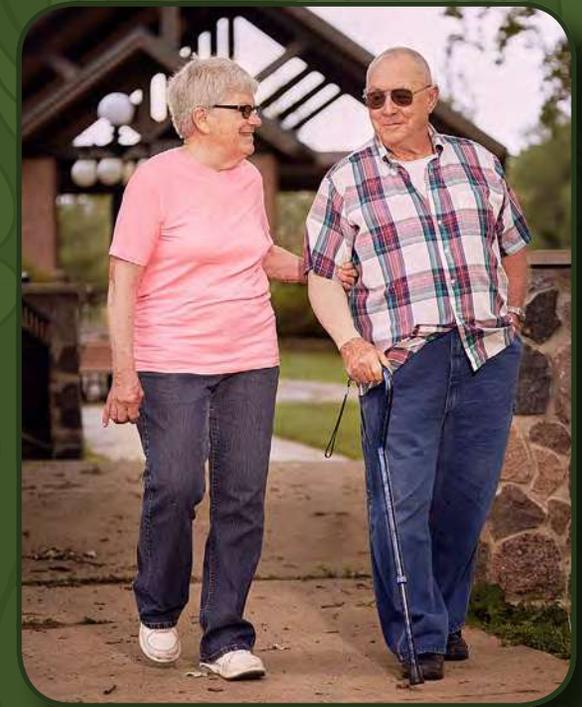
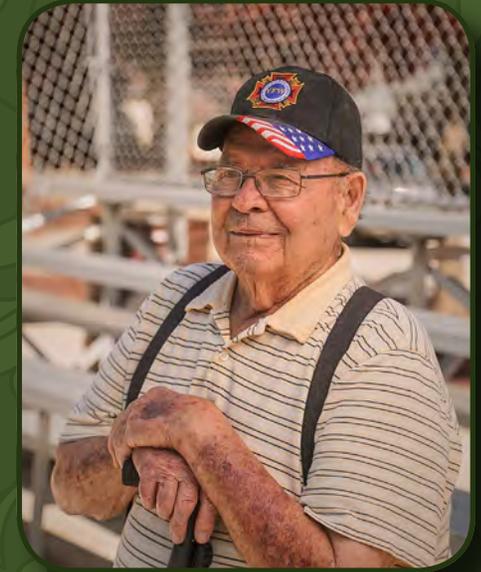
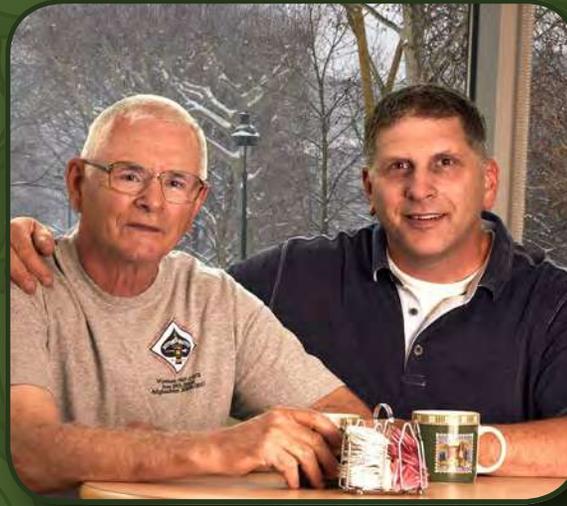


2019 Calendar

Cancer Program Annual Report for 2018

Honoring cancer survivors in northwest Ohio



This calendar shares what the cancer program at Community Hospitals and Wellness Centers (CHWC) is doing to provide exceptional cancer care to our community. It contains information on screening, local resources, personal stories and more. The American College of Surgeons Commission on Cancer (of which the CHWC program is accredited) requires us to share information annually with the public, and we chose a calendar as a way to inspire and inform. We hope you enjoy the calendar and use it as a reminder of wellness and cancer prevention all year long!

In 2017, CHWC treated these cancer types:

Breast	34%
Colon/rectum	17%
Prostate	13%
Lung	10%
Head & neck	5%
Others	21%

Cancer Committee

Pictured left to right:

- Pam Alpaugh, CHWC- Radiology Director
- Kim Owen, CHWC- Radiation Oncology Center Director
- Dr. Michael Nosanov, CHWC- ENT Physician
- Cathy Day, CHWC- Compliance Director
- Amy Boehm, American Cancer Society- Senior Manager of North Central Region
- Dorothy Myers, CHWC- Registered Nurse
- Jan Martinez, CHWC- Director of Nutrition Food Services
- Dr. Mahmoud Afifi, Parkview Physicians Group- Hematologist / Oncologist
- Linda Trausch, CHWC- Director of Social Services and Discharge Planning
- Michelle Breitner, CHWC- Tumor Registrar
- Dr. Jeffrey Forquer, Toledo Radiation Oncology- Radiation Oncologist
- Kelly Colon, CHWC- Patient Navigator
- Dr. Michael Liu, Parkview Physicians Group- General Surgery / Colorectal Surgery
- Dr. Shannon Keil, CHWC- Pathologist



Local Health Care Resources

Community Hospitals and Wellness Centers

Bryan Hospital	433 W High St. Bryan, OH 43506	419-636-1131
Dr. Wayne Court	Radiation Oncology	419-636-9800
Dr. Michael Nosanov	Ear, Nose & Throat	419-633-7389
Dr. Jodi Tinkel	Cardiology	419-630-2028
Dr. George Magill	Wound Care	419-633-3420
Dr. Daniel Murtagh	Urology	419-633-7594
Dr. Hanan Bazzi	OB/GYN	419-633-0755
Dr. Samar Hassouneh	OB/GYN	419-633-0755
Dr. Satheesh Ramineni	Orthopedics	419-633-0746
Dr. Thomas Kindl	Pain Management	419-633-7348
Dr. Matt Cooley	Gastroenterology	419-630-2021
Dr. Daniel Murtagh	Urology	419-633-7596

Parkview Physicians Group

PPG- Bryan	422 W High St. Bryan, OH 43506	419-636-4517
Dr. Michael Liu	General Surgery / Colorectal Surgery	419-636-4517
Dr. Stenneth Adams	General Surgery	419-636-4517
Dr. Anselm Tintinu	General Surgery	419-636-4517
Dr. Melissa Williams	Dermatology	419-636-4517
Holli Zeedyk, NP	Dermatology	419-636-4517
Dr. Damoder Kesireddy	Cardiology	419-636-4517
Dr. Nik Kiehl	Urology	260-482-8681
Dr. Kevin Kolovich	Orthopedics	419-636-4517
Michael Koenig, PA-C	Orthopedics	419-636-4517
Dr. Michael Maxwell	Orthopedics	419-636-4517
Dr. Mahmoud Afifi	Hematology Oncology	419-636-4517
Dr. Robert Arrom	OB/GYN	419-636-4517
Dr. Almario Tantoco	OB/GYN	419-636-4517
Roberta Stark, WHNP	OB/GYN	419-636-4517
Dr. Carolyn Dorsten	Podiatry	419-636-4517
Dr. Nitie Sroa	Podiatry	419-542-6692
Dr. Lawrence Kennedy	Physical Medicine / Rehab	419-636-4517

A special thanks to:

The survivors who shared their stories, and their caregivers for their support.

Photographer Paul Zeinert for his beautiful work found throughout the calendar.

CHWC staff and Cancer Committee members who worked to bring this calendar to the community.



Mona Jean Goyings

Paulding, OH



Mona Jean Goyings

Cervical cancer & endometrial cancer survivor

In the fall of 2017, Mona Jean Goyings—known by many as MJ—began noticing some light, occasional spotting for three or four days. She already had a routine appointment with her primary care physician scheduled for December and planned to address it then. By Thanksgiving, however, the spotting was a daily occurrence and a source of anxiety. At her exam, she wound up getting an ultrasound, which led to a biopsy, which led to a diagnosis and, as MJ says, “the ball started rolling and hasn’t stopped.”

“What’s strange is that I had a pap every single year,” she explains. “But about two years ago, my doctor said that I was at the age that we could skip a year. Of all the years to skip.”

All things considered, having gone through both chemotherapy and radiation, MJ reports feeling “okay” and that things have gone pretty well. “I retired from nursing three years ago, and I picked up a part-time job right away working with our coroner and I haven’t missed a beat,” she says.

Advice from a survivor

“Get those routine screenings done. Women: get your mammograms and your pap tests. Men and women: get your colonoscopies. I heard from someone that a colonoscopy is much better than chemo. That’s the truth!”

The American Cancer Society estimates that in 2018, about 13,240 new cases of invasive cervical cancer will have been diagnosed in the U.S. and about 4,170 women will die from cervical cancer. Cervical cancer can often be found early, and sometimes even prevented entirely, by having regular Pap tests. If detected early, cervical cancer is one of the most successfully treatable cancers.

January



National Cervical Health Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>New Year's Resolution: Schedule all my cancer screenings</i></p>		<p>JANUARY 1</p> <p><i>New Year's Day</i></p>	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	<p><i>World Cancer Day</i></p> <p><i>National Healthy Weight Week</i> →</p>					
27	28	29	30	31		



Dr. Samar Hassouneh
OB/GYN



Dr. Hanan Bazzi
OB/GYN

Ladies, make your appointment now:

419-633-0755



Visit www.chwchospital.org/obgyn.



Phil & Craig McKarns - Father & Son

Bryan, OH and Pioneer, OH

Prostate cancer and lymphoma survivors

Cancer Screening Guidelines

Breast screening

Women ages 20+	Breast self-exams
Women 20-39	Clinical breast exams (CBE) at least every 3 years
Women ages 40+	Annual CBE and mammography

Cervical screening

Women ages 21-65	Pap test and HPV DNA test. Women who have had a hysterectomy should stop cervical cancer screening.
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Colorectal screening

Men & women ages 45+	CT colonography every 5 years and fecal occult blood test annually or stool DNA test every three years or flexible sigmoidoscopy every 5 years or dbl-contrast barium enema every 5 yrs or colonoscopy every 10 years
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Lung screening

Current or former smokers ages 55-74 in good health with at least a 30 pack-year history	Low-dose helical CT (LDCT)
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Prostate screening

Men ages 50+	Talk to your primary care physician
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Did you know?

Community Hospitals and Wellness Centers (CHWC) hosts cancer prevention activities throughout the year. In 2017, CHWC physicians Dr. Hanan Bazzi of the Women's Health Clinic and Dr. Michael Nosanov of the ENT, Sinus & Allergy Clinic presented on HPV and debunking the myths associated with the HPV vaccine.

February

*National Cancer
Prevention Month*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					FEBRUARY 1	2 <i>Groundhog Day</i>
3	4 <i>World Cancer Day</i>	5	6	7	8	9
10	11	12	13	14 <i>Valentine's Day</i>	15	16
17	18 <i>President's Day</i>	19	20	21	22	23
24	25	26	27	28		

Preventing Cancer, Reducing Risk

About 42% of cancer cases and 45% of cancer deaths in the U.S. **are linked to modifiable risk factors**—and thus could be preventable—according to a new study from American Cancer Society researchers. These figures, based on data from 2014, translate to: 659,640 cancer cases (out of 1,570,975)

and

265,150 cancer deaths (out of 587,521)

The researchers came up with these estimates by calculating how much certain lifestyle factors contributed to 26 different cancer types among adults ages 30 and older. Here are some factors to consider:

 Cigarette smoking accounted for 19% of all cancer cases and nearly 29% of cancer deaths

 Excess body weight was responsible for 7.8% of cancer cases and 6.5% of deaths

 Drinking alcohol was linked to 5.6% of cancer cases and 4% of deaths

 UV radiation was attributable to almost 5% of cases, but a lower 1.5% of deaths

 Physical inactivity played into 2.9% of cases and 2.2% of deaths



From left to right: Kelly Colon, Patient Navigator at CHWC; Kim Owen, Director of the CHWC Radiation Oncology Center; Dr. Michael Liu, General Surgeon/Colorectal Surgeon at Parkview Physicians Group; Cathy Day, Director of Compliance at CHWC.

Schedule your screening now!

Talk to your primary care physician about scheduling your screening colonoscopy today.

Dr. Matt Cooley

Gastroenterologist

Community Hospitals and
Wellness Centers (CHWC)

419-630-2021



Dr. Michael Liu

General Surgeon /
Colorectal Surgeon

Parkview Physicians Group

419-636-4517



Introducing the Colossal Colon

Colorectal cancer is a major issue in Williams County and its neighboring counties. In fact, in 2016, only 52% of adults who met the criteria were being screened for colorectal cancer. The CHWC Cancer Committee determined that awareness and screenings for colorectal cancer need to be a priority, and there is something about a giant blow-up colon that gets people talking about a subject that is typically avoided. The colossal colon is used at events along with screening kits and information to encourage more people to get their screenings done.

March



National Colorectal Cancer
Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					MARCH 1	2
3	4	5	6	7	8	9
10 <i>Daylight Saving Time Begins</i>	11	12	13	14	15	16
17 <i>St. Patrick's Day</i>	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Colorectal Cancer Facts

Colorectal cancer is almost as common among women as men.

Each year in the US, about 71,000 men and 64,000 women are diagnosed with colorectal cancer.

In many cases, **colorectal cancer can be prevented**. It often starts with a small growth called a polyp, which—if found early—can be removed, stopping colorectal cancer before it starts.

If colorectal cancer is found and treated early, the five-year relative survival rate is about 90%.

Although it is highly treatable, only about 4 of 10 cases are diagnosed during this early stage because people do not follow recommended test guidelines.

Most colorectal cancers are found in people age 50 and older. For this reason, **the American Cancer Society recommends you start getting checked for this cancer when you're 45.**



Roger Fitts

Paulding, OH

Roger Fitts

Head & neck cancer survivor

After many months of treatment for head and neck cancer, Roger is happy to report he is cancer-free and feeling great. "There were some really rough days, especially toward the end of treatment in the last week or two. But I got through it, I'm back to my regular life and better than ever," he says with a smile.

Dr. Mahmoud Afifi

Medical Oncologist

Parkview Physicians Group

419-636-4517



Dr. Wayne Court

Radiation Oncologist

Toledo Radiation Oncology /
CHWC Radiation Oncology Center

419-636-9800



Dr. Roger Kucway

Radiation Oncologist

Toledo Radiation Oncology /
CHWC Radiation Oncology Center

419-636-9800



April



Oral, Head &
Neck Cancer
Awareness Month



Testicular Cancer
Awareness Month

April is Oral, Head & Neck Cancer Awareness Month

About Human Papillomavirus (HPV)

HPV is a common sexually transmitted infection that currently has no cure and can be linked to a number of health issues. Once exposed and infected, an individual's immune system typically fights it off, but if that does not occur, precancerous growths lead to many procedures, tests and suffering to prevent progression to cancer.

HPV Quick Facts

- HPV can be linked to cancer.
 - . Cervical, mouth and throat, and other female and male reproductive organs can get HPV-related cancers.
 - . Nearly all cervical cancers are caused by HPV.
- You cannot get HPV from sharing food, utensils, toilet seats, pools or hot tubs.
- You can have HPV and not have signs or symptoms.
- The HPV vaccine can prevent infection with HPV types related to cancer.
- The HPV vaccine is approved for use in males and females.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	APRIL 1 <i>April Fools' Day</i>	2	3	4	5	6
7	8	9	10	11	12	13
14	15 <i>Tax Day</i>	16	17	18	19	20
21 <i>Easter</i>	22 <i>Earth Day</i>	23	24	25	26	27
28	29	30	 <p>Watch for future cancer prevention and screening events throughout the community!</p>			



Dick & Judy Whaley - Husband & Wife

Skin, thyroid, kidney & prostate cancer & breast cancer survivors
Fayette, OH

Dick & Judy Whaley

Dick and Judy recently celebrated 60 years of marriage, and have two children, one grandchild, and one great-grandchild. Over the years, Dick fought and beat cancers of the kidney, prostate, thyroid and skin. More recently, Judy was diagnosed with breast cancer and completed her treatments in October 2018.

Keep an eye on your skin!

Here are some things to look for when assessing moles on your body.

- A Asymmetry**
One half is unlike the other half.
- B Border**
An irregular, scalloped or poorly defined border.
- C Color**
Varies from one area to another; has shades of tan, brown or black, or is sometimes red, white or blue.
- D Diameter**
Melanomas are usually greater than 6 mm (the size of a pencil eraser) when diagnosed, but they can be smaller.
- E Evolving**
A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

May



*Skin Cancer Detection
& Prevention Month*

Main Types of Skin Cancer

Squamous Cell & Basal Cell

These types of skin cancer are the most common, and rarely spread to other parts of the body.

Melanoma

Melanoma is less common but more dangerous than basal cell and squamous cell skin cancers. It can spread to other areas of the body if not caught early enough. Melanomas can appear black, brown, pink, tan or white and can develop anywhere on the skin, but are likely to start on the chest or back in males and on the legs for females.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY 1	2	3	4
5 <i>Cinco de Mayo</i>	6	7	8	9	10	11
12 <i>Mother's Day</i>	13	14	15	16	17	18
19	20	21	22	23	24	25
26 <i>Memorial Day</i>	27	28	29	30	31	



Dr. Melissa Williams

Dermatologist

Parkview Physicians Group

419-636-4517



Relay for Life



June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						JUNE 1
2	3	4	5	6	7	8
National Cancer Survivors Day						
9	10	11	12	13	14	15
		National Men's Health Week	→			
16	17	18	19	20	21	22
National Men's Health Week Father's Day						
23	24	25	26	27	28	29
30						

The end of cancer treatment can bring about a variety of emotions, from hope and happiness to uncertainty and fear. At Community Hospitals and Wellness Centers (CHWC), an interdisciplinary team creates a survivorship care plan for each patient that received cancer care at our facility. This plan helps guide patients in the time when they aren't seeing health care providers on a daily or weekly basis, and includes a summary of the treatments received from all disciplines involved and the follow-up necessary for each patient.



Our patient navigators are instrumental in the process of creating these individualized plans. The multitude of appointments and questions that come with cancer care can be overwhelming, and our navigators see patients through the whole treatment process—from the time of diagnosis into the survivorship phase.

Pictured above: Brenda Schofield (left) and Kelly Colon (right), patient navigators at CHWC.



Keith Trubey

Maintenance at Community Hospitals and Wellness Centers

The Green Roof at Bryan Hospital

On the second-floor roof at Bryan Hospital is a green roof that is covered in perennial succulents. The green roof has numerous benefits, from improved insulation to reduced water runoff.

Pictured left is Keith Trubey of the Maintenance Department at Community Hospitals and Wellness Centers (CHWC) giving the roof its once-a-year fertilizing, weeding and mowing.

*Remember: slip, slap, slop
this summer to protect yourself from the
sun's rays!*



Slip on a shirt



Slap on sunglasses



Slop on some sunscreen

July



July is
UV Safety Month



Sun Safety Quiz



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JULY 1	2	3	4	5	6
				Independence Day		
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

I can't get skin cancer, because my normal routine (hobbies, vacations, commuting to work, etc.) doesn't include a lot of time outdoors.

- True
- False

If I'm wearing sunscreen, I can stay in the sun as long as I want.

- True
- False

A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.

- True
- False

It's safe to let my kids stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms and legs.

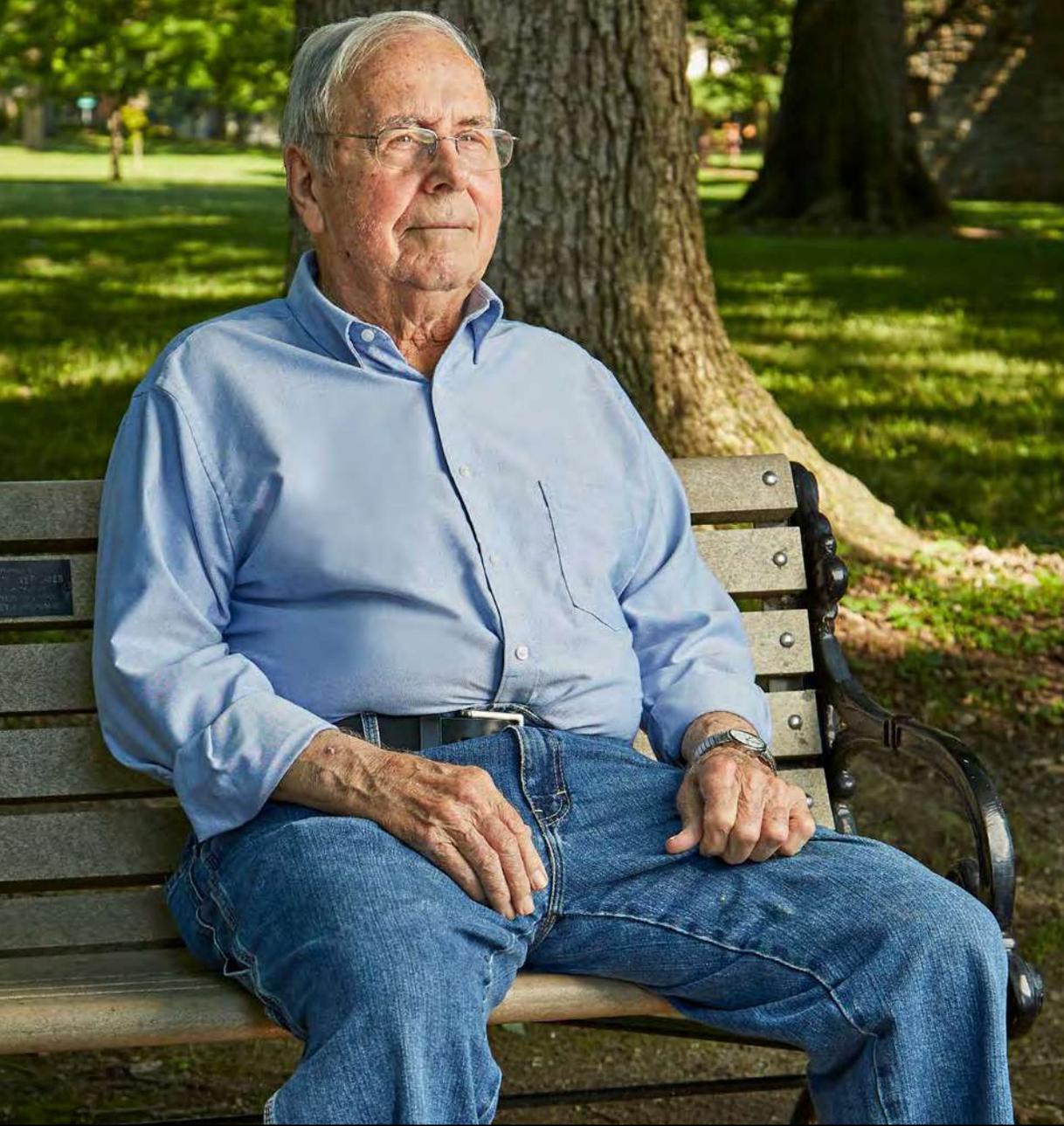
- True
- False

Getting a "base tan" at an indoor tanning salon is a good way to prevent sunburn when I go to the beach later this summer.

- True
- False

Answer key: the correct answer for all five questions is "False"

Get more information about skin cancer at
www.cancer.org/cancer/skin-cancer



Curt Spengler

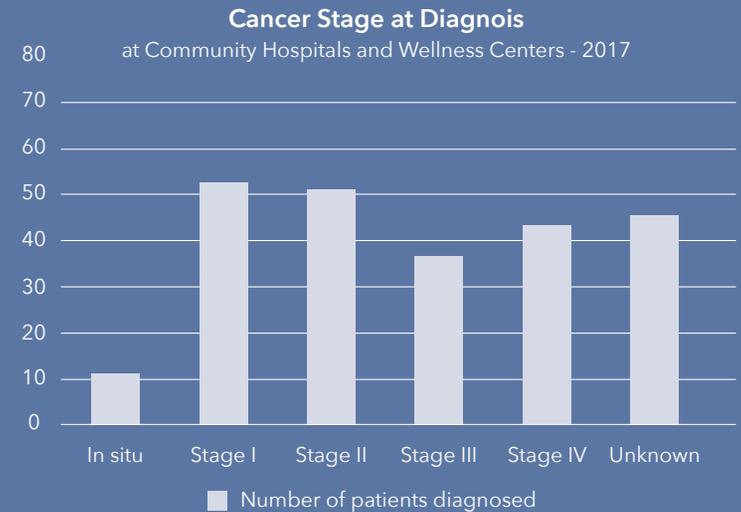
Archbold, OH

Curt Spengler

Head & neck cancer survivor

Curt spent some tough months of his life fighting head and neck cancer. He recognizes the role his daughters played in helping him during the course of treatment and throughout the recovery process.

"I wasn't prepared for the physical toll that treatment took on me," Curt says. "I wouldn't wish it on anyone. But, to people who need it, there is no place with kinder people than at the Radiation Oncology Center. They treated me great."



August



August is
Summer Sun
Safety Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				AUGUST 1 World Lung Cancer Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

About Head & Neck Cancer

There are many types of head and neck cancers. Here are just a handful:

- Oral cavity cancer
- Oropharyngeal cancer
- Nasal cavity cancer
- Paranasal sinus cancer
- Nasopharyngeal cancer
- Laryngeal cancer
- Hypopharyngeal cancer

The most common type of cancer in the head and neck area is called carcinoma. These cancers start in the cells that line all parts of the nose, mouth and throat.

Alcohol and tobacco use (including smokeless tobacco) are biggest risk factors for head and neck cancers.



Dr. Michael Nosanov

Ear, Nose & Throat (Otolaryngology)

Community Hospitals and Wellness Centers

419-633-7389



Jim Ping

Bryan, OH

Jim Ping

Prostate cancer survivor

On his birthday back in March of 2012, Jim found out he had cancer. He's now six years out since his last treatment and is living his best life, riding his Harley, hunting and fishing.

Married for over 60 years, Jim says, "I have a good wife, a good family, a good life. It all has bearing on your life. It's what got me through all of it."

About Prostate Cancer

Early prostate cancer usually causes no symptoms. More advanced prostate cancers sometimes cause symptoms, such as:

- Weak or interrupted urine flow
- Inability to urinate or start or stop urine flow
- Need to urinate more frequently, especially at night
- Blood in the urine or semen
- Pain or burning with urination
- Erectile dysfunction
- Loss of bladder or bowel control
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
 - Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

September



Prostate Cancer
Awareness Month



Leukemia & Lymphoma
Awareness Month



Gynecologic Cancer
Awareness Month



Childhood Cancer
Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 1	2 <i>Labor Day</i>	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

About Prostate Cancer, continued

Most of these problems are more likely to be caused by something other than prostate cancer. However, it's important to tell your health care provider if you have any of these symptoms so that the cause can be found and, if needed, treated.

Did you Know?

- 92% of all prostate cancers are diagnosed at an early stage.
- Prostate cancer is in the top three types of cancer that is diagnosed and treated at Community Hospitals and Wellness Centers.
- Treatment for prostate cancer is dependent on age, stage and grade of cancer. If caught early, prostate cancer outcomes are very favorable.



Cathy Day

Bryan, OH

Cathy Day

Breast cancer survivor

Cathy has long been an advocate for regular cancer screening; she gets a mammogram every August, and performs monthly self-exams without fail. It was a shock, then, when she was diagnosed with stage 3 breast cancer in August 2016.

"The tumor was deep enough that I didn't feel it, but they found it on a screening mammogram," Cathy explains. "Feeling good isn't an indicator that everything is okay; it doesn't mean anything. I'm a great example of this, because I had no idea this was going on in my body. It's so important to get those regular screenings done because it's curable if caught early. Had I not gotten that mammogram, it would have killed me."

Treatment caused fatigue and some changes in appetite, but Cathy notes that she was able to continue working throughout the course of treatment. "I had surgery in Fort Wayne but was able to have both chemo and radiation here in Bryan, which I'll be forever grateful that I could do close to home," she says. "I can't imagine having an hour-long drive after a chemo dose. To me, it would have been impossible."

Cathy completed her treatments in May of 2017 and sees her care team for regular follow-ups as well as her trusty mammogram already scheduled for next August.

October



Breast Cancer
Awareness Month



Liver Cancer
Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		OCTOBER 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
				Halloween		

Diagnosing Breast Cancer

In 2018, Community Hospitals and Wellness Centers implemented a new process that reduces the time between diagnostic imaging to receiving a biopsy.

Most commonly, this timeline is 8 days, although this new process reduces the timeline to 6.5 days.

Ladies: Schedule your mammogram today.

No referral is necessary to get this important screening done. Women ages 40+ are encouraged to get a clinical breast exam and mammogram annually.

Talk to your primary care provider about scheduling a mammogram.





Barney Beavers

Bryan, OH

Barney Beavers

Lung cancer survivor

Barney has lived much of his life in Bryan, but spent several years serving with the United States Army. He states that his wife was an important part of his cancer care and recovery. They have three daughters, eight granddaughters and eight great-grandkids (six boys and two girls).

Lung Cancer: Did you Know?

- Lung cancer is the leading cause of cancer for men and women in Williams County (both in incidence and mortality).
- Lung cancer is one of the top five cancer sites diagnosed and treated at Community Hospitals and Wellness Centers (CHWC).
- There are other risk factors to lung cancer besides smoking, such as: exposure to radon or asbestos, family history of lung cancer, and dietary supplements such as beta carotene for people who smoke.
- Most lung cancers can be prevented.
- Most lung cancers are related to smoking and/or second-hand smoke.
- Most lung cancers are found at an advanced stage.
- Most lung cancers are widely spread throughout the body at the time of diagnosis.
- Low-dose CT screening can provide early detection of lung cancer. Individuals who meet certain criteria are eligible for an annual lung cancer screening CT.

The Imaging Center at Bryan Hospital has a lung cancer screening program that includes CT, CT interpretation by highly qualified radiologists and follow-up care by patient navigators. Ask your primary care provider if you qualify for a lung cancer screening CT.

November



Lung Cancer
Awareness Month



Pancreatic Cancer
Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NOVEMBER 1	2
3 <i>Daylight Saving Time Ends</i>	4	5	6	7	8	9
10	11 <i>Veterans Day</i>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <i>Thanksgiving</i>	29	30

Lung Cancer Screening at CHWC

Lung cancer can be screened with the use of a low dose CT scan on an annual basis. A physician's order is required for the screening. Make an appointment with a practitioner to discuss eligibility.

SBRT Lung Treatment Available

Stereotactic body radiation therapy (SBRT) is an external beam radiation therapy that utilizes highly precise radiation fields to treat cancer in just a few treatments.

Need Help Quitting?

Quitting tobacco is not easy. Having a plan and good resources can help. **Here are a few ways to get started:**

- Create a personalized plan to quit.
 - Call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669).
 - Visit ohio.QuitLogix.org.
- Talk to your doctor.
 - Consider prescription or over-the-counter medications.
 - To help overcome the challenges of quitting, seek other therapies or counseling.



Warm wishes this holiday season!

Cancer Committee

Pictured right, from left to right:

Pam Alpaugh, CHWC- Radiology Director; Kim Owen, CHWC- Radiation Oncology Center Director; Dr. Michael Nosanov, CHWC- ENT Physician; Cathy Day, CHWC- Compliance Director; Amy Boehm, American Cancer Society- Senior Manager of North Central Region; Dorothy Myers, CHWC- Registered Nurse; Jan Martinez, CHWC- Director of Nutrition Food Services; Dr. Mahmoud Afifi, Parkview Physicians Group- Hematologist/Oncologist; Linda Trausch, CHWC- Director of Social Services and Discharge Planning; Michelle Breitner, CHWC- Tumor Registrar; Dr. Jeffrey Forquer, Toledo Radiation Oncology- Radiation Oncologist; Kelly Colon, CHWC- Patient Navigator; Dr. Michael Liu, Parkview Physicians Group- General Surgeon; Dr. Shannon Keil, CHWC- Pathologist

Quality Patient-Focused Care

With primary focus on patients and caregivers, the cancer program at Community Hospitals and Wellness Centers (CHWC) works to develop and promote education on cancer prevention, early detection and screening.

Accreditation demonstrates a cancer program's commitment to providing high-quality, multidisciplinary patient-centered cancer care.

Those of us at CHWC value our patients and appreciate their trust in us to provide them with personalized, state-of-the art cancer care. It gives us great satisfaction to make a positive difference in their lives.

A heartfelt thank you to the incredible people who support and care for their loved ones while managing their own lives. The role they play in their care is invaluable, and we could not do what we do without them.

In addition, we thank the community and organizations in the community for the support they provide us, our patients and their families.



December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
		<i>Christmas Eve</i>	<i>Christmas</i>			
		<i>New Year's Eve</i>				

In 2018, the cancer program at Community Hospitals and Wellness Centers was granted **Elite Status** by the Commission on Cancer.

What does it mean to be an Accredited Cancer Program?

Community Hospitals and Wellness Centers' cancer program is accredited through the American College of Surgeons Commission on Cancer (CoC). The CoC establishes standards to ensure quality cancer care delivery with a multidisciplinary and comprehensive approach. These standards require the cancer program to create meaningful processes to monitor treatment patterns, cancer care delivery, and outcomes to best serve our patients.



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CHC Community Hospitals
and Wellness Centers

433 W. High St. Bryan, OH 43506

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