CentraState’s Commitment to Community-Based Cancer Care

PREVENTION  DIAGNOSIS  TREATMENT  WELLNESS
PREVENTION
Cancer Screenings (skin, colorectal, prostate, breast, thyroid)
Smoking Cessation
Educational Seminars
Nutrition and Wellness Management
Primary Care Physicians
Cancer Resource Center

DIAGNOSIS
Laboratory and Pathology
Diagnostic and Interventional Radiology (ultrasound, CT Scan, nuclear medicine and angiography, MRI and PET)
MoleSafe Melanoma Screenings
Digital Mammography
Breast Needle Localization
Ultrasound-Guided Breast Biopsy
Free, Low-Dose Lung Cancer CT Scans (eligibility requirements)

TREATMENT
Chemotherapy
Minimally Invasive Robotic Surgery
Single-Incision Laparoscopic Surgery
Video-Assisted Thoracic Surgery
Radiation Therapy (external beam and stereotactic body radiotherapy, IMRT, IGRT, brachtherapy, stereotactic radiosurgery, high-dose rate, prostate seed, volumetric modulated arc therapy)
Proton Radiation Therapy
Infusion Therapy
Medical Oncology
Palliative Care
Multidisciplinary Tumor Boards
Prone-Position Breast Radiation Therapy
Pain Management

WELLNESS
Survivorship Services Includes:
Medically Supervised Fitness and Wellness Center
Support Groups
Nutritional Counseling
Rehabilitation
• Lymphedema Treatment
• Physical Therapy
• Occupational Therapy
The changing face of cancer…

It wasn’t long ago that a cancer diagnosis was a death sentence. Thankfully things have changed and cancer is in fact resembling a chronic illness. Better detection and a mixture of treatments to target specific strains of cancer have made it possible for doctors to help their patients survive even aggressive, late-stage cancers. And with genetic testing becoming even more commonplace, I truly believe there will be a day, in the not too distant future, when cancer will be thought of in the same way we think of high blood pressure, diabetes or arthritis. Something to be taken seriously, but something that we learn to manage.

How are we getting there?

The Statesir Cancer Center at CentraState has earned a reputation for its comprehensive cancer care. We have built a cancer center focused on world-class care delivered in a community-based setting, providing patients with all of the resources they need in their treatment for cancer.

We recognize that driving hours to a specialized center for a cancer diagnosis and for frequent treatments can take a toll on a cancer patient and their families during an already stressful time. CentraState’s cancer patients can stay in their own community and with the physicians they’re familiar with for their treatment—saving them undue stress, without sacrificing clinical quality and expertise. It also allows them to receive an unmatched level of customized, personal care that’s hard to match at a distant cancer center.

CentraState’s comprehensive cancer program is provided by world-class oncologists who are trained at renowned national cancer centers, including Harvard, Memorial Sloan-Kettering, and the Hospital of the University of Pennsylvania. Our skilled surgeons are trained in the latest minimally invasive procedures, including two who were among the first in the world to perform groundbreaking, video-assisted thoracic surgery. It’s also advanced treatments like robotic surgery and proton therapy, and the latest clinical trials with promising new developments—all right here in our community at CentraState.

We recently took a substantial next step for cancer care in central New Jersey as we joined together the Statesir Cancer Center at CentraState with the John Theurer Cancer Center at Hackensack University Medical Center for oncological services, which is ranked #1 in New Jersey for cancer care. Our community will benefit greatly from the additional depth and breadth of cancer services from a leading tertiary hospital.

Why choose The Statesir Cancer Center at CentraState?

When you or a loved one is diagnosed with cancer, you need to make a choice about where to go for care. There are a number of leading cancer institutions throughout the country that offer you treatment options, but you can also choose to stay here in your community, being treated by physicians trained at the best institutions throughout the country, with similar access to treatment options. Our doctors and nurses are superior in not only their knowledge, but the compassion with which they deliver care. They are the men and women in your community, working together and fighting for you.

Cancer touches us all. At CentraState we are working everyday to provide our patients with the treatment they need to win the battle against cancer.

John T. Gribbin
President & CEO
CentraState Healthcare System
Strengthening Our Oncology Services Through Affiliations...

This past year marked a milestone for us as we announced an oncological affiliation with Hackensack University Medical Center Health Network and the John Theurer Cancer Center at Hackensack University Medical Center. Hackensack is nationally recognized in cancer treatment and has one of the broadest, deepest and most well-regarded cancer programs anywhere in the greater New York metro area. This affiliation offers us the next step in deepening the oncology resources and expertise we need to serve our community. It also illustrates the importance of finding key strategic partnerships to compliment what we are offering, while still remaining an independent, community-based hospital, giving our community our complete attention.

We recently named board-certified pathologist and Hackensack Pathology Group physician Paul Simon, DO as medical director of our pathology department. The Hackensack Pathology Group has 14 board-certified anatomical and clinical pathologists, most with subspecialty certifications in hematopathology, cytopathology and molecular pathology, as well as advanced training in breast and gynecological pathology. To help connect our physicians here in Freehold to those at Hackensack, we recently installed a telepathology link that allows Dr. Simon and his CentraState team real-time access to any of their subspecialty colleagues at Hackensack.

Two of the largest oncology groups here at CentraState have also understood the benefits of affiliation and recently joined Regional Cancer Care Associates. RCCA is a fully integrated, geographically diverse, independent medical oncology group, affiliated with Hackensack. Through these affiliations, we are working with RCCA to develop a program called Transitions of Care. The keys to Transitions of Care are in strengthening the communication and working relationship between oncology and primary care physicians for better continuity of care, as patients move from diagnosis, through treatment, and onto survivorship, and helping them to resume productive lives and personal relationships.
Radiation Oncology…

The Karen Olbis Radiation Oncology Center offers the most advanced treatment technology available and a team of cancer experts that are leaders in their fields. As Barry Asch, MPA, RT, (T), assistant vice president of Cancer Services explains, “The radiation oncologists at CentraState have trained at some of the country’s most prestigious medical institutions. They work collaboratively with a highly skilled, multidisciplinary cancer team—providing the latest treatment options, compassionate care and the support and understanding that can truly make a difference in a patient’s cancer journey. All patients experience this blend of sophisticated technology, delivered by a caring, knowledgeable staff, from the time they arrive. We offer patients and their families a warm, home-like atmosphere; a place to be comfortable in.”

Radiation therapy is a sophisticated cancer treatment that uses high-energy X-rays to pinpoint and destroy cancer cells and stop them from spreading. Radiation therapy experts use state-of-the-art equipment to digitally map the location, size, shape and depth of a tumor. This allows physicians to personalize treatment to each patient to ensure safe delivery of the dose while sparing healthy tissue, minimizing side effects and improving outcomes.

Bringing our Community Proton Therapy…

One new, significant addition to our cancer program came in the spring of 2012, when CentraState, in collaboration with ProCure Treatment Centers and Princeton Radiation Oncology, opened the first and only proton therapy center between Philadelphia and Boston. This 60,000-square-foot ProCure Proton Therapy Center in Somerset, New Jersey, is one of only 15 centers in the United States.

This technology uses proton beams, rather than X-rays, directed precisely to the tumor. Due to the physics involved, the amount of radiation exposure to surrounding, healthy tissue is significantly reduced. This is especially critical for treating cancers located in very sensitive areas of the body. For example, in children with brain tumors, research has shown that proton therapy may significantly reduce the likelihood of developmental abnormalities, growth delays, reductions in IQ, and other complications that can occur from standard X-ray radiation. Best of all, proton therapy is directed by some of the finest radiation oncologists in the country.

To learn more about proton therapy and if it’s a viable treatment option, please call (855) 411-CANCER

To learn more about our radiation treatment options, visit us online at www.centrastate.com/Radiation-Oncology
Mary Lou Yacovacci of Manchester went to see her family doctor in September 2011, complaining of indigestion and pain in her mid-chest and back. Medications didn't help, so she had an ultrasound exam, followed by a PET scan, used to detect cancer cells in the body.

As Mary Lou recalls, “My family has a history of gall bladder problems, so I thought it was related to that. I had no clue whatsoever it could be cancer. It hit me like a bombshell.”

Upon the advice of family members, she went to see cancer specialists at a renowned center in New York. Currently, surgery is the only option to cure pancreatic cancer. However, doctors determined that her cancer could not be removed because of its size and location.

In October 2011 on the advice of her doctors, Mary Lou started chemotherapy and radiation treatments. She decided she wanted to stay in New Jersey to make it easier for her and her husband, Anthony, to commute to therapy. Through Internet searches and word of mouth, she found Edward Soffen, MD, a board-certified radiation oncologist on staff at CentraState Medical Center.

Mary Lou began several weeks of treatment using intensity modulated radiation therapy (IMRT) with a state-of-the-art technology known as volumetric modulated arc therapy (VMAT). The procedure maximizes the radiation delivered to precisely kill tumor cells while minimizing damage to healthy tissue.

“With this pinpoint technology, we are able to use higher, more effective doses of radiation than we could in the past,” Dr. Soffen says. “With Mary Lou, the hope was that maybe we could destroy enough cancer cells to shrink her tumor mass.”

Mary Lou finished radiation therapy in February 2012. The results, according to Dr. Soffen, were remarkable. Not only did the tumor shrink but, more than 18 months after her final treatment, multiple imaging studies have shown no evidence that the disease is progressing.

Dr. Soffen says that level of success is “almost unheard of” in pancreatic cancer patients who, like Mary Lou, haven’t had surgery prior to radiation therapy.

“We’re just absolutely delighted,” Dr. Soffen says. “She appears to be in remission at this point, and we’re cautiously optimistic about her future.”

While she now looks ahead with a positive attitude, her battle with the disease has had many ups and downs—from being told by doctors at a major medical center in New York that her cancer was inoperable to finally finding an effective radiation treatment at CentraState Medical Center.

Patient Testimonial

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Inpatient Oncology Unit…

CentraState’s Medical Oncology Unit provides patients and their families with comfort, education and the highest quality of cancer care provided by a dedicated, knowledgeable, compassionate staff that includes registered nurses who are credentialed in chemotherapy and nationally certified in oncology nursing and in hospice, palliative care. And patients tell us they are very pleased, as demonstrated by patient satisfaction scores that routinely exceed the 90th percentile.

Rehabilitation Services Available at The Manor…

The Manor Health and Rehabilitation Center provides comprehensive, short-term rehabilitation for individuals who are recovering from cancer-related surgery, offering help with wound care, in addition to physical, occupational and/or speech therapies to help them prepare for the next phase of their treatment. Therapy in short-term rehabilitation can also help people gain or regain their strength in preparation for or during chemotherapy and radiation treatments. While patients are in short-term rehabilitation, they can be transported to the hospital, located on the CentraState campus, for their treatments.

The Manor also provides patients and their families supportive services through hospice.

Chemotherapy…

CentraState’s expanded Jean Mehr Infusion Therapy Center is a comfortable space where patients receive chemotherapy infusions and other treatments related to cancer treatment.

Chemotherapy may be used as the primary treatment for fighting cancer, but it is often used in conjunction with other treatments such as surgery, radiation oncology, or biological therapy. Your oncologist may want you to have chemotherapy to make a tumor smaller before surgery or radiation therapy. Or you may have chemotherapy after surgery or radiation to destroy any remaining cancer cells. Chemotherapy may also help radiation therapy and biological therapy work better, or it may be used to destroy cancer that has spread to other parts of your body (metastatic cancer), or cells that have come back (recurrent cancer).

For more information about the support programs available at The Manor Health and Rehabilitation Center, please call (732) 431-5200.
Star and Barry Tobias Women’s Health Center…

The Star and Barry Tobias Women’s Health Center provides advanced treatments in an environment created just for women. CentraState’s professional staff help make your treatments and experiences at the Women’s Health Center as comfortable as possible. There is even a nurse certified breast health specialist who will work with women one-on-one to teach them how to do breast self-exams.

Maria Ramos, RT, (R)(M), lead mammography specialist explains, “The team at the Women’s Health Center have all worked here at least five years, some between 10 and 15 years. It’s more of a community setting for our patients, rather than a diagnostic center.” The patients can see the difference. Maria adds, “I think one of the biggest draws for patients is seeing the same faces year after year. We’ve built a rapport with our patients over the years and they know we treat them like family.”

Treating them like family means… “We give patients their test results the next business day, and in many cases, the same day. We want to do what we can to alleviate their stress.”

Digital Mammography

We offer digital mammography—providing you with the highest-quality diagnostic tools in the prevention and early detection of breast cancer. With digital mammography, the structures within breast tissue can be visually enhanced to better detect changes in the breast, such as calcifications or masses that may be early signs of breast cancer. Early detection and diagnosis of breast cancer offers the best chance for successful treatment. We are accredited by the American College of Radiology.

For more information about the Star and Barry Tobias Women’s Health Center or to schedule a mammogram, please call (732) 294-2778 or visit CentraState.com/appt.

When combined with monthly breast self-exams and an annual examination by a physician, mammography has a high success rate in detecting changes in breast tissue. The American Cancer Society recommends that all women have their first baseline mammogram between the ages of 35 and 39. This baseline mammogram is then used as a standard of comparison for subsequent mammograms. An annual screening is advised starting at age 40, and is extremely important for detecting any early signs of breast cancer.
**Women agonize... over cancer; we take as a personal threat the lump in every friend’s breast.**  
~Martha Weinman Lear

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**Patient Testimonial**

In September 2010, a routine mammogram found something suspicious in Angela Cali’s milk duct. A needle biopsy revealed malignant cells that had not yet formed a tumor. Angela was diagnosed with pre-stage 1 breast cancer. Her doctor told her that most of the malignant cells had been removed with the needle biopsy, but recommended a lumpectomy to remove the affected tissue, followed by radiation.

Oren Cahlon, MD, board-certified radiation oncologist, recommended a type of radiation, new in 2011, that offered the dose of radiation to the patient while lying in a prone position, rather than on their backs. This position allows radiation to be delivered to the tumor while reducing exposure to the heart and lungs.

Each day, prior to her radiation treatment, Angela would exercise at the CentraState Fitness and Wellness Center. She credits this exercise regime with helping to relieve the stress of her cancer diagnosis.

Angela also continued to work daily while getting treatment and credits the routine with keeping her mind off of the illness. The support of her family, friends and co-workers also helped Angela during this difficult time. “Everyone told me, don’t hesitate to ask, whatever you need we will help you with.”

Angela explains, “I feel very lucky that the cancer was caught at such an early stage; it feels like a second chance for me.” As for the care she received from CentraState, “The radiation oncology staff was amazing! They offered me a lot of comfort.” She also recalls Dr. Cahlon reassuring her that she would be fine. “I remember him telling me to put it in my mind that the treatments worked and the cancer was gone.” She adds, “I really do feel as though it is behind me.”
Breast Self-Exam...

A monthly routine of breast self-exams (BSE) is one of the most important health habits women can adopt. Many breast lumps are discovered this way. While most breast lumps are not cancerous, identifying changes to your breast(s) and visiting a medical professional with any concerns you may have can play a key role in the early detection of cancer.

When to perform a self-exam

A BSE is a simple process. It requires only a few minutes of your time each month to perform a complete exam. The best time of the month to do the exam is seven to 10 days after the start of your menstrual cycle. For women who no longer menstruate, it is recommended that you choose the same day each month for performing your BSE.

The keys to successful breast self-exams are:
• doing them consistently every month; and,
• doing them in the same way each time, following recommended guidelines.

How to perform a self-exam:

Look for changes at the mirror; make sure you have good lighting.
• First, relax. Position yourself sitting or standing, whichever is most comfortable.
• With your arms at your sides, look for changes in your breasts—lumps, thickenings, dimples or changes in the skin texture or appearance.
• Next, raise your arms above or behind your head, again looking for changes.
• Then, with your hands on your hips, press down and tense your chest muscles. This will make any changes more prominent. It may be helpful to lean forward just a bit from the waist so your breasts are not lying on the chest wall.

Feel for changes.

Research suggests that the most thorough technique for performing a BSE is the “vertical method”—in which the fingertips are moved up and down each breast in column fashion from one side of the breast to the other.

However, the best method ultimately is the one you are most comfortable using every month to check all of your breast tissue. Ask your health care provider for advice on your technique.

When you are lying on your back, the breast tissue spreads more evenly over the chest wall and is as thin as possible, making it much easier to feel all of the breast tissue.

• Once you are lying on your back and are comfortable, place your right arm behind your head.
• Place a pillow or rolled towel under your right shoulder.
• Use the pads of the index, middle and ring fingers on your left hand feel for lumps in the right breast.
• Use overlapping, dime-sized, circular motions of the finger pads to feel the breast tissue.
• Feel a small portion of the breast at a time, until the entire breast has been checked.
• Use three different levels of pressure to feel all of the breast tissue:
  1. Light pressure to feel the tissue closest to the skin;
  2. Medium pressure to feel a little deeper; and
  3. Firm pressure to feel the tissue closest to the chest and ribs. If you are not sure how hard to press, talk with your healthcare provider. Use each pressure level in each spot before moving to the next area. Be sure to check the entire breast area going down until you feel only ribs and going up to your neck or collarbone.
• Repeat the exam on your left breast with your right hand.

If You Have Breast Implants:

• Perform the self-exam using the techniques listed above.
• Also perform the self-exam while displacing or moving the implant and feeling above, below, behind and side to side of the implant.

If you find a change that concerns you, call your health care provider promptly.
Clinical Trials...

CentraState is a Comprehensive Community Cancer Program accredited by the American College of Surgeons (ACoS) Commission on Cancer (CoC) and participates in research and clinical trials.

Jayne Craig, PhD, RN, manager of clinical trials, explains the clinical trials program at CentraState Medical Center, “We routinely recruit patients to participate in clinical trials for cancers such as breast, colorectal, lung and prostate. We also develop protocols for phenomenological research, which are studies used to describe an experience as it is actually lived by a person.” In addition, Jayne explains, “We also routinely recruit men and women for cancer prevention studies sponsored by the American Cancer Society and other national cancer groups.”

If you are interested in learning more about the cancer clinical trials available through CentraState, please call our clinical research department at (732) 294-5874.

Genetic Counseling...

One way to help predict cancer is through genetic testing. Some cancers have a tendency to be passed down, or inherited, within a family. But it may be difficult to decide whether to have genetic testing. To help you or a family member with this decision, genetic counseling is offered at CentraState’s Statesir Cancer Center. Genetic counselors, nurse practitioners, oncology specialists, and other health care professionals offer genetic counseling and testing; education; risk assessment; a physical exam; follow-up planning; and emotional support. The team can also help you gain access to appropriate clinical studies.

Classes, Lectures and Screenings...

Learning to stay healthy, early detection and support before, during and after cancer treatment are integral parts of the Statesir Cancer Center at CentraState. At the Star and Barry Tobias Health Awareness Center (HAC) at CentraState Medical Center, community members have several options from which to choose for cancer prevention, health and wellness, education and support groups.

Here are just a few of the programs and activities we offer at the HAC:

- Prostate, colorectal, thyroid and skin cancer screenings. Regular cancer screenings are part of a healthy lifestyle, and play a vital part in early detection of cancer, which increases your chances of survival.
- Integrative (holistic) therapies and activities such as meditation, guided imagery and Qigong are also available.
- Lectures by board-certified physicians who specialize in diagnosing and treating cancers.
- Nutrition and exercise classes.
- Smoking cessation and prevention classes.

To learn more about the free and low-cost classes, lectures and screenings offered at the Star and Barry Tobias Health Awareness Center, please call (732) 308-0570.

Support Groups...

CentraState Medical Center hosts support group meetings for patients, their families and community members to provide coping and encouragement during any stage of the cancer journey. The current support groups include:

- Breast Cancer Support Group
- Colorectal Cancer Self-Help Group
- Leukemia/Lymphoma Support Group
- Prostate Cancer Support Group

For a list of our current support groups and meeting locations, please call our cancer navigator at (732) 637-6365 or visit www.centrastate.com/cancersupport
Support When You or a Loved One is Diagnosed…

Coping with a diagnosis of cancer may be a challenging, confusing, overwhelming time for you and your loved ones. It can affect every aspect of your day-to-day life, but know that you are not alone. When you first receive a diagnosis of cancer at CentraState, a cancer navigator will begin the steps to help guide you through the process. The cancer navigator is a trained professional with extensive knowledge about cancer symptoms, treatment and resources.

Sharon Lorfing, APN-C, nurse navigator, explains her role. “I’m here to help you along your journey. I can answer your questions about diagnosis, as well as the treatment options that your doctors present to you, but also be here providing the emotional support and guidance you and your family may need.”

CentraState’s Cancer Navigator Program can assist patients and their families throughout the entire cancer care continuum.

Navigation services include:
- Directing you to resources for diagnosis, treatment and recovery
- Helping you and your family understand your diagnosis
- Coordinating appointments with providers to ensure that you receive timely diagnosis and treatment
- Assisting with arrangements for language translation services
- Recommending support groups, classes, and other programs for information and support
- Linking you with appropriate follow-up services

Patients and their families may access the Cancer Navigator Program, at no charge, at any point during the patient’s diagnosis or treatment. To contact the cancer navigator, please call (732) 637-6365. For more information, send an email to CancerNavigator@CentraState.com.

Patient Testimonial

Mary Herr of Spring Lake was first featured in the May/June 2012 issue of Healthy Directions with nurse navigator Sharon Lorfing. Mary was diagnosed with non-Hodgkin’s lymphoma in December 2011. Board-certified oncologist/hematologist Bhavesh Balar, MD, successfully treated Mary, who has been in remission for more than a year.

After her first round of chemotherapy, Mary was hospitalized for four days. She describes the care she received on the oncology floor as being wonderful. She explains, “The nurses were extremely caring and kind and offered me reassurance.”

She also notes that Sharon, as the nurse navigator, provided invaluable service. Mary comments, “Sharon is really wonderful. She is a real treasure at CentraState. She is calm, cool and collected and has always given me strength.”

Along with her strong faith, Mary is also grateful to Dr. Balar. “Kind, caring and intelligent are all words to describe Dr. Balar. He took the time to answer questions from not only me, but also my husband and children. It wasn’t just about my cancer journey; he was kind and reassuring to me as a person.”

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Robotic Surgery...

CentraState’s Robotic da Vinci® Surgical System is an advanced, minimally invasive approach to cancer treatment. It enables specially trained surgeons to offer an alternative to traditional, open surgery for procedures considered too complex or delicate to treat using standard, minimally invasive technology, such as a prostatectomy or a hysterectomy.

Robotic surgery can be used for patients with colorectal cancer, prostate cancer, kidney cancer or bladder cancer, as well as for women suffering from heavy periods, fibroids or endometriosis.

CentraState continues to grow and diversify its surgery program with board-certified and fellowship-trained colorectal surgeon, Thomas Kayal, MD, performing the first robotic colorectal cancer surgery in Monmouth County using our newly upgraded surgical system. Led by Troy Sukkarieh, MD, our director of robotic surgery, our physicians are also among a select group of surgeons pushing the frontiers of robotic-assisted surgical techniques, techniques such as single incision laparoscopic surgery (SILS), which has gained acceptance as the least invasive of all techniques. All the work is performed through one small incision.

The Melanoma Center...

At CentraState’s Melanoma Center, our dermatologists and surgeons specialize in the prevention, diagnosis and treatment of skin cancer. We offer a thorough approach to care that includes the only hospital-based MoleSafe screening program in the state.

MoleSafe is an invaluable surveillance tool for both high-risk or previously diagnosed skin cancer patients. Using a specialized digital camera, a trained nurse takes head-to-toe photos to create an electronic record of your skin. This record can be used during regular follow-up visits as a baseline for detecting changes in existing moles and lesions, as well as spotting any new ones. Results from the MoleSafe screening are assessed and diagnosed by a melanoma dermatologist, and a detailed report is sent to your doctor that includes recommendations for treating and monitoring suspicious lesions.

To learn more about the Melanoma Center or to request an appointment, please call (855) 5-NJ-SKIN.

Courage is being afraid but going on anyhow.

~Dan Rather
Palliative Care Services…

Palliative care is not end-of-life-care and it is not hospice. Mary Ann Cole, RN, explains, “Palliative care offers support to those people living with a life-threatening, progressive or incurable illness that can present many challenges for patients and their families.” Palliative care is a team approach to medicine focused on preventing or relieving pain and other physical, emotional and/or spiritual distress that can accompany serious illness.

Palliative care services at CentraState Medical Center are coordinated by a dedicated hospice and palliative care physician and palliative care nurse, and are designed to optimize the quality of life for patients and their families. These services include:

• Pain and symptom management
• Therapy to maintain and improve patients’ ability to perform the tasks of daily living
• Emotional and spiritual support for patients and their caregivers
• Education and support groups for patients and their families
• Complementary therapies to help ease stress and enhance comfort
• Guidance on insurance verification and approval
• Help with planning for discharge from the hospital
• Assistance with end-of-life planning and decisions
• Help with transitioning to hospice if appropriate

Patients need a referral from their primary care physician to receive palliative care services. For more information, call CentraState’s palliative care nurse at (732) 303-5181 or send an email to palliative@mycentrastate.com.

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

~Eleanor Roosevelt
Physical Therapy Programs...

The Review, a cancer journal for clinicians (an American Cancer Society Journal), finds that most cancer survivors are living with some kind of physical and/or emotional problem, which often goes undetected and, therefore, untreated. According to the review, such impairments can decrease a survivors’ quality of life and may result in permanent disability.

CentraState offers a variety of physical, speech and occupational therapy programs to help cancer survivors recover to the level of physical and mental functioning that they were at before the disease.

**Physical and Occupational Therapy:** Patients who have completed their cancer treatments may be facing a variety of challenges, including loss of mobility, fatigue, and fear of physical activity that could lead to disability. Therapists work with patients, developing individualized therapy programs to help them regain their physical and cognitive functioning so that they can return to the level of functioning, in life and work, as they enjoyed prior to their illness. After completing therapy, patients are often referred to CentraState’s Fitness & Wellness Center for continued strength training to restore and improve overall health.

**Cognitive Therapy:** Patients often feel the effects of a brain fog after completing chemotherapy. To help mitigate the effects to the brain from cancer treatments, speech language pathologists develop therapy regimes to challenge the brain and increase a person’s ability to learn, minimizing the sense of being in a brain fog.

**Lymphedema Therapy:** For patients receiving surgery with cancer in the breast or head and neck, the painful condition of lymphedema, a swelling in the tissue surrounding the lymph system, can be a common problem. The nine full-time lymphedema therapists on staff at CentraState begin working on lymphedema therapy prior to surgery to prevent lymphedema from ever occurring and minimize complications following surgery. The therapy team can also treat patients with lymphedema, to improve functioning and reduce pain, if necessary. As with most treatments, early intervention therapy for lymphedema is best.

**Aquatic Therapy:** Patients can benefit with regaining function in their lower extremities following aggressive chemotherapy treatments, while at the same time reducing fatigue through aquatic therapy. Patients with lymphedema also benefit from aquatic therapy. Aquatics offer the needed therapy to help patients get back to moving and being active following their cancer treatments. With pools on campus at the CentraState Fitness & Wellness Center in the Star & Barry Tobias Ambulatory campus, CentraState is a leader in the integration of aquatic therapy.
Our Tumor Boards...
A Comprehensive Review of Treatment Plans…

CentraState offers bi-weekly general, lung and breast tumor board reviews in which a number of doctors, who are experts in different medical specialties, review and discuss the medical condition and treatment options of select patients. This multidisciplinary approach allows medical, surgical and radiation oncologists to review the treatment plan for challenging, individual cases. A team of physicians are able to collectively offer their input on the best plan of care offering patients truly personalized treatment plans.

Lung Cancer Screening...

The Comprehensive Lung Care Program at CentraState Medical Center, in conjunction with Freehold Radiology Group, is now offering free, low-dose CT screenings, using a state-of-the-art 64-slice CT scan, for those individuals considered at high risk for developing lung cancer. Participants will be screened once a year for three years. To receive the free CT scans, participants must:

- Be a current or former smoker age 55 to 74
- Have smoked for 30 pack years or more
  (1 pack a day for 30 yrs, 2 packs a day for 15 years, etc.)
- Still be smoking or have quit in the past 15 years
- Not have existing nodules

For more information, and to determine your eligibility, please contact CentraState’s nurse navigator at (732) 637-6365.

Patient Testimonial

Vincent Stasio of Manasquan was featured on the cover of the November/December 2011 issue of Healthy Directions. In March 2011, Vince received devastating news—he had Stage 4 colon cancer that had metastasized in his right lung.

Despite the horrible news, Marie, an old family friend, asked for his scans and reports so that she could ask her boss, Edward Soffen, MD, board-certified radiation oncologist, to review the reports. Dr. Soffen told her Vince needed to immediately go to Bhavesh Balar, MD, board-certified oncologist/hematologist, for a second opinion.

Dr. Balar examined the reports and scans, but questioned the accuracy of the diagnosis. He did research, consulted with his colleagues at CentraState and sent the scans and reports to another oncologist at Johns Hopkins for a third opinion. Everyone agreed that Vince did not have metastatic colon cancer, but stage 1B lung cancer.

Vince met with board-certified thoracic surgeons, Jean-Phillipe Bocage, MD and Robert Cacavalle, MD, who performed video-assisted thoracic surgery, which Vince describes as “easy.” “I was out of the hospital and back home within 24 hours,” Vince says. Following surgery, Vince had chemotherapy.

It’s been three years since his diagnosis and he has had follow-up surgery to remove a second small spot on his left lung and liver, but feels good and is cancer-free.

“Without a doubt, I know that Dr. Balar saved my life. I can’t begin to thank him enough for doing the research and seeking out other professional opinions to correctly diagnose me.’ Vince says, “The moral of the story is, get a second opinion. If Dr. Balar hadn’t correctly diagnosed me, I don’t think I’d be here today.”
Nutrition Services...

Aimee Crant-Oksa, RD, clinical manager, is one of the registered dieticians available to help patients, going through cancer treatments. “When patients are going through radiation therapy, depending on what part of their body is affected, I can offer them specific, one-on-one nutrition tips to help them better manage their radiation side effects and also offer them recipes and tips to make sure meals are more calorie and protein dense.”

She adds, “For patients undergoing chemotherapy, we can offer advice on how to better manage the nausea that many patients deal with. We also work on giving them advice on how to stay active during treatments to help them cope with fatigue and just generally feel better.” One of the likely benefits of the nutrition counseling is to help patients enjoy their favorite foods with some modifications and eat the same meals that their family is enjoying.

Our dieticians also offer one-on-one, outpatient nutritional counseling to help patients with their dietary needs including help with weight gain, battling fatigue, weight loss and gastrointestinal complications. Aimee adds, “After a patient has completed their cancer treatment, they are often very motivated to adopt healthier lifestyle choices. We talk to them about following a plant-based diet with a focus on eating more whole grains, fruits and vegetables and exercising. As a dietician, it’s rewarding to help patients during treatment and then work with them to adopt a healthier lifestyle.”

For more information about the nutrition counseling services available at CentraState, please call (732) 294-2766.

Nutrition is one of the most important factors and often one of the biggest challenges faced by patients undergoing chemotherapy. The medication can play havoc with your taste buds and effect your reaction to food smells and textures.

Eating high-quality food and staying hydrated are both key to maintaining your strength. Study the food recommendation list your doctor provides and discuss it with whoever will be helping prepare your meals. This list should also include specific items to avoid, such as:

- Hot, spicy, or strong-smelling dishes
- Fatty, greasy or fried foods
- Very sweet, sugar-laden desserts
- Large, heavy meals
- Unwashed fruits and vegetables
- Raw and undercooked meat and fish (sushi)
- Raw milk products
- Restaurant salad bars and buffets

Dehydration can make you feel even more tired. You should drink at least three quarts of water every day to wash the chemicals through your system. Staying hydrated also helps to minimize nausea.
A Delegation of Chinese Physicians Participate in a Week-Long Training Program

Internationally distinguished, board-certified, interventional radiologist Ken Tomkovich, MD, medical director of interventional radiology, hosted a group of eight radiologists from China at CentraState for a week in May 2012. While here, the physicians learned new techniques in diagnosis and interventional radiology for breast cancer, the first time such an educational program on breast imaging and minimally invasive biopsy has taken place between the United States and a group of physicians from China.

Dr. Tomkovich came to the attention of the medical community in China through his publications on breast imaging and interventions. One of the first comprehensive women’s centers in China offering breast medical imaging and interventional procedures was developed as a result of Dr. Tomkovich’s published work.

More physicians from China are planning to train at CentraState over the next few years.

Cancer Registrar Works with the Government of Pakistan and Private Hospitals on Establishing Cancer Registries

Uzma Rizwan, Commission on Cancer program supervisor who oversees the cancer registry at CentraState, is devoted to accurate and useful data and has earned respect from peers both here and abroad. Since 2005, she has been working with Pakistan’s government and private hospitals to establish cancer registries and offer training in her native Pakistan. Her work has included lectures, consultations at hospitals and workshops lasting up to two weeks in regions throughout the country.
Recognition for our expertise in cancer care…

• CentraState’s Cancer Program is accredited by the American College of Surgeons’ Commission on Cancer as a Community Hospital Comprehensive Cancer Program. This accreditation body sets standards for cancer care programs in the U.S., promoting a multidisciplinary approach to cancer treatment among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists.

• The American College of Radiology (ACR), a national organization that sets quality standards for radiation oncology, has reaccredited CentraState Medical Center’s Radiation Oncology Program since 2003, demonstrating a consistently high level of patient care in this program.

• The Star and Barry Tobias Women’s Health Center, named a Breast Imaging Center of Excellence by the American College of Radiology (ACR), uses digital mammography, enabling our radiologists to magnify and sharpen images to focus on areas of concern.

• For our strong commitment to the health of employees and their families, CentraState received the CEO Cancer Gold Standard™ accreditation from the CEO Roundtable on Cancer.

• A prestigious certification was awarded to The Star and Barry Tobias Women’s Health Center—designation as a Pink Ribbon facility by Hologic, the makers of Selenia digital mammography, a select health care resource that offers the latest technology for breast cancer detection. The recognition cites The Women’s Health Center for excellence in breast care, including patient support for women in the community.

• Statesir Cancer Center at CentraState is affiliated with the John Theurer Cancer Center at Hackensack University Medical Center.
CentraState Named a Top Hospital in New Jersey

The April issue of The Star Ledger’s Inside Jersey magazine features its Castle Connolly Medical Ltd.’s listing of New Jersey’s Top Hospitals in 2013, and CentraState Medical Center has risen near the top. Our facility was rated the No. 2 hospital in the state among hospitals with 350 or fewer beds.

CentraState was also ranked highly in the following categories (350 or fewer beds):

- Top Hospitals for the Treatment of Breast Cancer: No. 2
- Top Hospitals for the Treatment of Prostate Cancer: No. 2
- Top Hospitals for Hip and Knee Repair: No. 2
- Top Hospitals for the Treatment of Congestive Heart Failure: No. 3
- Top Hospitals for the Treatment of Strokes: No. 2
- Top Hospitals for High-Risk Pregnancy: No. 2
- Top Hospitals for the Treatment of Neurological Disorders: No. 2
- Registered Nurses Always Communicated Well: No. 2 (tied)

Licensed physicians throughout the state provided rankings for their top hospitals, which were then compiled by the third-party firm, Castle Connolly.

Congratulations to all of the physicians, employees and volunteers at CentraState who deserve this well-earned recognition!

CentraState Honors Nursing Excellence Award Winners

CentraState recently honored seven RNs with its 11th annual Nursing Excellence Awards for demonstrating exceptional clinical skill and leadership in the hospital and in the community.

Since 2005, CentraState has held Magnet® recognition status from the American Nurses Credentialing Center, which is considered the “gold standard” for measuring excellence in nursing and patient care. Nurses who win the Nursing Excellence Awards must demonstrate Magnet program ideals, including leadership, scholarship and clinical excellence.

The 2013 award winners are (from left to right): Karen Goglia, RN, AD, Critical Care/Emergency Services Award; Eileen Ammon, RN, BSN, CNOR, and Helen Bueti, RN, BSN, CGRN, Perioperative Services Award; Renie Ebreo, RN-BC, BSN, MSN, Mental Health Services Award; Mary Foster, RNC, Maternal/Child Health Services Award; Vickie Moon, RN-BC, Medical Surgical Services Award; and (not pictured) Judy Howley, RN, BSN, CDP, Long-Term Care Services Award.