

2017 Annual Report

CANCER CENTER

SELF REGIONAL
 HEALTHCARE

CANCER CENTER

New Lung Cancer Cases-2016

Lung cancer is the leading cause of cancer deaths, among both men and women, in the United States - claiming more lives each year than colon, prostate, ovarian and breast cancers combined. The American Cancer Society estimates that there will be about 222,500 new cases of lung cancer diagnosed in 2017 and about 155,870 deaths from lung cancer. Lung Cancer (both small cell and non-small cell) is the second most common cancer in both men and women and about 14% of all new cancers are lung cancers.

Like other solid tumors, lung cancer is predominantly a disease of the elderly. Approximately 23% of men between the ages of 60-69 and 27% between ages 70-79 were diagnosed compared to 11% of men between ages 50-59. The data from Self Regional Healthcare Cancer Center represents lung cancer peaks between ages 60-80, represented in Graph Four.

As with other cancers, the treatment of lung cancer is better when the patient is diagnosed early. Statistics on survival of people with lung cancer vary depending on the stage (extent) of the cancer when it is diagnosed. Despite the very serious prognosis (outlook) of lung cancer, some people with early stage cancers are cured. More than 430,000 people alive today have been diagnosed with lung cancer at some point. Patients diagnosed with stage I or II lung cancer have better outcomes than those diagnosed with stage III or IV. A total of 111 new lung cancer cases were diagnosed at Self Regional Healthcare Cancer Center in 2016. Approximately 26% of men and 24% of women were diagnosed with a stage IV lung cancer compared to 11% of men and 10% of women diagnosed with stage I. It has been identified that Self Regional Healthcare treats more late stage lung cancer patients than early stage.

At Self Regional Healthcare Cancer Center, our Oncology Navigators serve as patient educators and guides as they work with each patient diagnosed with cancer to improve their quality of care and overall experience. According to research, patients with an oncology navigator report fewer problems than those without a navigator. In August 2016, Emily Barnes, RN, began full time as the Lung Cancer Oncology Navigator. In this role she serves as a point of contact for patients and families throughout their lung cancer journey. She works with all members of the health care team to develop a coordinated approach to the plan of care. Emily first contacts lung cancer patients at their initial consult, reviews their medical history and begins guiding them through what can be a complex process of medical care and treatment.

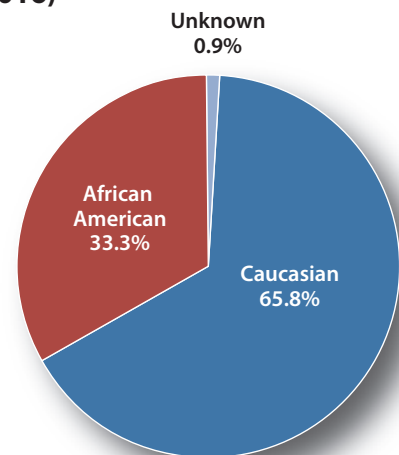
In 2016 a goal was set for Emily to reach out to local schools and work with health education programs to discuss with adolescents the effects of smoking in order to decrease the number of smokers, increase awareness and promote healthy living. She was invited to speak at two, local high schools about the dangers of smoking, smokeless tobacco and vaping. She was able to reach more than 250 students with her

presentations. In addition to these events at local schools, Cancer Center physicians and team members hosted multiple "Lunch & Learn" presentations in Greenwood, Abbeville and Edgefield Counties on lung cancer risks, prevention and early detection. These presentations featured John Funke, MD, Joanna Metzner-Sadurski, MD, Ruiling Yuan, MD and Clint Wood, MD.

Self Regional Healthcare also offers Low Dose CT Scans to patients who meet specific criteria. Screening means looking for a lung cancer when there are no clinical signs or symptoms of the disease. Primary care physicians can order this screening at any time for their patients who qualify for the screening. Patients who might be eligible for this screening are: current or former smokers (who quit 15 years ago), 55 or older and smoked the equivalent of one pack of cigarettes per day for 30 years or two packs per day for 15 years. There is also a high risk among people who are 50 years old, smoked one pack per day for 20 years and have one additional risk factor for lung cancer. In calendar year 2016 Self Regional Healthcare performed 209 low dose CT Scans. For more information about Low Dose CT Scans, talk with your primary care physician and discuss if you are a candidate for this screening.

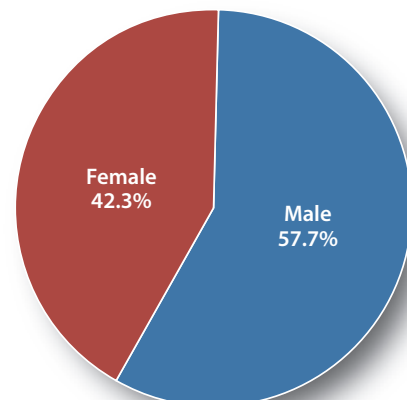
SRH Lung Cancer Diagnosis by Race (2016)

Graph One



SRH Lung Cancer Diagnosis by Gender (2016)

Graph Two



Self Regional Healthcare Advancements to Fight Lung Cancer

In 2015, Self Regional Healthcare acquired Advanced Pulmonology Associates, a physician practice with three pulmonologists. This group provides complete care for adult patients with lung and respiratory disorders, such as pneumonia, asthma, emphysema and other infections. These highly trained physicians and clinical staff use leading edge technologies to deliver diagnostic and therapeutic services. Services that are offered include general and critical care pulmonary medicine, bronchoscopy, thoracentesis, pulmonary function testing, home oxygen testing, respiratory management training, smoking cessation and nicotine addiction programs.



**ADVANCED PULMONOLOGY
ASSOCIATES**

Self Medical Group

As Self Regional welcomed this practice and the pulmonologists to our team, it was important for Self Regional Healthcare Cancer Center to begin offering pulmonary pathology testing for lung cancer patients, specifically adenocarcinoma, prior to biopsy. The types of tests that we offer include EGFR and ALK. According to an article from the 2014 issue of *Frontiers in Oncology*, lung cancer still remains the most lethal type of cancer in the world, with a survival rate between 15 and 20%. Identifying the type of biomarker or mutation that is contributing to the type of cancer helps physicians distinguish the specific type of treatment needed.

Immunotherapy, also called biologic therapy, is a type of cancer treatment that boosts the body's natural defenses to fight cancer. It uses substances made by the body, or in a laboratory, to improve or restore immune system function. Immunotherapy may work in these ways: stopping or slowing the growth of cancer cells, stopping cancer from spreading to other parts of the body and helping the immune system work better at destroying cancer cells.

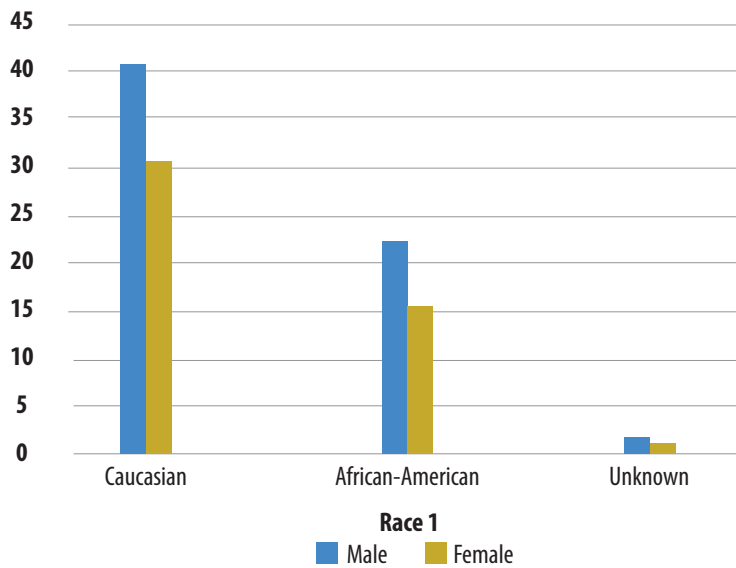
Best Practices for immunotherapy in lung cancer patients show that it is best to run specific markers known as EGFR, ALK, ROS-1 and PD-L1. These markers show substances that are produced by cancer or other cells in the body in response to cancer or certain benign (noncancerous) conditions. The tumor markers known as EGFR, ALK, ROS-1 and PD-L1 are completed to better stage and treat patients with lung cancer. PD-L1 is important to know at the time of diagnosis, as a positive result above 50% means a patient may be a candidate for immunotherapy.

In the American Society of Clinical Oncology (ASCO) guidelines for lung marker recommendations, EGFR and ALK were recommended for those patients who had lung adenocarcinoma. In the National Comprehensive Cancer Network (NCCN), testing for metastatic disease includes the following: EGFR and ALK to help distinguish the type of subsequent therapy to target these mutations.

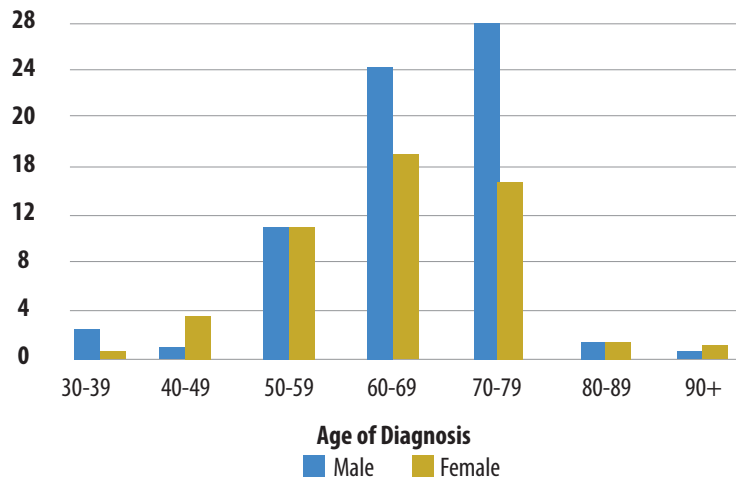
In 2015, 20% of patients from a sampling of 30 had EGFR and ALK at the time of initial biopsy. Nine patients had adenocarcinoma (out of 32 patients), which is 75% compliant. In 2016, a random sampling of 30 patients resulted in 50% success rate at time of biopsy. This is up 30% in five months for all patients, 100% compliant for patients with lung adenocarcinoma.



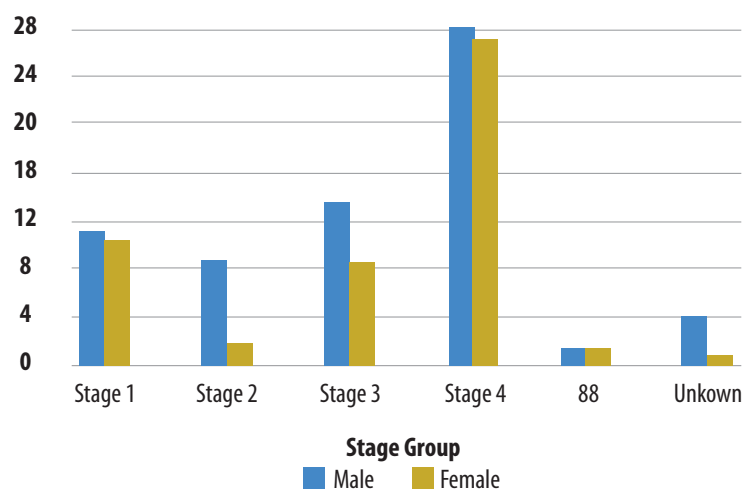
SRH Lung Cancer Diagnosis by Race and Gender (2016)
Graph Three



SRH Lung Cancer Diagnosis by Age and Gender (2016)
Graph Four



SRH Lung Cancer Diagnosis by Gender (2016)
Graph Five



Coping Through Exercise

After a cancer diagnosis, patients have to deal with many unexpected changes, modifications and fears. The good news is, at Self Regional Healthcare Cancer Center, they are not alone. Once a patient receives a cancer diagnosis they are connected with a team of physicians, surgeons, nurses and other healthcare providers. This team works with the patient and provides them with conventional, Western or mainstream medicine. In addition, our Cancer Center also provides our patients with the opportunity to pursue additional, alternative therapies that can be safely used to relieve symptoms, reduce side effects and ease pain, allowing patients to enjoy life more.

In the past, those being treated for a chronic illness such as cancer were often told by their doctor to rest and reduce their physical activity. However, newer research has shown that not only is exercise safe and possible during cancer treatment, but also it can improve how well patients function physically and their quality of life. Based on this knowledge, Self Regional Healthcare Cancer Center and Wellness Works, the health and fitness center of Self Regional Healthcare, have teamed up to offer Survive & Thrive Wellness Program to any Self Regional Healthcare Cancer Survivor.

“Having Cancer is a stressful life event,” Andrea Lofgren, certified personal trainer at Wellness Works and Survive & Thrive Wellness Program instructor, said. “But with this program we have created a support group with a family atmosphere that enjoys exercising together. The participants have learned they are able to have fun working out and see these benefits carry over into their everyday lives. From a physical perspective, participants show increases in strength, endurance and daily energy levels.”

Regular exercise during a patient’s cancer treatment can help with a multitude of things including improving balance, keeping muscles from wasting due to inactivity, lowering the risk of heart disease, improving blood flow to legs and lowering the risk of blood clots, improving self-esteem, lowering the risk of anxiety and depression, lessening nausea and symptoms of fatigue, and improving overall quality of life.



Providing Programs of Support



2016 Wellness Programs

We realized cancer is more than a medical diagnosis. In order to meet all of our patients' needs, we provided health and wellness offerings for individuals facing the challenges that a cancer diagnosis can bring.

Program

Survive & Thrive Wellness Program

Look Good Feel Better

Between Friends

Multiple Myeloma Support Group

Community Cancer Education Sessions (Lunch & Learns)

Participants

728 (annual basis)

46

80

41

345

Cancer Screening Programs

Self Regional Healthcare Cancer Center provides numerous screenings throughout the year, free of charge, for participants. Partnering with our local free clinic, Clinica Gratis, Self Regional Healthcare Cancer Center was able to reach many community members through these valuable services. In 2016, Self Regional Healthcare Cancer Center was able to provide Women's' Health Screenings and Melanoma Screenings for its community members.

Health Screenings

32 Pap smears were given during the Women's Health Screening

42 participants were screened by full body skin checks during the Melanoma Screening





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