



Sophia Gordon Cancer Center Donor Impact Report

2008-09

Superb care is priceless. Your support makes it possible.



**Gail Matthews (with Einar)
Donor, cancer volunteer,
and lung cancer survivor**

"In 2000, I had a heart scan, which showed shocking results. I had a lung tumor! I was perplexed—I had never smoked.

My Lahey surgeon was Dr. Christina Williamson and my consultant was Dr. John Beamis. They were both phenomenal! The wonderful nurses at Lahey helped me get better.

Early detection was key in identifying the return of cancer to my other lung in 2002. Again, Dr. Williamson's surgery was successful. Fighting cancer became a cause for me. I supported the 2004 Massachusetts legislation that bans smoking in restaurants.

Today, I am lucky to be living a very full life with husband of 50 years, six grand adorables, one Rhodesian Ridgeback, one Shih Tzu, one calico cat, one Sicilian donkey, six rainbow trout and beautiful Einar, my Norwegian Fjord gelding."

Dear Benefactor,

At the Sophia Gordon Cancer Center at Lahey Clinic, we know that every family has a friend or loved one who has faced cancer. We have marshaled a multidisciplinary team under one roof to help patients and their families deal with this difficult disease. Lahey specialists treating the same patients can readily consult one another, review test results, and collaborate on treatment plans. They sponsor regular tumor conferences to exchange information and, together as a team, manage patients with the most complex—or the most common—diagnoses. The result is the highest quality comprehensive cancer care, provided conveniently with a personalized touch. Here are highlights of the 2008 accomplishments of the team. We hope you enjoy learning about some of the many ways your contributions have made a difference in the very distinctive way our cancer services staff cared for 2,644 new patients and provided follow-up on nearly 14,000 patients last year.

Outstanding Achievement Award

Patients and their families facing cancer had their confidence in Lahey confirmed when the Commission on Cancer (CoC) of the American College of Surgeons once again awarded its 2008 Outstanding Achievement Award to the Sophia Gordon Cancer Center at Lahey Clinic. The Clinic is one of 93 facilities in the U.S. that received this distinction and only one of two in Massachusetts.

The CoC recognizes cancer programs that strive for excellence in providing cancer patient care. After an on-site physician survey last year, it was determined that Lahey Clinic demonstrated a commendation level of compliance in several standards, including cancer committee leadership, data management, clinical services, research, community outreach, and quality improvement. Last July, Lahey received its three-year approval—with commendation—from the CoC.

The Outstanding Achievement Award publicly acknowledges Lahey's commitment to attaining the highest level of performance in caring for patients facing a cancer diagnosis. Dr. Anne P. Shapter assumed the role of cancer liaison physician to the CoC and attended both national and state meetings to learn more about current best practices for outstanding cancer programs. *Pictured: (left to right) Dr. Anne Shapter; Dr. Keith Stuart, Chair of the Department of Hematology and Oncology; and Gail Reynolds, Cancer Registry Manager.*





Stan Molchan, R.Ph.

**Lahey pharmacist, patient,
and cancer survivor**

“As an Oncology pharmacist, I saw many patients come through Lahey and heard the stories of what they experienced when they had cancer. Then in January of 2007, I was diagnosed with rectal cancer. I learned very quickly that cancer doesn't discriminate. I now became a patient. I saw cancer from the other side.

I experienced the pain and the emotional distress. I received radiation, chemotherapy, and then surgery, 19 days in the hospital, and then another series of chemotherapy.

I would like to thank all of my caregivers. I'm alive. I have my family and my friends. To me that is a happy ending and I am a happy man.”

For more information about the Sophia Gordon Cancer Center at Lahey, please visit <http://www.lahey.org/cancer>

To discuss making a gift to support Cancer Care at Lahey, please contact the Philanthropy Office at 781-744-3333.

Copyright © 2009
Lahey Clinic Foundation, Inc.

New Treatment Therapies

Trilogy Linear Accelerator: Approximately 1,000 patients are treated in the Department of Radiation Oncology annually. The recent addition of a Trilogy linear accelerator on the Burlington campus offers more treatment options for these patients, especially expanding patients' access to radiosurgery.

- Intensity modulated radiation therapy uses multiple “beamlets” to deliver radiation in the shape of the tumor, sparing healthy tissue.
- Stereotactic radiotherapy, given in several treatment sessions, delivers high doses of radiation from multiple angles to a very targeted area.
- Stereotactic radiosurgery involves a single, very high dose of radiation to a highly focused tumor volume.
- Rapid Arc delivers treatments with position verification in 3-4 minutes, thus saving 7-10 minutes per patient and allowing less chance for patient movement.

Trilogy combines imaging with patient immobilization and beam modulation, and allows for stereotactic radiotherapy to internal organs as well as the brain. With this technology, radiation oncologists can compare the field location before each treatment, for greater accuracy. This allows Lahey to treat patients optimally, ensuring better tumor control while limiting normal tissue effects.

Expressive Arts for Healing: Patients receiving cancer treatment—and their loved ones—often face emotional, as well as physical, challenges. To help address these needs, the Sophia Gordon Cancer Center at Lahey recently introduced an Expressive Arts Program. Led by Mary Muir, M.Ed., the workshops include multiple modalities, such as music, movement, art, and meditation, to elicit the relaxation response. Each session begins with a guided meditation. Muir then leads the participants in exercises that give them a sense of accomplishment and control. This program is one of the Gordon Cancer Center's first efforts at introducing complementary therapies.

Lahey Labyrinth: Located right outside the Hematology/Oncology clinical area on 3 Southeast, the Lahey floor labyrinth was modeled after traditional designs that have been celebrated for over 5,000 years. The meandering path of a labyrinth leads to a center destination, which assures travelers they are heading in the right direction. The labyrinth is intended to help patients, family and staff practice a form of walking meditation and mental relaxation.

3rd Annual Festival of Life—5K Cancer Walk

In 2008, more than 1,500 people participated in the walk and raised more than \$125,000 to benefit the Sophia Gordon Cancer Center. The day's activities included performances by the International Baton Twirlers, the Carney Academy of Irish Dance, a band, and amusements for kids of all ages. Program highlights included a survivor recognition ceremony and an integrative medicine demonstration.



**Donor generosity makes advances in Cancer Services at Lahey possible.
Thank you for your support.**