OUR VISION FOR CANCER CARE. for Life
Complete cancer services near you

It’s an extraordinary time in our history as we lead the way in developing innovative cancer care programs and expand access to care in our communities. Cancer care is a rapidly evolving field, with new diagnostic tests and therapies that are changing the lives of people like never before.

I’m proud to be part of an organization that remains at the forefront of cancer care and stays true to its mission of serving people, with the best programs and people committed to the cause.

I hope you enjoy learning more about what we’re doing in the area of cancer in this issue of The Catalyst, and know that we’ve got your best interests in mind.

WAYNE FISHER
Chairman, Scott & White Healthcare Foundation
Board of Directors
As the number of cancer diagnoses in Texas increases, fueled by a rapidly growing and aging population, it is now more essential than ever for Baylor Scott & White Health to meet our patients where they live. Bringing comprehensive, integrated cancer care expertise to the communities we serve will ease patients’ overall anxiety in coping with this difficult disease and ultimately improve their clinical outcomes and quality of life.

Our model of cancer care doesn’t just treat the disease; it enables our patients to continue to live as normally as possible.

An unprecedented step

Baylor Scott & White is making a commitment to Central Texas patients, young and old, to expand cancer care services and provide a seamless patient experience from diagnosis through survivorship. Patients throughout Central Texas will have easier access to our accredited model of comprehensive cancer care, with standardized services and multiple specialties to work together for the patient, regardless of time or location.

The strength of the Baylor Scott & White system means patients not only have access to the highest-quality treatment and survivorship programs, but also may participate in a wide array of research protocols and clinical trials, many conducted through the Texas A&M Health Science Center College of Medicine. “Patients at every one of our Cancer Institute sites are automatically considered for clinical trials and cutting-edge advancements if their disease profile fits an active research protocol,” says Mr. Davis.

Our goal is to help our patients achieve the best quality of life by addressing their clinical needs, their emotional health and their well-being, all while minimizing disruption to their daily lives both during and after treatment. Our model of cancer care doesn’t just treat the disease; it enables our patients to continue to live as normally as possible.

“A cancer diagnosis brings with it a natural level of anxiety. By spreading this standard throughout our regional locations, we intend to do all that we can to lessen that anxiety and assure our patients that they need not travel or seek care within other systems in order to receive the best treatment available close to their homes,” says Mr. Davis.

“We offer patients a one-stop cancer treatment experience in a comforting, healing environment.”

A vision for the future

The Central Texas division of Baylor Scott & White covers about 30,000 square miles. We are committed to serving this vast population with plans that include opening the Baylor Scott & White Cancer Center - Round Rock in 2017 and expanding the care gap at other locations, such as adding radiation oncology to Scott & White Hospital - College Station in late 2016, and expanding oncology expertise at Baylor Scott & White Medical Center - Marble Falls and the McLane Children’s Hospital - Killeen. We are also adding technology enhancements at the Vasicek Cancer Treatment Center in Temple and at McLane Children’s.

Baylor Scott & White is also hiring additional patient navigators to connect patients with information, advocate on their behalf, and guide them through the myriad of questions and scheduling nuances of the care experience. Patient navigators, who are most often experienced nurses with a personal history of cancer treatment, can make a tremendous difference in a patient’s attitude and quality of life. These caregivers help ensure that patients’ clinical and non-clinical needs, such as nutritional and psychosocial needs, are addressed to improve their health and quality of life, both during and after treatment.

Achieving our vision

Expanding cancer care services requires a partnership between Baylor Scott & White and the communities we serve. We’re embarking on an ambitious fundraising effort for the Scott & White Cancer Institute to ensure the continuation and expansion of state-of-the-art cancer care services at our many locations.

Jana Sharpless, president of the Scott & White Healthcare Foundation, says, “We’re making this investment because we want our oncology patients to have easier access to cancer care services. In this environment of increasing regulation, unfunded mandates, demand for services, and rising costs, it is philanthropy that allows us to keep pace with advances in cancer technology and care. Philanthropy makes the difference.”

In this issue of The Catalyst you’ll read about all we’re doing to enhance cancer care programs at our regional locations. We invite you to share our journey, become involved, and make your voice heard. It’s often been said that fighting cancer is a marathon, not a sprint. At Baylor Scott & White, we’re putting cancer on the run.

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Each patient’s needs are met by a team of specialists that includes primary care physicians, surgeons, radiologists, nurses, social workers, genetic counselors, nutritionists, pathologists, and other caregivers and staff. This team creates and delivers a customized treatment plan unique to every patient.

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As a result of these efforts, patients in Central Texas now have access to about 100 CLINICAL TRIALS, offering them the possibility of early access to promising treatments.

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Baylor Scott & White Healthcare Foundation

Baylor Scott & White Health and the Translational Genomics Research Institute are focused on accelerating early detection and treatments for a broad range of cancers.

The joint effort focuses on these research areas:
- Women’s cancers
- Abdominal malignancies
- Blood-related cancers
Thousands of new cancer cases are diagnosed each year in Williamson and Travis counties—the fastest growing region in the United States. The Texas Department of State Health Services predicted 3,605 new cases in Travis county for 2015, and 1,822 in Williamson County.

In an unprecedented effort to bring complete cancer expertise to the Austin/Round Rock region and ease the stress on patients and families during treatment, Baylor Scott & White Health is pleased to announce the creation of the $20 million Baylor Scott & White Cancer Center - Round Rock, opening in 2017. The 35,000-square-foot center on the Scott & White Hospital - Round Rock campus breaks ground in 2016 and will be the first in the region to feature an integrated model of care with complete services, including radiation oncology. Currently, two-thirds of our cancer patients in Round Rock must be referred to outside providers for radiation oncology. The new center will provide a convenience for patients who usually need daily radiation treatments over a period of several weeks, and eliminate gaps in the medical record.

Chief Medical Officer at Round Rock, Rob Watson, MD, says, "The new comprehensive cancer center in Round Rock will bring Baylor Scott & White’s renowned breakthrough treatments and care—including diagnostic, treatment, and support services—to the heart of the Austin/Round Rock region. So our patients can continue to work, go to school, and enjoy daily activities close to home while they receive lifesaving treatment."

Clinics, radiation oncology, chemotherapy, infusion therapy, diagnostic imaging, research, nutrition, and pain management services will all be housed under one roof on the hospital’s main campus.

John Hyde, director of the Scott & White Healthcare Foundation Round Rock Regional Office, says, “Each dollar given helps bridge the gap between what we can afford to do and what we need to do to meet our cancer patients’ needs.” He is impressed with the contributions of grateful patients and their families. “They have seen firsthand how gifts make an impact on their care, and that motivates them to give to help others.”

Baylor Scott & White Cancer Center - Round Rock Features

**ONCOLOGY SERVICES**
- Medical oncology (chemotherapy)
- Radiation oncology
- Gynecologic oncology
- Surgical oncology
- Neuro-oncology

**SUPPORT PROGRAMS AND SERVICES**
- Pain management and palliative care
- Nutritional services
- Patient navigation and psychological support services
- Patient and caregiver support groups
- Prevention, screening, risk assessment, and survivorship programs

**STATE-OF-THE-ART FACILITY**
- Linear accelerator
- CT simulator
- High-dose rate brachytherapy
- 25 private infusion therapy bays
- Space for seven oncologists and support staff
- Clinical space for multidisciplinary consultation
- Patient and family education center
- Healing garden

“FUNDING GOAL: $5 million

“Our patients can continue to work, go to school, and enjoy daily activities close to home while they receive lifesaving treatment.”

—Rob Watson, MD
Following antibiotic therapy for an upper respiratory infection in fall 2014, Round Rock resident James Lesko, age 52, sought care at the Scott & White Clinic - Pflugerville for a suspicious, painful lump that appeared in his neck. Katherine Vega, MD, a family medicine physician at the clinic, suggested the condition could be anything from an infected gland resulting from the previous infection, to a mass. She ordered a CT scan so an accurate diagnosis could be made. On Mr. Lesko’s 51st birthday last September he and his wife, Kathy, got the news they feared. The mass was indeed stage 3 squamous cell cancer of the tonsil cavity, a cancer that usually occurs in older individuals.

The Leskos quickly scheduled an appointment with Nimish Patel, MD, an otolaryngologist (ear, nose, and throat specialist) at Scott & White Clinic - Round Rock. Mr. Lesko, the owner of AgH2O Holdings, a construction management company in Round Rock, is a nonsmoker with no immediate family history of cancer. He was given the option to undergo radiation therapy at Texas Oncology in Round Rock, which is closer to his home—an important consideration because Mr. Lesko needed radiation treatment every weekday for almost seven weeks.

Or he could make the daily trip to the Vasicek Cancer Treatment Center at Scott & White Memorial Hospital - Temple. After meeting with his team of caregivers, including radiation oncologist Niloyjyoti Deb, MD; oncologist Lucas Wong, MD; and otolaryngologist Wayne Martin, MD, all physicians at Scott & White Memorial Hospital - Temple, Mr. Lesko decided he felt more comfortable doing just that. He reasoned that his health and safety were best ensured by having all of his team members—including Shane Mills, MD, Mr. Lesko’s primary care physician at the Round Rock West Clinic—in the same healthcare system with the same medical record at their fingertips.

The Leskos then began a two-month daily drive of more than 50 miles each way for Mr. Lesko’s radiation oncology treatments. He also endured three rounds of chemotherapy at Scott & White Memorial Hospital - Temple. Three weeks into this grueling, combined treatment regimen, it began to take its toll. “What many people may not realize is that when someone has cancer, simple everyday tasks like going shopping, cooking, and traveling to treatment appointments can be monumental tasks,” Mr. Lesko says. “As a patient, I was amazed at the treatment and facilities at Baylor Scott & White and the world-class physicians who cared for me. Without exception, every physician, nurse, caregiver, technician, and administrator was caring and professional. Even though the drive back and forth to Temple was tough, I wouldn’t have done it any other way.” He believes the addition of radiation oncology services at Baylor Scott & White - Austin/Round Rock region is a welcome development for patients in the area who will need it in the future. Mr. Lesko also has high praise for the integrated team of specialists and allied health professionals who cared for him. “Dr. Deb, his nurses, and staff did an outstanding job educating me about what to expect during my treatment and encouraging me to get through it,” he says. “Nutrition staff took special care of me, too, by shipping nutritional supplements to our home. The radiation technologists, Dr. Wong and Dr. Martin, and their staffs were wonderful as well.”

At one point in December, when Mr. Lesko was feeling low, he asked Dr. Martin if he’d ever feel better. “He looked at me square in the eye and said, ‘You’ll start feeling better in May.’ True enough, Mr. Lesko did feel better, regained his appetite, and could endure another journey—one the Leskos looked forward to: their son, Nick’s, graduation from the United States Military Academy (West Point) in New York.

Mr. Lesko sees his physicians for follow-up care and got a clean bill of health at his last visit. He’ll continue to be monitored and will see his physicians again in 2016. The gift of good health is welcome on any day, and was especially welcome on Mr. Lesko’s 52nd birthday this past September.

“Without exception, every physician, nurse, caregiver, technician, and administrator was caring and professional.”
—James Lesko

Jim Lesko credits the care he received at Baylor Scott & White for helping him attend his son, Nick’s, graduation from West Point.
When a child is diagnosed with cancer, a family’s world suddenly seems to stop. However, the experts at McLane Children’s Scott & White are always ready for action with specialized resources and technology to beat the disease. From the right pediatric oncologists and specially trained nurses, to the right size and type of technology, and the gentle touch of allied professionals, each person’s talent and each resource is laser focused on the unique needs of young patients.

Because pediatric cancer can be a long and tedious journey filled with many complex challenges, families need a place that cares exclusively for children through interdisciplinary collaboration. The complexity of pediatric cancer care requires not only the care of oncologists, but also the expertise of specialists in other areas such as pediatric surgery, orthopedics, ophthalmology, infectious disease, cardiology, endocrinology, and neurology, to name a few. “We have all the resources needed to take care of patients with many types of pediatric cancer,” says Javier Kane, MD, director of the Department of Pediatric Hematology/Oncology at McLane Children’s. These resources include clinical expertise as well as support services to help children heal emotionally, developmentally, and spiritually, and to keep up academically. McLane Children’s is also a member of the Children’s Oncology Group (COG), the national consortium for the treatment of childhood cancer. This means that our patients have access to clinical trials and the most advanced cancer therapies available, without having to travel far from home to healthcare systems in more urban areas.

“Our center is integrated into the framework of a very comprehensive institution that caters to the children of our community,” says Dr. Kane. “It’s a very personalized service that we provide. We know the patients and parents by name, and we communicate with them by phone or email, using the electronic medical record (EMR) system, called EPIC. Our patients’ families have our numbers, too, and can reach us 24 hours a day, seven days a week, if and when they need help.”

Serving a large region with pediatric specialty care

McLane Children’s in Temple, Texas, has a 112-bed hospital with expertise in 40 pediatric specialties. The McLane Children’s Cancer and Blood Disorders Clinic is located in the specialty clinic building right next to McLane Children’s Hospital, so all services are easily accessible.

The hospital serves a larger network of patients and their families with pediatric hematology/oncology clinics in Killeen/Fort Hood, Waco, College Station, and Round Rock. All patients in the region have access to the full scope of care within the Baylor Scott & White Health system. Because McLane Children’s serves a vast region, communication with other caregivers regarding outpatient and inpatient status is key, and the EMR system plays an important role. “The benefit of the EMR is care coordination among the different care providers in our interdisciplinary approach.

Children with cancer require an investment in unique technology and specialized resources

“We have all the resources needed to take care of patients with many types of pediatric cancer.”
— Javier Kane, MD

To grow up strong and healthy, with the help of pediatric specialists skilled in meeting their physical, developmental, and psychosocial needs.
We can consult with each other and communicate with patients using the EMR and our MyChart patient portal," says Dr. Kane. Adding the human touch to technology "We are an institution that focuses on comfort and quality of life for our patients and their families," says Dr. Kane. A good example is our Special Procedure Unit, where procedures, such as biopsies, are performed in a pain-free environment. The unit is staffed by highly trained, certified pediatric providers who are dedicated to care for these children and ensure their comfort. Parents are encouraged to stay with their children during the procedure so they feel safe and secure. Dr. Kane adds, “You can see what happens with these children. Some of our patients actually enjoy the experience, because they do not experience great discomfort, and there is a lot of attention for them. I think the way we do procedures here is second to none.”

To better serve the unique needs of children, the leadership at McLane Children’s is installing a new 3T magnetic resonance imaging (MRI) machine that scans body tissues faster than existing technology and has a larger opening. The 3T MRI scanner is the newest and most sophisticated equipment available and it yields exceptionally detailed images. The 3T technology is the “gold standard” of imaging for children because of improved resolution, faster scans and a more comfortable process, and the ability to image the entire body. With MRI goggles, children can even watch movies during the exam. These features are especially important since children have to remain motionless throughout the procedure. A crucial advantage of this innovative technology is that fewer children require medicated sedation during their scans.

The needs of the child come first Not only is there a team of physicians and nurses—all with many years of experience and certification in pediatric hematology/oncology—ready to help, but pediatric cancer patients are also supported by comprehensive subspecialty care. “For example, we offer orthopedic oncology services for the care of pediatric patients with bone tumors, a program that few children’s hospitals have,” says Dr. Kane. Yvette Bradford, whose teenage daughter Armani Bradford was diagnosed with Ewing’s sarcoma last year, knows firsthand the importance of this specialized care. “We felt like we had the best team,” she says. “Before Armani’s surgery, Dr. Kane and Russell Ward, MD, (an orthopedic surgeon who specializes in oncology), brought the whole team together, including physical therapists, to make sure that Armani and our whole family were comfortable with the procedure. They let Armani ask questions before her surgery, and we had lots of follow-up conversations after her surgery.”

Ewing’s sarcoma, a cancer of the bone, is rare, but the Bradfords found the expertise and compassion they needed from McLane Children’s board-certified pediatric specialists and chemotherapy-certified nurses. The cancer care team at McLane Children’s quickly becomes a source of support for their patients and their families. “After all, they’re here so much we form great relationships with them,” says Charity Driver, RN, a pediatric nurse. “We help them cope with everything that’s going on.”

During the months that Armani, then age 16, came for treatments, she developed a close relationship with Ms. Driver. “We have a special bond,” says Ms. Driver. “She still calls to let us know how school is going. It’s very different from working with adults.”

Emotional and psychosocial support for cancer patients and their families is essential. “Dr. Kane was very supportive of Armani and our whole family,” says Ms. Bradford. “The team provided lots of care for her physical and mental well-being.”

Emotional and spiritual support is key Providing this support for patients and their families is essential. The support from Child Life specialists, social workers, and chaplains helps children and families cope with treatment and its effects on every aspect of their lives. “The treatment of cancer doesn’t stop with the medicines and procedures. At McLane Children’s, we care for children in a comprehensive way that addresses their emotional and psychosocial needs as well,” says Jenny Damron, BS, CCS, a Child Life specialist at McLane Children’s. Child Life services aren’t reimbursed by insurance providers, so philanthropy to support these resources is vital. Ms. Bradford says the Child Life program at McLane Children’s went a long way toward enhancing her daughter Armani’s experience at McLane. “They came in with guests and games all the time,” she says. “We had visits from puppies, miniature horses, Miss Baylor, country music singer and Temple native Eric Paslay, and the local high school baseball team.”

An important goal in pediatric cancer care is to give the child a sense of normality. One of the most popular Child Life programs is Camp Dreamcatcher, a week-long summer camp for patients and their siblings that is designed to help patients cope with their diseases and bond with other children with similar diagnoses and experiences. Armani Bradford was not completely mobile when she arrived for her first day at Camp Dreamcatcher, but staffers made sure she could participate. “They were accommodating in finding activities that she could enjoy,” Ms. Bradford says. This camp, which is 100% funded by philanthropy, was one of the best experiences Armani had during her time with Scott & White, says her mother, underscoring the importance of programs to help children through their journey with cancer.

Imaging Expansion

Acquiring an MRI with 3T technology will enhance pediatric clinicians’ capability to conduct neurological and cardiac scans with very high resolution images, providing the most clarity and detail available in diagnostic imaging today.

For more information on how you can partner with McLane Children’s and help change pediatric cancer care for life, please contact the Scott & White Healthcare Foundation at 254-724-2768.
Successful outcome for patients with cancer starts with an accurate diagnosis, followed by an effective treatment plan and supportive care services. Imaging specialists in diagnostic radiology at the Vasicek Cancer Treatment Center on the campus of Scott & White Memorial Hospital - Temple take that first step in the process by employing the industry’s most advanced technologies to make the most accurate diagnosis, and to assist their clinical colleagues in the development of a treatment plan for all forms of cancer.

“The technology is evolving rapidly,” says L. Gill Naul, MD, chair of the Department of Radiology. “The equipment is much faster and the resolution of the images has improved considerably. We take another important step, too, by rapidly and frequently communicating with our colleagues at other facilities in the healthcare system, like Round Rock, College Station, and Waco,” says Dr. Naul. “Our care is integrated. We work together very closely, which is a bit different from what you’d see with most other healthcare institutions.”

**Advanced resources and deep expertise** Because of technological enhancements, diagnostic imaging has become very specialized, with unique features that allow for faster, more precise body imaging. Baylor Scott & White’s advanced imaging technology in Central Texas includes two 3 Tesla (T) magnetic resonance (MRI) scanners, a new standard in medical imaging. The 3T MRI scanner previously was used only in research facilities. In addition, the healthcare system is home to leading-edge computerized tomography (CT) scanners and positron emission technology (PET) scanners—each with a unique, highly specialized role in diagnoses and cancer treatment plans.

The Department of Radiology comprises many radiologists with a combined degree of subspecialization unique in the region. “We have about 50 radiologists who are very specialized and provide expertise in many areas,” says Dr. Naul. “We have radiologists specialized for every system of the body and for every disease, including interventional radiologists, neuroradiologists, breast radiologists, body imaging radiologists, and musculoskeletal radiologists, among others.”

**Breast Imaging Center of Excellence** Deep imaging expertise extends to digital mammography in the detection of breast cancer. Scott & White Memorial Hospital - Temple was the first in the nation to receive the American College of Radiology designation as a Breast Imaging Center of Excellence—a designation given only to those centers that have demonstrated high quality in all areas of breast imaging. “We’ve been a center of excellence for as long as you can be one,” says Debra Monticciolo, MD, chief of the Section of Breast Imaging. Dr. Monticciolo has been involved at the national level on issues.

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To be there when a diagnosis isn’t what you wanted to hear, but know you’ve got the most advanced technology and specialists on your side.
involving breast imaging quality. She has served as a chairperson of the Commission on Quality and Safety for the American College of Radiology, the National Mammography Accreditation Program, which accredits mammography facilities nationwide; and the Breast MRI Accreditation Program. She has also served two terms on the FDA's National Mammography Quality Assurance Advisory Committee, which advises Congress on mammography quality issues.

The quality of the image during a radiology test is vitally important because it determines the physician’s diagnosis and subsequent treatment plan. “As a patient, I would want to have important abnormalities identified correctly and to get the diagnosis quickly,” says Dr. Monticciolo. This is accomplished by correlating all of the imaging studies – digital mammography, breast ultrasound, and high-resolution breast MRI as needed. Digital breast tomosynthesis, also known as DBT or 3D mammography, is the latest tool to help breast imagers evaluate mammographic findings. Tomosynthesis involves multiple image slices through the breast so that overlapping tissue is less of a barrier to evaluation. Studies have shown that 3D breast tomosynthesis can increase cancer detection rates while decreasing the number of women recalled for additional testing from screening.

Dedicated, specially trained staff also perform MRI-guided breast biopsies at the center using MRI to help locate a lump that cannot be felt on physical exam or detected with conventional imaging (mammography or breast ultrasound). In those cases, MRI is used to guide needle placement so that a sample of tissue can be provided to the pathologist to make a diagnosis. Many sites might offer breast MRI but cannot offer the breast MRI biopsy service because they lack the expertise. Dr. Monticciolo has lectured nationally on breast MRI for more than a decade.

“I think we’re at the forefront of breast MRI,” Dr. Monticciolo continues. “We try to provide very up-to-date imaging so the surgeons and oncologists can make the best options available to the patient.”

Mark Holguin, MD, director of the Division of Hematology/Oncology agrees. “In addition to her technical expertise in performing scans and interpreting our patients’ images, Dr. Monticciolo has worked with our breast cancer team to develop the processes that link the information gained into clinical usefulness,” he says. “These processes connect mammography and ultrasound reports to biopsies and ultimately referrals to our cancer clinical teams. This provides our patients with an expedited way to move from an abnormal mammogram to further diagnostic studies and, ultimately, treatment of their cancer.”

An integrated team approach to cancer care

Because cancer is a complex disease, patients often need to see six or more specialized physicians. They also may require many services, including imaging examinations and biopsies, radiation therapy and chemotherapy, surgery, and, of course, emotional, psychological, and spiritual support.

“The fact that Baylor Scott & White is an integrated healthcare system means that patient care can be coordinated across the spectrum for everything the patient might need,” says Dr. Holguin. “We’ve extended that model into cancer care. To coordinate our efforts, we have arranged our clinics into multidisciplinary groups focused on specific types of cancers. That allows us to provide all the types of care a cancer patient would need in one location.”

The entire team at the Vascular Cancer Treatment Center views each patient as an individual and works together to choose the best treatment option. “We have multiple cancer-specific tumor conferences in which we discuss the proper treatment for our patients,” says Dr. Holguin. “These conferences allow for review of the cases with multiple viewpoints and comparison of planned treatments with national guidelines and the latest literature.”

“We’re all very focused on doing the right thing for the patient,” says Dr. Monticciolo. “So patients get total care, with a focus on the whole person, not just for an isolated finding.”

Getting over the shock

Even with all the advances in the field in recent years, getting that initial cancer diagnosis is still devastating. Lesa Egeston, age 54, of Killeen, can attest to that. “When the doctor told me that I had ovarian cancer, I looked around the room and said, ‘Who is he talking to?’” she says. “I said, ‘I’m healthy. I can’t have cancer.’ It was a real shock.”

She left the hospital in a bit of a daze, not sure what to do next. “I have to admit that, if it weren’t for Baylor Scott & White taking the ball and running with it, I might not have made the best decisions,” she says. “Within an hour, they were on the phone, calling me to arrange my first appointment with an oncologist.”

Indeed, no time was wasted. After receiving her diagnosis right before Memorial Day, she had her first meeting with Charles Capen, MD, chief of the Section of Gynecologic Oncology, on a Friday and was in surgery the following Tuesday.

Throughout the months that followed, the Baylor Scott & White team guided Mrs. Egeston through her care and treatment. “I always felt like I had a team on my side,” she says. “Dr. Capen’s staff was always checking on me. And, when I was in the hospital, there were so many heads in there to help, it was comforting to me. Whenever I wasn’t sure what to do next, they always went out of their way to help. I was never left not knowing.”

One physician’s story

It’s important to be on the patient’s side, especially when you can relate to what they’re going through. Cancer survivor Dr. Holguin finds that his own experience informs the way he communicates with patients to help alleviate their concerns. “I am now well aware of the side effects of chemotherapy and the advances in cancer care that have made those side effects much less likely,” he says. “I have experienced radiation treatments and those side effects as well,” he says. “I can also share the emotional journey from the shock of diagnosis to the struggles of facing your own mortality and the elation of ringing the bell at completion of chemotherapy. All of these experiences have made me more empathetic and have helped me discuss the risks and benefits of treatment.”

For Lesa Egeston, the caring attitude of her Baylor Scott & White team inspired confidence. “And that’s the most important thing. You must have confidence in the people you’re working with,” she says. “When it comes to Dr. Capen, I feel I’m number one with him and his team. When you’re with them, they make you feel like you’re their only patient at that moment.”
Radiation oncology services completes vision of comprehensive cancer care

When Scott & White Hospital - College Station and the Rock Prairie Clinic opened two years ago, they were welcome additions for many reasons, such as the expansion of high-quality oncology care that had been offered at the College Station clinic for a dozen years. With the new facilities, seven chairs devoted to medical and chemotherapy infusion became 24, reflecting the growing need to offer complete cancer care in the region.

Although the clinic does not currently provide radiation oncology services, our goal is to provide our patients with complete cancer care. While many patients seek this care nearby, others travel long distances for treatment: 90 miles to the Scott & White Vasicek Cancer Treatment Center in Temple, or 80 miles to Houston.

Patients in the College Station region will soon have access to the care they need in one place and near their homes. Now with the fundraising campaign for the purchase of a linear accelerator, radiation oncology care soon will be available at the Rock Prairie Clinic in College Station, which is good news for patients.

"The last piece of the integrated model of care for our patients with cancer is to add radiation oncology services," says Baylor Scott & White Health - College Station Region President Jason Jennings, FACHE. "We will then be one of the few comprehensive cancer care centers in the region. As the hospital realizes its second-year anniversary, more focus is now put on cancer care and serving our patients in the greater Brazos Valley."

The timing is right, agrees Linda Clark, vice president of clinic operations in the College Station Region. Patients referred outside the health system must manage the details of their care between two healthcare systems, and
navigate two sets of medical records. This isn’t an ideal situation in terms of continuity of care and communications with other caregivers on the patient’s team. “While patients who go outside Baylor Scott & White may receive fine care, it isn’t the most effective way to provide that care,” Ms. Clark says.

Consolidated care under one roof

Once patients are able to receive radiation oncology at the Rock Prairie Clinic, every office visit will be documented in Baylor Scott & White’s electronic medical records (EMR) system. Juddi Yeh, MD, one of two medical oncologists at Rock Prairie, believes patient convenience will extend beyond a streamlined medical record. “There are a number of cancers that require the use of chemotherapy and radiation together, so it would be a lot more convenient for patients to have both those services in the same place,” she says.

Bringing radiation oncology and chemotherapy under one roof means that medical and radiation oncologists will be under one roof, too, allowing for easier collaboration among caregivers. This means better patient care and safety. “This will make it easier for physicians to consult about a patient’s care as well as participate in multidisciplinary teams that review cancer cases,” says Dr. Yeh. “The idea is to discuss patient cases in a multidisciplinary fashion where everyone can review the cases together and discuss the different nuances that aren’t so straightforward, that don’t always come across on a medical chart.”

—Juddi Yeh, MD

Plans are underway

To bring radiation oncology to the region, Baylor Scott & White Health will purchase a linear accelerator, the machine that delivers the dose of radiation. The vault to house this technology is already in place. The linear accelerator will be state-of-the-art, Ms. Clark says. “We will be bringing in the newest technology available to us. We’re very excited about that.”

The clinic will also hire a radiation oncologist as well as radiation therapists, who will administer the treatment. A nurse navigator along with support staff also will be hired as the need for comprehensive cancer services grows.

When the Rock Prairie Clinic was designed, space was reserved on the first floor for additional cancer care services. Although plans are yet to be drawn, Ms. Clark says the cancer clinic will be “open and airy.” “We know that natural light may aid in the healing process,” she says. While the clinic will start with one linear accelerator, the space has been designed to accommodate two as future needs dictate.

“We have a real opportunity to bring some of those services to the community and help people realize they can stay in the community to receive that care,” says Ms. Clark. Receiving cancer treatment near home not only saves on travel costs, it also allows the patient to remain close to family and friends, which can be crucial in fighting the disease. “Fighting cancer takes a team approach from medical professionals as well as a team approach from your social support network,” Mr. Jennings says.

FUNDRAISING GOAL $1.2 million

Philanthropy is necessary to bring comprehensive cancer services, including radiation oncology, to the region through the purchase of a linear accelerator.

“When you add philanthropy, all the little things that you may not be able to add otherwise will be able to be there,” says Michael Moore, vice president of philanthropy for the Scott & White Healthcare Foundation. “The Bryan/College Station community needs expanded access to comprehensive cancer care,” he says, “and we feel privileged to deliver it.”

Mr. Jennings is confident the fundraising initiative will meet its goal of $1.2 million and the cancer center will be completed by the expected date in the fall of 2016 because of the generosity of people in the region. “We’re moving toward our target, but we still have some work to be done,” he says. When that happens, residents of the Greater Brazos Valley will have a complete resource for cancer care close to home.

“This has been a long time coming for us. It’s been a dream of ours to add radiation oncology and create a full-service cancer center. We’re very excited about the opportunity.”

—Linda Clark, vice president of clinic operations in the College Station Region
New and innovative programs benefit patients at the McClinton Cancer Center

When the Baylor Scott & White McClinton Cancer Center opened in November 2013, it brought comprehensive cancer care to the Baylor Scott & White Hillcrest Medical Center campus in Waco. Since that time, physicians, nurses, and other caregivers have logged more than 34,000 patient appointments—a higher number than expected at this point. “The last two years have been growing years for us,” says the center’s director, Joni Watson. “We’re expanding our services and staff to meet our patients’ needs, and we’re so grateful to be able to do this thanks in part to the generosity of our donors.”

In the fall, the center is adding new programs in lymphedema and integrative medicine to complement existing medical and radiation services. Lymphedema is an occasional side effect of cancer treatment. With certain types of cancers, nearby lymph nodes are sometimes removed along with tumors during surgery. This may lead to lymphedema, an accumulation of lymphatic fluid beneath the skin. Characterized by swelling and discomfort, lymphedema can occur immediately after surgery or years later. The new program offers patients courses of care to treat the condition.

The integrative medicine service will be available to all patients, not just those with cancer. It includes massage therapy, Reiki, and dry-needling, with expansion plans to include acupuncture and aromatherapy. A music therapist is on staff, as well, to help patients in the healing process through artistic expression that includes singing and listening to music. “These are things we don’t do in place of modern medicine,” says Mrs. Watson, “but in addition to it.”

Expansion in 2016
A second-floor expansion in the cancer center is ahead of schedule to accommodate the rapid increase in the number of people being treated for cancer. More exam rooms, infusion chairs, and office space for newly hired physicians and support staff will occupy 3,600 square feet of space purposefully left vacant when the center was built in 2013. A demonstration kitchen to host support group meetings and classes on nutrition will be added as well, since maintaining good nutrition is related to better patient outcomes for many cancer diagnoses.

Plans are in place to hire an additional nurse practitioner and a third medical oncologist, along with support staff. By next summer the center also will add long-term cancer survivorship services. “We want to make sure patients are as healthy as possible well past the time they finish their cancer treatments,” says Mrs. Watson.

A transformational gift
The McClinton Cancer Center is named for Paul McClinton and his wife, Carol. A grateful former cancer patient, Mr. McClinton made a seven-figure gift to the center on the day he completed his treatment in December 2014. (See Issue 22 of The Catalyst for more information). “He gave not only because of the care he received, but because of the compassionate care he saw everyone around him receive,” Mrs. Watson says.

“The McClintons’ generosity helped the center meet and exceed the $6 million goal for its capital campaign,” says Rhonda Luker, director of philanthropy for Baylor Scott & White’s Waco region. Funds from the McClintons’ gift will go directly toward the second-floor expansion and long-term survivorship services. Administrators also have earmarked a portion of the contribution to purchase an advanced neurosurgical device called the CUSA Excel, designed for the removal of brain tumors. “The McClintons’ gift has absolutely propelled cancer care forward in our community,” Mrs. Watson says.

“We are very appreciative of those who have supported the Baylor Scott & White McClinton Cancer Center,” Mrs. Luker says. “Their support is making a difference in cancer care right here in the heart of our community.” Mrs. Watson agrees. “We would not be able to take care of our community—our family members, our friends, our neighbors—without philanthropy,” she says.
Meeting the challenges of bringing our mission to the community as a not-for-profit healthcare system

Today, in what is called the “new era of healthcare,” costs are rising while reimbursements from certain payers are being cut. In addition, the definition of healthcare has expanded beyond treating illness to preventing it. For not-for-profit health systems such as Baylor Scott & White Health, delivering high-quality care in this environment presents unique challenges and opens fresh opportunities for collaboration. One focus remains strong for Baylor Scott & White: “We are about putting the patient first in everything we do. For us, it’s all about the patients,” says Joel Allison, Baylor Scott & White CEO.

Baylor Scott & White is among the 58 percent of all health systems and hospitals in the United States holding the not-for-profit designation. This means the revenue above cost the system earns is reinvested in the communities it serves. In exchange, according to regulations, Baylor Scott & White is exempt from some state and federal taxes. By contrast, for-profit healthcare companies distribute earnings at their own discretion, or to shareholders if they’re publicly traded companies.

Not-for-profit health systems and hospitals share a rich history in the United States dating back to the 19th century. The first hospitals often were sponsored by religious orders or charity organizations to serve impoverished people who seldom had anywhere else to go when they were sick. Such hospitals enhanced the well-being of their communities by providing a social safety net. In today’s more complex healthcare environment these roots remain the strength of our system’s mission. “Baylor and Scott & White both have a long history of community commitment to provide the highest levels of safe, quality, and compassionate care,” says Mr. Allison. “We are very mission-driven, and we are really here to serve our communities.”

For Baylor Scott & White, reinvesting in the community includes charity care and investment in medical education and research. “Attracting good talent for us is extremely important, given the population boom in Texas and the growing number of patients,” says Mr. Allison. Baylor Scott & White’s commitment to medical education stimulates the economy of communities throughout the north and central regions. Educating new doctors and nurses brings jobs, and studies show doctors and nurses tend to stay in the communities where they trained. Additionally, Baylor Scott & White’s commitment to medical research attracts physicians who want to be in a competitive academic research hospital that features the newest treatment technologies.

“We are about putting the patient first in everything we do. For us, it’s all about the patients.”

—Joel Allison
Matching mission with accountability

Every three years, not-for-profit hospital systems are required to analyze the needs of their communities to identify what programs and facilities can have the biggest impact on public health. Accountability is ensured through strict regulatory requirements at both the state and federal levels. A plan must be developed and an Annual Report filed with the state. In order to maintain the not-for-profit designation with the IRS, the organization is required to file a progress report annually on implementation of programs to meet identified community health needs.

Not-for-profit hospitals also must offer care when needed; they operate the majority of trauma centers and emergency rooms in the United States, and cannot refuse services to injured or sick patients regardless of their ability to pay.

Most importantly, not-for-profit hospitals ensure that all patients receive access to care no matter what kind of insurance, if any, they carry. Providing high-level doctors and technology brings access to leading-edge healthcare and clinical trials to the communities served.

With the recent introduction of the Patient Protection and Affordable Care Act, the entire healthcare industry began to think differently about its role in delivering care. In this “new era of healthcare” incentives to keep people healthy and out of the hospital have changed the industry’s traditional paradigm.

The emphasis on “well care” to enhance a community’s quality of life is a natural fit for Baylor Scott & White. The ultimate goal, says Mr. Allison, is that a patient should never have to come back. Instead of ending the relationship once a patient leaves the emergency room, Mr. Allison strongly advocates follow-up with preventive care services—even if it costs Baylor Scott & White money to do it. “This is ultimately better for the patients and the communities where they live,” says Mr. Allison. “We are fulfilling our role as a member of those communities as well as living our mission.”

Identifying care gaps and building community partnerships

As one of the largest health systems in Texas, Baylor Scott & White is a member of many communities throughout the state’s north and central divisions. Like other not-for-profit providers that are rooted in their communities rather than run by national corporations, Baylor Scott & White can more easily identify and allocate resources where they are most needed.

Being close to the community opens opportunities for collaboration with local partners to address public health issues. During a community needs assessment, Baylor Scott & White identified a major problem in South Dallas’ Frazier Courts neighborhood. “We saw a lot of patients coming too late to our emergency room with complications of Type 2 diabetes, which meant loss of limb or eyesight because they weren’t getting good preventive care,” says Mr. Allison.

So, the health system partnered with the City of Dallas to revamp a neighborhood community center into the Diabetes Health and Wellness Institute at the Juanita J. Craft Recreation Center. Here people can see a doctor, learn to cook healthier meals, visit a weekly low-cost farmers’ market for fresh produce, and have access to a jogging trail and fitness center.

Eighty-five percent of the Institute’s programs and healthcare is not reimbursed by private insurance, Medicare, or Medicaid. Baylor Scott & White subsidizes those costs to continue the Institute’s benefit to the community. The cost is worth it, Mr. Allison says, because emergency room visits by people with diabetes in the neighborhood dropped 40 percent.

Partnerships with community agencies and local church parishes support outreach programs throughout the central region. A needs assessment identified the issue of language as a barrier to health and wellness care. Working with the American Diabetes Association, Baylor Scott & White launched “Por tu Familia” in 2014 to provide diabetes education and...
Like Baylor Scott & White Health, more than half of all hospitals in the United States are not-for-profit, ensuring that all patients receive access to care no matter what kind of insurance, if any, they carry.

prevention classes in Spanish to an underserved Hispanic population on Temple’s east side. Classes held at Our Lady of Guadalupe Catholic Church and the Temple Community Clinic have been well received by the community. Participants report successful reduction in their A1C levels.

Clinic have been well received by Church and the Temple Community.

Our Lady of Guadalupe Catholic

underserved Hispanic population on prevention classes in Spanish to an public library. Sharing medical expertise through outreach programs is another way to other parts of the region, including

Round Rock, with classes held at the Sacred Heart Catholic Church, and other parts of the region, including Waco, where classes were held at the Sacred Heart Catholic Church, and Round Rock, with classes held at the public library.

through which the system improves community health. McLane Children’s Hospital works with local schools to manage pediatric asthma, which, if untreated, can result in hospitalization. Asthma educators offer special courses for children diagnosed with asthma and their parents. The providers host education programs for other physicians and work with school nurses to better identify signs of an impending asthma attack, and how and when to administer medication to prevent emergency room visits. Since emphasis on educating patients and family members has begun, McLane Children’s has seen a significant downward trend in the number of children admitted to the hospital.

Philanthropy’s importance Not-for-profit hospitals face unique challenges in this country. Many of the patients they see are uninsured or underinsured. Both private and public insurers, such as Medicare and Medicaid, continue to reduce reimbursements. At the same time, prices for lifesaving drugs and new technologies are rising.

As the largest health system in Texas, Baylor Scott & White serves a rapidly expanding population with the highest percentage of uninsured in the country. This presents an even greater challenge with many more people to serve as funding gets even tighter.

While the Baylor Scott & White system is structured to meet the challenges of delivering quality care in a new era, one reality remains constant: “Healthcare is becoming more expensive,” says Mr. Allison, “and my concern is that in our mission of serving everyone we have to find ways to ensure that all people have access to care and that it’s affordable.” More than ever the role of philanthropy is essential in helping the organization fulfill its mission.

What is certain is that philanthropy helps sustain our mission, says Jana Sharpley, president of the Scott & White Healthcare Foundation. “We’re a safety net for many people, from the underserved to the impoverished. So philanthropy dollars are a necessity in the healthcare environment now because we can’t do all we need to with declining revenue dollars.”

Baylor Scott & White is here for the families of Central Texas, with expansive resources to help them fight cancer. We know that your health is an irreplaceable asset, and when you’re healthy, life is full of possibilities. Our promise is to each child and adult who needs us, and to families who are counting on their loved one receiving the best care possible.

It’s easy to embrace life when you have everything you need by your side. Like family and friends, and some of the best minds in medicine. Anything is possible when you know you can count on the people and things that are important. Baylor Scott & White Health is here for the families of Central Texas, with expansive resources to help them fight cancer. We know that your health is an irreplaceable asset, and when you’re healthy, life is full of possibilities. Our promise is to each child and adult who needs us, and to families who are counting on their loved one receiving the best care possible.

It is a privilege to have your trust and commitment toward furthering our promise. Please consider supporting our effort to expand high-quality cancer care to help ensure a healthy future.

JANA SHARPLEY, CFRE
President, Scott & White Healthcare Foundation
Baylor Scott & White Health

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Bringing comprehensive cancer care to Round Rock.

The Baylor Scott & White Cancer Center - Round Rock will deliver all diagnostic, treatment, and support services in a single location.

It’s part of the Baylor Scott & White system promise to bring personalized treatment to meet each patient’s needs. Compassionate care delivered by a team of experts from multiple specialties and disciplines. With your help, those in need of cancer care in the Round Rock community will be able to receive lifesaving treatment in one place, close to home and to their loved ones.

To find out how you can support the Baylor Scott & White Cancer Center - Round Rock, visit foundation.sw.org or call 254-724-2768