Your Tri-Cities Cancer Center has just installed the very latest in cutting \textit{Edge}™ technology.

Cancer surgery without the knife.
THE EDGE™ RADIOSURGERY SYSTEM

The Tri-Cities Cancer Center continually invests in cutting edge radiation oncology technology, keeping patients close to home for their treatment and care. Continuing our commitment to provide world-class care to our region, your Tri-Cities Cancer Center has invested in the latest radiation technology: the Edge™ radiosurgery system from Varian. This technology is so new that our treatment machine is only the second installation of the Edge on the West Coast. The Edge provides the most accurate radiation treatment available. Precision, speed, and a focused stereotactic radiosurgery suite of tools – this is cancer crushing technology at its finest.

Developed by Varian Medical Systems, the Edge system accurately targets tumors and other abnormalities without an incision or the need for recovery in a hospital setting. Its knifelike beam can target tumors of the brain, spine, lung, and other areas that are typically difficult to treat surgically.

The Edge delivers radiosurgery treatments quickly while monitoring and compensating for motion through the use of advanced imaging and real-time motion tracking technologies. Even tumors that move when a patient breathes (for example, those in the lung or breast) can be precisely targeted due to special tools that compensate for motion throughout a treatment. For women with left-sided breast cancer, this can enable better protection of the lung and heart during treatment. For all types of cancer, motion management makes it possible to minimize dose to surrounding healthy tissues.
The Edge™ radiosurgery system also can alert clinicians if a patient has moved in a way that could compromise treatment accuracy. A sophisticated treatment couch with six axes of motion enhances treatment precision by providing many angles of attack, for targeting tumors while minimizing exposure of nearby critical organs.

With Varian’s Edge radiosurgery system, treatments can be performed with ease, precision and speed—often in just a few minutes per day. A radiosurgery that typically takes 30 to 60 minutes may be completed in just 5 to 20 minutes.

Why Does Speed Matter?
Faster radiosurgery treatments can be easier on the patient, who does not need to hold still for long periods of time. Independent studies have shown that with faster treatments there is less time for tumor and patient movement.

The Technology
Targeting accuracy is made possible by the system’s sophisticated architecture, which synchronizes imaging, patient positioning, motion management, beam shaping and dose delivery. The system performs accuracy checks every ten milliseconds throughout the entire treatment. The treatment beams are sculpted and shaped to match the three-dimensional shape of the targeted tumor. This is accomplished using an important accessory called a multileaf collimator (MLC), a device with 120 computer-controlled mechanical “leaves” or “fingers” that are moved to create apertures of different shapes and sizes. The MLC aperture changes during the course of treatment, to carefully target the tumor and protect surrounding tissues to the greatest extent possible.

The Benefits of Treatment on the Edge System
Radiosurgery opens the door for treatment options for patients who may not have had other options. For example, they may not be candidates for traditional surgery or even conventional radiotherapy. Radiosurgery gives medical professionals new tools for treating more types of cancer and other conditions. Radiosurgery treatments on the Edge system are fast and precise. The speed means shorter treatment times, which leads to less interruption of patients’ daily lives.

The Trilogy™ stereotactic system is a robotic and automated system, which combines a state-of-the-art treatment machine, optimized for ultra-precise treatment modalities like stereotactic radiosurgery, with high-quality imaging, tracking and monitoring technologies, enabling doctors to deliver the most accurate treatments possible in the shortest amount of time.

The Trilogy system incorporates a high-quality imaging device that enables clinicians to position patients very precisely and to deliver the radiation dose directly to a targeted area with submillimeter accuracy, guided by three-dimensional images of the patient’s anatomy. The system’s versatility makes it appropriate for treating a wide range of abnormalities. The Trilogy system also incorporates technology that can compensate for any movements a patient might make during treatment, as well as normal respiratory motion. This system also utilizes a sophisticated treatment couch providing additional angles for targeting tumors. These tools translate into faster treatments, greater patient comfort, and the potential for better outcomes and fewer side effects.
The Tri-Cities Cancer Center’s Wellness Center is a familiar venue for monthly community education presentations offered at the Tri-Cities Cancer Center. Less well known is how the Wellness Center is used to support the newly established Genitourinary (GU) Center of Excellence. When this multidisciplinary team of physician specialists meet, the space is used for round-table discussions, called a multidisciplinary tumor conference, focused on identifying the best treatment for GU cancer patients. Physicians specializing in the treatment of GU cancers view patient pathology and radiology (biopsies and scans) on two 80” flat-panel video screens. Thanks to the investment in technology, specialists can participate from their home clinic or office.

Coordinating and preparing for each meeting of specialists coming from Kadlec Regional Medical Center, Lourdes Health Network and Trios Health requires considerable time and effort. “We have to prepare packets of the medical history for each patient, make sure the imaging is on-line and working, check that the follow up recommendations are carried out, facilitate communication between the Cancer Center and the patient and if needed, help coordinate inter-physician communication,” said Cancer Center Nurse Navigator Gretchen Saunders. “This is an important resource for the community, which is well worth the investment and effort physicians and other medical personnel are putting into this program.”

The GU conference is special as it brings together multiple disciplines to look at complex cases. Due to this monthly conference, we are able to offer more treatments locally and to improve patient outcomes.”

- Dr. Juno Choe, Tri-Cities Cancer Center

- Dr. David Vance, Lourdes Health Network, Urology

The Tri-Cities Cancer Center GU Center of Excellence is supported by urologists from the Cancer Center’s owner hospitals who recognized a need for sharing information and cross-consulting on genitourinary cancers. Multidisciplinary discussions like this are common in university and research environments. They differ from traditional hospital ‘tumor boards’ by focusing on specific cancers, which in this case include cancers of the prostate, bladder, kidney, and male reproductive organs.
“The GU Center of Excellence provides the best approach to patient care...  
...We believe it will greatly aid in the treatment of these cancers for residents of our region.”

- Gretchen Saunders, RN, BSN, Nurse Navigator, TCCC

“It’s long been known that a multidisciplinary approach, building on the collective experience of many medical specialists, yields improved patient care. With a Center of Excellence devoted to genitourinary disease, we felt we could significantly improve the effectiveness of care for Tri-City residents dealing with these types of cancer,” Gretchen said.

“We also discuss potential patient participation in clinical trials. This type of participation not only helps our patients, but also helps advance the state of oncology in general. Supporting clinical studies is essential if we are to ‘crush cancer.’”

Turning the GU Center of Excellence from a vision to a reality has required considerable work by Dr. Juno Choe (Tri-Cities Cancer Center), Dr. David Vance (Lourdes Health Network), Dr. Thomas Brinton and Dr. Patrick Gavin (both of Kadlec Clinic) and Gretchen Saunders as well as other participating specialists and the administrators of the TCCC, Kadlec, Lourdes and Trios.

“The GU Center of Excellence provides the best approach to patient care” Gretchen said. “We believe it will greatly aid in the treatment of these cancers for residents of our region.”

Visit tccancer.org/treatment to learn more about our Centers of Excellence or please call our Nurse Navigator at (509) 737-3405 for more information about the GU Center of Excellence.

“The GU conference helps direct management of difficult patient cases. Having the ability to present and discuss these cases among physicians specializing in treatment of genitourinary diseases offers multiple perspectives and is invaluable to patient care.”

- Dr. Patrick Gavin, Kadlec Clinic, Urology

“There is tremendous benefit to patients as the collegial nature of these conferences, between specialists, provides a multidisciplinary approach, standardized, up to date, exceptional care here in our community.”

- Dr. Thomas Brinton, Kadlec Clinic, Urology
The Tri-Cities Cancer Center Foundation supports the needs of the Cancer Center and is focused on supporting local cancer patients and their families, while providing services to build a healthier community through free early detection cancer screenings and education. Contributions to the Foundation come in many forms, through special events, annual contributions, and gifts to recognize cancer survivors or in memory of loved ones. Many gifts are also given to the Foundation which helps continue to provide these much needed services and programs to our community for many years to come. These gifts are referred to as planned giving. Typically, a planned gift is one that will provide charitable benefit at the donor’s death. Donors may receive a charitable deduction immediately, but the Foundation will not receive any funds for its benefit until the donor passes away. Planned giving describes a wide variety of giving vehicles that allow the donors to give to the Foundation during their lifetime and/or after their death, while meeting their current income needs and providing for their heirs.

Planned gifts can allow the donor to:

• Make a personally significant gift to the Tri-Cities Cancer Center Foundation
• Save on gift and estate taxes
• Reduce or avoid capital gains taxes
• Pass assets on to family members at reduced tax costs
• Possibility of receiving income for life

Planned gifts are often thought of as ‘leaving a legacy’ because many are created to make an impact for future generations. It is surprisingly easy to arrange a planned gift. Though more sophisticated gifts will require more care, many methods are quite straightforward. An estate planning professional can help you achieve your goals and ensure an accurate and smooth process. The Tri-Cities Cancer Center Foundation can provide you with valuable information to share with your estate planning professional regarding planned giving. For more information about how you create a lasting legacy for cancer patients in our community, please contact Elizabeth McLaughlin, Foundation Director at 509.737.3374 or via email at elizabeth@tccancer.org.

Thank you HAPO!

HAPO Community Credit Union’s commitment to the Tri-Cities Cancer Center is saving lives in our community every day! Their ongoing support of Foundation events like the HAPO Golf Classic and the Autumn Affair Auction, in addition to their legacy contribution to the HAPO Medical Oncology Wing at the Tri-Cities Cancer Center allows the Foundation to continue to provide important programs and services to create world-class cancer care for our region and help build a healthier community. The generosity of HAPO extends to many other local organizations as well. The continued support shown by HAPO makes this community a better place to live. On behalf of our Boards, staff, volunteers and the patients and families we serve... thank you HAPO Community Credit Union!
SERVING OUR COMMUNITY

Founded in 1994 as the radiation oncology service of Kadlec Regional Medical Center, Lourdes Health Network and Trios Health, the Tri-Cities Cancer Center has grown to be the community’s leader in cancer prevention, early detection, world-class treatment and survivorship.

Our mission is to provide the best cancer care for patients by working with key specialists, our owner hospitals, volunteers and our community. We are the regional provider of comprehensive cancer solutions. We are your Tri-Cities Cancer Center.

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FEATURED AUGUST EVENTS

RSVP for presentations by calling (509) 737-3427 or visit tccancer.org. Presentations offered at no cost unless otherwise stated.

Presentation: Whole Body Wellness
Presenter: Judy Simpson of Therapy Solutions
Date: Wednesday, August 12th, 12:00 - 1:00 p.m.
Please join us as Judy Simpson provides encouragement, motivation and simple tools that anyone can use to help life be a little smoother. Judy is a personal trainer and Yoga instructor with over ten years experience specializing in movement rehabilitation. She works with patients who have chronic pain / chronic illness, injury rehabilitation and cancer patients. Please RSVP by August 10th. Lunch included with RSVP.

HAPO Golf Classic
Date: Friday, August 21, 1:00 - 6:00 p.m.
Thank you to HAPO Community Credit Union for sponsoring our annual golf tournament. Participants will enjoy a great day on the course with games and prizes, fun giveaways and lots of delicious food and drinks! For more information, please contact Lori Lott at 509.737.3373!

Presentation: Common Nutrition Questions During Cancer Treatment
Presenter: Carolyn Keefer, RD, CD, CNSC
Date: Wednesday, August 26th, 12:00 - 1:00 p.m.
With many cancer patients undergoing treatment, the very thought of eating is the last thing they want to do. Once taken for granted, eating nutritiously, a very important factor in the overall well-being of the cancer patient, can be daunting. Carolyn Keefer has over ten years experience providing nutritional assessments and counseling for cancer patients in our region. Come learn many of the common and recurring concerns of the cancer patient. Carolyn Keefer joined Option Care in 2005 and is a Registered Dietitian and a Certified Nutrition Support Clinician. She provides assessments and support including those receiving tube feeding, parenteral nutrition and oral nutrition support. Please RSVP by August 24th. Lunch included with RSVP.

A New Support Group has Formed!
Date: Thursday, August 27, 4:00 - 5:00 p.m.
Join us on the 4th Thursday of every month, from 4:00 – 5:00 PM for the Multiple Myeloma and Lymphoma support group. Individuals who have been diagnosed with Multiple Myeloma or Lymphoma, family members and caregivers will appreciate the supportive conversation and sharing experienced through this group. Our next meeting will is taking place in the Fireside Room at the Tri-Cities Cancer Center on Thursday, August 27. Please call (509) 737-3432 for more information.

www.tccancer.org • 509-783-9894
**AUGUST 2015 CALENDAR OF EVENTS**

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td><strong>START YOUR DAY WITH LATTE LOVIN ESPRESSO!</strong> Say hello and stop by for excellent espresso, tasty breakfast items, sandwiches, wraps, salads and more. Free delivery on orders to patients being seen on our campus.</td>
<td><strong>OPEN MON-FRI 8AM-1:30PM</strong></td>
<td><strong>EVENT INFORMATION KEY</strong> All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted. WC - Wellness Center RR - Reservations Required RC - Resource Center FS - Fireside Room LIB - Library FCR - Foundation Conference Room</td>
<td><strong>UNITY YOGA 9:30AM - 10:45AM</strong> 524 Lee Blvd, Richland, WA</td>
<td><strong>OVARIAN CANCER TOGETHER SUPPORT GROUP</strong> F5 1:00PM - 2:00PM</td>
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<td><strong>CRAFTS &amp; CONVERSATION WC &amp; RR ($5 FEE FOR THIS CLASS) 9:00AM - 11:00AM</strong></td>
<td><strong>BREAST CANCER SUPPORT GROUP F5 9:00AM - 11:00AM</strong></td>
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<td><strong>PRESENTATION: WHOLE BODY WELLNESS WC &amp; RR NOON - 1:00PM</strong></td>
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<td><strong>WARRIOR SISTERHOOD F5 5:30PM - 7:00PM</strong></td>
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<td><strong>LOOK GOOD... FEEL BETTER® FCR (PRE-REGISTRATION REQUIRED) 10:00AM - NOON</strong></td>
<td><strong>TOBACCO CESSATION FCR &amp; RR 3:30PM - 5:30PM</strong></td>
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<td><strong>BREAST CANCER SUPPORT GROUP F5 9:00AM - 11:00AM</strong></td>
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<td><strong>PRESENTATION: COMMON NUTRITION QUESTIONS DURING CANCER TREATMENT WC &amp; RR NOON - 1:00PM</strong></td>
<td><strong>LYMPHOMA-MULTI-MYELOMA SUPPORT GROUP FCR 4:00PM - 5:00PM</strong></td>
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<td>Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org</td>
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