

2009

ANNUAL REVIEW



LITTLE COMPANY OF MARY
CANCER CENTER

In Pursuit of Pain-Free Health Care®

2009 Annual Review

From the Chairman

The comprehensive cancer program at Little Company of Mary Hospital continues to provide multidisciplinary state-of-the-art cancer treatment in a compassionate and pain-free environment close to home. Our program continues to maintain the high quality standards necessary to be designated as an American College of Surgeons approved cancer program.

This report offers an in-depth analysis of our overall programs, quality assurance measures, and outcome results, which are very comparable to national standards. In the past year, there were more than 650 newly diagnosed cancers treated at Little Company of Mary Hospital. In this report, you will find a breakdown of the newly diagnosed cancers for 2008. There also is an in-depth site review that discusses treatment options as well as measures survival outcomes for prostate cancer patients diagnosed and/or treated here at Little Company of Mary.

The Department of Radiation Oncology is pleased to announce the addition of a new linear accelerator, capable of Image Guided Radiation Therapy. We began treating patients with this state of the art machine in mid-February. This new machine enables dramatically shorter and more accurate radiation treatment for our patients. In addition, we now will be able to offer our patients stereotactic brain and body treatments. These exciting new treatments offer a precisely targeted dose of radiation to small or moderate sized tumors in either a single or limited number of treatments.

In addition, our affiliation with the Medical Oncology group at the University of Chicago

Hospitals continues to provide our patients with the latest treatment options for care, while maintaining the friendly, community environment. The Department of Medical Oncology is pleased to announce their recent conversion to a fully electronic medical record. This conversion facilitates communication among the physicians and nurses involved in the care of our patients.

The Comprehensive Breast Health Center is pleased to announce the addition of Courtney Miller, Nurse Practitioner who specializes in Breast Health. We are excited about the maturity of our IORT (intraoperative radiation treatment) trial for Breast Cancer. We now have a full year of data reflecting positive outcomes including no recurrence and a positive cosmetic outcome. This trial was a joint effort between Radiation Oncology and The Comprehensive Breast Health Center, and has provided national recognition for the multidisciplinary team of Dr. Adam Dickler (Radiation Oncology) and Dr. Olga Ivanov (Comprehensive Breast Health Center).

Finally, this letter would not be complete without recognizing all of the physicians, nurses and support staff that have shown continuous support to the Cancer Conferences. I would also like to thank the members of the Cancer Committee for their continued support of the Cancer Program. Their hard work and effort has helped this cancer program to continue to provide quality service.

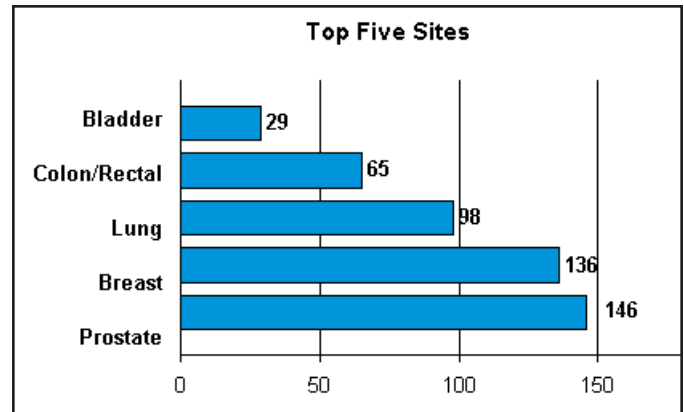
S. Javed Shirazi, M.D.
CHAIRMAN, CANCER COMMITTEE
Director, Radiation Oncology

Frequency Report Summary

PRIMARY SITE	PATIENT COUNT	MALE COUNT	FEMALE COUNT
ORAL CAVITY & PHARYNX			
TONGUE	6	5	1
FLOOR OF MOUTH	1	1	0
GUM AND OTHER MOUTH	3	0	3
SALIVARY GLANDS	3	1	2
TONSIL	1	0	1
OROPHARYNX	2	2	0
NASOPHARYNX	1	1	0
HYPOPHARYNX	1	0	1
OTHER ORAL CAVITY & PHARYNX	1	0	1
DIGESTIVE SYSTEM			
ESOPHAGUS	9	9	0
STOMACH	10	8	2
SMALL INTESTINE	3	1	2
COLON (EXCLUDING RECTUM)	65	42	23
RECTUM & RECTOSIGMOID JUNCTION	13	9	4
ANUS, ANAL CANAL & ANORECTUM	4	1	3
LIVER-INTRAHEPATIC BILE DUCT	6	4	2
OTHER BILIARY	1	0	1
PANCREAS	11	4	7
PERITONEUM, OMENTUM & MESENTERY	1	1	0
RESPIRATORY SYSTEM			
LARYNX	8	8	0
BRONCHUS AND LUNG	98	51	47
SOFT TISSUE			
SOFT TISSUE (INCLUDING HEART)	5	1	4
SKIN (EXCLUDING BASAL & SQUAMOUS)			
MELANOMA - SKIN	2	0	2
BREAST	136	0	136
FEMALE GENITAL SYSTEM			
VAGINA	2	0	2
CERVIX UTERI	4	0	4
CORPUS & UTERUS, NOS	14	0	14
UTERUS, NOS	3	0	3
OVARY	3	0	3
MALE GENTIAL SYSTEM			
PROSTATE GLAND	146	146	0
TESTIS	3	3	0
URINARY SYSTEM			
KIDNEY & RENAL PELVIS	17	10	7
URINARY BLADDER	29	19	10
URETER	1	0	1
ENDOCRINE SYSTEM			
THYROID GLAND	4	2	2
LYMPHOMAS			
HODGKIN LYMPHOMA	3	1	2
NON-HODGKIN LYMPHOMA	16	9	7
MULTIPLE MYELOMA	6	3	3
MYELOID & MONOCYTIC LEUKEMIA	3	2	1
UNKOWN PRIMARY SITE	11	4	7

Five Most Common Cancers Treated at LCM

New Cases



Who We Are

A trustworthy community hospital with friendly staff who offer personal care.

For years, that's what Little Company of Mary Hospital and Health Care Centers have been known for. It's a legacy we're proud of, and it's the reason many of our patients choose us. But what about all the other amazing technological advances underway that patients may not know about?

With new, minimally invasive tools, Little Company of Mary is offering patients exceptional care that's faster, less painful and allows for quicker return to normal activities. With these advances, we're easing the pain and improving patient results from treatments for

even the most serious conditions like cancer and heart disease.

But healing isn't possible with technology alone. And, the pain of health care isn't limited to physical. Long waits, confusing information, repeat testing, poor communication—all these things cause patients stress and discomfort. So, combined with minimally invasive advances, we also want to focus on ways that relieve the pain of the health care experience by creating an exceptionally welcoming, convenient and efficient environment.

Renowned Cancer Treatment

Little Company of Mary offers first-rate cancer care to southwest Chicago and its surrounding suburbs.

The Cancer Center is ranked in the top 25 percent of the state's cancer programs accredited by the American College of Surgeons' Commission on Cancer. During our latest survey by ACOS- CoC, we received full accreditation with commendation.

The Center offers highly skilled cancer specialists, including physicians from the Medical Oncology Group of the University of Chicago Hospitals; the latest medical technologies for diagnosis and treatment; participation in clinical trials and a wide spectrum of support services. All cancer services are centered in a 33,000-square-foot state-of-the-art facility located on the Hospital campus. Every aspect of the bright and cheerful center was designed with the needs of the patient and family in mind.

For 80 years, there has been a Catholic tradition of caring at Little Company of Mary that makes this Hospital unique. Little Company of Mary's compassion for the sick is deep-rooted and begins with the Sisters of the Little Company of Mary—the congregation of religious women who sponsor the Hospital. The congregation's Foundress, Venerable Mary Potter (1847 – 1913), survived with cancer for many years. As a result of this experience, she became a pioneer in holistic health care. The Little Company of Mary Sisters, who embody the healing presence of Jesus and the spiritual legacy of their Foundress, are committed to providing the finest cancer care possible.

Our Cancer Services

Participating in Clinical Studies

Little Company of Mary is committed to bringing medicine closer to a cure for cancer through the Hospital's affiliation with the Medical Oncology Group of the University of Chicago Hospitals.

Patients at Little Company of Mary who would benefit from clinical trials have access to promising new medications and the latest therapies usually available only in a university-based hospital.

Radiation Oncology

Little Company of Mary offers a broad spectrum of treatment options for the management of benign and malignant tumors via radiation therapy. The Hospital has the latest in linear accelerator technology for radiation therapy—all housed in The Cancer Center.

As a result of advanced technology, patients at Little Company of Mary exhibit fewer side effects from radiation therapy and physicians are able to preserve more healthy tissue during a course of treatment. New technologies also enable physicians to deliver higher localized doses of radiation to better control the disease. The program is under the direction of a board-certified radiation oncologist. The process involves an initial consultation, treatment planning, treatment delivery and follow-up care.

Little Company of Mary offers:

- ♦ **CT simulation**—capable of producing real-time digitally reconstructed radiographs
- ♦ **External beam radiation therapy**—two linear accelerators that produce high-energy X-rays
- ♦ **HDR**— high dose rate therapy used in brachytherapy such as prostate brachytherapy. Therapy involves placing radioactive isotopes directly in or near the tumor via special applicators to target cancer cells. We are one of a limited number of facilities in the Chicago area that provides prostate HDR to men. This procedure is broken into two to four treatments, allowing men to return to normal activities within a few days
- ♦ **Radioactive seed implants for prostate cancer**—radioactive isotopes are implanted directly into the tumor in the prostate gland
- ♦ **Radiopharmaceutical injection for metastatic bone disease**—an intravenous therapy delivered through infusion
- ♦ **Iodine therapy for thyroid cancer**—a capsule taken orally and absorbed by the thyroid tissue
- ♦ **IMRT**—an advanced form of radiation that provides three dimensional conformal images customized to tumor and organ structures, resulting in less side effects and toxicities and more radiation directly to intended site
- ♦ **IGRT**— Method of radiation therapy which allows imaging of a tumor and ability to adjust daily radiation beam to normal organ movement and tumor shrinkage
- ♦ **Stereotactic Radiosurgery** - Radiation procedure which produces focused high intensity beams to precisely treat small tumors like a surgeons knife
- ♦ **XOFT**- Electronic Brachytherapy for partial breast radiation that offers treatment equivalent to MammoSite with a potential for less toxicities
- ♦ **IORT** - Intraoperative electronic brachytherapy. This is a single treatment provided at the time of breast conservation surgery.
- ♦ **MammoSite**—an interstitial radiation therapy that provides brachytherapy to women with breast cancer. This allows a five day course of treatment versus six weeks and minimizes side effects and toxicities of external beam radiation

Surgery

Little Company of Mary's board-certified surgeons provide patients with the most effective and least invasive surgical procedures. LCM's general surgeons perform many tissue-sparing procedures and use video-assisted thoracic surgery to evaluate tumors. This new procedure assists surgeons to better diagnose, stage and treat patients with cancer.

Interventional Radiology

LCM employs two board-certified interventional radiologists, who work with a highly trained staff to offer a full spectrum of minimally invasive oncological procedures with a goal of reducing pain,

side effects and recovery time. Working with a multidisciplinary team approach, the interventional radiology staff provides care for patients with various types of malignancies. Advanced ultrasound and CT fluoroscopy equipment are used for minimally invasive procedures, including targeted chemoembolization of tumors and localized tumor destruction of kidney, liver, lung and bone tumors using cryoablation and radiofrequency ablation.

MRI Capabilities

Little Company of Mary has an advanced 1.5T MRI System. The system delivers unmatched image quality, faster imaging times and offers non-contrast MRI for safe and accurate diagnosis. Our advanced system is so quiet, there is no ear protection necessary for maximum patient comfort. Our system offers sophisticated breast imaging capabilities and guidance for breast biopsies.

Medical Oncology

Board-certified hematologists/oncologists from Little Company of Mary and the Medical Oncology Group of the University of Chicago Hospitals collaborate to provide patients with the best possible care. The Hospital's Cancer Committee meets quarterly to lead and direct The Cancer Center programs. In addition, physicians and other cancer care professionals from all cancer disciplines meet weekly to confidentially review patients' cases and make recommendations for follow-up and treatment.

Our Medical Oncology Infusion Center is located on the first floor of The Cancer Center and includes three private chemotherapy bedrooms and eight sunlit chemotherapy treatment bays staffed by certified oncology nurses. Patients have access to a Nurse Navigator, a registered nurse and cancer survivor herself, who works with the patients to ease their treatment process.

Little Company of Mary Medical Oncology offers:

- ✦ University of Chicago Medical Oncologist consultations
- ✦ Chemotherapy administration
- ✦ A procedure room for bone marrow biopsies

and lumbar punctures

- ✦ Blood product administration (many same day service)
- ✦ Fluid & electrolyte replacement
- ✦ Remicade and Reclast infusions
- ✦ Zevalin protocol for low grade lymphomas
- ✦ Phlebotomy
- ✦ Growth factor administration

Cancer Registry

The Cancer Registry captures a complete summary of patient history, diagnosis, treatment and status for every cancer patient diagnosed and/or treated at The Cancer Center. Data is submitted monthly to the Illinois State Cancer Registry Database. The registry also maintains life-time follow-up on all eligible patients. The information collected is used for internal and external studies of survival and disease status, population and studies and outcomes analyses. These studies help experts develop and evaluate treatment protocols as well as monitor quality patient care.

Integrative Therapy Services

In addition to the conventional cancer services, The Cancer Center offers a full array of integrative therapies to support those persons who are currently undergoing treatment (i.e., radiation or chemotherapy). Free spa services are offered consisting of massages, pedicures, facials, and reiki sessions. All are provided by licensed and/or certified individuals. All Integrative Therapy Services are provided at no charge to our cancer patients. The Integrative Therapy department focuses on the patient's physical, spiritual and emotional needs. Here are just a few of the services available to patients and their families:

- ✦ Cancer support groups
- ✦ Community resource library
- ✦ Art Therapy
- ✦ Tai Chi
- ✦ Yoga
- ✦ Healing Touch

- ✦ Hypnosis
- ✦ Acupuncture
- ✦ Lood Good Feel Better
- ✦ US TOO

Ellyn Rose Cronin Community Patient Resource Center

Our Community Patient Resource Center is a full lending library open to the community. Pamphlets, books, brochures, as well as charts, models and Internet access are available in this spacious area. The facility is nationally recognized by the American Cancer Society as a Patient Resource Center. Educational materials are available from the American Cancer Society, National Institutes for Health and many other organizations.

Genetic Counseling & Testing

It is estimated that everyone carries at least 50 significant genetic alterations. As the role of genes in cancer becomes more apparent, the importance of having the services of a genetic counselor specially trained in the heredity of cancer is a growing concern. Genetic counseling allows the opportunity to improve patient care and outcomes, identify patients at risk to help save lives and provide a comprehensive approach to patient care.

Little Company of Mary provides this vital service through our affiliation with the Medical Oncology Group of the University of Chicago Hospitals.

Inpatient Care

For patients who are admitted to the Hospital, Little Company of Mary offers a full spectrum of health care services with highly skilled physicians and staff. Nurses are specially trained in oncology to handle the complex needs of cancer patients, including palliative care.

Treating the Whole Person

Little Company of Mary recognizes the importance of holistic health in the healing process and is responding to the needs of area cancer patients and their families, who are seeking to improve and maintain their quality of life. Support services available to patients and families include:

- ✦ Home-based service
- ✦ Home health equipment
- ✦ Hospice
- ✦ Nutrition services
- ✦ Pain and symptom management
- ✦ Pastoral care
- ✦ Pharmacy services
- ✦ Physical therapy
- ✦ Case management
- ✦ Speech and swallowing treatment
- ✦ Wound care



Ellyn Rose Cronin Community Patient Resource Center

Prostate In-Depth

What is Prostate Cancer?

Prostate cancer is a malignant tumor that develops in the prostate gland, a part of the male reproductive system. It occurs when cells in the normal prostate gland begin to grow out of control. These cells may spread to other parts of the body, especially the draining lymph nodes and bones.

In 2009, 191,282 estimated cases of prostate cancer will be diagnosed in the United States. The expected number of deaths is 27,360.

Risk Factors

- **Age:** Age is the strongest risk factor for prostate cancer. Prostate cancer is extremely rare in men under the age of 40, but the risk increases in men over the age of 50. Men aged 65 and older account for 2/3 of all prostate cancer diagnoses.
- **Race:** Prostate cancer occurs more commonly in African American men. African American men are also more likely to have an advanced stage of prostate cancer at diagnosis.
- **Nationality:** Prostate cancer is most common in North America, Northwestern Europe, Australia, and the Caribbean islands. This may be related to diet.
- **Family History:** There is evidence that some prostate cancer runs in families. Men whose father or brother are diagnosed with prostate cancer have more than double the risk of those men with no family history. Men with a brother diagnosed with prostate cancer are at a higher risk of developing the disease than men with a father diagnosed with prostate cancer.
- **Genes:** There are several inherited genes that have shown to increase risk of prostate cancer, but the American Cancer Society believes they account for a very small number of prostate cancer cases.
- **Diet:** Evidence suggests that men who consume high amounts of red meat or high fat dairy products have a slightly higher risk of getting prostate cancer.

Signs and Symptoms

Prostate cancer is most often discovered through a routine-screening blood test, called a PSA (prostate specific antigen) or by a DRE (digital rectal exam) performed by a physician. Early prostate cancer usually does not cause symptoms. More advanced prostate cancer may cause

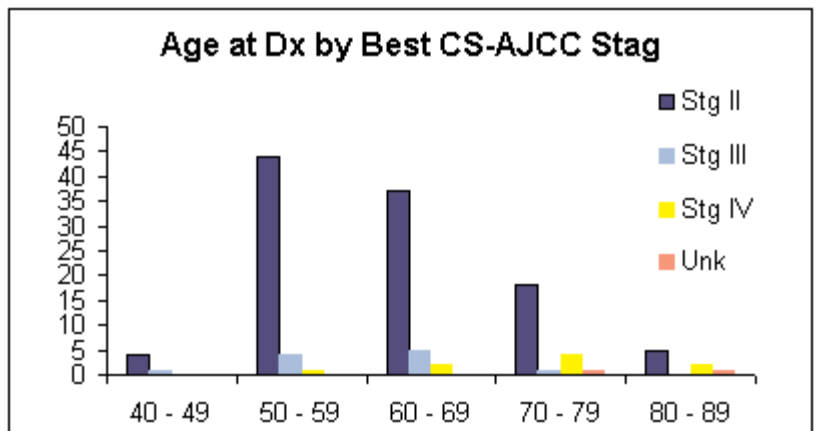
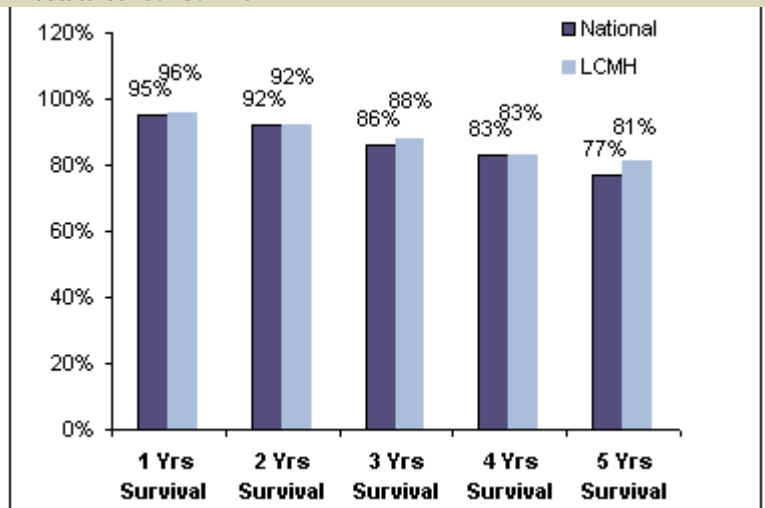
symptoms that are often caused by a benign disease called BPH (benign prostatic hypertrophy).

They include:

- Frequent urination
- Painful urination
- Difficulty starting a stream of urine
- Blood in the urine (may occur with advanced stages)
- Difficulty getting an erection
- Bone pain (when the cancer is advanced and spread to the bones)

National vs LCMH

Prostate Cancer Survival



Prevention and Early Diagnosis

The American Cancer Society recommends that screening for prostate cancer with a PSA blood test and DRE should be offered annually to patients at age 50 after having a discussion on the benefits and limitations of screening. Men at high risk for prostate cancer, African American men and those with a family history, may begin testing at age 45. Those patients with a strong family history, including those with multiple first-degree relatives diagnosed at an early age, may benefit from screening at age 40.

Treatment Options

There are several major treatment options available based upon the stage of the prostate cancer.

Watchful Waiting: Watchful waiting refers to close observation and monitoring without definitive treatment. Watchful waiting is often used when an early stage cancer is found in an elderly man.

Surgery: Surgery for prostate cancer involves removal of the prostate and seminal vesicles. It is a very popular and effective therapy for localized prostate cancer. The surgery can be performed by a standard open technique or more commonly now a robotic assisted laparoscopic technique. Removal of the prostate allows for precise staging and more accurate prognostic information.

Robotic assisted laparoscopic radical prostatectomy gives the surgeon greater visibility through magnification of the surgical field and more precise control of the instruments through advanced robotic technology. The patient benefits from significantly less pain, less blood loss, less scarring and a more rapid return to normal activities with an overnight hospitalization. Preservation of sexual function and urinary control is greatly improved by this technique.

Little Company of Mary hospital has been performing robotic prostatectomy since 2005. We have more experience with robotic prostatectomy than most hospitals in the Southwest suburbs. Our cancer control and complication rates are comparable if not better than many university studies.

Radiation Therapy: Radiation therapy uses high energy x-rays to destroy prostate cancer cells. It can be used to treat cancer confined to the prostate gland, after surgery for certain high-risk patients, or as a palliative treatment for metastatic prostate cancer. There are two main types of radiation therapy: external beam radiation and prostate brachytherapy.

External beam radiation uses x-rays produced from a linear accelerator. It is much like getting an x-ray, only the x-ray beam is of higher energy and is on for a longer period of time. Treatment is given daily for about 15 minutes, Monday through Friday, for approximately 8 weeks. Modern techniques of external beam radiation utilize Intensity Modulated Radiation Therapy (IMRT) and image guidance. IMRT allows the physician to precisely shape the radiation beam so that it is better able to avoid normal tissues like the bladder and rectum and deliver a higher dose to the tumor. Image guidance allows the radiation beam to be adjusted daily based upon the normal movement of the prostate gland in the patient's body.

Brachytherapy uses small radioactive sources of radiation, which are placed into the prostate gland. Low dose rate (LDR) brachytherapy involves radioactive seeds that are placed in the prostate gland permanently using needles in the operating room. High dose rate (HDR) brachytherapy is a technique in which hollow catheters are placed into the prostate gland and a radiation source is temporarily inserted into the prostate through these catheters. Both methods of brachytherapy can be used alone or in combination with external beam radiation depending on the stage of the patient's prostate cancer.

Medical Oncology: Medical oncologists play a crucial role in the management of men with prostate cancer who have evidence of spread at the time of diagnosis or for those men for in whom the prostate cancer has demonstrated re-growth after initial surgery or radiation therapy treatments. Prostate cancer can be a very slow growing cancer and may never cause a significant problem for men. As such, one of the first questions to be answered is when to start treatments. Men who have 1) no symptoms from their prostate cancer, 2) had a less aggressive form of cancer at diagnosis, 3) have a slowly rising PSA or 4) had a long period of time from the initial treatment to the time of re-growth can often be closely watched and avoid the side effects of treatment.

If treatment is required, the most common initial therapy for men in this setting is hormonal treatments. Since prostate cancer cells initially require the male hormone, testosterone, to grow, if this hormone is removed from the body, the prostate cancer cells will die. This is usually accomplished by administering a shot (called LHRH agonists) that turns off most of the testosterone production. There are times when the addition of a pill, called anti-androgens, may be required to result in better control of the prostate cancer growth.

For some men, the prostate cancer cells learn to grow in the absence of testosterone, at which time it is called hormone-refractory prostate cancer. In this situation, chemotherapy is most often used to control the growth of the cancer. The most common chemotherapy used is Taxotere, it is generally well tolerated even in older men and can result in good control of the cancer and improvement in symptoms. For those men who have both hormone refractory prostate cancer and evidence of spread to the bone, the use of a supportive medication called zoledronate, can help strengthen bones and prevent the development of bone problems, a common complication in prostate cancer.

Considerable research is being conducted in the field of prostate cancer including new hormone treatment, new chemotherapy drug and new supportive medications that can avoid other complications. One promising therapy being explored is an immune-based treatment in which the patients immune cells are removed from the body, stimulated in the lab to fight prostate cancer cells and then given back into a vein. Prostate cancer therapies are changing rapidly and employing a multi-modality approach can improve the outcome and quality of life for men effected with this disease.

Prostate Cancer Management Program

Little Company of Mary's Prostate Cancer Management Program offers the widest range of prostate cancer treatment, including Advanced Radiation Therapy and HDR.

By remaining committed to giving our doctors the most modern and advanced tools available for diagnosing and treating prostate cancer, Little Company of Mary is able to provide a comfortable environment and a less painful cancer experience.

The Cancer Center offers a Prostate Cancer Support Group, co-sponsored by US TOO! International. Join us on the first Thursday of the month from 7 to 9 p.m., in Meeting Room I of the Cancer Center. Please call 708.229.6015 for more information.

National Prostate Cancer Coalition's Drive Against Prostate Cancer: Little Company of Mary screened more than 600 men during the 2008 "Drive Against Prostate Cancer" event.

Screenings were free in part by Siemens Diagnostics who

donated the test kits, the University of Michigan Labs who analyzes the PSA test, and Little Company of Mary's staff and urologists who volunteered their time. In addition to the exam, participants received a PSA blood test.

For more information and to take a free risk test:

Log onto www.PursuingPainfreeCancer.org

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For more information:

American Society of Clinical Oncology
(www.cancer.net/portal/site/patient)

✦ National Comprehensive Cancer Network

(www.nccn.org/patients/patient_gls.asp)

✦ National Cancer Institute
1-800-4-CANCER (www.cancer.gov)

✦ American Cancer Society
1-800-ACS-2345 (www.cancer.org)

✦ National Library of Medicine
(www.nlm.nih.gov/medlineplus/healthtopics.html)

Lung Cancer Overview

What is Lung Cancer?

Lung cancer is a disease that begins in the tissue of the lungs. Lung cancer is still the leading cause of cancer death in the United States, comprising up to 30% of all cancer deaths.

The vast majority of lung cancer cases fall into one of two different categories:

Non-small cell lung cancer is the most common type of lung cancer, making up nearly 80% of all cases. This type of lung cancer grows and spreads more slowly than small cell lung cancer and it is divided into three different subcategories: squamous cell carcinoma, adenocarcinoma and large cell carcinomas.

Small cell lung cancer makes up nearly 20% of all lung cancer cases. It grows rapidly and spreads to the lymph nodes and to other organs of the body. This type of lung cancer is frequently caused by smoking or second hand smoke.

Signs and Symptoms

Signs and symptoms of lung cancer vary depending on the type, location, and size of the tumor. Many people with lung cancer have no symptoms until the disease has advanced into late stages. Others may have:

- ✦ Coughing (most common)
- ✦ Shortness of breath (dyspnea)
- ✦ Fatigue, general pain
- ✦ Wheezing
- ✦ Pain in the chest, shoulder, upper back, or arm
- ✦ Coughing up blood (hemoptysis)
- ✦ Repeated pneumonia or bronchitis
- ✦ Loss of appetite (anorexia) and weight loss
- ✦ Hoarseness
- ✦ Swelling of face or neck
- ✦ Pleural effusion

Treatment Options for Lung Cancer

The type of lung cancer and the stage of the disease

determine which treatments are normally used. Non-small cell cancer is normally treated with surgery while small cell cancer is normally treated with chemotherapy or other non-surgical procedures. Treatment options are different for each individual case, but there are several common procedures listed below.

Surgery: Surgery is most commonly used in the treatment of non-small cell cancer. It is often followed by radiation or chemotherapy to destroy cancer cells that may have spread or may have been missed during surgery.

Chemotherapy: Drugs are administered by mouth or injection to kill the cancer cells. Chemotherapy is most commonly used in the treatment of small cell cancer. The drugs enter the blood stream and can therefore reach areas of the body where the cancer may have spread.

Radiation therapy: In some cases, photon beams can be used to kill or shrink cancer cells at the site of the tumor. The radiation may be administered by a machine, such as a linear accelerator, or from a radioactive source implanted within the diseased area. Our Radiation Oncology department utilizes IMRT as well as intracavitary high-dose rate brachytherapy.

Emerging Treatments

Epidermal growth factor (EGF) receptor inhibitors target the cancer cells causing growth cessation in some cases.

Vascular endothelial growth factor (VEGF) inhibitors attack blood vessels that supply food and oxygen to tumor cells causing regression in some cases.

Breast Cancer Overview

What is Breast Cancer?

Breast cancer is a malignant tumor that starts from abnormal cells of the breast. These abnormal cells continue to grow and spread into surrounding tissue. They may break off and metastasize to other parts of the body via the lymphatic system. There are many different types of breast cancer. Usually breast cancer comes from either the ducts or the glands.

Signs and Symptoms

Unfortunately, the early stages of breast cancer may not have any symptoms. This is why it is important to follow screening recommendations. As a tumor grows in size, it can produce a variety of symptoms including:

- ♦ Lump or thickening in the breast or underarm
- ♦ Change in size or shape of the breast
- ♦ Nipple discharge or nipple turning inward
- ♦ Redness or scaling of the skin or nipple
- ♦ Ridges or pitting of the breast skin

Prevention and Early Diagnosis

The American Cancer Society recommends the following guidelines for early detection of breast cancer:

- ♦ Women 20 to 39 should have a clinical breast exam performed by a health care professional every three years and should perform monthly breast self-examination.
- ♦ Women aged 40 and over should have an annual clinical breast exam performed by a health care professional and should perform monthly breast self-examination.
- ♦ Women aged 40 and over should also have annual screening mammograms.

Mammograms are essential for identifying breast abnormalities at early stages before any physical symptoms develop. Mammography can detect breast cancer 1.7 years before a woman can feel a lump in her breast. In addition, breast self-examinations are responsible for detection of a large percentage of breast abnormalities. Coupled together, mammograms and breast self-examinations have proven to be the most effective methods of detecting and diagnosing breast cancer.

Treatment Options

Surgery: The primary aim of a breast surgeon is to rid cancer; however, big emphasis is also placed on excellent cosmetic

outcome. Currently there are two main surgical options: breast conservation surgery and mastectomy.

In cases of invasive cancer, both of these procedures are accompanied by sentinel lymph node biopsy: finding the first lymph node that drains the affected breast. If this lymph node has breast cancer cells, then axillary lymph node dissection should follow.

Systemic Therapy: Systemic therapy treats the rest of the body to get rid of microscopic cancer cells that may be present after definitive surgery.

Radiation Therapy: Radiation therapy is offered to breast cancer patients to rid the body of any microscopic cancer that may remain in the breast, chest wall, axilla (underarm) area or supraclavicular nodes.

Comprehensive Breast Health Center

Little Company of Mary offers women with breast cancer a multidisciplinary approach to their care. Our center features the only fellowship-trained female breast surgeon in the area. She collaborates with both radiation and medical oncologists to provide high quality comprehensive care. She also utilizes digital mammography and MRI, for more accurate screening and diagnostic procedures.

Little Company of Mary was the recipient of a digital mammography machine purchased with funds from the Beverly Breast Cancer Walk.

Y-ME

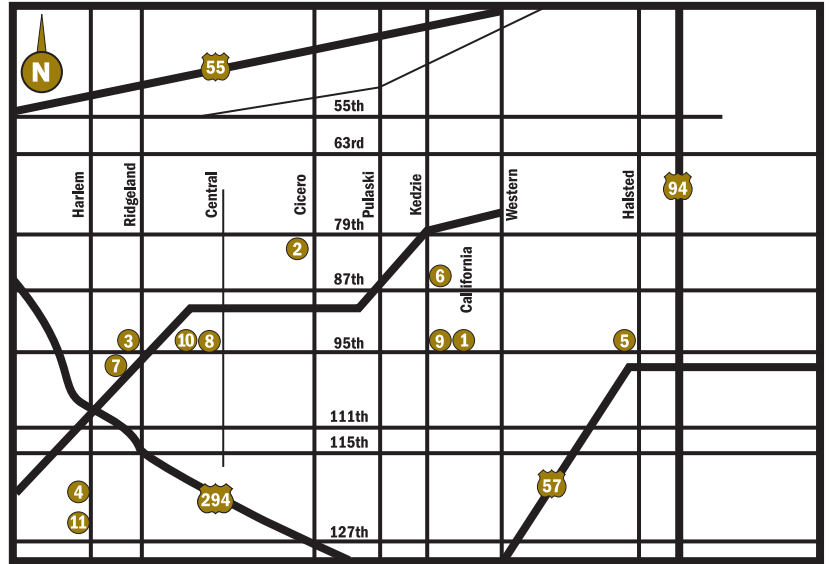
Little Company of Mary hosts a Y-ME support group on the first Tuesday of the month from 7 to 8:30 p.m., on the main floor of The Cancer Center.

The Breast Center will evaluate and treat patients for:

- ♦ Nipple discharge
- ♦ Breast pain
- ♦ Abnormal mammogram
- ♦ New or suspicious breast masses
- ♦ Benign breast changes
- ♦ Breast cancer
- ♦ Family history of breast cancer
- ♦ Gynecomastia

For more information and to take a free risk test:
Log onto www.PursuingPainfreeCancer.org/breast

- 1 **Little Company of Mary Hospital and Health Care Centers**
2800 W. 95th St.
Evergreen Park, IL 60805
708.422.6200
- 2 **Burbank Medical Center**
4901 W. 79th St.
Burbank, IL 60459
708.229.5148
Physician offices—
A Little Company of
Mary Affiliates Facility
- 3 **Chicago Ridge Health Education Center**
9500 S. Ridgeland
Chicago Ridge, IL 60415
708.423.5774
Wellness education,
information and screen-
ings
- 4 **Diagnostic Center**
12432 S. Harlem Ave.
Palos Heights, IL 60463
708.361.8003
Laboratory, radiology,
ultrasound and cardiac
testing; specialist offices
- 5 **Halsted Medical Center**
736 W. 95th St.
Chicago, IL 60628
773.487.9500
Doctors' offices, X-ray
and lab services for adult
medicine
- 6 **Heritage Building**
2800 W. 87th St.
Chicago, IL 60652
773.863.7500 (Billing)
773.863.7575 (ADC)
Little Company of Mary
Adult Day Care Center
and physician billing
service headquarters
- 7 **Home Based Services**
9800 S. Southwest
Highway
Oak Lawn, IL 60453
708.229.HOME (4663)
Home health care, hos-
pice, mobile medical care
- 8 **Home Health Equipment Center**
5610 W. 95th St.
Oak Lawn, IL 60453
708.499.0071
Rental, sale, and delivery
of home health equip-
ment
- 9 **Mary Potter Physicians Pavilion**
2850 W. 95th St.
Evergreen Park, IL 60805
Physician offices, outpa-
tient laboratory, EKG and
X-ray
- 10 **Oak Lawn Care Station**
5660 W. 95th St.
Oak Lawn, IL 60453
708.499.2273
X-ray, laboratory, physi-
cian offices—A Little
Company of Mary
Affiliates Facility
- 11 **Palos Office Center**
12450 S. Harlem Ave.
Palos Heights, IL 60463
708.448.1207
Physician offices—
A Little Company of Mary
Affiliates Facility



How to Make an Appointment

If you have any questions about The Cancer Center, would like cancer information or a tour of the facility, please call 708.229.6001. If you would like to find a cancer specialist on staff at Little Company, please call Physician Match® at 708.423.3070.

About Little Company of Mary

The health care facilities are owned and operated by the Sisters of the Little Company of Mary. Since 1930, Little Company of Mary has been a community-based hospital providing advanced medical technologies in a friendly, compassionate environment.

In solidarity with the Sisters of the Little Company of Mary, we are entrusted to serve the community through our ministry of Catholic health care. We are the empowered laity—the Greater Company of Mary. Rooted in a deep heritage of prayerful support of the sick and dying, we strive to enhance the sacredness of life and human dignity. We strive to live our core values: professionalism, compassion, quality and responsibility.

Location and Parking

Little Company of Mary has ample free parking for visitors, convenient to the hospital. We have three lots to the east, two lots to the north and one lot west of the hospital. We also have complimentary valet parking available for cancer patients.



LITTLE COMPANY OF MARY
CANCER CENTER

In Pursuit of Pain-Free Health Care®

2800 West 95th Street
Evergreen Park, IL
60805

866.540.LCMH
www.LCMH.org