H. Janelle Carr

DNP, FNP-BC, MS, RN

Assistant Vice President,

Oncology and Ambulatory Services

MEET OUR TEAM

In addition to a patient's own personal physician, the cancer care team may include an oncologist, radiologist, radiation oncologist, pathologist, surgeon, nurse, nutritionist, pain medicine specialist and clinical social worker. The Littman Cancer Center encompasses not only state-of-the-art radiation oncology but also an infusion suite, which is housed within Montefiore St. Luke's Cornwall's Cornwall campus.



Gina Del Savio, MD
Chief Medical Officer



Umangi Patel, MD
Medical Director,
Oncology Services



H. Janelle Carr
DNP, FNP-BC, MS, RN
Assistant Vice President,
Oncology and Ambulatory
Services



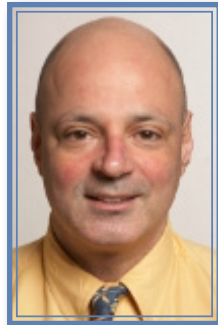
Dr. Shana Coplowitz
Medical Director,
Radiation Oncology



Nicole Pogelschek
Director,
Radiation Oncology and Oncology
Navigation



Dr. Kyung Hahn
Radiation Oncologist



Dr. George Varsos
Radiation Oncologist



Karen Ciardullo
RN, BSN
Oncology Nurse
Navigator



Kiamesha Dolson-Ostrander
LMSW
Social Worker, Oncology & Palliative Care
Services

THE INFUSION SUITE

Located on the Cornwall campus, the Infusion Suite at Montefiore St. Luke's Cornwall's Littman Cancer Center offers a warm, welcoming environment that incorporates flexible treatment space with 10 infusion chairs and one treatment bed. The suite features private treatment areas with individual televisions for the comfort of family and friends. The center is staffed by Registered Nurses who provide skilled care working toward physical and emotional comfort. Each RN has taken the Oncology Nursing Society's chemotherapy/biotherapy/immunotherapy certificate course to ensure they are knowledgeable about each patient's diagnosis and treatment protocol.

TOMOTHERAPY

Our TomoTherapy technology allows us to offer patients in our community the full range of advanced cancer care treatment. A TomoTherapy machine is a hybrid between a CT imaging scanner and an external beam radiation therapy machine, and the radiation used for both imaging and treatment can completely rotate around the patient. This advanced treatment method can be utilized for a wide variety of cancers, including –

- Prostate Cancer
- Colorectal Cancer
- Lung Cancer
- Head & Neck Cancers
- Brain Tumors
- GYN and Pelvic Cancers
- Gastrointestinal Cancers
*Pancreas, Esophagus, Stomach
- Skin Cancer
- Lymphoma
- Primary Bone Cancer

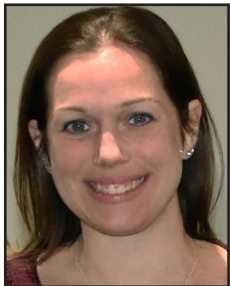
Benefits of TomoTherapy:

- Unparalleled precision and accuracy
- Less damage to healthy tissue
- Shorter recovery times – quicker return to normal routine
- Multi-disciplinary team approach to fighting cancer
- Soothing, patient-focused environment



SUPPORT SERVICES

ONCOLOGY NAVIGATION PROGRAM



Karen Ciardullo
RN, BSN

Oncology Nurse Navigator

Patient Navigators are specially-trained individuals who help guide and support patients and families through the cancer care journey and recovery. Receiving a cancer diagnosis can be a challenging and emotional time. As skilled and compassionate professionals, our navigators will assist patients and families to identify and overcome potential physical, financial and social barriers, as well as build lasting relationships to promote community and emotional well-being.

Regardless of where patients receive diagnosis and treatment, the Littman Cancer Center navigators are available for appointments to discuss their needs and ease their minds as they move through this journey.

In addition to offering state-of-the-art care at the Montefiore St. Luke's Cornwall Littman Cancer Center, our navigators offer supportive services and guidance during cancer care treatment and recovery.

This individualized approach with our navigators helps us to ensure that concerns are met in a timely manner. Our navigators are accessible to answer questions and address any fears and anxiety that patients may have.

The program assists with obtaining cancer-related care and information, including:

- Community resources and support
- Communication with healthcare staff and providers
- Scheduling appointments or completing paperwork
- Identifying and accessing eligibility for financial services (as applicable)
- Emotional support
- Referral to social services (as applicable)
- Palliative Care support and services
- Support groups



Kiamesha
Dolson-Ostrander
LMSW

Social Worker for On-
cology & Palliative Care
Services

CANCER SUPPORT GROUPS

ST. LUKE'S SURVIVORS

A support group for those who are living with or have survived any type of cancer.

CAREGIVER SUPPORT

A group for sharing support and information on community resources for those caring for a loved one with a chronic illness.

SHARED STITCHES

Knit, crochet and chat! From beginner to expert, all are welcome.

BREAST CANCER SUPPORT

For breast cancer patients and survivors. Led by Breast Cancer Options.

NUTRITIONAL SUPPORT

A support group to discuss healthy habits with an MSLC registered dietitian.

MSLC C.A.R.E.S.

Community • Acceptance • Respect • Empathy • Support

For patients and families actively undergoing treatment to share their experiences.

SUPPORT SERVICES

PALLIATIVE CARE MEDICINE

Palliative Care is a multidisciplinary service that focuses on relieving pain, suffering and distress for both patients and caregivers that are affected by an advanced illness. It can be given along with existing treatments to promote quality of life and preserve an individual's goals and values while they are undergoing curative treatments.

Montefiore St. Luke's Cornwall provides Palliative Care in both the inpatient and out-patient environments.

Our team includes –

- Physician
- Nurse Practitioner
- Social Worker
- Oncology Nurse Navigator
- Chaplain Service (upon request)

We work together as a cohesive team to provide –

- Time devoted to intensive family meetings and patient/family counseling
- Expertise in managing complex physical and emotional symptoms such as pain, shortness of breath, depression, nausea and lack of appetite
- Communication and support for resolving patient, family and physician questions concerning the goals of care
- Coordination of care transitions across health care setting



DR. KIRTI JOSEPH
BOARD CERTIFIED
INTERNAL MEDICINE

Fellowship trained in Hospice and Palliative Medicine



SUE MARTINO
RN, MSN, NP-C
NURSE PRACTITIONER



KIAMESHA
DOLSON-OSTRANDER
LMSW
SOCIAL WORKER

EARLY LUNG CANCER SCREENING PROGRAM

Lung Cancer is the leading cause of cancer-related death in the U.S. in both men and women. Generally, lung cancer is found after advancing to stages 3 or 4.

The MSLC Early Lung Cancer Screening program went into effect on December 15, 2016. This program makes MSLC part of the National Lung Cancer Screening Registry and explores the early detection and treatment of lung cancer and other diseases associated with smoking through the use of low-dose CT screening.

The program is administered by thoracic surgeons Dr. Scott Berman, Dr. Sean Kwon and Dr. Todd Weiser, along with Karen Ciardullo, Oncology Nurse Navigator.



ARE YOU ...

- A current smoker with a 30-pack per year history?
- Between the ages of 55-77?
- A smoker of 20 years or more?
- A former smoker who has quit in the past 15 years?

If you answered YES to any of these questions, you may be eligible for a screening CT scan of your chest to detect early cancers of the lung.

WHAT IS INVOLVED?

- Quick, painless CT scan without injections
- Questionnaire
- 20 minutes of your time to complete the above

For more information, please call
(845) 568-2011

EDUCATION AND ENGAGEMENT

As Montefiore St. Luke's Cornwall (MSLC) continues to build its Oncology Program, a major focus remains to expand the volume of prevention programs and screenings, and evaluate the overall effectiveness of each to strategize how to best move forward.

In 2018, the cancer team executed a robust schedule of events, including 21 seminars, screenings, health fairs and community events. MSLC physicians and staff gave presentations on a wide variety of topics, including –

- Smoking Cessation
- Dangers of Vaping
- Colon Cancer
- Breast Cancer Genetics
- Lung Cancer Screening Program
- Advancements in Lung Cancer Treatment
- Understanding Family History of Cancer
- Breast Cancer
- Skin Cancer
- HPV Vaccination
- Prostate Cancer



The schedule has remained full in 2019 with nine events to date, including screenings for skin cancer, colon cancer, oral cancer and prostate cancer.

PARTNERING WITH THE AMERICAN CANCER SOCIETY

Montefiore St. Luke's Cornwall has maintained continuous dialogue with the American Cancer Society (ACS) to strategize the best possible partnership between the two organizations. We recently teamed up with our colleagues who work in conjunction with the Montefiore Health System to further expand our efforts with the ACS. In 2018, we participated in the Making Strides Against Breast Cancer Walk at the annual event in the Hudson Valley.





“DOC TALK” PODCASTS

The Cancer Program has taken advantage of the MSLC podcasting platform, providing the team an opportunity to discuss topics that a wide audience can discover, listen to and save at their convenience. Each episode is posted online and distributed through third-party aggregators such as Apple Podcast and Google Play.

Since the start of 2018, there have been eight cancer-related episodes produced that cover a wide range of topics, including –

- Oncofertility
- Young Adults & Cancer
- Understanding Radiation Treatment
- Oncology Navigation
- Testicular Cancer
- Genetics of Breast Cancer
- Colon Cancer Screening
- Treatment of Lymphedema



The Cancer Program podcasts have totaled 2,621 interactions which include website plays, website downloads or third-party downloads.

Montefiore

St. Luke's Cornwall