

# The Art of Caring



 St Peter's Hospital  
*Cancer Care Center*

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ST PETER'S HEALTH PARTNERS



## St. Peter's Hospital Cancer Care Center

### *The Art of Caring*

Where clinical excellence meets compassionate care, you'll find St. Peter's Hospital Cancer Care Center.

Our comprehensive cancer care program offers advanced diagnostic and treatment options in an atmosphere of comfort and caring. We take a holistic approach to cancer care, tending to our patients' physical, psychological and spiritual needs. We view this combination of technology, innovation, warmth, and compassion as *The Art of Caring*.

This is our craft, and we proudly illustrate it in the following overview of our cancer care program.

# Table of Contents

Program Overview.....	2
Top Six Sites We Treat.....	4
Breast.....	6
Thoracic .....	8
Gynecologic .....	10
Genitourinary .....	12
Colorectal .....	14
Liver & Pancreas.....	16
Genetic Counseling .....	18
Annual Survivor Day Celebration.....	20
Awards and Accreditations.....	21



Catherine McAuley,  
Foundress of the Religious Sisters of Mercy

*“In the care of the sick,  
great tenderness  
above all things.”*

## Mission Statement

The mission of St. Peter’s Hospital Cancer Care Program is to provide quality cancer care. Guided by the spirit of the Sisters of Mercy, the values that provide direction to the program include:

- Ministry with compassion and caring to the physical, psychological and spiritual needs of cancer patients
- Respect for human life and the dignity of the individual

Dedicated to offering a continuum of services to support the optimal well-being of patients and their families, St. Peter’s Hospital Cancer Care Program is committed to the promotion of:

- The art of caring, balanced with technology
- Continuous improvement and innovation
- Prudent use of resources
- Excellence through collaboration with existing community organizations
- Facilitation of access to care
- Community and professional education

CANCER CARE CENTER

# St. Peter's Hospital Cancer Care Center - Program Overview

## WE ARE A LOCAL CENTER, SERVING THE REGION



**40** COUNTIES

NY • MA • VT • CT • NJ • ME • NH

In 2014, we served patients from more than 40 counties in New York state, with the largest volumes coming from Albany, Rensselaer, Saratoga, Schenectady, and Greene counties. The center drew patients from seven states in the Northeast.

## RANKED AMONG TOP CENTERS IN THE US

St. Peter's Hospital Cancer Care Center is a Blue Distinction® Center for the Treatment of Complex and Rare Cancers. We are the only health care facility in the Capital Region to receive this designation, which ranks us among the top cancer care centers in the United States. We have earned this title for our treatment of bladder, esophageal, gastric, liver, pancreatic, and rectal cancers.



### STATE-OF-THE-ART SCREENING & DIAGNOSTICS

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

### LEADING-EDGE TREATMENTS

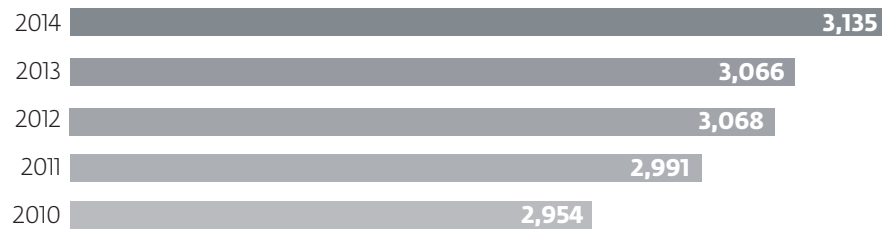
- ✓ **DA VINCI® XI** Surgical System
- ✓ **NOVALIS®** Shaped Beam System
- ✓ **RADIOFREQUENCY** Ablation
- ✓ **RAPIDARC®** Radiotherapy

### CLINICAL TRIALS: HOPE FOR THE FUTURE

Clinical trials examine new ways to diagnose and treat cancer, manage the side effects of treatment, and prevent cancer. In 2014, 54 patients enrolled in clinical trials, data repositories, or registry studies for:

- ✓ Breast cancer
- ✓ Lung cancer
- ✓ Ovarian cancer
- ✓ Prostate cancer

## PATIENT VOLUMES



Number of new patient cases per year



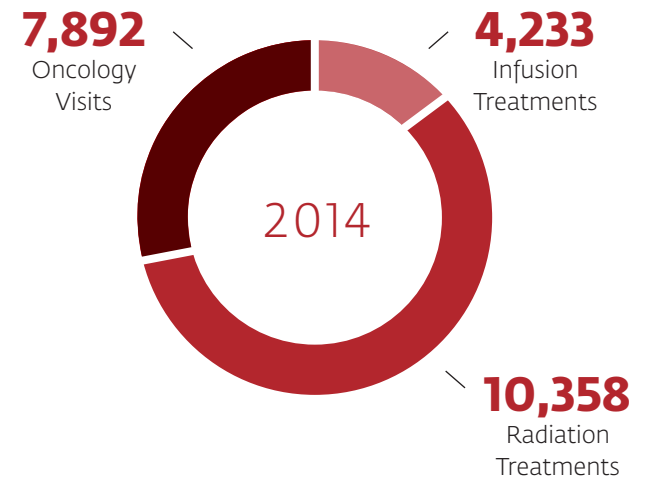
**728**

Patient cases reviewed at our multidisciplinary tumor board in 2014

**11,648**  
PATIENTS

Followed for life since 2009

## MEDICAL ONCOLOGY

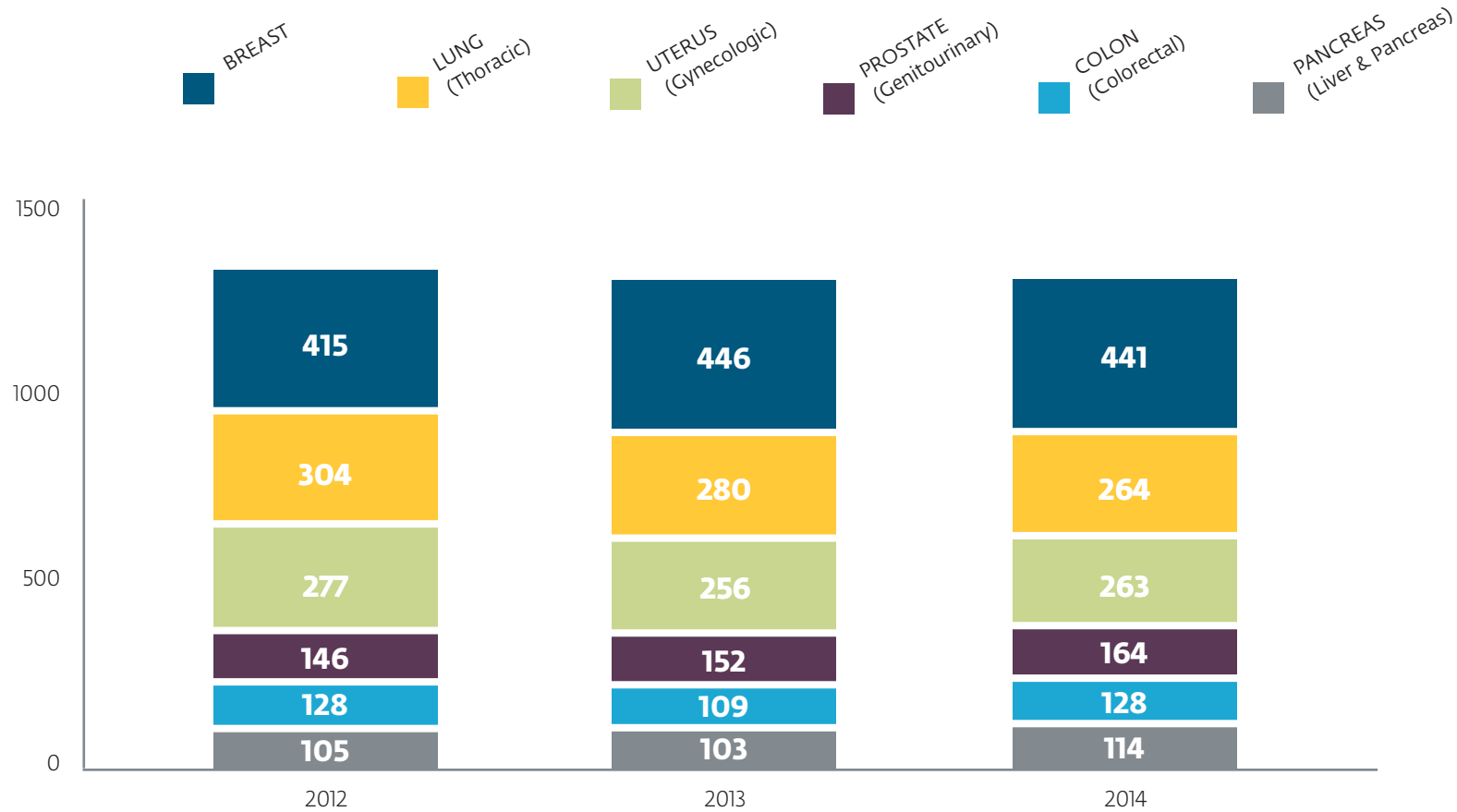


## PALLIATIVE CARE

**231** PALLIATIVE CARE CONSULTS FOR CANCER PATIENTS IN 2014

Palliative care at St. Peter's Hospital is available for patients with cancer, as well as other serious illnesses. The goal is to improve quality of life for both the patient and their family. Our team of physicians, nurses, and other specialists assist with determining goals of care, complex decision-making, pain and symptom management, and psychosocial support.

# Top Six Most Prevalent Cancer Sites We Treat

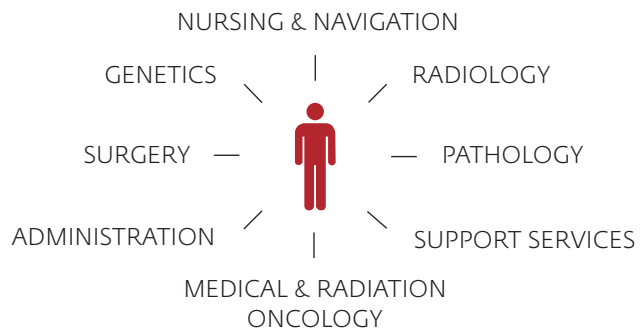


**3,135**

NEW CANCER DIAGNOSES IN 2014

In 2014, St. Peter's Hospital Cancer Care Center continued to see an increase in new cancer patient visits. In total, we treated 3,135 new cancer patients. The top six cancer sites we treated were breast, lung, uterus, prostate, colon, and pancreas.

## MULTIDISCIPLINARY PATIENT-CENTERED CARE



Multidisciplinary care is a hallmark of our approach to treatment at St. Peter's Hospital Cancer Care Center. No matter the cancer site — be it breast or prostate, lung, pancreas, colon, or elsewhere — a highly specialized team of physicians examines each patient's case thoroughly during our 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.

We believe patient-centered care can make all the difference when it comes to diagnosing and treating cancer. This personalized patient care drives the exceptional quality and excellent outcomes we offer.



# Breast Cancer

## For our breast cancer patients, survivorship begins at diagnosis.

One in eight women will face breast cancer in her lifetime. It is the most common form of cancer in the United States, and the most prevalent cancer site we treat at St. Peter's Hospital.

The essence of our breast cancer program is its combination of prompt care, expertise, and the most modern, specialized breast-imaging technology, including 3-D mammography. We meet or exceed all national guidelines for hormone, radiation, combination chemotherapy, and diagnostic procedures. We are dedicated to providing the highest level of care possible for our patients. With that in mind, St. Peter's breast health navigator, a certified breast health nurse, provides support and guidance to help patients "navigate" through the complex health care network.

Dedicated to more than just clinical care, we take a holistic approach to treating breast cancer. Our breast health team cares for the whole patient — mind, body, and spirit.



### EARLY DETECTION & SCREENING

#### DIGITAL MAMMOGRAPHY



Offers superior image quality in helping to detect cancer in its very early stages, often years before it is large enough to be felt as a lump. Mammography is currently the best method of screening.

#### 3-D MAMMOGRAPHY

- ✓ Fewer false-positive exams
- ✓ Earlier detection of cancers not visible in 2-D
- ✓ Greater accuracy in size, shape and location
- ✓ Greater ability to detect multiple tumors
- ✓ Especially useful for dense breast tissue

#### BREAST MRI

A very effective tool for detecting small cancers in younger women and staging cancer.

#### BREAST ULTRASOUND

Enables further evaluation of masses found during a physical exam or mammography. Ultrasound is the only way to determine if a mass is a cyst (fluid-filled) without placement of a needle. When needle biopsy is needed, breast ultrasound can help guide the needle.





## SURGERY OPTIONS

### 400 SURGERIES ANNUALLY

State-of-the-art procedure rooms and experienced surgical teams.

### BREAST-CONSERVING SURGERY

Also known as a lumpectomy, removes tumor and limited surrounding tissue.

### BREAST RECONSTRUCTION SURGERY

Can help restore the look and feel of the breast after a mastectomy. Performed by a plastic surgeon, breast reconstruction can be done at the same time as the mastectomy or at a later time.

## LEADING-EDGE CARE FOR BREAST CANCER

### ESSENTIALS OF SURVIVORSHIP

Designed from evidence-based studies, our Essentials of Survivorship program helps improve treatment outcomes and patients' overall quality of life after treatment. The program helps patients:

- ✓ Increase physical strength and prepare for treatment
- ✓ Manage side effects and maintain strength during treatment
- ✓ Monitor health after treatment and return to previous activity levels

### PRONE BREAST RADIATION (FACE DOWN)

- ✓ Significant reduction of radiation to the heart and lung
- ✓ Increased ability to spare healthy, normal tissue
- ✓ Reduction in skin toxicity and fewer skin issues following radiation
- ✓ One of only two local hospitals to offer prone breast radiation

## 1<sup>ST</sup> IN THE CAPITAL REGION

### BREAST IMAGING CENTER OF EXCELLENCE

St. Peter's Hospital was the first center in the Capital Region to be named a Breast Imaging Center of Excellence by the American College of Radiology (ACR). This designation is given to imaging centers that have achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures, and quality assurance programs.



# Thoracic Cancer

## We offer the most advanced treatment of thoracic cancer.

Thoracic cancer refers to cancer of the chest region. Lung cancer is the most common form of thoracic cancer, and is the second most prevalent cancer site we treat at St. Peter's Hospital. Also included in thoracic is esophageal cancer — the fastest growing form of cancer in the United States. Thoracic care at St. Peter's Hospital brings together experts from different medical specialties, providing patients a broad range of treatment options.

Our team of radiation oncologists provide technologically advanced treatment of lung cancer through precisely targeted stereotactic radiosurgery. Our highly experienced thoracic surgeons offer minimally invasive diagnostic and surgical techniques whenever possible to help speed patients' recovery.

At the forefront of prevention and treatment for esophageal cancer, our advanced interventional endoscopists offer state-of-the-art techniques for removal of precancerous cells and early-stage cancer in the esophagus. These minimally invasive, outpatient procedures have been proven to stop cancer in its tracks, offering a 90 percent cure rate.



### ENDOSCOPIC PREVENTION & REMOVAL OF ESOPHAGEAL CANCER

#### RADIOFREQUENCY ABLATION (RFA)

RFA is minimally invasive, endoscopic delivery of quick bursts of controlled heat to remove abnormal, precancerous cells caused by Barrett's esophagus.

#### ENDOSCOPIC REMOVAL OF EARLY-STAGE CANCER

Endoscopic submucosal dissection and mucosal resection are incisionless procedures to remove early-stage esophageal cancer, and offer a 90 percent cure rate.

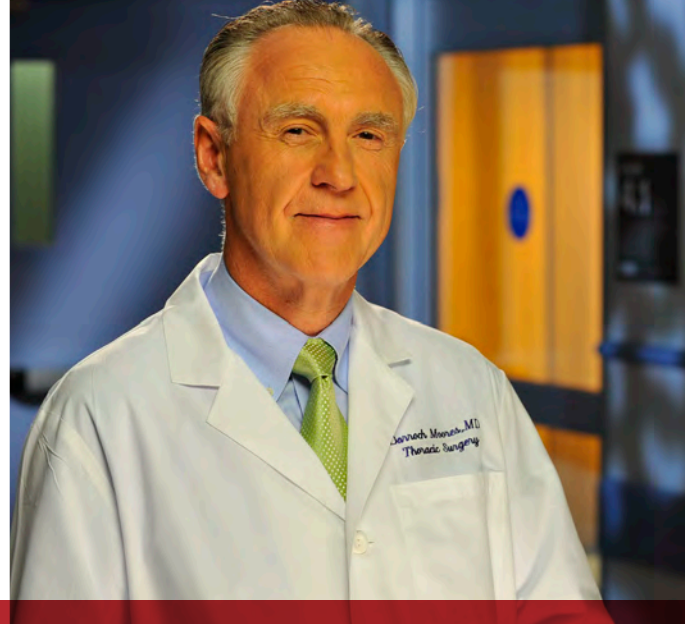
### THE MOST ADVANCED TREATMENTS

#### STEREOTACTIC RADIOSURGERY

- ✓ Precise, uniform radiation directly to tumor
- ✓ No incisions, no anesthesia and no scarring
- ✓ Painless, outpatient treatment
- ✓ 15- to 45-minute treatments
- ✓ Completed in as few as four treatments

#### 100% ADHERENCE TO NATIONAL GUIDELINES

We adhere to the national guidelines for administering chemotherapy within four to six months of surgery.



## HIGHLY SKILLED SURGEONS

### 600 SURGERIES ANNUALLY

We have a highly experienced thoracic surgical team. Our surgeons perform all diagnostics, including mediastinoscopy and endobronchial ultrasound.

### MEDIASTINOSCOPY

Enables visualization of the upper chest, in front of the lungs, to obtain a biopsy and stage of lung cancer.

### ENDOBROCHIAL ULTRASOUND

An incisionless procedure for diagnosing and staging lung cancer. It can also be used to perform fine-needle aspiration.

## LUNG CANCERS TREATED

### NON-SMALL CELL LUNG CANCER

**Adenocarcinoma** - Typically begins growing near the outside surface of the lung, and ranges in size and growth rate.

**Squamous cell carcinoma** - Often begins in one of the larger breathing tubes, near the center of the chest. Tumor size varies.

**Large cell carcinoma** - Usually begins near the surface of the lung and grows rapidly. It is typically diagnosed after it has progressed.

### SMALL CELL LUNG CANCER

Small cell lung cancer is much less common than non-small cell lung cancer, and accounts for only 15 percent of all lung cancer cases in the United States. This type of lung cancer is fast-progressing and spreads to other parts of the body quickly. It is typically quite advanced by the time it is diagnosed.

## EDUCATION & AWARENESS



St. Peter's Hospital works to increase awareness of the dangers of smoking, and prevent lung cancer in our community. In 2014, we hosted the American Cancer Society's Great American Smokeout. The event included educational activities comprised of a series of interactive displays manned by St. Peter's Hospital staff. Participants then answered questions quizzing them on the content of the activities and displays. Sixty-five percent of respondents scored 100 percent on the quiz, with 85 percent reporting the activities as relevant to their health.

# Gynecologic Cancer

## We provide multidisciplinary care, including genetic counseling.

Gynecologic cancer is cancer that begins within a woman's reproductive organs. The most common gynecologic cancers are found in the ovaries, uterus, cervix, vulva, and vagina. At St. Peter's Hospital, uterine cancer is the third most prevalent cancer site we treat.

**Cervical cancer** - Begins in the cervix, which is the lower part of the uterus.

**Ovarian cancer** - Starts in the ovaries, which flank the uterus.

**Uterine cancer** - Begins in the uterus, the pear-shaped organ in a woman's pelvis.

**Vaginal cancer** - Begins in the vagina, the channel connecting the uterus and the outside of the body.

**Vulvar cancer** - Starts in the vulva, which is the outer part of the female genital organs.

Treatment for gynecologic cancers depends on the type and stage of the cancer. Options include surgery, radiation therapy, chemotherapy, and experimental treatments.



## BROAD RANGE OF SURGICAL OPTIONS



### 1<sup>ST</sup> IN NYS FOR ROBOTIC SURGERY

Our gynecologic oncologists were the first surgeons in New York state to use the state-of-the-art da Vinci® Surgical System. This robotic surgical system is so precise that instruments recheck their positions by computer 1,500 times per second, offering many advantages to the patient. Complex procedures are safer and more effective with robotic surgical assistance, and allow patients shorter recovery time.

## LAPAROSCOPIC SURGERY

For some gynecologic cancers, laparoscopic surgical procedures can be used to evaluate and possibly remove abnormal growths, such as tumors, in the pelvis. During this procedure, the surgeon uses long, hand-held surgical instruments and operates through small incisions.

**252 ROBOTIC  
GYNECOLOGIC  
ONCOLOGY  
SURGERIES ANNUALLY**



## BENEFITS OF ROBOTICS

### ROBOTIC SURGERY

- ✓ Shorter hospitalization
- ✓ Reduced pain and discomfort
- ✓ Faster recovery time
- ✓ Smaller incision, lower infection risk
- ✓ Less blood loss, fewer transfusions
- ✓ Minimal scarring

The da Vinci® Surgical System delivers a high-resolution, 3-D image of the surgical field, magnified 10 times to the surgeon. With robotic surgical assistance, surgeries have a lower risk associated with them and offer patients a faster return to their normal daily activities.

## UTERINE CANCER



A woman's risk for cancer of the uterus generally increases with age. Most uterine cancers are found in women who are going through or have gone through menopause.

### ENDOMETRIAL CANCER

This is the most common form of uterine cancer which forms in the lining of the uterus, called the endometrium.

### UTERINE SARCOMA

This rare form of uterine cancer forms in the muscle or other tissue.

## OVARIAN CANCER

All women are at risk for developing ovarian cancer except those whose ovaries have been removed. As women age, their risk generally increases. Nearly 90 percent of women with ovarian cancer are over the age of 40, with the majority of them being 60 years or older. Beyond age, there are several other known risk factors for ovarian cancer:

- ✓ A close family member with ovarian cancer
- ✓ Have had breast, uterine or colorectal cancer
- ✓ Eastern European (Ashkenazi) Jewish background
- ✓ Have never given birth or had trouble getting pregnant
- ✓ Have endometriosis
- ✓ Tested positive for BRCA1 or BRCA2 genes
- ✓ Taken estrogen (without progesterone) for 10 or more years

# Genitourinary Cancer

## Our patients feel the benefits of robotic surgery.

Genitourinary cancer refers to cancer of the urinary tract and genital region. Prostate cancer is the most common form of cancer in men (after skin cancer), and the fourth most prevalent cancer site we treat at St. Peter's Hospital. Here, genitourinary care is led by highly trained, expert urologists who provide patients with the most advanced treatment options available.

St. Peter's Hospital is at the forefront of surgical options for the treatment of prostate cancer. Our urologic surgeons were the first in the Capital Region to perform a minimally invasive, laparoscopic prostatectomy in 2002. Following that success, our surgeons performed the first da Vinci® robotic prostatectomy at St. Peter's Hospital in 2004.

Most recently, the Capital Region's first neobladder creation and surgical implant was performed at St. Peter's Hospital. This complex and life-changing procedure provides patients with a new bladder after muscle-invasive bladder cancer. The minimally invasive, curative procedure replaces the need for an external bag, and allows patients to resume their normal lives after surgery.



### CANCERS TREATED

- ✓ Adrenal cancer
- ✓ Bladder cancer
- ✓ Genitourinary sarcoma
- ✓ Kidney cancer
- ✓ Penile cancer
- ✓ Prostate cancer
- ✓ Urethral cancer

### RISK OF PROSTATE CANCER

1 in 7 men will be diagnosed with prostate cancer during his lifetime, according to the American Cancer Society. Prostate cancer develops mainly in older men. About 6 out of 10 cases are diagnosed in men age 65 or older.

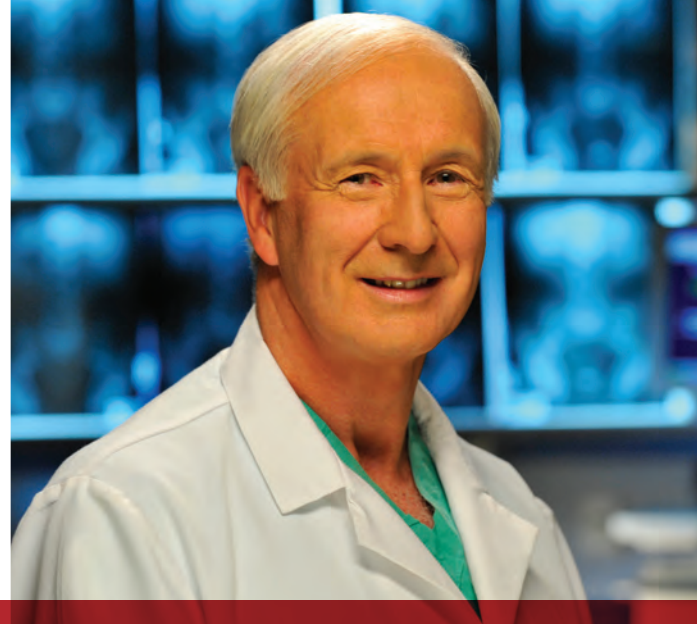
### ADVANCED THERAPIES

#### XOFIGO® INJECTION FOR ADVANCED PROSTATE CANCER

Cancer spreads to the bone in 90 percent of men with advanced prostate cancer. Xofigo® is an injection which binds with minerals in the bone to reduce symptoms of metastases.

#### FIRST IN THE NORTHEAST TO OFFER HOLEP

St. Peter's Hospital was first in the Northeast to offer Holmium Laser Enucleation of the Prostate (HoLEP), an effective and less invasive alternative to traditional treatments of prostate obstructions.



## SURGICAL OPTIONS

### ROBOTIC PROSTATE CANCER SURGERY

The latest advancements in prostate surgery is robotic prostatectomy. The da Vinci® Surgical System is so precise that instruments recheck their positions by computer 1,500 times per second.

### RECONSTRUCTIVE BLADDER SURGERY



One of only a few centers in the country to offer orthotopic neobladder, a life-changing, curative surgery. Instead of leaving a patient with a permanent bag, radical cystectomy and neobladder creation creates a new bladder, called an orthotopic neobladder. Using robotics for this surgery results in faster recovery and decreased pain.

## BENEFITS OF ROBOTICS

Robotic surgery offers many advantages to the patient. Complex procedures are safer and more effective with robotic surgical assistance. They have a lower risk associated with them and offer patients a faster return to their normal daily activities.

### ROBOTIC SURGERY

- ✓ Shorter hospitalization
- ✓ Reduced pain and discomfort
- ✓ Faster recovery time
- ✓ Smaller incision, lower infection risk
- ✓ Less blood loss, fewer transfusions
- ✓ Minimal scarring

## LEADERS IN ROBOTIC SURGERY



### A LEADER IN NYS FOR ROBOTIC SURGERIES

We perform more robotic surgeries than any other facility in upstate

New York. A review of the outcomes of a recent cohort of 140 robotic prostatectomy patients showed that 90 percent of patients went home after an overnight stay, with a low transfusion rate of only 1.4 percent.

### 147 ROBOTIC GENITOURINARY SURGERIES ANNUALLY

Our surgeons have the ability to perform a minimally invasive surgery with greater visualization, enhanced dexterity, and greater precision through our robotic surgical system.

# Colorectal Cancer

## We are at the forefront of detection and care.

Cancer in the colon and rectum typically begins as small, precancerous growths, or polyps. Over time, these polyps can become cancerous. If left untreated, these curable conditions can become fatal. This is why following recommended screening guidelines has proven to save lives.

While not yet a standard treatment at all hospitals, our advanced interventional endoscopists provide endoscopic removal of large polyps, tumors, and even early-stage cancer in the colon and rectum. The American Society for Gastrointestinal Endoscopy reports endoscopic or surgical removal of early-stage colorectal cancer is extraordinarily effective, and has been proven to offer a 90 percent cure rate.

When colorectal cancer has progressed beyond early-stage, a patient's case is thoroughly reviewed by our multidisciplinary tumor board. Working as a team of clinical experts enables our physicians to customize treatment plans to the unique needs of each patient and provide the best possible outcomes.



### EARLY DETECTION & SCREENING



#### THE LEADER IN NYS FOR ADVANCED ENDOSCOPY

Our advanced interventional endoscopists perform more procedures than any other hospital in New York state. In the treatment of colorectal cancer, we are one of the first hospitals in New York state to offer endoscopic removal of early-stage colon cancer. At St. Peter's Hospital, endoscopic removal can be performed without incision at the time of diagnosis, and patients can return home the same day.

**2,000** ADVANCED ENDOSCOPIES ANNUALLY

#### ENDOSCOPIC REMOVAL OF EARLY-STAGE CANCER

An incisionless procedure to remove early-stage cancer in the colon or rectum which has not entered the muscle layer, and offers a 90 percent cure rate.



#### COLONOSCOPY SAVES LIVES

Colonoscopy has proven to be the most effective colorectal cancer screening method. Studies show it reduces deaths from colorectal cancer by nearly 70 percent.





## MULTIDISCIPLINARY CARE

### RECTAL CANCER TUMOR BOARD

Our multidisciplinary rectal cancer tumor board reviews cases where cancer has progressed beyond early-stage. This team of clinical experts from oncology, surgery, radiation oncology, radiology, pathology, and gastroenterology tailor treatment plans to the unique needs of each patient and improve outcomes.

## EXPERIENCED SURGEONS

**134 COLORECTAL ONCOLOGY SURGERIES ANNUALLY**

## CONDITIONS TREATED

Our surgeons are experienced in treating a number of colon and rectal diseases. In some cases, surgeons are able to use minimally invasive techniques to remove cancerous tissue.

Some of the conditions treated include:

- ✓ Anorectal cancer
- ✓ Colorectal cancer
- ✓ Crohn's disease
- ✓ Diverticular disease
- ✓ Rectal prolapse
- ✓ Polyps
- ✓ Ulcerative colitis
- ✓ Anal abscess
- ✓ Anal fissure
- ✓ Anal warts
- ✓ Anal fistula
- ✓ Chronic constipation
- ✓ Hemorrhoids
- ✓ Incontinence
- ✓ Irritable bowel syndrome
- ✓ Pilonidal disease
- ✓ Pruritus ani
- ✓ Rectocele

## NATIONALLY RECOGNIZED

### 36<sup>TH</sup> IN THE NATION

St. Peter's Hospital was recognized by *U.S. News & World Report* as the highest rated hospital in upstate New York, and 36<sup>TH</sup> in the nation, for gastroenterology and GI surgery.



### MEMBER OF OSTRiCh

Member of the Consortium for Optimizing the Surgical Treatment of Rectal Cancer (OSTRiCh), a diverse group of health care institutions dedicated to improving the quality of rectal cancer care in the U.S. through advocacy, education and research.



# Liver & Pancreas Cancer

## We treat a high volume of liver and pancreas cancer.

Early-stage cancers of the liver and pancreas often present few to no warning signs, requiring experience and expertise to diagnose.

Since 1978, we have been a leader in advanced endoscopic procedures used to diagnose, evaluate and biopsy cancer of the hepatobiliary and endocrine systems. Today, our advanced interventional endoscopists perform more endoscopies than any other hospital in New York state.

Surgery, combined with multi-modality therapy, including chemotherapy and radiation, offers the best chance of long-term survival when these cancers are detected early. Among the most challenging and complex surgical procedures, hepatobiliary surgery requires a high degree of expertise and skill. Our board-certified, fellowship-trained hepatobiliary and pancreatic surgeons perform more liver and pancreas surgeries than any other surgeons in upstate New York. They offer cutting-edge techniques, utilizing the latest technology and minimally invasive approaches.



### STATE-OF-THE-ART DIAGNOSTICS & PROCEDURES



St. Peter's Hospital was the first in the Capital Region to use SpyGlass™ Direct Visualization System. Today we perform the highest volume of SpyGlass™ procedures in our 40-county service area.

#### SPYGLASS™

- ✓ Quicker and more precise diagnosis
- ✓ Fewer repeat procedures
- ✓ Immediate biopsies in full view
- ✓ Reduced exposure to X-rays

### ADVANCED COMBINATION THERAPIES

#### INTRAHEPATIC CHEMOTHERAPY

Direct infusion of chemotherapy into the liver. Intrahepatic therapy can be used if the liver has inoperable tumors and there is preserved liver function.



#### RADIOFREQUENCY ABLATION (RFA)

RFA is a technology that uses quick (less than one second) bursts of controlled heat to destroy tumors through the skin, laparoscopically, or during open surgery.



## EXPERIENCED SURGEONS

### 246 HEPATOBILIARY & PANCREATIC SURGERIES ANNUALLY

Our highly skilled hepatobiliary surgeons perform more surgeries annually than any other hospital in upstate New York.



**95**  
**PANCREAS**  
**RESECTIONS**



**66**  
**LIVER**  
**RESECTIONS**

## VOLUME MATTERS



### A TOP 5 NYS HOSPITAL FOR LIVER AND PANCREAS

Our hepatobiliary and pancreatic surgeons perform the third highest volume of pancreas surgeries and the fifth highest volume of liver surgeries in New York state. We perform well above the standard that measures "high-volume" which is set at 20 pancreatic resections and 20 liver resections annually.

### VOLUME LEADS TO BETTER OUTCOMES

**2X** We are a high-volume center performing twice as many hepatobiliary and pancreatic surgeries annually as any other hospital in our 40-county service area. Patients of high-volume hospitals have shorter lengths of stay, and lower procedural failure and mortality rates.

## NATIONALLY RECOGNIZED

### 36<sup>TH</sup> IN THE NATION

Among the most complex surgical procedures, hepatobiliary surgery requires a high degree of expertise and skill. Our hepatobiliary surgeons are board-certified and fellowship-trained. St. Peter's Hospital is one of the best hospitals for gastroenterology and GI surgery in the nation. We are proud to be recognized by *U.S. News & World Report* as the highest rated hospital in upstate New York and 36<sup>TH</sup> in the nation for this specialty area.



# Genetic Counseling for Cancer Risk Assessment

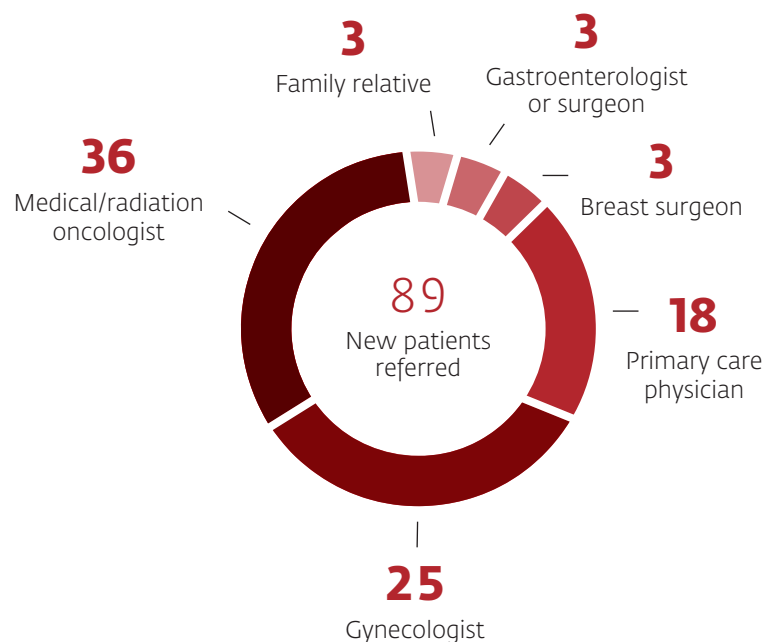
## FERRE INSTITUTE AT ST. PETER'S HOSPITAL

In an effort to provide patients of St. Peter's Hospital Cancer Care Center with the most comprehensive services, and in accordance with Commission on Cancer recommendations, genetic screening and counseling are provided on-site through a contracted entity, Ferre Institute. Our certified genetic counselors follow national recommendations and guidelines for practice.

### PATIENT VOLUMES



## 2014 CANCER RISK & GENETIC ASSESSMENT REFERRALS



## POSITIVE PATIENT EXPERIENCE

### 100% RECOMMENDATION RATING

At the conclusion of counseling, all patients are sent an anonymous survey to measure patient experience. This survey includes questions regarding coordination of appointments, the genetic counseling appointment itself, follow-up documentation of visit, and overall rating. 29 out of 29 patients responding to the survey in 2014 would recommend the genetic counseling program at St. Peter's Hospital.

*"Luba did a wonderful job guiding my mother and I through our genetic testing. She has been extremely helpful and informative about our genetic mutation. Luba eased my fears and I know that she will work hard to answer any questions I have."*

(Luba Djurdjinovic is a genetic counselor and Program Director for Ferre Institute)

## What Can a Cancer Genetic Counselor Do?

A family history of cancer does not necessarily indicate a genetic cause and may simply be due to chance or a common environment. A genetic counselor can help determine the level of increased risk.

If someone has inherited an increased risk for cancer, their chance of developing cancer may be higher than the general population. Genetic counselors can provide scientific assessment of an individual's cancer risk and accurate information about how to reduce it.

Genetic counselors can explain:

- The biology and genetics of inherited cancer
- Concerns about a family history of cancer
- Cancer risk evaluation
- What genetic counseling entails

Genetic counseling for cancer risk assessment at St. Peter's Hospital includes pre-test and post-test counseling, as well as education for patients and families.



# Annual Survivor Day Celebration

## Laughter Is the Best Medicine

Annually, St. Peter's Hospital Cancer Care Center takes a day to revel in survivorship with our patients who have completed treatment. Survivors, along with their families, are invited to let loose, enjoy, and celebrate the clean bill of health they have received.

At the 2015 survivor day celebration, more than 200 attendees had their funny bones tickled by two comedians, proving the age-old adage "laughter is the best medicine." The event also included music, food, friends, yoga, Reiki massage, raffles, games, and more!



# Awards and Accreditations

## AMERICAN COLLEGE OF RADIOLOGY (ACR) BREAST IMAGING CENTER OF EXCELLENCE

St. Peter's Hospital Cancer Care Center was the first center in the Capital Region to be named a Breast Imaging Center of Excellence by the American College of Radiology (ACR). This designation is given to imaging centers that have achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures, and quality assurance programs.



## AMERICAN COLLEGE OF RADIATION ONCOLOGY (ACRO) FULL ACCREDITATION

St. Peter's Hospital Cancer Care Center has been awarded full accreditation by the American College of Radiation Oncology. This accreditation denotes that our radiation oncology practice provides the highest level of quality and patient safety. The award is given only to facilities meeting all clinical and technical standards after a peer-review evaluation by board-certified radiation oncologists and medical physicists who are experts in the field.



## BLUE DISTINCTION® CENTER FOR THE TREATMENT OF COMPLEX AND RARE CANCERS

St. Peter's Hospital Cancer Care Center is among the first hospitals in the nation designated a Blue Distinction® Center for the Treatment of Complex and Rare Cancers. The Blue Distinction ranks St. Peter's Hospital as the only health care facility in the Capital Region to receive the designation and among the top cancer care centers in the United States. We have earned this title for our treatment of bladder, esophageal, gastric, liver, pancreatic, and rectal cancer.

## MAGNET RECOGNITION PROGRAM®

The Magnet Recognition Program®, developed by the American Nurses Credentialing Center, recognizes health care organizations for quality patient care, nursing excellence, and innovations in professional nursing practice. St. Peter's Hospital is a Magnet Hospital, earning the designation initially in 2005, and re-designation in 2009.



## U.S. NEWS & WORLD REPORT

In 2014, St. Peter's Hospital was recognized by *U.S. News & World Report* as the highest rated hospital in upstate New York, and 36<sup>TH</sup> in the nation, for gastroenterology and GI surgery. *U.S. News & World Report* analysis of hospitals includes data from nearly 5,000 centers across the nation. Scores are based on a variety of patient outcome and care-related factors, such as patient safety and nurse staffing.





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