

CANCER PREVENTION & SCREENING HIGHLIGHT:

Cancer Screening for Firefighters

In 2022, St. Peter's Hospital Cancer Care Center's outreach nurse - in collaboration with Capital Region Urology, Mobile Imaging, Ltd., and Cohoes Professional Firefighters - developed a cancer education, screening and prevention program for the firefighters.

Firefighters have an increased incidence of cancer when compared to the national average. They tend to develop cancers affecting the prostate, bladder, testes, gastrointestinal tract (including colon), thyroid, breast, skin and lungs.

In-person and virtual educational sessions were provided by an experienced oncology educator for all firefighter personnel. The team discussed signs and symptoms of high-risk cancers as well as lifestyle factors that can increase the risk of cancer. Firefighters received tips for talking with primary care providers about the increased cancer risk for firefighters. Each attendee received an identifying card to facilitate a conversation with their physician. Thirty firefighters participated in the educational program. By the end of the program, all the firefighters agreed to talk with their primary care provider about their occupation, and agreed to practice cancer prevention. They also were able to identify signs and symptoms of cancer.



The three-hour screening event for members of the Cohoes and Green Island fire departments included these screenings: digital rectal exam, testicular exam, thyroid exam and kidney ultrasound. Twenty-five firefighters were screened. One was found to have kidney cysts, two were noted to have microscopic hematuria, and three had thyroid nodules or enlargement. After the screening, all men with remarkable findings followed up with their primary care provider and/or urology and no cancer was found.

In 2023, Capital Region Urology continued performing screenings in their office for additional firefighters in the area, and it is expected this program will continue to grow.



Cancer Care

A Member of Trinity Health

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ST. PETER'S HEALTH PARTNERS CANCER CARE ANNUAL REPORT



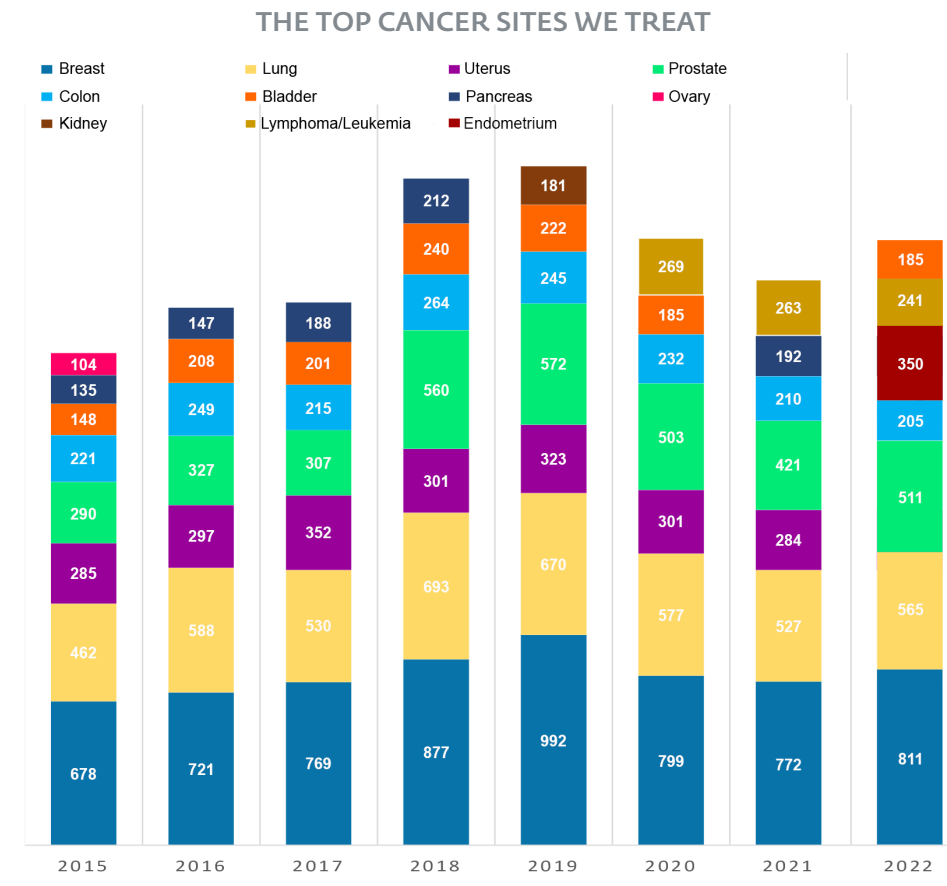
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CANCER CARE IN ALBANY & TROY

One Cancer Program, Two Locations

In 2022, St. Peter's Health Partners Cancer Care program continued to provide care for a large volume of new cancer patients at our locations in Albany and Troy. In total, we diagnosed and/or treated 4,828 new cancer patients. The top seven cancer sites we treated were breast, lung, prostate, colon, endometrium, lymphoma/leukemia, and bladder.



BETTER OUTCOMES

Multidisciplinary, Patient-Centered Care

No matter the cancer site, multidisciplinary care is a hallmark of our approach to treatment. Our highly specialized team of providers examines patients' cases thoroughly at regular tumor board conferences. Working as a team of medical oncologists, radiation oncologists, radiologists, pathologists, and surgeons allows us to tailor treatment plans to the unique needs of each patient. This personalized patient care drives the exceptional quality and excellent outcomes we offer at St. Peter's Health Partners.



QUALITY & SAFETY

Advance Care Planning and Emotional Well-Being

ADVANCE CARE PLANNING
In 2022, St. Peter's Cancer Care Centers focused on advance care planning discussions as a quality initiative during oncology visits for all patients 65 years and older. Patients who participated in ACP are much more likely to have their end-of-life wishes known and followed, and ACP has been associated with lower rates of ventilation, resuscitation, ICU admission, earlier hospice enrollment, and decreased cost of care at end of life.

EMOTIONAL WELL-BEING

In 2022, St. Peter's Cancer Care Centers also focused on completing emotional well-being screenings as a quality initiative for all patients 18 years and older. For those struggling with a cancer diagnosis, screening for mental health concerns is crucial, as mental health screenings can save lives and have been linked to increased survival among those living with cancer.

PROGRAM OVERVIEW

St. Peter's Health Partners Cancer Care in 2022



WE ARE A LOCAL CENTER, SERVING THE REGION & BEYOND

NY • VT • MA • FL • ME • NC • NJ

In 2022, we served patients from more than 36 counties in New York state, with the largest volumes coming from Albany, Rensselaer, Saratoga, Schenectady, Columbia, Greene, Fulton, Warren, Montgomery, Ulster and Washington counties. We drew patients from seven states in the nation.

COMPREHENSIVE CANCER CARE DIAGNOSIS TO SURVIVORSHIP

We take a holistic approach to treating cancer, by caring for the whole patient – mind, body and spirit. Our providers take care to address the physical and emotional changes patients may experience and provide resources so patients can thrive after cancer. Please visit our website for information on how to access these services.

- ✓ Physical therapy
- ✓ Occupational therapy
- ✓ Speech and audiology
- ✓ Complementary therapies
- ✓ Survivorship care plans
- ✓ Nurse navigators

EXCELLENCE IN CANCER CARE IN ALBANY & TROY

St. Peter's Hospital Cancer Care Center

St. Peter's Hospital | 317 S. Manning Blvd. | Albany



Hildegard Medicus Cancer Center

Operated by Samaritan Hospital

Samaritan Hospital

St. Mary's Campus | 1300 Massachusetts Ave. | Troy

Main Campus | 2215 Burdett Ave. | Troy



STATE-OF-THE-ART SCREENING & DIAGNOSTICS

- ✓ 3D Mammography
- ✓ ENDOSCOPIC Ultrasound and biopsy
- ✓ BREAST MRI
- ✓ SPYGLASS™ Direct Visualization System
- ✓ VATS (Video-assisted thoracoscopic surgery)

LEADING-EDGE TREATMENTS

- ✓ DA VINCI® XI Surgical System
- ✓ RADIOFREQUENCY Ablation
- ✓ RAPIDARC® Radiotherapy
- ✓ STEREOTACTIC Radiosurgery
- ✓ SURFACE-GUIDED AlignRT®
- ✓ IMAGE-GUIDED Brachytherapy

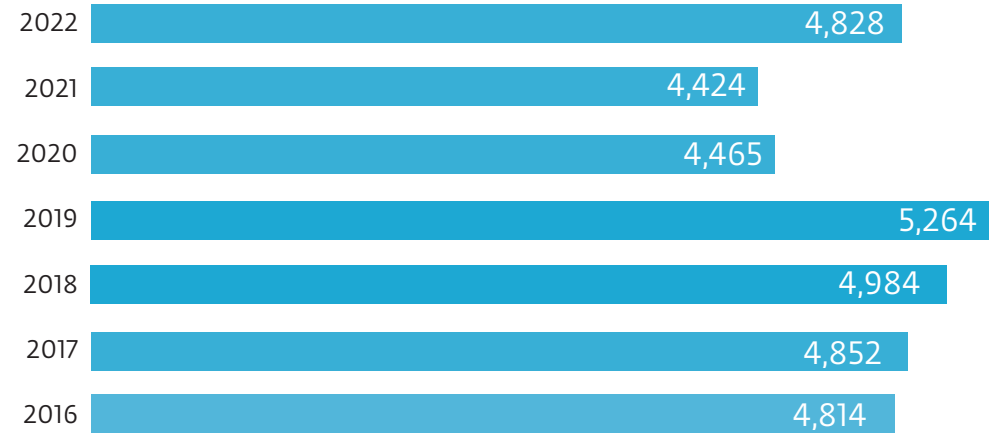
CLINICAL TRIALS

We conduct cancer research trials in Albany and Troy, as well as refer out to other sites. Patients interested in enrolling should speak to their health care team to discuss possible benefits, risks and qualifications. Our research department can be reached at (518) 525-6739.

116

Patients enrolled in trials at our sites in 2022

PATIENT VOLUMES



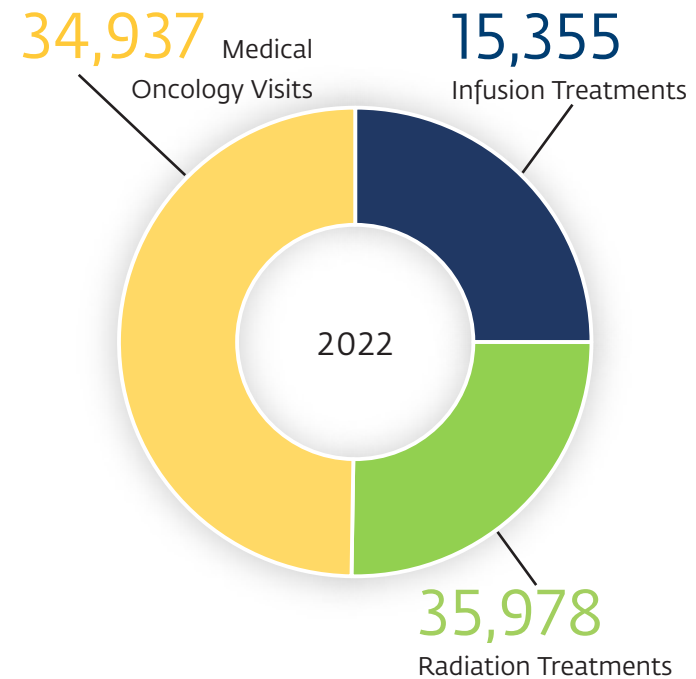
Number of new patient cases per year



772 Patient cases reviewed at our multidisciplinary tumor board in 2022

21,956 PATIENTS Followed for life since 2009

ONCOLOGY



OUTREACH & EDUCATION

Preventing Cancer and Educating Our Community

- Using U.S. Preventive Services Task Force (USPSTF) guidelines, our community outreach nurse instructed SPHP nursing students in "Introducing Tobacco Cessation Into Your Practice." The Butt Stops Here®, a seven-week program, was also offered virtually throughout 2022, and is offered free to the public by St. Peter's Health Partners.
- On November 15, 2022, Dr. Sarah Pesek presented at the Annual Women's Health Conference series for ToLife! Her topic was "De-Escalating the Surgical Treatment of Breast Cancer," providing breast cancer education to about 100 community members virtually.
- The Cancer Services Program provided one-on-one cancer education to over 250 men and women, and assisted them with cancer screening if uninsured. CSP helped connect them to a primary care provider if insured and if they needed a screening. CSP also held 10 comprehensive cancer screening events at our breast centers at St. Mary's Campus and St. Peter's Hospital, where 72 uninsured women received breast cancer screening. If eligible, they also received cervical and colorectal cancer screenings as well. Eleven of the 72 women screened for breast cancer were called back for diagnostics. Only one invasive breast cancer diagnosed.
- Additionally, employees of SPHP and their spouses were offered easy access to mammograms, as well as assistance with transportation, interpreter services, obtaining a prescription and a primary care referral. This effort was a collaboration of several departments including mammography, our breast centers and our cancer care program.