

# Shaping cancer care in revolutionary ways

Sanford Bemidji Cancer Center  
2017 Annual Report

# What's Stronger than cancer?



Elie Chalhoub, MD  
Medical Oncology  
Hematology

Peter Friedell, MD, FACP  
Medical Oncology  
Hematology

Jasmine Kamboj, MD  
Medical Oncology  
Hematology

Beth Ann Korczak, PA-C  
Oncology  
Hematology  
Breast Health

Ross McBride, MD  
Radiation Oncology

Nichole Hassebroek, CNP  
Oncology  
Hematology  
Palliative Medicine

# Sanford Bemidji Cancer Center

Edith Sanford Breast Center  
Breast radiology,  
mammography and  
clinical examinations  
1233 34th St. NW  
Bemidji, MN 56601  
(218) 333-4624

1705 Anne St. Clinic  
Medical oncology,  
hematology, infusion center  
and infusion pharmacy  
1705 Anne St. NW  
Bemidji, MN 56601  
(218) 333-5407

Radiation Oncology  
1233 34th St. NW  
Bemidji, MN 56601  
(218) 333-4600

## Coming in 2018

Sanford Joe Lueken  
Cancer Center brings all of  
Sanford Bemidji's cancer  
services under one roof.

# A letter from cancer team leadership

## Reaching the next level of cancer care

Sanford Bemidji Cancer Center is transforming patient care for our region. As the largest cancer care facility in northern Minnesota, we offer the most advanced patient care and treatment options. From state-of-the-art equipment and innovative technology, to the latest procedures, patients experience exceptional care and support during a challenging and difficult journey.

Our nationally accredited cancer program saves thousands of lives, and we continue to expand our programs, facilities and staff to meet our community's unique needs. A comprehensive range of medical specialties, including oncology, hematology, radiology, surgery, pathology, research and more, ensures our patients receive their treatments close to home.

The year was a year of development and expansion. This year we welcomed radiation oncologist Ross McBride, MD. Dr. McBride specializes in the most advanced treatments, including stereotactic body radiation therapy, which precisely targets and destroys cancer tumors. We also welcomed Rick Peters, a radiation oncology medical physicist. This is the first time Bemidji has had a full-time medical physicist in radiation oncology, and we are excited to have him oversee safe, effective delivery of treatment. We were also fortunate to have Nichole Hassebroek, certified nurse practitioner (CNP) in hematology, oncology and palliative medicine, bring her superior skills and expertise to our team.

From its earliest days, Sanford Bemidji has set the benchmark for patient-centered care. With the opening of the Sanford Joe Lueken Cancer Center in 2018, we will continue our strong momentum. It is exciting to see the completion of a five-year endeavor that will take cancer care to the next level.

The construction of this new facility is possible due to the generous support of donors to the Care Without Limits campaign. The Sanford Health Foundation of Northern Minnesota and our community donors helped raise over \$4.8 million of the \$12 million needed.

The 20,500-square-foot cancer center will bring all of Sanford Bemidji's cancer services under one roof, providing a seamless patient experience and enhancing the services we already offer. With 20 infusion suites, 15 exam rooms, an on-site pharmacy and lab services, a boutique, and many other patient amenities, we will be able to serve more patients and save more lives right in our own community.

We are proud of what we have achieved, and it would not be possible without a team of extraordinary staff and a remarkable community supporting us at every moment. Thank you for helping us change cancer care and pursue cutting-edge research. We look forward to the years ahead.



**Elie Chalhoub, MD**

Medical Oncology,  
Hematology

Sanford Bemidji Cancer  
Committee Chair

# Live each day to the fullest



*Jay and Mary Forney have stood by each other through every up and down, and continue to be each other's greatest champion.*

## A cancer survivor guides others through treatment

The importance of a support staff when someone is battling cancer cannot be overstated. While loved ones support in the best way they know, they cannot understand the daily struggles of having cancer. Only the patient truly comprehends the emotional and physical fight that occurs on a daily basis, and cancer survivors and fellow cancer patients understand and are invaluable as support.

“As empathetic and sympathetic as you try to be, if you don’t have the cancer, you don’t understand,” says Jay Forney. “Many times my wife, Mary, or someone else would say something to try to help me get through, but I would have to tell them they really don’t understand.”

### An unexpected diagnosis

During the summer of 2015, Forney spent much of each day playing music and golfing. One day he noticed a lump on the left side of his throat. A few weeks later, it was still there. After consulting with

his primary physician, William Muller, MD, of Sanford Bemidji, Forney was referred to a specialist. He met with Sanford surgeon Mark Claussen, MD, who performed a biopsy and later removed the tumor.

“When the biopsy result came back, I was stunned! I didn’t have any symptoms except that lump, but the biopsy showed I had stage 4 cancer,” Forney explains.

That diagnosis changed everything for Forney and his family.

### The battle begins

Forney aggressively tackled the cancer with surgery, a feeding tube inserted through the abdomen and the installation of a port – plus seven weeks of radiation and chemotherapy. His regimen included a chemotherapy session once a week and radiation treatments Tuesday through Friday.

“Fortunately, Sanford has the ability to deliver all of the treatments locally,” he says. “That was a real

blessing. If I had to travel for the treatments, it would have meant staying away from home five days a week and driving back and forth every weekend. But with the treatments available in Bemidji, I could go home each day, sleep in my own bed and try to live as well as I could.”

“I also was able to golf as well as record and play my music for the first four or five weeks,” Forney adds. “But after a while, the cumulative effect got to me.”

The wear and tear on his body and his mind took its toll. At times, he was close to giving up the fight.

“At one point things got so dark that I didn’t care if I lived or died,” explains Forney, who was 61 years old when he started treatments. “Between the medications, the inability to eat and the treatments, I wasn’t living. I was just existing.”

*(continued on next page)*

(continued from previous page)

## The importance of support from fellow cancer patients

“Having a strong caregiver is as important as anything else in the treatment and recovery process,” says Forney. “Fortunately, Mary was with me the entire time. She stood by me when I wasn’t very nice. Mary has been a rock through all of this.”

The one thing Forney didn’t have was people to lean on who fully understood what he was going through as a patient.

“The closest person I had was my friend, Rick, who had cancer,” Forney explains. “Rick played the banjo in Thief River Falls, and he was like the Energizer Bunny™. But it turned out that he had a rare soft-tissue cancer that started in his leg.”

**“As a survivor, you learn you have to enjoy each day. You have to make each day interesting and fulfilling.” Jay Forney**

When Rick’s tumor was analyzed, it was found to be cancerous. Doctors advised him to have the leg removed, but Rick opted for just the extraction of the football-sized tumor.

“They told Rick that, if the leg wasn’t amputated, the cancer would eventually kill him,” Forney says. “Rick thought he would get through the treatments and bounce back. But there was no magic bullet for him. For eight years, Rick knew he was going to die because he didn’t let them cut his leg off. And about a month and a half ago, Rick died.”

“Rick understood it,” explains Forney. “Rick went through it.”

Forney also understands, and he is happy to help guide others through the long and difficult times ahead.

## A unique resource for cancer patients

“Everybody’s journey is different, and the last thing anyone needs from me is to talk about the hell that I went through and that they will likely go through,” says Forney, who has become a volunteer mentor for Sanford Bemidji. “I don’t tell anybody what to do. How they handle things is their decision. If they want to know, I will relay to them what I did, what worked for me and what didn’t work for me.”

“I don’t consider myself as a mentor,” Forney continues. “I think of myself more as a resource, and if I can help somebody, I’m happy to do it.”

During the low point of his treatment, Forney wasn’t in the mood to seek anybody’s help. Now, however, he has had the chance to reflect and recall what and who made his recovery possible.

“Once I started caring again, I realized the support I had,” Forney says. “The oncology staff, the radiology staff, (Sanford nutritionist) Heather Knutson, my doctors, my family and friends – everyone was instrumental in my recovery. If I can help make somebody’s day fulfilling, I’m happy to do it. The trepidation a cancer patient feels, I can understand. I’ve been there, and I would like to give back.”

## A new view on life

“Your outlook on life is different after surviving cancer,” Forney continues. “For me, everything now is a ‘new normal.’ My new responses for people who ask how I am doing are, ‘I’m vertical’ and ‘This is better than the alternative.’ As a survivor, you learn you have to enjoy each day. You have to make each day interesting and fulfilling.”

Family and friends, golf, music, volunteering and substitute teaching

make Forney’s days interesting and fulfilling. A different cancer patient will rely on his or her own passions to get through the tough times. And volunteers in Sanford’s mentor program can help guide each patient in the right direction.

“I’m still dealing with the emotional roller coaster that is cancer,” Forney concludes. “Cancer isn’t the death sentence it once was, but when you are having the treatments, you still think you are going to die. To help you get through those tough times, you need family and friends, but you also need passions. You need to turn your hobbies into passions that become important parts of living life to the fullest and in making life interesting.”

Forney’s post-cancer treatment life is different, but it is never boring. He won’t allow that to happen. And, as a Sanford mentor, he is happy to show others how to do the same.

*Everyone needs passion in life. For Jay Forney, his family, friends, golf, music and helping people make each day fulfilling.*





## myCancerSurvivorMentor

*When confronted with a diagnosis of cancer, your initial thought may be that you are alone in this battle. Feel assured you are not.*

Here at Sanford Health, **we offer you the opportunity to talk with and gain insight from a survivor mentor** based on age at diagnosis, stage of disease, anticipated treatment plan, or individualized concerns.

### These survivor mentors are trained to:

- Help enhance communication with your health care provider
- Provide tips and tricks to help with your treatment and recovery
- Listen to questions and concerns
- Link you to helpful services
- Give you tools to be an active participant in your health care

This survivor mentor becomes a member of your support team. This familiarity helps reduce the stress and anxiety that comes with a cancer diagnosis, treatment and beyond.

**To connect with a survivor mentor, call (218) 333-5401.**

# SANFORD

## Cancer Survivorship

*embracing life after cancer*

# A commitment to quality care

## The benefits of accreditation for patients

Sanford Bemidji Cancer Center holds many accreditations. Accreditation is a formal process where outside reviewers determine whether our organization meets or exceeds standards of care. It is an important measure of quality, designed to improve safety and the patient experience. For patients, accreditation demonstrates our cancer team's commitment to delivering high-quality, patient-centered care and access to a full spectrum of cancer services to diagnose, treat and support patients.

Our accreditations include:

- The American College of Surgeons' Commission on Cancer (CoC)
- The National Accreditation Program for Breast Centers (NAPBC) through the American College of Surgeons
- National Quality Measures for Breast Centers (NQMBC)
- The Joint Commission
- The American College of Radiology for:
  - Radiation oncology
  - Stereotactic breast biopsy
  - Breast ultrasound



# EDITH SANFORD BREAST CENTER

Sanford Bemidji is proud to serve women's breast health needs at the Edith Sanford Breast Center. Located in the lower level of the Sanford Bemidji Main Clinic, our center provides everything a woman needs for breast care in one convenient location, including:

- Mammogram scheduling without a physician referral
- On-site 3D screening and diagnostic mammograms
- Breast biopsies and ultrasounds
- Breast MRIs
- Certified clinical breast examiner
- Consultations with clinical provider
- Athena Breast Health Network and Wisdom Study
- Certified breast care nurse
- Certified breast nurse navigator
- Fellowship-trained radiologist
- Fellowship-trained surgical oncologist
- Nationally accredited technologists, nurses and staff
- Genetic counseling and testing

*Call (218) 333-4624 to schedule your mammogram or clinical breast exam.*

**NAPBC**

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS  
ACCREDITED BREAST CENTER

**SANFORD**  
Edith Sanford  
BREAST CENTER

## A multidisciplinary approach earns reaccreditation

### Sanford Bemidji Cancer Center exceeds standards

In 2017, Sanford Bemidji Cancer Center achieved reaccreditation from the Commission on Cancer (CoC) of the American College of Surgeons, which is dedicated to improving the quality of care for cancer patients. The CoC recognizes programs that continuously provide comprehensive, patient-centered care close to home and has granted three-year national accreditation to our cancer program at Sanford Bemidji Cancer Center.

Three-year accreditation is awarded only to facilities exceeding standard requirements. To earn voluntary CoC accreditation, our cancer program has to meet or exceed 34 CoC quality care standards, be evaluated every

three years and maintain levels of excellence.

This means Sanford offers the highest level of cancer care – achieved by only 30 percent of hospitals in the U.S. We take a multidisciplinary approach to treating cancer as a complex group of diseases. Our entire team of surgeons, oncologists, radiologists, pathologists and other cancer specialists consult regularly to develop an individualized plan and improve care for each patient. From prevention, early diagnosis and treatment to rehabilitation, follow-up and end-of-life care, our team is devoted to delivering the most advanced treatment options with care and compassion.



look good **feel better**  
[LOOKGOODFEELBETTER.ORG](http://LOOKGOODFEELBETTER.ORG)

### Group workshops held at Sanford Bemidji Medical Center

Look Good Feel Better® is a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation.

Learn specific techniques to help make the most of your appearance while undergoing treatment. The cosmetic tools needed during the workshop will be provided to participants free of charge.

Registration is required. Call the American Cancer Society at (866) 460-6550.



*Radiation oncologist  
Dr. Ross McBride consults with  
medical physicist Rick Peters.*

## Technology and teamwork accelerate cancer care

### How stereotactic treatments are expanding options

Technological advances and cutting-edge science now allow physicians to fight various cancers as never before. Rather than using open surgery, physicians can treat patients through minimally invasive treatment options, removing tumors and performing surgeries without having to make large incisions. And at the Sanford Bemidji Cancer Center, the latest treatment options are available to cancer patients close to home.

#### Understanding stereotactic treatments

The most innovative options available include stereotactic radiosurgery (SRS) and stereotactic body radiotherapy (SBRT). SRS is a non-surgical procedure that delivers precisely targeted, high-dose radiation to a target in the brain in a single treatment, compared to traditional radiation therapy that delivers that same treatment over many days.

SBRT is a similar high-dose radiation treatment delivered to targets in the body in five or fewer treatments and is a treatment option for some patients with tumors in the lung, liver, abdomen, spine, brain or prostate.

To be effective, stereotactic treatments must be delivered with extreme accuracy in order to concentrate the energy (called dose) within the target, while minimizing any damage to the surrounding normal tissue.

*(continued on next page)*

*(continued from previous page)*

“Our understanding of cancers and advances in technology are really changing how we do things,” says radiation oncology specialist Ross McBride, MD, of Sanford Bemidji Cancer Center. “There are many different types of cancer, and each behaves differently. In addition, each patient’s situation and anatomy are unique, requiring a customized treatment approach. To do this, we have to use the right tool in the right situation at the right time.”

The extreme accuracy of these treatments requires detailed imaging and localization techniques that determine the exact coordinates of the target within the body. Through advanced imaging, a person’s scan essentially shows his or her anatomy over time, accounting for movement caused by breathing, heartbeats, and the filling and emptying of organs. Also involved are devices to immobilize and position the patient, change the intensity and focus of the radiation beams, and imaging to confirm the tumor’s position before and during the delivery of the radiation.

High-definition multi-camera imaging systems monitor the patient’s position and movement throughout treatment, turning the radiation beam on and off in a fraction of a second if the patient’s movement varies more than a few millimeters from what was planned. These systems allow precise delivery of treatments to destroy tumors in critical locations without the need for anesthesia or invasive surgery.

“As the field becomes more technologically advanced, we have more tools in the toolbox,” explains Rick Peters, medical physicist at Sanford Bemidji Cancer Center.

“Each patient’s situation and anatomy are unique and require a customized treatment approach.”

Ross McBride, MD

“Now, because we have those extra tools, we have more treatment options we can offer patients.”

### **A team approach to patient care**

Besides technical tools, a dedicated team of health professionals, including medical physicists, planning specialists (dosimetrists), therapists, nurses and front desk staff is essential.

“The technology and the clinical side must work together,” Dr. McBride says. “This is a team process, and we have a great team.”

Dr. McBride joined the Sanford Bemidji team in July. Originally from Edmonton, Alberta, Canada, Dr. McBride received his medical education at The University of Texas Medical Branch School of Medicine in Galveston, Texas, and completed his residency at Henry Ford Health System in Detroit, Mich. Seeking a different lifestyle and an opportunity to work with people as dedicated to their jobs as he is, Dr. McBride knew Bemidji was the perfect fit.

“I’m serious about treating cancer, and Sanford is also serious about treating cancer. For me, Bemidji seemed to be a great place to live and to treat cancer,” says Dr. McBride.

“Both my parents were diagnosed with cancer while living in small towns. Their experiences compelled my interest in becoming a radiation oncologist and influenced my decision to become part of the Sanford Bemidji Cancer Center,” adds Dr. McBride.

### **Expanding patients’ treatment options**

Dr. McBride has a long history of performing SRS and SRBT, and his joining the team allows Sanford Bemidji to expand its offering of these cutting-edge treatments to the region.

“Since Dr. McBride has been here, we have gone from doing one or two of these treatments per month to doing one or two each week,” says Janel Reddick, an oncology services manager at Sanford Bemidji. “We have the resources to perform these treatments on-site, and we can offer many services on demand. With the addition of Dr. McBride and Rick, our team is able to evaluate a patient for these advanced treatment options.”

“I have been doing stereotactic radiotherapy my whole career. Technology advances have allowed us to expand this treatment option to more patients,” explains Dr. McBride. “Each situation is different and being able to control the radiation with more accuracy is important to reducing toxicity and improving outcomes.”

Dr. McBride concludes, “When I started in this specialty, treating prostate cancer in five treatments was impossible. Now, however, with advances in technology and the clinical trials that have been done, treating prostate cancer with SBRT has been incorporated into national guidelines. And that same option is possible for many other cancers as well.”



## New team members bring advanced treatments to Bemidji

### Stereotactic treatments change cancer care for community

Balance in his life motivated Rick Peters to search for another place to live and work. Building a new cancer treatment center and being a part of the process convinced him to move to Bemidji.

“I was working in Fort Collins, Colo., at a practice that did many advanced and complicated procedures,” Peters says. “I was looking for a place that had a little more life balance. So about two years ago, I looked for other positions, and I narrowed it to Rock Springs, Wyo., and Bemidji.”

“I grew up in Pipestone, so I was familiar with Minnesota. I also knew Bemidji was building a cancer center and that made my decision much easier,” explains Peters, who is now a medical physicist at Sanford Bemidji Cancer Center.

#### Ensuring everything functions precisely

A radiation oncology physicist’s first responsibility is to the patient, providing precise and safe delivery of all aspects of treatment. As a physicist, Peters works hand-in-hand with the radiation oncologist and the rest of the staff in treating patients through stereotactic radiosurgery (SRS) and stereotactic body radiotherapy (SBRT) procedures.

“Larger metropolitan centers have done SRS and SBRT for some time. These types of treatments are becoming more and more common because they are proving to be effective,” Peters says. “The radiation oncology department probably is one of the highest technology departments at Sanford Bemidji. The physicist ensures the technology accurately measures radiation output and is working in the manner that it’s designed to work.”

SRS and SBRT involve targeting tumors with precise and accurate doses of radiation. In order to accomplish that goal, staff members utilize advanced imaging and localization techniques to determine exact target coordinates. The patient is positioned before beginning treatment. Then, highly focused rays converge on the tumor and image-guided therapy tracks the tumor before and during the delivery of the radiation.

#### Another addition to the cancer care team

“We didn’t come as a package, but I was never so happy to see somebody,” explains Ross McBride, MD, who arrived in Bemidji in July. “Without Rick, I can’t do

anything. You can’t do this treatment by yourself. You need a great staff that includes a physicist.”

Since the arrival of Peters and Dr. McBride, patients at Sanford Bemidji Cancer Center are able to receive these advanced treatments closer to home. SRS and SBRT offer many other benefits for patients as well. Since they can be given in fewer sessions, other treatments are not delayed and patients make fewer trips to the cancer center. These treatments can also have better outcomes and fewer side effects than conventional radiation therapy.

“Sanford is very supportive of our cancer center and is giving us the support we require,” Peters concludes. “With a fully functioning cancer department, you need the latest, most advanced equipment. We will have that equipment when the new cancer center is completed. And that is exciting.”



## Eating to beat cancer

*Heather Knutson, registered clinical oncology dietitian, teaches Jay Forney healthy eating tips and tricks to stay energized.*

### Overcoming taste change and eating challenges

When Jay Forney began his aggressive neck cancer treatment in the fall of 2015, he weighed 194 pounds. Today, Forney tips the scale at 136 pounds, and he doubts much of the weight he lost will ever return.

“It’s a challenge for me to eat 2,000 calories in a day,” Forney says. “The ability to really enjoy a variety of food is one of the things I miss the most.”

Through the help of Heather Knutson, MS, RD, CSO, LD, clinical oncology dietitian at Sanford Bemidji, Forney is learning how to receive adequate nutrition, add a few pounds, enhance the taste buds and increase his energy level.

“I’ve always had interest in the way food impacts health and in the way the human body works,” Knutson

says. “When I was a student at the University of North Dakota, I fell into a nutrition course and that proved to be a natural fit for me.”

“Nutrients play a role in almost every metabolic process. Everything your body does is affected by the food you eat. Everything in the body is a series of steps, and the nutrients you consume are part of those steps,” adds Knutson.

#### A dietary transition

A patient with head and neck cancer faces some unique challenges when it comes to consuming food. In Forney’s situation, a gastrostomy tube, also called a G-tube or feeding tube, was needed during his treatment.

“I like to think of the G-tube (feeding tube) as the life preserver during

treatment,” Knutson explains. “With head and neck cancer patients, we work on a weekly basis to modify the foods they are able to take by mouth and balance that with what they need to take through the tube.”

For Forney, the main goal was to improve his energy. Through steadfastly following his treatment plan, Forney’s weight loss was managed to be as healthy as possible, while improving his energy levels.

“No two cancers or diagnoses are the same, so treatment has to be individualized to fit the patient,” Knutson adds. “It is incredibly inspiring to see what people can do when faced with extreme challenges. And it is a blessing to be able to witness the process.”

*(continued on next page)*

(continued from previous page)

Forney is continuing his dietary transition, but good things take time, dedication and hard work.

## A change in diet

“There are 80 muscles involved in swallowing, and I had to teach each of those muscles how to relearn the process,” he explains. “My taste sensation is so slight now that I get as much enjoyment out of a \$2 microwave chicken alfredo as I would an expensive dinner. About all I can taste is chocolate, and I can just barely taste that. Texture is what is important for me. My food has to be moist, soft and chewy.”

“The way people experience taste change is very different from person to person,” Knutson says. “There are different tricks and tips that we use to help make food taste better and to help the patient navigate through the side effects, such as dry mouth and trouble swallowing. There are many dietary challenges of survivorship including incorporating foods that help reduce risk of cancer recurrence.”

In many cancer instances, including Forney’s situation, a switch to a plant-based diet seems to be the most effective dietary option. These dietary changes take time, patience and support.

“Roots, vegetables, whole grains, seeds and nuts are all helpful when you are faced with the side effects of treatment. Adding these foods may be a challenge, but the goal is to navigate through them and resume life with a new way of eating,” Knutson says.

## A new plan to regain weight and strength

“The side effects of treatment can be very long lasting,” Knutson adds. “Fatigue and muscle mass loss can be very difficult side effects during treatment and can result from a combination of inactivity, inadequate

intake of food and nutrients, plus the physical demands of cancer treatment. Some fatigue is inevitable, but we try to use a combination of nutrition and physical activity to combat the fatigue. And the trick is to make sure the patient has enough intake to provide the strength for the physical activity.”

Forney continues on his path of recovery, and with the help of Knutson and the rest of the Sanford Bemidji medical family, many obstacles have been overcome.

“Everybody’s needs and desires for what they want out of the process are different, and we match the patient with a nutrition plan that fits the patient and the family,” Knutson concludes. “Our objective is to meet them where they are at and help them meet the goals they have set for themselves.”

“We match the patient with a nutrition plan that fits the patient and the family.” Heather Knutson



Makes 2 servings.

Per Serving: 214 calories, 2.5 g total fat (1 g saturated fat), 44 g carbohydrate, 6 g protein, 5 g fiber, 63 mg sodium.

Don't have frozen blueberries? Try frozen pineapple, cherries or mango.

## Blueberry Blast Smoothie

By Melissa Halas-Liang (aacr.org)

Smoothies have many benefits beyond good taste; they can help you eat more fruits and vegetables, the foundation of a cancer-protective diet. Frozen blueberries are the secret to the milkshake-like consistency of this smoothie. Rich in fiber, anthocyanins and ellagic acid, these little fruits are being studied for their ability to inhibit the formation of carcinogens.

Prep Time: 10 minutes

### Ingredients

- 2 cups frozen unsweetened blueberries (do not thaw)
- 1/2 cup orange juice (calcium-fortified preferred)
- 3/4 cup low-fat or nonfat vanilla yogurt
- 1/2 medium frozen banana
- 1/2 tsp. pure vanilla extract

### Directions

1. Place blueberries, orange juice, yogurt, banana and vanilla into blender container.
2. Cover securely and blend for 30 to 35 seconds or until thick and smooth. For thinner smoothies, add more juice; for thicker smoothies, add more frozen fruit.
3. Pour into two glasses and serve immediately.

*Janice, Jeff and Michael Lueken signed a beam during the Sanford Joe Lueken Cancer Center Construction Celebration. The beam will be part of the new center which is being named in memory of Joe Lueken, a prominent community member and supporter of health care in Bemidji.*



## Coming together to commemorate Community celebrates new, state-of-the-art cancer center

Sanford Bemidji Cancer Center held a construction celebration for the future Sanford Joe Lueken Cancer Center on July 19, 2017. The celebration was a big success, with over 400 guests and community members attending. The event recognized cancer survivors with a special picnic, honored donors for their philanthropy and marked the start of construction where the new center is being built.

The Sanford Joe Lueken Cancer Center is named in honor of late grocery store owner Joe Lueken, who owned Lueken's Village Foods. In 2014, Joe passed away at age 72 after a battle with cancer. The Joseph and Janice Lueken Family Foundation provided a significant lead gift to the Sanford Health Foundation of Northern Minnesota as part of the Care Without Limits campaign,

enabling Sanford Bemidji to expand its cancer services and centralize them into one location.

"Twenty years ago, cancer services in Bemidji were virtually non-existent, but we now have a comprehensive cancer program thanks to our generous donors and caring staff who support these offerings in the Bemidji area," said Shari Hahn, director of cancer services at Sanford Bemidji. "The Sanford Joe Lueken Cancer Center means a continued future of cancer care excellence and ensures people can receive the care they need close to home and in one convenient location."

*Sanford Bemidji Cancer Center leadership sign the beam at the Construction Celebration. (l-r): Shari Hahn; Beth Ann Korczak, PA-C; Jasmine Kamboj, MD; Peter Friedell, MD, FACP; Elie Chalhoub, MD; Ross McBride, MD; Rebekah Kraft; Janel Reddick*





## Building Sanford Joe Lueken Cancer Center

### An update on the construction progress

Twenty years ago, people in the Bemidji community had to leave town for any cancer treatment, but now, patients need only to drive to Sanford Bemidji for their care. With the Sanford Joe Lueken Cancer Center set to open in 2018, patients will experience even better continuity of care and additional cancer services without having to travel outside of the area.

“We began construction in the last week of June 2017, and we plan to be completed by August 2018,” says Brian Smith, facility director at Sanford Bemidji. “Currently, the 20,500 square-foot facility has a completed exterior frame and floors, and is 85 percent shelled in. Temporary heat is installed with plumbing in the works.”

Smith adds, “So far, we have kept on schedule, even with the elements outside and weather. Our team will be working through the winter months, and we should keep this momentum and maintain our schedule until completion.”

Presently, Sanford Bemidji’s cancer services are spread across the main campus. The Sanford Joe Lueken Cancer Center will change all that – all cancer services will be together in one location.

Shari Hahn, oncology services director at Sanford Bemidji, says, “Our patients have had to travel back and forth to receive all of their cancer care. However, with the new cancer facility, services and staff will all be in one place, so coordination of care and communication

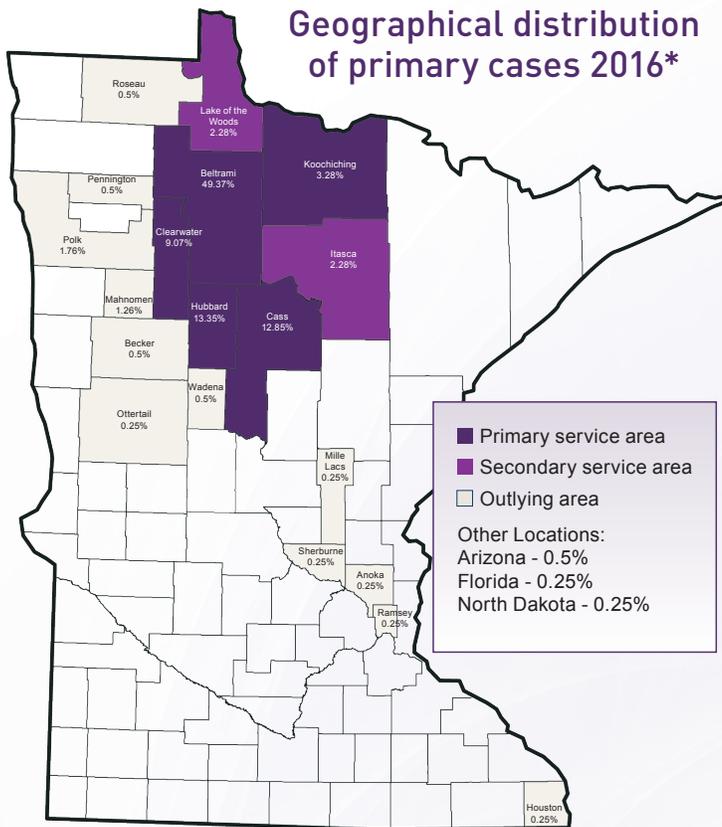
will be much easier. Patients should also have a much better experience only going down the hall or across the building for additional care needs.”

Once completed, the \$12 million cancer center will house 20 infusion suites, 15 exam rooms, an on-site pharmacy, an infusion pharmacy, lab services and many patient amenities. It will also serve as a hub for all cancer services including radiation and medical oncology, hematology, patient navigation, nutrition, genetic counseling, financial counseling, social services, palliative care, survivorship, clinical trials and more.

“After completion, this new facility will be a state-of-the-art building for patients with cancer. More of those patients who had to travel a great distance in the past will have all their treatments available close to home,” says Bryan Nermoe, Executive Vice President Bemidji. “Sanford Joe Lueken Cancer Center allows us to expand our services and provide all cutting-edge cancer care right in our own community, which has been a big need for this area.”

“The support we have had from the community in building a new cancer center has been wonderful,” concludes Hahn. “This facility is something everyone has wanted, and we are able to give our community this amazing place to receive cancer care. The Sanford Joe Lueken Cancer Center will allow us to accommodate our community’s needs now and for years to come.”

# 2016 in review



MN-Beltrami	196	49.37%
MN-Hubbard	53	13.35%
MN-Cass	51	12.85%
MN-Clearwater	36	9.07%
MN-Koochiching	13	3.28%
MN-Itasca	9	2.28%
MN-Lake of the Woods	9	2.28%
MN-Polk	7	1.76%
MN-Mahnomen	5	1.26%
AZ-Maricopa	2	0.50%
MN-Becker	2	0.50%
MN-Pennington	2	0.50%
MN-Roseau	2	0.50%
MN-Wadena	2	0.50%
FL-Outside state/county code unknown	1	0.25%
MN-Anoka	1	0.25%
MN-Houston	1	0.25%
MN-Mille Lacs	1	0.25%
MN-Otter Tail	1	0.25%
MN-Ramsey	1	0.25%
MN-Sherburne	1	0.25%
ND-Williams	1	0.25%
<b>Total</b>	<b>397</b>	<b>100%</b>

## Sanford Bemidji Cancer Center CP3R Performance for Breast & Colon Measures

BREAST				
MEASURE DESCRIPTION	CoC Std %	2015	2014	2013
1) Radiation is administered within 1 year (365 days) of diagnosis for women under the age of 70 receiving breast conservation surgery for breast cancer (Accountability)	4.4/90%	78.60%*	96%	92.30%
2) Tamoxifen or third generation aromatase inhibitor is considered or administered within 1 year (365 days) of diagnosis of breast cancer with AJCC T1c IB or stage -III hormone receptor positive breast cancer (Accountability)	4.4/90%	100%	92%	100%
3) Radiation therapy is considered or administered following a mastectomy within 1 year (365 days) of diagnosis of breast cancer for women with >or=4 positive regional nodes (Accountability)	4.4/90%	100%	100%	100%
4) Image of palpation guided needle core or FNA of the primary site is performed to establish a diagnosis of breast cancer (Quality Improvement)	4.5/80%	96.40%	98%	93.60%
COLON				
MEASURE DESCRIPTION	CoC Std %	2015	2014	2013
1) At least 12 RLN are removed and pathologically examined for resected colon cancer (Quality Improvement)	4.5/85%	90.90%*	53.80%	91.70%

\*Out of compliance due to patients refusing treatment.

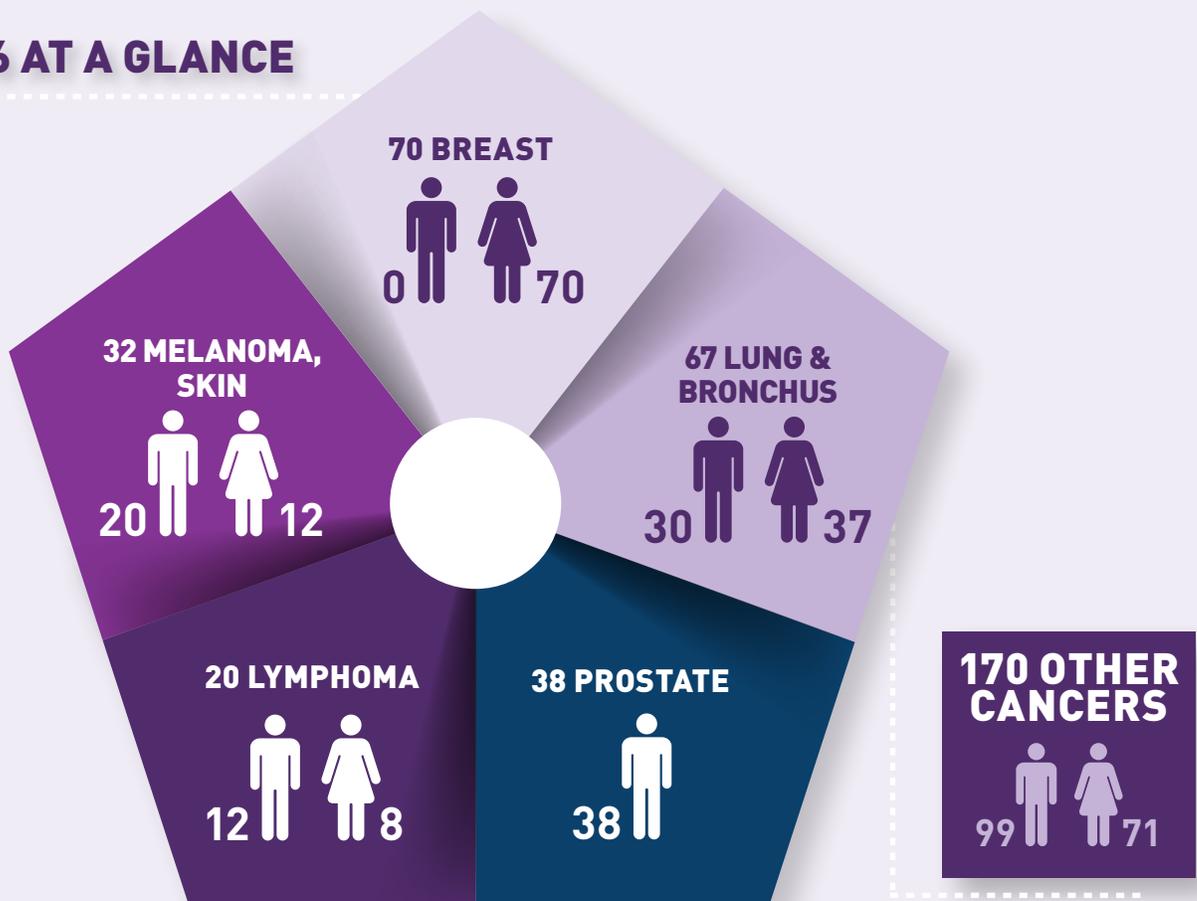
These results meet national quality standards for treating breast and colon cancers.

# 2016 at a glance

- **Screening saves lives.** The number of colon cancer diagnoses dropped 48 percent in 2016, removing this cancer from our top five cancer diagnoses for the past several years. Men received the diagnosis three times more often than women.
- Over the past 24 months, Sanford Bemidji Cancer Center has tripled its clinical trial enrollment among patients.
- **Almost twice as many men as women** were diagnosed with skin cancer at Sanford Bemidji in 2016.
- **Lung cancer diagnoses** are rising, for the first time coming close to the number of breast cancer cases in 2016.

# TOP 5 CANCER DIAGNOSES

## 2016 AT A GLANCE



# Total Diagnoses = 397

# 2016 in review

## Primary site distribution for Sanford Bemidji Cancer Center

Site	2016			2015			2014			2013		
	Totals	Male	Female									
Breast	70	0	70	83	1	82	73	0	73	69	0	69
Lung & Bronchus	67	30	37	53	30	23	55	33	22	59	31	28
Prostate	38	38	0	46	46	0	45	45	0	40	40	0
Melanoma, skin	32	20	12	24	13	11	22	13	9	24	15	9
Colon	13	10	3	25	12	13	21	10	11	22	10	12
Lymphoma	20	12	8	17	8	9	14	6	8	14	4	10
Non-Hodgkin	16	9	7	15	6	9	11	4	7	14	4	10
Nodal	11	6	5	8	4	4	8	4	4	9	3	6
Extranodal	5	3	2	7	2	5	3	0	3	5	1	4
Hodgkin	4	3	1	2	2	0	3	2	1	0	0	0
Bladder	18	11	7	26	20	6	18	10	8	13	10	3
Leukemia	17	11	6	9	6	3	5	4	1	9	6	3
Lymphocytic	11	8	3	4	2	2	4	3	1	5	3	2
ALL	1	1	0	0	0	0	0	0	0	0	0	0
CLL	9	7	2	0	0	0	0	0	0	4	3	1
Other	1	0	1	0	0	0	0	0	0	1	0	1
Myeloid	6	3	3	5	4	1	1	1	0	4	3	1
AML	3	2	1	2	2	0	0	0	0	3	2	1
CML	3	1	2	3	2	1	0	0	0	1	1	0
Other	0	0	0	0	0	0	0	0	0	0	0	0
Other leukemia	0	0	0	0	0	0	0	0	0	0	0	0
Brain	5	1	4	8	7	1	3	1	2	6	3	3
Other CNS	5	2	3	7	1	6	6	1	5	3	0	3
Kidney	12	7	5	13	9	4	12	8	4	5	3	2
Pancreas	8	7	1	14	8	6	8	6	2	13	9	4
Rectum/rectosigmoid	8	7	1	9	5	4	10	9	1	9	7	2
Uterus	12	0	12	12	0	12	10	0	10	11	0	11
Cervix	1	0	1	0	0	0	3	0	3	0	0	0
Ovary	1	0	1	2	0	2	6	0	6	5	0	5
Stomach	5	5	0	2	2	0	4	4	0	2	2	0
Esophagus	3	3	0	5	3	2	7	5	2	0	0	0
Oral Cavity/Pharynx	18	14	4	9	7	2	3	1	2	13	8	5
Multiple Myeloma	7	3	4	6	1	5	7	3	4	7	3	4
Thyroid	2	0	2	5	2	3	3	0	3	5	2	3
Testis	1	1	0	0	0	0	3	3	0	2	2	0
Soft Tissue	0	0	0	3	2	1	3	1	2	3	2	1
Larynx	2	2	0	3	2	1	4	3	1	4	2	2
Liver/IBD	1	1	0	4	4	0	6	4	2	2	0	2
Mesothelioma	1	1	0	2	1	1	2	2	0	2	2	0
Small Intestine	2	2	0	2	0	2	2	1	1	3	1	2
Anus	3	0	3	3	0	3	4	1	3	2	1	1
Vulva	1	0	1	5	0	5	2	0	2	0	0	0
Other Sites	24	11	13	22	9	13	23	15	8	25	14	11
<b>Total</b>	<b>397</b>	<b>199</b>	<b>198</b>	<b>419</b>	<b>199</b>	<b>220</b>	<b>384</b>	<b>189</b>	<b>195</b>	<b>372</b>	<b>177</b>	<b>195</b>

# Sanford Bemidji Cancer Committee Membership

## The committee leading our cancer program

### A team devoted to patients

The cancer committee is the primary leadership body for our cancer program. The members comprise all disciplines and specialties, including physicians, nurses, nutritionists, pharmacists, rehabilitation specialists, administrators and other staff.

The committee meets regularly to ensure quality cancer care is provided to each and every patient. Together, the members establish program goals, monitor program outcomes, evaluate patient outcomes and treatment results, and find opportunities to improve care. This meticulous set of patient-focused standards ensures our program offers the highest quality program to our patients and their families.

#### Cancer Committee Chair

**Medical Oncologist, Hematologist**

Elie Chalhoub, MD

#### Diagnostic Radiologist

Michael Thurgood, MD

#### Pathologist

Paul Lappinga, MD

#### General Surgeon

**Cancer Liaison Physician**

Allan Campbell, MD

#### Medical Oncologist, Hematologist

Jasmine Kamboj, MD

#### Radiation Oncologist

Ross McBride, MD

#### Cancer Program Administrator

Shari Hahn, RN, MSN

#### Oncology Nurse

Rebekah Kraft, RN

#### Social Worker

Lori Dobson, MSW, LICSW

#### Certified Tumor Registrar

LaRayne Olson, CTR

#### Quality Improvement

Hadeel Tanash, BSN, RN, MCH

#### Clinical Research

Susan Hudson, BS, BA, CCRP

#### Palliative Care

Dani Yuretich, RN

#### Community Outreach

Janel Reddick, RTT

#### Navigation Nurse

Terri Bentler, BSN,  
RN, OCN, CN-BN

#### Genetics Representative

Jennifer Leonhard, MS, CGC

#### Administration

Joy Johnson

#### American Cancer Society

Pamela Mason

#### Rehabilitation Services

Brad Neis

#### Nutrition

Heather Knutson, MS,  
RD, CSO, LD

#### Marketing

Lindsey Wangberg

#### Pharmacy

Karla Eischens, R.Ph.

# Our expertise

Ensuring the highest level of care

## Comprehensive care

- Cancer registry
- Clinical trials
- Diagnostic imaging
- Cancer survivorship
- Dosimetrists
- ENT
- Financial services
- Gastroenterology
- Genetic counseling
- Hematology
- Infusion center
- Infusion pharmacy
- Medical oncology
- Nutrition therapy
- Oncology counseling
- Pain management
- Palliative care
- Pathology
- Patient navigators
- Pharmacy
- Physicist
- Psychological services
- Pulmonology
- Radiation oncology
- Radiologic technologists
- Rehabilitation
- Research
- Social services
- Spiritual care
- Surgical oncology
- Tumor conferences

## Team of experts

- Board-certified diagnostic radiologists
- Board-certified interventional radiologists
- Board-certified medical oncologist/hematologist
- Board-certified pathologist
- Board-certified radiation oncologist
- Board-certified surgeons
- Cancer survivorship experts
- Certified clinical breast examiner
- Certified clinical breast nurse
- Certified genetic counselor
- Clinical psychologist
- Clinical researchers
- Fellowship-trained surgical oncologists
- Fellowship-trained women's imaging radiologist
- Financial counselors
- Nurses (trained in chemotherapy, infusion, oncology and palliative care)
- Outreach specialists
- Patient navigators
- Pharmacists
- Pharmacy technicians
- Physician assistant
- Radiation therapists
- Registered dietitian
- Rehabilitation therapists
- Social workers
- Spiritual advisor
- Support staff
- Tumor registrars

# Sanford Bemidji Cancer Center team

Our cancer center offers the most advanced care available in northern Minnesota. Our patients have access to world-class clinicians and an expert team of professionals ready to provide innovative treatments and compassionate care for you and your loved ones.



**Allan Campbell, MD**  
Surgical Oncology



**Elie Chalhoub, MD**  
Medical Oncology  
Hematology



**Peter Friedell, MD, FACP**  
Medical Oncology  
Hematology



**Jasmine Kamboj, MD**  
Medical Oncology  
Hematology



**Ross McBride, MD**  
Radiation Oncology



**Nichole Hassebroek, CNP**  
Medical & Radiation  
Oncology  
Hematology  
Palliative Medicine



**Beth Ann Korczak, PA-C**  
Medical & Radiation  
Oncology  
Hematology  
Breast Health



## Tobacco Dependence Program

When you're ready to quit, we can help

Most tobacco users say they would quit if it were just a little easier. Today it can be.

Let Sanford's tobacco treatment specialists guide you through the process. Our counselors specialize in treating tobacco dependence and offer individualized tobacco cessation and relapse prevention programs tailored to meet your needs.

Call (218) 333-5017 to learn more.

# Bloom

*The Boutique*

SANFORD

### Face cancer with strength and style

#### Bloom the Boutique

For many cancer patients, changes in appearance caused by treatments or surgery can create challenges in the recovery process. At Bloom, you can gain confidence in a comforting and convenient setting created just for you.

Choose between a variety of products and services to help support you through your cancer journey.

Call (218) 333-5263 to learn more.

## Monitoring of Prevention, Screening and Outreach Activities

The American College of Surgeons' Commission on Cancer requires cancer programs to provide at least one cancer prevention program and one screening program each year. These should be based on the needs of the local community and meet national guidelines on evidence-based interventions.

For 2017, tobacco use was identified as a focus for our community. To combat this behavior and provide support and education, a smoking cessation expert spoke during the Sanford Employee Benefits Fair September 24 at the Sanford Orthopedics and Sports Medicine Center.

The event had approximately 600 guests in attendance, including staff and providers, who were given information on tobacco addiction, benefits of nicotine replacement therapy, and the differences between the physical and psychological addiction to tobacco. Resources to help employees quit and maintain tobacco cessation were provided including:

- Krames Tobacco Education guide
- Call It Quits Phone Counseling Program brochure
- Quit Connections: Know your Options
- Sanford Bemidji's Tobacco Dependence Program brochure

041000-00156 12/17

**SANFORD<sup>®</sup>**  
CANCER CENTER