World-Class Cancer Center Now Open

When it comes to cancer treatment, Memorial Hermann Memorial City Medical Center has always provided the most advanced treatment options and world-class care. But now, these services are provided in one accessible location. Memorial Hermann Cancer Center-Memorial City, located in the campus’s Medical Plaza 4, began treating patients in April.

“We are very excited to open our doors to patients,” says Keith Alexander, chief executive officer of Memorial City. “Offering easy access to comprehensive cancer services is a tremendous benefit to the community. It’s not uncommon for some patients to require radiation treatment every day for six to seven weeks. With the Center so close, the burden is lessened for both patient and caregiver.”

Although treatment services are now offered at the Center, the facility’s nonclinical areas are still in development. These areas, including an auditorium for patient education lectures, meeting rooms for support groups and more, will be complete by fall 2012.

Advanced Care and Technology
Cancer services at Memorial City are offered by private physicians and in collaboration with Texas Oncology and US Oncology. These specialists treat cancers of all kinds, particularly breast, prostate and colon cancers.

The Center boasts the most advanced cancer diagnostic and treatment technology. This includes robotic-assisted surgery for prostate cancer, tomosynthesis for breast cancer screening and the TrueBeam™ linear accelerator – the first of its kind in Texas. This accelerator allows physicians to provide highly precise radiation treatment, helping spare surrounding healthy tissue.

Supportive Care
The Center also offers supportive services to benefit the patient’s overall wellbeing. Supportive services include pain management, psychosocial counseling, genetic counseling, nutritional guidance, support groups and more. Nurse navigators, specially trained oncology nurses, serve as a guide for cancer patients. For example, they help schedule appointments and coordinate insurance.

“The Center is patient-focused. All cancer services are now in one convenient space,” says Alexander. “No longer do patients have to seek out care – we’re bringing it to them.”
New Therapies Target Difficult-to-Treat Cancers

Memorial Hermann Memorial City Medical Center is known for providing exceptional treatment for cancer patients. Expanding on this expertise, Radiation Oncology services recently moved to a larger, upgraded facility in the new Memorial Hermann Cancer Center-Memorial City located in Medical Plaza 4 on the Memorial City campus. This move allows affiliated physicians to provide radiation therapy for the most difficult-to-treat cancers.

“The new Center features new technology that allows us to provide the most sophisticated, precise radiation therapies available,” says Vivek Kavadi, M.D., a Texas Oncology radiation oncologist affiliated with Memorial City and medical director of Radiation Oncology at US Oncology.

New Technology Enhances Services
Memorial City recently installed a state-of-the-art Varian TrueBeam STx™ linear accelerator – the first of its kind in the state of Texas. The accelerator allows physicians to provide powerful doses of radiation to a tumor with pinpoint accuracy and precision. The technology combines sophisticated imaging, patient positioning, treatment delivery and motion detection technology to target tumors in a moving, breathing body.

“Cancers in the lung are complicated to treat because the tumors are often in motion due to respiratory function,” explains Dr. Kavadi. “This accelerator provides gated RapidArc® radiotherapy, which involves technology that compensates for this motion and accurately targets the moving tumor.”

New radiation services available with the new linear accelerator, which add to Memorial City’s extensive Radiation Oncology services, include the following:

**Stereotactic radiosurgery (SRS)** is a highly precise form of radiation therapy used to treat tumors in the brain. Radiation is given at a much higher dose in fewer treatments than traditional radiation therapy because it is able to be delivered in a very precise way.

**Stereotactic body radiation therapy (SBRT)** involves the same therapy as SRS but is used to target small or hard-to-reach tumors throughout the body. This includes tumors in the spine, lung, liver and prostate.

**Comprehensive Cancer Care**
Expansion of the Radiation Oncology services is a result of a collaboration between Memorial City, Texas Oncology – one of the largest groups of medical professionals devoted exclusively to cancer treatment and research – and US Oncology, a national integrated oncology company. The move to the Center will bring together all cancer care services in one location. Radiation oncologists work closely with medical oncologists, surgical oncologists and others who together develop the best treatment plan for each patient.

“Patients at Memorial City will benefit from completely integrated cancer care,” Dr. Kavadi says.
exceptionally sharp pictures of the inner structures of the breast. This allows doctors to pinpoint the location of lesions more accurately.

During the screening, the system takes a series of images of the breast at different angles. Each of these images, which represent very small sections of tissue, is then used to create a detailed 3-D reconstruction of the breast.

“Breast tomosynthesis aids in breast cancer detection because it helps reduce the overlapping or shadowing of tissues, which occurs in regular 2-D mammography,” Dr. Rose says. “Breast cancer lesions can hide in these overlapping areas, especially in denser breasts.”

Overlapping tissues can also make a benign area appear suspicious. As a result, breast tomosynthesis can reduce the rate of false positive results.

Highly Trained Experts
Memorial City was one of only 18 sites in the U.S. to participate in the clinical trials for breast tomosynthesis. Rose Imaging Specialists, which is affiliated with the hospital, was also first in the nation to diagnose breast cancer using tomosynthesis alone. It’s the largest group of breast imaging specialists in Texas with 16 breast radiologists providing state-of-the-art care at Memorial Hermann Breast Centers throughout the city.

“Our radiologists are highly trained in this technology and have been using it for years as study participants,” Dr. Rose notes. “We’re proud to now be able to offer it to patients.”

Is Breast Tomosynthesis for You?
This 3-D breast screening is especially beneficial for women with dense breast tissue, but it can benefit anyone. To learn more, talk with your doctor or call 877.40.MAMMO (877.406.2666). And remember, routine mammograms — regardless of the technology used — save lives. Don’t put off your regular breast screening.
Prostate Cancer Patients Benefit from Comprehensive Care

Knowing what to do following a diagnosis of prostate cancer can be confusing, often times leaving men with more questions than answers. What are my treatment options? Which therapy is right for me? The Memorial Hermann Cancer Center-Memorial City helps patients navigate this difficult time. It provides trusted information and guidance as well as comprehensive cancer treatment all in one convenient location.

A Focus on the Patient
“Unlike many other types of cancers, prostate cancer has numerous treatment options. There is no one definitive course of treatment,” explains Paul Cook, M.D., a urologist affiliated with Memorial City.

To help patients manage their treatment, Memorial City recently brought together all prostate cancer-focused clinical services at the new Center. Typically, these services — such as radiation and surgery as well as physicians’ offices — are located in different areas of a hospital.

“These specialists, which include surgeons, radiotherapists, medical oncologists as well as dietitians and a nurse navigator, who is an oncology nurse specialist, are all available in one location to talk with patients directly and answer any questions,” says Dr. Cook. “It also allows physicians to work together not only in treatment planning but also in delivery. Oftentimes, a combination of therapies is the best option for patients.”

Comprehensive Treatment
Memorial City offers a broad range of treatment options for prostate cancer, including:

• **Prostate removal surgery** using traditional and robotic-assisted surgery methods. Robotic surgery is a minimally invasive approach in which surgeons use advanced technology to perform precise, nerve-sparing surgery. This approach results in a more complete elimination of cancer and reduces the risk for incontinence and impotency.

• **Advanced radiation therapies**, including intensity-modulated radiation therapy (IMRT). IMRT is a state-of-the-art external beam radiation system that precisely shapes radiation beams to the shape of the tumor. Other radiation therapies also include seed implant brachytherapy. The treatment involves implanting tiny radioactive seeds that emit low levels of radiation over a few months directly to the prostate. Both options dramatically reduce damage to surrounding healthy tissue.

• **Clinical trials** of new prostate cancer treatments available through Memorial Hermann’s collaboration with Texas Oncology. Some trials involve chemotherapy, which is not a typical treatment for prostate cancer. These trials provide patients the option of participating in promising cancer therapies not yet available to the public.

Multidisciplinary Collaboration
The Center also has a prostate cancer tumor board, which is made up of urologists, radiation oncologists, radiologists, medical oncologists, pathologists and other specialists. The board meets weekly to discuss and confirm the treatment plan for challenging cancer cases. Patients can refer themselves for this multidisciplinary review. This can be especially useful to those seeking a second opinion.

“We believe collaboration provides patients the best outcome,” explains Dr. Cook. “Patients know that when they come to the Center, they are treated by a team of experts.”

Dr. Cook is a board-certified urologist.
Cancer Support Services

Whether you have questions as a patient, caregiver or survivor, our cancer support services are here for you.

General Cancer Support Group
This group meets the second Monday of every month, 6 to 7:30 p.m., and the fourth Monday of every month, 1 to 2:30 p.m. For questions or directions, call 713.242.3508 or 713.242.3564.
Second Monday, 6 to 7:30 p.m.
Fourth Monday, 1 to 2:30 p.m.
Memorial Hermann Cancer Center-Memorial City
Medical Plaza 4
925 Gessner, First Floor
Houston, TX 77024
Surface lot parking or parking in Garage Four

Breast Cancer Support Group
This group meets the third Monday of every month, 6 to 7:30 p.m. For questions or directions, call 713.242.3395.
Memorial Hermann Memorial City Medical Center
Conference Center
920 Frostwood, First Floor
Houston, TX 77024
Surface lot parking available near the West Pavilion entrance

Prostate Cancer Support Group
This group meets the third Monday of every month, 6 to 7:30 p.m. For questions or directions, call 713.242.3564 or 713.242.3508.
Memorial Hermann Cancer Center-Memorial City
Medical Plaza 4
925 Gessner, First Floor
Houston, TX 77024

Surface lot parking or parking in Garage Four

Breast Cancer Support Group
This group meets the third Tuesday of every month, 6 to 7:30 p.m. For questions or directions, call 713.242.3395.
Memorial Hermann Memorial City Medical Center
Conference Center
920 Frostwood, First Floor
Houston, TX 77024
Surface lot parking available near the West Pavilion entrance

Classes Available at the Cancer Center

Outpatient Yoga
This class meets the first and third Wednesday of every month, 2 p.m. Call 713.222.CARE (2273) to register.

Education Class for New Cancer Patients
This class is held the fourth Thursday of every month, 1 p.m. Call 713.222.CARE (2273) to register.

ACS Prosthesis Closet
(Breast and Wigs)
Fittings by appointment only. Call 713.242.3395 or 713.242.3564.

Look Good Feel Better
A free program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. Call 713.222.CARE (2273) to register.

September is Prostate Cancer Awareness Month. Visit memorialhermann.org in August for information on free prostate cancer screenings.
SAVE THE DATE!

ENTIFING
Bobetta C. Lindig Breast Center
Memorial Hermann Memorial City

WESTIN MEMORIAL CITY
Champagne Reception:
11:30 a.m.
Lunch and Program:
Noon – 1:30 p.m.
Speaker: Geralyn Lucas
Breast cancer survivor and
author of Why I Wore Lipstick
to My Mastectomy

Chairs:
Ann Cazalot
Suzie Johnson
Christine Napier
Karen Stall
Donna Vallone

Emcee: Shelby Hodge

For more information, call
713.242.4450 or email
ramsey.howell@memorialhermann.org
www.razzledazzlepink.com

Friday, October 21, 2011

MEMORIAL HERMANN
MEMORIAL CITY
Discover how Memorial Hermann Memorial City Medical Center can care for you and your family. To learn more about our services or for a physician referral, visit memorialhermann.org or call 713.222.CARE (2273).
What Is an Accredited Cancer Center?

Memorial Hermann Cancer Center-Memorial City, along with six other Memorial Hermann Cancer Centers, are approved by the Commission on Cancer of the American College of Surgeons. Only 25 percent of hospitals across the country have received this special recognition.

This approval means our Center meets national standards that have been established to ensure cancer patients receive the best care. Commission approval is given only after a thorough on-site evaluation process and performance review. To maintain approval, our Center undergoes an on-site review every three years.

Patients who receive care at our accredited Center are guaranteed access to:

• Comprehensive care
• Multidisciplinary, collaborative team approach for coordinating the best available treatment options
• State-of-the-art equipment and services
• Information about clinical trials and new treatment options
• Education and support
• Lifelong patient follow-up through the Cancer Registry and survivorship programs
Understanding Ovarian Cancer

Ovarian cancer is the deadliest type of gynecologic cancer. That’s probably because it typically is not diagnosed until it has reached an advanced stage. But you can help protect yourself by knowing if you are at risk and what symptoms to watch for.

Risk Factors

The exact causes of ovarian cancer are unknown. But the following factors may play a role:

- **Age:** Being older than age 50 increases the odds of developing ovarian cancer.
- **Family history:** A woman may be at risk if she has a first-degree relative – that is, a daughter, sister or mother – who has had ovarian cancer. Her risk is particularly high if two or more first-degree relatives have had this cancer. A history of the disease in other family members is also linked to a higher-than-average risk.
- **A family history of breast or colon cancer also has been associated with an increased risk of ovarian cancer.**
- Women who have a strong family history of breast cancer sometimes opt to get checked for the BRCA1 or BRCA2 genes, which are linked to a high risk of breast cancer. Being a carrier of either one of these genes also is associated with an increased risk of ovarian cancer.
- **Personal history:** Women who have had colon or breast cancer may face a higher risk for ovarian cancer than those who have not had either of these other cancers.
- **Pregnancy:** Women who have never given birth have a higher risk than women who have.
- **Medications:** According to some evidence, using hormone replacement therapy after menopause may slightly raise risk. So might the use of fertility drugs that trigger ovulation.

**Warning Signs**

If detected early, ovarian cancer is treatable. But symptoms often are vague and may not show up until later stages of the cancer. These easy-to-overlook warning signs may include:

- Stomach discomfort, such as indigestion, nausea, swelling or cramps
- Diarrhea, constipation or frequent urination
- Decreased appetite
- Feeling full after even a light meal
- Unexplained weight gain or loss
- Abnormal vaginal bleeding
- Pain during intercourse
- Fatigue
- Backache

Memorial Hermann Memorial City Medical Center has two affiliated physicians who specialize in Gynecological Oncology, including ovarian cancer: Barry Siller, M.D., 713.242.2575 and Terri Pustilnik, M.D., 713.665.0404.

CONCERNED ABOUT OVARIAN CANCER? Talk with your doctor about your risk or if you notice any symptoms. For a physician referral, call 713.222.CARE (2273) or visit memorialhermann.org.
Do Polyps Mean Colon Cancer?

Colon polyps usually are harmless. However, when colon cancer does occur, it most often starts as a polyp that becomes malignant over time. So polyps are sometimes cause for concern.

“Polyps are extra tissue that grow on the lining of the large intestine, or colon,” says Joseph Cali, M.D., a board-certified colon and rectal surgeon affiliated with Memorial Hermann Memorial City Medical Center. “Most cause no symptoms. But occasionally, they may lead to constipation or diarrhea lasting longer than a week, or bleeding.”

Sometimes, polyps grow larger over time. Fortunately, most polyps aren’t dangerous. But some polyps do eventually grow into colon cancer.

Those older than age 50 face a much higher risk of developing polyps than younger people. And having a polyp ups your risk of having others. You also may face an increased risk for polyps if you have a family history of polyps or colon cancer. Other factors that might raise risk include eating a lot of fatty foods, smoking, drinking alcohol, being overweight and not exercising enough.

“Doctors remove all polyps and test them for cancer,” says Dr. Cali. “Experts advise everyone ages 50 and older to be tested for colon cancer and polyps. If you have a family history of polyps or colon cancer, your doctor may recommend earlier screening.”

Research suggests that 90 percent of colon cancers can be prevented. In addition to having screenings and getting any polyps tested, these healthy habits may help protect you:

• Eat five or more servings of fruits and vegetables a day.
• If you eat red meat, limit yourself to 3 ounces daily.
• Exercise every day.
• Maintain a healthy weight.
• Don’t smoke.
• Avoid or limit alcohol.

Dr. Cali is a board-certified colon and rectal surgeon.
Most of us are aware of the deadly potential of lung or breast cancer, but another cancer that causes serious problems often gets little attention. While uncommon, cancers of the head and neck can affect some of our most important functions – eating, speaking and breathing.

“Most head and neck cancers begin in the mucous membranes of the mouth, nose and throat,” says J. Cary Moorhead, M.D., a board-certified otolaryngologist affiliated with Memorial Hermann Memorial City Medical Center. “They can also develop in the sinuses and nose, on the lips, in the salivary glands and in the lymph nodes in the upper part of the neck.”

These cancers account for about 5 percent of all cancers in the U.S. Health experts estimate that about 39,000 people in this country will develop head and neck cancer this year.

While currently men are twice as likely as women to develop head and neck cancers, that gap is steadily narrowing as more women take up smoking. These cancers are most often linked to tobacco use – 85 percent of patients have a history of smoking. People who drink alcohol and use tobacco face even higher risk.

Head and neck cancers are frequently diagnosed late, making them more difficult to treat and cure. Finding the disease early significantly improves chances of beating it.

Symptoms include a lump or sore in the neck, throat or mouth that doesn’t heal; persistent sore throat; difficulty swallowing and a change or hoarseness in the voice. Other signs include:

• Chronic sinus infection or nosebleed
• Unusual bleeding or red or white patches in the mouth
• Swelling in the jaw or under the chin
• Ear pain or ringing
• Trouble breathing, speaking or hearing

“How doctors treat the disease depends on where the cancer started, how long it has been there and whether it has spread,” says Dr. Moorhead. “Surgery to remove the cancer, as well as chemotherapy and radiation therapy to kill cancer cells, may be used separately or in combination.”

Dr. J. Cary Moorhead is a board-certified otolaryngologist.

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Cancer Resource Center: Offering More Support for Patients

The opening of the Memorial Hermann Cancer Center-Memorial City consolidates cancer services in one location on the hospital campus and brings together an entire team to create the best treatment plan for each patient. Housed within the Cancer Center will be a Cancer Resource Center.

The Cancer Resource Center will include a lecture hall/auditorium, three classrooms and a reception area. It will serve as the primary location for a full range of programs to help patients and families with all aspects of a cancer diagnosis. Services will include:

• Nurse Navigators to coordinate care
• Chaplaincy services
• Psychosocial support
• Nutrition services
• Support groups and clinics
• Genetic counseling
• Cancer prevention and awareness seminars
• Prosthetics and wigs center
• Massage, acupuncture and yoga
• Lindig Men’s Health Center and Resource Library

To contribute to the Cancer Resource Center, call the Memorial Hermann Foundation at 713.242.4400.
FEATURED DOCTORS

Dr. Joseph R. Cali is a colon and rectal surgeon. He is certified by both the American Board of Colon and Rectal Surgery and the American Board of Surgery. He attended medical school at Creighton University School of Medicine in Omaha, Neb. He completed residencies at Boston University in Boston, Mass., and at The University of Texas Health Science Center at Houston.

Dr. Paul C. Cook is a urologist. He is certified by the American Board of Urology. He attended medical school at The University of Texas Health Science Center at Houston Medical School, completed his residency at Baylor College of Medicine in Houston and earned his MBA from LeTourneau University, also in Houston.

Dr. Vivek Kavadi is a radiation oncologist. He specializes in radiation oncology and is certified by the American Board of Radiology. He received his medical degree from Harvard Medical School in Boston, Mass., and completed his residency at The University of Texas MD Anderson Cancer Center in Houston. Dr. Kavadi serves on the board of directors for Texas Oncology, P.A.

Dr. J. Cary Moorhead is an otolaryngologist. He is certified by the American Board of Otolaryngology – Head and Neck Surgery and a fellow of the American Academy of Otolaryngology – Head and Neck Surgery. Dr. Moorhead graduated cum laude with a bachelor of arts in German literature from Princeton University, and he received his medical degree at Baylor College of Medicine in Houston and completed his residency there as well.

Dr. Stephen Rose is a breast radiologist. He is certified by the American Board of Radiology and practices as a dedicated breast radiologist. He earned his medical degree from the Johns Hopkins University School of Medicine in Baltimore, Md. His residency in diagnostic radiology was completed at The University of Texas at Houston.

FIND A DOCTOR NEAR YOU.
For a physician directory, call 713.222.CARE (2273).

TUNE IN FOR THE HOUSTON HEALTH HOUR RADIO TALK SHOW! Set your radio dial to 700 AM KSEV from 1 to 2 p.m. every Monday and Tuesday for this LIVE radio talk show. Hosted by David Mobley, M.D., a board-certified urologist, the show invites listeners to phone in health questions to Dr. Mobley and physician guests from various specialties. Don’t miss this wonderful opportunity to have a FREE visit with a doctor on the radio! Call in questions to 281.558.5738 or *KSEV (*5738) for Verizon Wireless users. For Internet users, log in and listen at www.ksevrado.com.