MISSION
Kaiser Permanente exists to provide high-quality, affordable health care services and to improve the health of our patients and the communities we serve.

KAISER PERMANENTE CANCER CARE

MISSION: With a dedicated and compassionate staff of physicians and health care professionals, we are here to provide the best personalized, patient-centered care through standard setting, prevention, research, education, and the monitoring of comprehensive quality treatment.

VISION: The Roseville and Sacramento Medical Centers are committed to improving the survival, quality and effectiveness of care provided to people diagnosed and living with cancer.

[Images of Roseville and Sacramento Medical Centers]
In 2014, our Roseville and Sacramento Medical Centers earned three-year accreditation with commendation as Comprehensive Community Cancer Programs from the Commission on Cancer of the American College of Surgeons. This achievement was due to our highly-skilled physicians, specialists, nurses, and staff who dedicate themselves each day to enhancing the quality of care and service for our cancer patients and their loved ones.

We are extremely proud of their contributions. Their unwavering commitment and collaborative spirit make it possible for us to continually deliver an outstanding patient care experience.

Kaiser Permanente’s integrated health care system, which includes the hospital, medical group, and health plan, allows us to provide first-rate care to our members by using a multidisciplinary and comprehensive approach. This unique structure facilitates smooth coordination among our providers and medical centers, allowing them to focus on what is best for the patient. It has enabled us to develop and implement best practices, attract top-notch cancer specialists, utilize the latest advances in technology, enrich the knowledge base of our providers and staff, and share vital resources and information with our members and community.

Our cancer programs reflect our “patient first” philosophy. While we have many outstanding programs in Sacramento and Roseville to serve our patients, we highlight every year in this report several of them. We invest time and resources to ease the pain and discomfort of our patients while they undergo difficult cancer treatments.

We assign oncology nurse navigators to recently-diagnosed cancer patients to compassionately guide them on their journey from diagnosis through survivorship. Child life specialists, professionally-trained in age-appropriate communication techniques and play therapy, assist our pediatric cancer specialists in treating young patients. Rehabilitation specialists add another level of expert therapy in helping our patients’ transition to post-cancer life. As our patient volume has grown, so has our experience and expertise in treating patients with specific cancers at our centers of excellence, including the Leukemia and Lymphoma Center of Excellence and the Regional Center for Prostate Brachytherapy in Roseville.

We are gratified that our patient-focused efforts have earned the recognition of respected organizations. This annual report highlights some of the many initiatives we have launched over the year to advance the treatment, care, and comfort of our cancer patients.
Nathalie T. Nguyen, MD, Radiation Oncology, Rancho Cordova

Over her 12 years as a Radiation Oncologist at the Rancho Cordova Radiation Oncology Center, Nathalie Nguyen, MD, has earned the respect and admiration of her peers for her tireless dedication to finding innovative ways to improve the care of patients.

As a respected author and published researcher, she and colleague Charles Meltzer, MD, Head and Neck Surgeon at the Kaiser Permanente Santa Rosa Medical Center, co-authored the published abstract, “Using technology to support cancer care in a large multidisciplinary integrated HMO” that was presented at the American Head and Neck Society’s 9th International Conference in July 2016.

Dr. Nguyen also was instrumental in launching the Head and Neck Multidisciplinary Clinic in Rancho Cordova, which has been credited for streamlining the delivery and coordination of care to cancer patients. She actively contributes to the Northern California Regional Head and Neck Cancer Case Conference (HNCC), a weekly meeting designed to maximize the collaboration and coordination of Kaiser Permanente medical experts treating cancer patients across Northern California. Using her technical skills, she helped develop a computerized regional cancer registry of head and neck patients, making it easier for cancer specialists to track and coordinate the care of the approximately 1,100 regional cases reviewed each year.

Star Award Recipients

Every year, the Greater Sacramento Chapter of Oncology Nursing Society (GSCONS) presents STAR awards to front line oncology nurses who consistently go above and beyond for their patients. Award recipients are nominated by their co-workers and managers who witness the extraordinary service and contributions they make each day.

In 2016, Meg Cummings, RN, Roseville, and Elvie Suan, RN, Sacramento, were among those honored with a STAR award. Described by her colleagues as “the heart of the department,” Cummings was one of the founding nurses of the Roseville Medical Center Oncology and Infusion center nearly 28 years ago. Today, she serves as the daily charge nurse for ten physicians and their medical assistants, five oncology nurse navigators, and up to 42 chemotherapy chairs.

Suan’s co-workers at the Sacramento Medical Center Adult Oncology and Infusion center nominated her for the compassion she shows all her patients, always ensuring their needs and expectations are met, and making their stay as comfortable as possible. “It’s really nice to work with a nurse like Elvie, who has the heart and concern for patients, treating people not just as patients but like her family as well,” said co-worker Florence Hapita, RN.

Women’s Choice Award, Roseville Medical Center

In 2016, the Women’s Choice Award, which is recognized as the voice of women, identified Kaiser Permanente Roseville Medical Center as one of the very best hospitals for cancer treatment that is accredited by the American College of Surgeon’s Commission on Cancer. The hospital was also acknowledged for having received high recommendation ratings for patient satisfaction from the Centers for Medicare and Medicaid Services, as well as having chemotherapy, radiation, hospice services and major research programs.

This prestigious honor, distinguished by the 2016 Women’s Choice Award America's Best Hospitals Cancer Care seal, signifies that the Roseville Medical Center is highly rated and recommended by female consumers who use their collective voice to help other women make smart choices for themselves and their families. To learn more visit: https://www.womenschoiceaward.com/award-ed/best-hosp/featured/kaiser-permanente-roseville-medical-center/
Acupuncture
Adult Infusion Center
Ambulatory Surgery
Anticoagulation Services
Audiology
Bone Densitometry
Cardiology
Cardiac Cath Lab Services
Comprehensive Pain Management
Complementary and Alternative Medicine
Dermatology
Elder Care
Endocrinology
Gastroenterology
Genetics
Health Education
• Wellness Coaching Center
Home Health
Hospice
Infectious Diseases
Laboratory
Mental Health and Wellness
Mohs Surgery
Nephrology
Neurological Lab/Sleep Service
Neurology
Neuroscience
Nuclear Medicine (including PET scan)
Nutritional Services
Occupational Medicine and Therapy
Oncology and Hematology
Ophthalmology
• Corneal
• Glaucoma
• Oculoplasty
• Retinal
Palliative Care
Pathology
Pediatric General
Pediatric Specialties
• Cardiology
• Developmental
• Endocrinology
• Gastroenterology
• High-Risk Infant
• Infectious Diseases
• Neonatology
• Nephrology
• Neurology
• Neuromuscular Clinic
• Oncology and Hematology
• Pediatric Hospital Specialist
• Pulmonology
• Radiation Oncology
• Rheumatology
• Skeletal Dysplasia Clinic
• Specialty Nutrition
• Specialty Tests
Pediatric Surgical Specialties
• Anesthesia
• General Surgery
• Head and Neck Surgery
• Neurosurgery
• Ophthalmology
• Urology
Pharmacy
Physical Medicine and Rehabilitation
Physical Therapy
Primary Care Medicine
Psychiatry
Pulmonology
Radiation Oncology
Radiology
• Computed Tomography
• (CI) Scan
• Fluoroscopy
• Interventional Services
• Magnetic Resonance
• Imaging (MRI)
• Mammography-Breast
• Imaging
• Ultrasound
Rheumatology
Seeyou@home
Speech Therapy
Social Services
Surgical Specialties
• Anesthesia
• General Surgery
• Gynecological Oncology Surgery
• Gynecological Surgery
• Head and Neck Surgery
• Neurosurgery/Interventional
• Orthopedic Surgery
• Plastic Surgery
• Podiatry
• Robotic Surgery
• Spine Surgery
• Thoracic Surgery
• Urology
• Vascular Surgery
Women’s Health
• Breast Health Center
• Center for Pelvic Pain
• Gynecological Oncology Surgery
• Infertility
• Obstetrics and Gynecology
• Perinatology
• Urogynecology
• Wound Care

THE COMPREHENSIVE CARE TEAM

At Kaiser Permanente, we take pride in our ability to consistently deliver comprehensive care to our cancer patients. The complexity of this disease requires the close collaboration of our entire care team working together to design treatment plans using the best available medical expertise and technology. Our unique integrative model of care, which encompasses the health plan, hospitals, and medical group providers, enables us to seamlessly coordinate the care provided by our dedicated physicians, specialists, and staff. This coordination ensures our patients receive superior care from experienced health care professionals in a safe and secure environment.

Richard Guy, MD, and Julie Hersch, MD, work together as part of the integrated approach to care at Kaiser Permanente.

Collaboration + Integration + Coordination = Comprehensive Care
Rehabilitation Services Help Cancer Patients Get Back to Living Life

Surviving cancer is the first step on the road to recovery. The critical next step is regaining the ability to perform activities that were once second nature to the patient, such as mobility, range of motion, swallowing, speaking, and functions of everyday living. Rehabilitation services, including physical, speech, and occupational therapies, help cancer survivors get back their lives.

“We educate and empower patients to achieve their highest level of function after cancer treatment,” explained Stacy Itagaki, physical therapist and certified lymphedema therapist, Rehabilitation Services, Sacramento. “Some patients return to their previous activities quickly, while others find there is a ‘new’ normal. Rehab services help them figure this out and how to get there.”

Since cancer affects patients in so many different ways, Kaiser Permanente has developed rehabilitation programs that address specific areas, such as our lymphedema management program for cancer patients with swelling as a result of their treatment, the prosthetic clinic for amputees, and speech therapy for head and neck cancer patients with impaired swallowing and speaking ability. Our occupational therapists specialize in helping people recovering from cancer perform a wide range of everyday activities that are often taken for granted, such as basic self care, home management, child care, and work skills, as well as leisure activities.

Our rehabilitation therapists understand that every patient has unique challenges and circumstances. As a member of the Head and Neck Multidisciplinary Clinic assessment team, speech therapist and supervisor Dan Santo, Sacramento and Roseville, gets involved when the patient is first diagnosed. “When a patient attends our clinic, a speech pathologist will assess their speech, swallowing, and voice,” said Santos. “Based on the cancer, its location, and the type of medical treatment proposed, we can recommend specific types of exercises to help restore and maximize function.”

Because we focus on the patient’s activities and goals, we bring our treatment to a very personal level, which patients really appreciate.

Stacy Itagaki
Physical/Certified Lymphedema Therapist
Sacramento Rehabilitation Services
Kaiser Permanente Recognized for Outstanding Efforts to Meet Standards

Since 2014, when the Commission on Cancer (CoC) of the American College of Surgeons designated the Sacramento and Roseville Medical Centers as Comprehensive Community Cancer Programs, we have worked diligently to continually satisfy the CoC’s rigorous standards. In fact, the Commission was so impressed with our efforts we were invited to share our best practices on meeting two of the standards at the 2016 Cancer Programs Conference: Pathway to Quality in Chicago.

“It was an honor and a privilege to share with conference attendees the program and activities we’ve developed and implemented to enhance monitoring and measuring cancer prevention, screening, and outreach activities,” said the presenter, Public Affairs Director Richard Robinson, Sacramento and Roseville, who serves as the Community Outreach Coordinator. In one presentation, he reported on our process of monitoring and measuring the effectiveness of prevention, screening, and outreach programs. In the other, he discussed our cancer prevention programs, including the skin cancer educational toolkits designed to heighten prevention awareness among coaches, parents, and officials of youth sports leagues. Robinson also spoke about our popular, long-running Don’t Buy the Lie anti-smoking campaign that targets elementary, middle school, and high school students. These initiatives are just two examples of the many cancer prevention efforts we have launched as a Comprehensive Community Cancer Program.

Kaiser Permanente’s “Don’t Buy The Lie” Youth Anti-Smoking Program
2017 Grand Prize Winners

2017 Grand Prize High School Winner

2017 Grand Prize Middle School Winner
OVARIAN CANCER SYMPOSIUM

Striking one in 75 women, ovarian cancer is a relatively rare but life-threatening disease because often it is discovered only when it has reached an advanced stage.

Each year the Comprehensive Community Cancer Program sponsors an educational conference targeting a specific cancer. In 2016, the Program selected ovarian cancer to increase its awareness among our entire care team, including physicians, cancer specialists, nurses, and other health care professionals. Over 140 participants attended the three-hour event, presented by a panel of Kaiser Permanente cancer experts who covered a broad range of topics, including diagnosis of early and late stage ovarian cancer, surgical versus chemotherapy treatment options, imaging, and genetic testing.

“Our success in the treatment of this disease has been significant,” said presenter Vikas Mahavni, MD, Chief, Gynecologic Oncology. “The median five-year survival rate has more than doubled in the past decade through better understanding of the disease and increased awareness through educational programs such as this symposium.”

Kaiser Permanente patient Mari Ueda-Tao, shared her first-hand experience as an ovarian cancer survivor with the audience. “I believe I received the best gynecologic oncology care at Kaiser Permanente, and I truly believe they are a major reason why I am cancer-free almost 15 years later,” said Ueda-Tao, now an avid advocate and educator for ovarian cancer awareness.

Cancer Survivors Celebrate Completion of Chemotherapy

RADIANT! BRAVE! INVINCIBLE!

These are just a few of the many inspirational words that cancer survivors use to express how they feel after completing chemotherapy. The Roseville and Sacramento Oncology and Infusion Departments have captured these sentiments to help patients memorialize this important milestone in their cancer journey.

Patients were asked to share inspirational words and phrases that were then prominently displayed on a beautiful banner hung in the departments. Many of the words were translated into other languages to be inclusive of the cultural diversity of our patients. After completing their treatment, patients are invited to have their photo taken in front of the banner, which is then presented with a certificate signed by their entire care team—doctors, nurses, medical assistants, schedulers, and the registration staff.

“Completing chemotherapy is a major milestone for our patients,” said James Thum, Director of Oncology and Infusion for Sacramento and Roseville. “It’s also an emotional time for our team who has been caring for and established relationships with these patients. It’s important for us to have a way to celebrate with the patients and send them off on their post-treatment journey on a positive note.”
The North Valley Way is our commitment to continually improve and deliver excellent care to our members at our Roseville and Sacramento Medical Centers. It adheres to four guiding principles: Care with a personal touch; Quality second to none; Safety in all we do; and Improvement through continuous innovation.

The North Valley Way relies on the knowledge, expertise, and input of our providers and staff, with the support of their management and senior leadership, to identify and test new ideas that enhance the patient’s care experience. Using an integrative process improvement system, we have been able to successfully implement improvements in the quality and delivery of care in a timely and efficient manner.

One such effort in 2016 was to increase the completion of an advance directive (AD) by Kaiser Permanente patients. An AD is a legal document in which patients specify their health care wishes, including end-of-life care, and identify a representative who can make medical decisions on their behalf if they are unable.

The AD is an important document for all patients age 18 years or older. Kaiser Permanente’s goal is to bring normalcy to an extremely sensitive and oftentimes difficult subject matter. Knowing and respecting an individual’s end-of-life wishes are extremely important for the family and medical providers and frequently helps make crisis situations easier and more comfortable for all.

Using a process improvement method called a rapid improvement event (RIE), we determined that members needed to be reminded more than once about the importance of having an AD in their medical record. We created a process to identify multiple opportunities or “touch points” to discuss and request advance directives from patients, particularly oncology patients who often have numerous points of contact throughout their treatment.

Physicians and first responders must provide every medical intervention possible to prolong life, even if that life is of poor quality. This may include medical interventions that you would not want. To avoid this, you should designate a medical decision maker who knows you well enough to inform doctors what you define as quality of life in your advance directive.

Shelly Garone, MD, FACP
Assistant Physician-in-Chief
Roseville and Sacramento
Leukemia and Lymphoma Centers of Excellence Expand Service Area

The Leukemia and Lymphoma Centers of Excellence (COE) enable Kaiser Permanente to treat patients diagnosed with acute leukemia or high-grade lymphoma in a dedicated location that provides multispecialty care by a team of lymphoma and blood cancer experts. The Roseville Center of Excellence is one of three Northern California centers, in addition to Oakland and Santa Clara, which were established in 2015 to exclusively treat patients suffering from these life-threatening conditions. In 2016, we added Fresno to our area, which includes Roseville, Sacramento, South Sacramento, Modesto, and Stockton. As our program has grown, so has our patient volume, leading to a staff expansion that now includes three board-certified hematologists and oncologists, chemotherapy-trained nurses, oncology pharmacists, infectious disease experts, a social worker, an oncology nurse navigator, and various consultants. The level and years of expertise they bring to the center assure that our patients are getting state-of-the-art care in a first-rate facility. In addition, the ability to focus their attention solely on our leukemia and lymphoma patients in a high-volume center enables them to gain more knowledge, recognize and address complications sooner, develop standardized treatment plans, and share best practices with their colleagues at other centers and institutions.

Our program is maturing, with the addition of oncology-trained nurses, more resources to connect patients to hospital, and outpatient treatments, plus valuable experience from our hospital physicians and oncologists. This expertise is providing a true center of excellence experience for our patients and families who must work through a very difficult diagnosis and life-changing event.

Richard Haynes, MD
Assistant Physician-in-Chief
Roseville and Sacramento
Ten-year-old cancer survivor Christopher Formaker is back in center court playing his favorite sport, thanks to a revolutionary surgical procedure. Two years ago, his mom Susan Formaker noticed unusual swelling in his left leg and took him to the Roseville Medical Center, where his doctors ordered tests and confirmed he had osteosarcoma, a type of cancer particularly resistant to radiation. “I wanted to play basketball, play with my friends, go to school... just be a normal kid,” said Christopher, reacting to his diagnosis. “I was kind of sad.”

Christopher’s cancer treatment involved several rounds of chemotherapy and amputation of his leg above the knee, which was followed by a Van Nes Rotationplasty, a rare and complex surgery that is performed less than 80 times a year nationwide. It involves reattaching the patient’s ankle and foot to the thigh bone and rotating them 180 degrees to serve as a knee joint.

Few hospital systems in the country offer this unusual procedure. Lawrence Manhart, MD, Pediatric Rehabilitation, Roseville, explained to Christopher’s parents that the surgery gives young, active kids better use of a prosthetic after amputation. Christopher’s Kaiser Permanente medical team chose Larry Rinsky, MD, Orthopedic Surgery, Stanford Health Care, to perform the operation. Two Kaiser Permanente physicians, with specialties in musculoskeletal oncology and orthopedic surgery, participated in the surgery.

Both the surgery and rehabilitation were a success, and today Christopher enjoys playing basketball with his friends again. He recently celebrated his recovery with his family and Kaiser Permanente care team on center court at a Sacramento Kings’ game where fans gave them a standing ovation. “I can shoot, I can dribble around, I can do anything that I could before I was diagnosed,” said Christopher.

Learn more about Christopher’s story in this video.

https://share.kaiserpermanente.org/article/young-cancer-survivor-takes-center-court/
Kaiser Permanente Northern California Region screens for Breast, Cervical, and Colorectal cancer at a rate that outperforms over 90% of the commercial health plans in the country.

The Healthcare Effectiveness Data and Information Set (HEDIS) is a tool used by more than 90 percent of America’s health plans to measure performance on important dimensions of care and service.
## PRIMARY SITE TABLE

Kaiser Permanente-Northern California Region

**All Cancer* Cases Diagnosed 2012-2016;**

**All Behaviors, All Stages**

**Leading Diagnoses By Year of Diagnosis**

(Ranked For 2016 Diagnoses)

*Note Brain/Other Nervous Category Includes Benign/Borderline Tumors

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<th>BREAST</th>
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<th>2015</th>
<th>2016</th>
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<td>2,073</td>
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| TOTAL | 20,119 | 20,550 | 20,365 | 21,009 | 20,376 | 102,419 |

Source: KAISER PERMANENTE NORTHERN CALIFORNIA CANCER REGISTRY (09/14/2017)
Oncology patients at our Roseville and Sacramento Medical Centers are not alone in their battle against cancer. They are supported by a committed and experienced cancer care team of physicians, specialists, and nurses, including our oncology nurse navigators (ONNs), who are with them each step of their illness from diagnosis through chemotherapy to post-treatment follow-up.

A dedicated ONN is assigned to a patient at the time of diagnosis and remains his or her single point of contact throughout their cancer journey. “It is important to have a person they can trust and have an ongoing relationship with to help them navigate through unfamiliar waters and to educate them on what they are supposed to be doing,” said Michelle Rommelfanger, RN, an ONN at the Roseville Oncology Department.

Their expertise includes medical oncology services, such as chemotherapy, so ONNs are able to answer questions and address concerns regarding tests, scheduling specialists’ appointments, instructions on new medications, and setting up treatment schedules and follow-up care. Patients have direct access to their ONN and can call them any time. Often their relationship can last a year or longer, depending on the status of the patient and treatment duration.

Oncology Nurse Navigators Promise:

“I will be with you every step of the way”

Having an integrated cancer care team ensures that the patient receives the right treatment, in the right order, in the right setting, at the right time. Oncology nurse navigators are essential in making sure this care is coordinated amongst all members of the team. Most importantly, they are strong patient advocates who work to individualize care to meet each patient’s personal needs from diagnosis to survivorship.

Kathy Kearney, RN, Manager
Oncology and Adult Infusion
Roseville
Kaiser Permanente child life specialists play an invaluable role in supporting our pediatric oncology patients throughout their cancer journey—from diagnosis to treatment to remission. They are experts in using age-appropriate interventions to reduce fear, anxiety, and pain in young patients. With educational backgrounds as varied as nursing, counseling, social work, and recreation, these child advocates possess the communication skills and tools to help children of all ages—from infants to youths—cope with the challenges of their disease.

“We help them cope with whatever is happening to them,” explained Traci Aoki-Tan, a child life specialist at the Women and Children’s Center, Roseville Medical Center, “whether it’s taking meds, losing their hair, or missing school. “You’ll often find our child life specialists at the bedside of their young patients, interacting and playing with them, sometimes to distract them during uncomfortable procedures. They will often use visual aids like Chemo Duck, a stuffed toy duck with a central line for children undergoing chemotherapy.

Child life specialists are an indispensable asset to the pediatric patient care team. In addition to their daily responsibilities, they will get involved in planning special events for the inpatient kids who often miss out on important social and holiday activities. In April 2016, with the help of the Roseville Medical Center staff and volunteers, they organized the first prom night for teenage patients, with dancing, raffle prizes, games, and a special appearance by Sacramento Kings players. In December, they invited Sacramento Kings center Willie Cauley-Stein to celebrate Christmas with the kids on the pediatrics floor of the hospital. The 7-foot NBA star, donning a purple Santa Clause hat, went from room to room delivering gifts and holiday cheer. Our child life specialists also are committed to drawing public attention to pediatric cancer and its devastating impact on children. In September 2016, they organized the first Pediatric Cancer Awareness Day at the Roseville Medical Center. Fifteen local organizations that offer supportive services to pediatric cancer patients and their families participated in this educational, lunchtime event.

We support the siblings and family as well, since cancer affects the entire family.

Cammie Woodward
Child Life Specialist, Roseville Pediatric Subspecialties Department
IN THE COMMUNITY

DON’T BUY THE LIE
Now in its 23rd year, our anti-smoking campaign Don’t Buy the Lie (DBTL) continues to make progress in increasing awareness about the dangers of smoking among elementary, middle, and high school students. Each year, we mail anti-smoking lesson plans to approximately 200 schools in the Greater Sacramento Region, reaching over 600 teachers and 100,000 students. In 2016, our popular DBTL anti-smoking poster contest drew over 7,000 participants from 82 schools. Two grand prize winners had their artwork prominently featured on billboards, including a digitized version at the Galleria Mall. Over the three-week display period, the posters were viewed by over 850,000 people per day.

SURVIVORS DAY CELEBRATES EVERYDAY HEROES
In June 2016, the Kaiser Permanente Comprehensive Cancer Program sponsored the first annual Survivors Day event to celebrate and educate our members on life after cancer. Promoting the theme Hope Grows Here, the three-hour outdoor public event at the Roseville Medical Center was targeted to all cancer survivors and their families.

COMMUNITY OUTREACH AND SUPPORT
At Kaiser Permanente, we recognize that living with and surviving cancer may require supportive services beyond the care provided at our cancer centers. We often refer patients to local community groups that offer a broad range of services, from recreational activities to exercise programs to mind-body awareness classes, such as the following organizations:

Kids, young adults and their families get to enjoy outdoor activities at Camp Okizu, where programs are tailored for the special needs of pediatric cancer patients. Established in 1983, Camp Okizu serves over 350 childhood cancer patients and 500 siblings per year, providing an array of free recreational activities, including family day camps, sleep-away camps, and teen excursions, such as annual ski trips and amusement park outings. Additionally, the organization offers supportive services such as a bereavement program for those who have suffered the loss of a child or sibling.

“Camp Okizu provides mentoring and peer support to patients and families from all over Northern California, including Kaiser Permanente patients and their families,” said Kent Jolly, MD, Pediatric Oncologist, Roseville Medical Center. “It is staffed almost entirely by volunteers, many of whom are Kaiser Permanente doctors, nurses, employees and cancer survivors.”

Wellness Within is a non-profit Mind-Body Wellness Center in Roseville, which offers a wide range of services to patients, survivors, and their families who are coping with the stress of cancer. Our social workers will often refer cancer patients and survivors to this local organization to take advantage of the variety of free courses, including mind-body skills, meditation, guided imagery, therapeutic art for healing, gentle yoga, and nutrition classes.

Regular exercise is the key to regaining and maintaining one’s health, especially after undergoing cancer treatment. The nonprofit Triumph Cancer Foundation, based in Sacramento, offers Triumph Fitness, a free 12-week strength and fitness program designed specifically for adult cancer survivors. Participants work with exercise specialists at local participating gyms to build muscle strength, increase flexibility, and improve their ability to perform activities of daily living.
Cutting-edge advances in technology give our patients an edge in their fight against cancer. At Kaiser Permanente, our cancer specialists continually investigate and employ the most innovative procedures and tools, such as stereotactic radiosurgery and brachytherapy, to provide our patients the highest standard of care with the most promising outcomes for a cancer-free future.

**STEREOTACTIC RADIOSURGERY: PROGRAM ACHIEVES 1,000TH TREATMENT IN 2016**

Launched in 2009, the Stereotactic Radiosurgery Program utilizes a state-of-the-art procedure that has radically advanced the treatment of cancerous tumors in the brain, as well as in the lungs, liver, and other areas of the body. With image-guided precision, our radiation experts can target and destroy multiple tumors in less than an hour, while protecting healthy normal tissues and preserving vital functions. The addition of the multiple metastases elements software application in 2016 now gives us the capability to treat up to ten small brain metastases in less than 30 minutes.

"With sub-millimeter targeting accuracy, radiosurgery can eradicate tumors without damaging their surrounding normal tissues" said program co-founder Allan Chen, MD, PhD, Radiation Oncology, Roseville.

"For cancer patients with brain and other cancers, precision body radiosurgery provides excellent tumor control and saves lives."

In October 2016, we achieved a momentous milestone—treating our 1,000th patient. “I am continually amazed at the advances in cancer care, the technology developed, and its utilization by our committed staff to deliver the very best care to our patients,” added Stereotactic Radiosurgery Program Coordinator Steffanie McNair, RN.

**BRACHYTHERAPY**

Brachytherapy is an effective, low risk option for treating prostate cancer, which is the most common cancer in American men after skin cancer. Since its establishment in 2000, the Northern California Regional Center for Prostate Brachytherapy at the Roseville Medical Center has treated nearly 4,000 prostate cancer patients with low dose rate (LDR) brachytherapy. This technology involves implanting miniscule, permanently-placed radioactive seeds within the prostate gland to destroy cancerous cells with minimal impact on adjacent healthy tissue.

Performed in one outpatient visit, it is less invasive than surgery and more convenient than external radiation.

“Multiple studies have shown that the “center of excellence” approach of concentrating technical procedures and surgeries in one location, such as our Regional Center for Prostate Brachytherapy, results in better cure rates and lower complication rates,” said Derrick Schmidt, MD, PhD, Radiation Oncology, Roseville and Sacramento. “This is true because our entire care team becomes very well-versed in the patient’s care before, during, and after the procedure.”

Brachytherapy also is used by our radiation oncologists to effectively treat gynecological cancers, including endometrial and cervical cancers, with larger, more focused doses of radiation but with fewer treatments.
CANCER CARE COMMITTEE MEMBERS

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---|---
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Radiology, Cancer Conference Coordinator | Linlin Fu, MD
Rehabilitation Services | Stacy Itagaki, PT
Social Services | Erica Menzer, LCSW
Oncology, Oncology Nurse Leadership | James Thum, RN

Specialties representing both Roseville and Sacramento Medical Centers
OTHER RESOURCES

- www.kp.org/rosevillecancercare
- www.kp.org/sacramentocancercare
- kp.org/greatersacramento/specialty-care/cancer-care
- cancercare.kaiserpermanente.org