



HAPPENINGS

AT WILLMAR REGIONAL CANCER CENTER

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Willmar Regional Cancer Center is a joint venture between



and



WILLMAR REGIONAL CANCER CENTER WELCOMES NEW MEDICAL ONCOLOGIST - HEMATOLOGIST

Dr. Joanne Monterroso, Medical Oncologist - Hematologist, joined the oncology team at Willmar Regional Cancer Center in October 2015.

She earned her Medical Degree from Universidad Francisco Marroquin in Guatemala and completed her Internal Medicine Residency with Michigan State University-Kalamazoo Center for Medical Studies, and her Hematology Oncology Fellowship with Fletcher Allen Health Care, University of Vermont, Burlington, Vermont.

Dr. Monterroso is an associate of the American Society of Clinical Oncology and the American Society of Hematology. She is also trained in hematology, the study of blood, and oncology, the study of cancer and is fluent in both Spanish and English.

In her free time, Dr. Monterroso enjoys spending time outdoors, photography and being with family and friends.

"My experience at the cancer center has been great," said Dr. Monterroso. "The staff is kind, smart and always puts the patient first. The best part of my job so far has been meeting with my patients."



AWARD WINNING PATIENT SATISFACTION



Willmar Regional Cancer Center is pleased to announce it has been named a 2015 Guardian of Excellence Award® winner by Press Ganey Associates, Inc. The Guardian of Excellence Award recognizes top-performing health care organizations that have consistently achieved the 95th percentile or above of performance in Patient Experience.

The Press Ganey Guardian of Excellence Award is a nationally-recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

According to Amy Mugge, Director of Willmar Regional Cancer Center, “Our staff’s commitment to patient care impacts each patient’s experience through a difficult time. Because of them, patients are able to receive quality cancer care right in their own community. This award represents an important recognition from the industry’s leader in measuring, understanding and improving the patient experience.”

“We are proud to partner with Willmar Regional Cancer Center,” said Patrick T. Ryan, CEO of Press Ganey. “This award is a testament to the organization’s leadership in delivering of patient-centered care. By achieving and sustaining this level of excellence, Organization demonstrates their commitment to reducing patient suffering and advancing the overall quality of health care.”

About Press Ganey

Press Ganey Holdings is a leading provider of patient experience measurement, performance analytics and strategic advisory solutions for health care organizations across the continuum of care. For more information, visit www.pressganey.com.



After a cancer diagnosis, finding the best medical care is a priority. Willmar Regional Cancer Center gives patients from west central & southwest Minnesota access to the services below in a modern, state-of-the-art facility that’s close to home. We also collaborate with specialists at other cancer centers to accommodate local treatment whenever possible. We offer:

- >> Care Coordination
- >> Chemotherapy
- >> Radiation
- >> Diagnosis & Imaging
- >> Lab & Pathology
- >> Cancer Rehabilitation
- >> Nutrition
- >> Genetic Counseling
- >> Fertility Preservation
- >> Palliative Care
- >> Research & Clinical Trials

:: OPEN HOUSE ::
JANUARY 11, 2016

MEET OUR PROVIDERS, TAKE
A TOUR OF OUR CLINIC AND
REGISTER TO WIN DOOR PRIZES.

RSVP ON FACEBOOK.

CANCER REHABILITATION

Cancer rehabilitation is an integral part of cancer treatments to improve the quality of life before, during, and after a cancer diagnosis.

The specialized trained cancer rehabilitation staff at WRCC includes physical therapists, occupational therapists, and speech therapists from Rice Memorial Hospital who have been trained specifically in cancer rehabilitation to treat fatigue, pain, weakness, tissue restriction and loss of function associated with cancer treatments (surgery, chemotherapy, radiation therapy).

The therapists understand that every treatment is different and each is customized to meet the patient's needs to improve their quality of life.

DID YOU KNOW?

- According to the National Comprehensive Cancer Network Fatigue is the most common and most distressing side effect of cancer treatment.
- 70-100% of patients report fatigue while undergoing cancer treatment.
- 30-50% of patients report fatigue lasting months to years after concluding treatment.
- Cancer related fatigue is not relieved by rest.
- The only evidence based treatment for cancer related fatigue is exercise.
- Being physical active life style is different from exercising for patients and survivors.
- A recent Duke Study of breast cancer shows that 1-3 hours a week of moderate exercises decrease risk for reoccurrence by 19% and 3-5 hours a week of moderate exercises decrease risk by 54%.

Contact us at 320.231.4570 to learn more about our cancer rehabilitation offerings.



Email the word 'NEWSLETTER' to willmarregionalcancercenter@rice.willmar.mn.us to receive our quarterly eNewsletter.

MEET OUR PROVIDERS

Following your cancer diagnosis, our team of specialists work collaboratively to consider the best treatment options, and then put together a highly-personalized care plan. Your team will include specialists in medical and radiation oncology, surgery, pathology, pharmacy, nursing, nutrition, and rehabilitation.

Dr. Tod Speer - Radiation Oncologist

Dr. Speer has been ranked in the top 5% of Radiation Oncologists voted by 'Best Doctor.' He also teaches at the University of Wisconsin School of Medicine & Public Health.



Dr. Ewa Wysokinska - Medical Oncologist/Hematologist

Dr. Wysokinska completed her Fellowship at Mayo Clinic and joined the team in October 2013. She is a visiting specialist at Montevideo Medical Clinic & Meeker Memorial Hospital in Litchfield.



Dr. Joanne Monterroso - Medical Oncologist/Hematologist

Joanne Monterroso, M.D. joined the oncology team at Willmar Regional Cancer Center in October 2015 and is fluent in Spanish and English.



Kelly Sing - Nurse Practitioner

Kelly is a Certified Nurse Practitioner who joined the team in May 2015. She is also helping implement our Survivorship program.



PATIENT & FAMILY SUPPORT SERVICES: BREAST CANCER PROCESS

In 2015, we implemented a new process for all patients diagnosed with breast cancer to help ease the stress associated with this type of news. Providing the best patient experience is important to us and this is one way we're continually improving.

Treatment Planning Conference

The breast treatment planning conference is a multidisciplinary tumor board that reviews the pathology results and patient's medical history to summarize a recommended treatment plan for the individual patient. This team includes a Radiation Oncologist, Medical Oncologist, Surgeon, Radiologist, Pathologist, Genetic Counselor, Cancer Care Coordinator, Cancer Registrar, Breast Imaging RN and Primary Care Provider.

Communication of Biopsy Results

The patient's primary care provider is informed by the breast imaging department that the radiologist has recommended a breast biopsy. The patient's provider or our cancer center coordinator notifies the patient of biopsy results as soon as possible so that no one has to wait over a weekend to find out their results. Our cancer center coordinator and the primary care provider are available every step of the way for the patient.

For more information on Breast Cancer Treatment at Willmar Regional Cancer Center, call 320.231.4570.

2015 CANCER STUDY

Willmar Regional Cancer Center (WRCC) holds an accreditation through the Commission on Cancer (CoC). The CoC is a program through the American College of Surgeons that recognizes cancer programs for their commitment to providing comprehensive, high quality, and multidisciplinary patient-centered care.

One way Willmar Regional Cancer Center assures they are meeting the high standards set by the Commission on Cancer is by conducting an annual study of patients receiving cancer treatment care at WRCC. In 2015, Dr. Tod Speer elected to look into all patients who have received brachytherapy seed implants for the treatment of prostate cancer. The study looked at 15 cases, analyzing various vital key components to the care of prostate cancer. These included: pre- and post-surgical Prostate Specific Antigen (PSA), type of radiation and hormone used in conjunction with brachytherapy, as well as post-surgical accuracy of the implants. In all 15 cases, patients were treated per the National Comprehensive Cancer Network Guidelines as well as all treatment falling in concordance with those guidelines.

WIN A T-SHIRT!

Visit willmarregionalcancercenter.com/win by December 31, 2015 for your chance to win a Willmar Regional Cancer Center t-shirt!

Be sure to like us on Facebook to stay up-to-date on recent news and upcoming events!



BREAST CANCER AWARENESS COMMUNITY GIVING



Central Minnesota Credit Union of Belgrade & Paynesville along with Coop's Corner

in Belgrade pulled together to make a donation to our cancer center. Employees were given the opportunity to wear jeans (and pink) this past October in exchange for a donation to our cancer center. Contributions totaled \$425! From Left to Right: Ashley Moline, daughter Cora and Lisa McBrian.



The Willmar Varsity Volleyball Team

hosted a fundraiser in honor of Breast Cancer Awareness Month this past October. The girls raised a total of \$1,451.75 through a silent auction and raffle, then donated it to our cancer center. From Left to Right: Catelyn Haug, Juliana Neumann and Addie Erickson.



Runnings of Willmar

held their annual Ladies Night event in October and raised money for our cancer center. The event was a huge success -- raising a grand total of \$1,000! From Left to Right: Mike Witt, Amy Mugge, Lisa McBrian, Karen Lefever, Viv Watson and Rita Alexander.



Caribou Coffee of Willmar

raised awareness of breast cancer by selling a special blend of coffee - Amy's Blend. Amy's Blend was named after a Roastmaster who lost her battle with breast cancer in 1995. Community members had the opportunity to purchase a bag of coffee to be donated to patients and families of Willmar Regional Cancer Center. The Willmar Caribou Coffee location donated over 200 pounds of coffee to our cancer center.



Andrea Nurmi and her children,

Alexis and Zayden, recently organized a donation of 'Thirty-One' Bags filled with supplies for new chemotherapy patients. Andrea is a Thirty-One Representative that reached out to her friends, family and customers to purchase bags to donate, then used her commission to purchase supplies to fill the bags. The entire Nurmi family was involved in stuffing and delivering the bags to us. From Left to Right: Juliana Neumann, Alexis Nurmi, Andrea, Nurmi, Michelle Thorstad.

Visit willmarregionalcancercenter.com/give to make a donation to Rice Health Foundation and choose to designate your donation to Cancer Care. Contributions are greatly appreciated and used to enhance the services of cancer patients and their families.

EMPLOYEE SPOTLIGHT: MICHELLE THORSTAD - REGISTERED NURSE

NAME:

Michelle Thorstad



WHAT DO YOU DO AT WRCC:

Registered Nurse since 2012

WHAT MADE YOU CHOOSE WRCC AS YOUR EMPLOYER:

I was very interested and eager to learn more about oncology and hematology. I felt it was a good fit for myself and my family. I really enjoy the opportunity to work in a specialized clinic.

WHAT DO YOU LIKE MOST ABOUT YOUR JOB:

Helping and building relationships with our patients during this journey in their lives.

WHERE DID YOU ATTEND COLLEGE:

Mankato State University & Ridgewater College

WHERE ELSE HAVE YOU WORKED:

Ridgewater College in the Nursing & Medical Assistant Programs

WHERE DID YOU GROW UP:

Spicer, Minnesota

TELL US ABOUT YOUR FAMILY:

My husband Todd and I live in Spicer. Todd is the Athletic Director/Instructor/Coach at Ridgewater College. We have three beautiful children - Trenton (9), Sydney (6) and Ty (2). We love spending time together in this busy life. We enjoy summers at our cabin in Battle Lake and being with our families who all live close to us.

WHAT'S SOMETHING YOU'VE ALWAYS WANTED TO DO/TRY:

I would like to travel to Hawaii, try Bear or Elk hunting and maybe even sky dive!

HOBBIES, TALENTS, SPECIAL INTERESTS:

Taking pictures. Being with my kids/family. Being by the lake. Enjoying the outdoors. Sports. Hunting. Crafts.

Volunteers are always needed in our cancer center. Visit willmarregionalcancercenter.com/volunteer to contribute your time & talent.

Willmar Medical Services (WMS) was formed in January 2008 as a joint venture between Affiliated Community Medical Centers and Rice Memorial Hospital. The formation of WMS is an example of this commitment to quality through improved access and state-of-the-art technology.

THE WILLMAR MEDICAL SERVICES JOINT VENTURES INCLUDE:

Willmar Diabetes Center
Willmar Orthopedic Services
Willmar Sleep Center

Willmar Imaging Services
Willmar Regional Cancer Center
Willmar Surgery Center

OUR BOARD

DR. RONALD HOLMGREN
DAVID ANFINSON
MICHAEL SCHRAMM
DR. MICHAEL MAY
STEVE GERBERDING
MICHAEL GARDNER, DDS

STEREOTACTIC BODY RADIATION THERAPY OFFERS NEW TREATMENT OPTION FOR LUNG CANCER PATIENTS

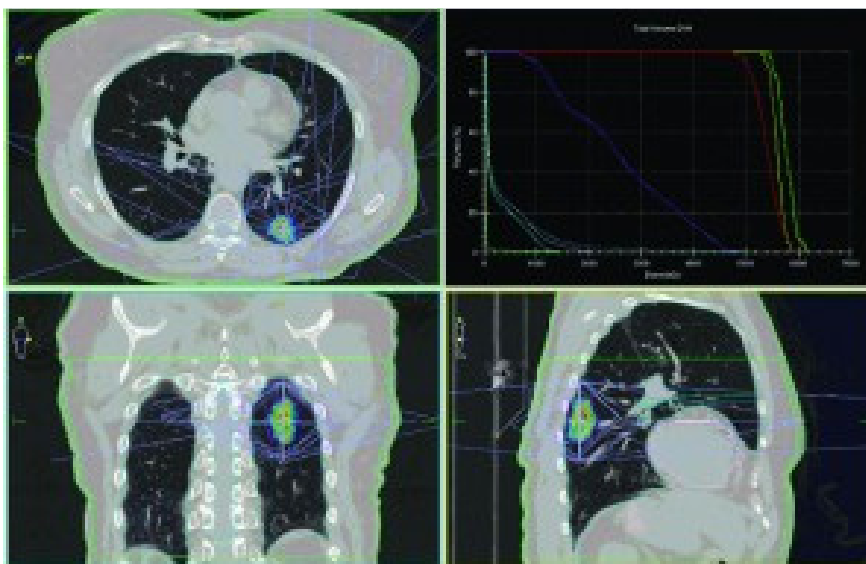
For many patients with early-stage lung cancer, the standard treatment, surgery is not an option because coexisting conditions make surgery too risky. A new treatment option for select patients with small, early-stage tumors of the lung, or isolated recurrences from various types of cancers, is now available at Willmar Regional Cancer Center.

After receiving the prescription from the Radiation Oncologist, the physicist and dosimetrist use special computer software to devise a treatment plan. They then calculate the dose and beam configuration to conformally treat the target (tumor) to the prescribed dose.

The procedure, Stereotactic Body Radiation Therapy, or SBRT, uses special equipment and advanced imaging techniques to deliver a targeted external radiation dose to a tumor. The radiation is focused in on the specific tumor with millimeter precision, resulting in less damage to healthy tissue.

SBRT uses an advanced system to precisely locate the tumor to ensure proper placement of the tracking devices. Throughout the treatment, the intensity and direction of the beams are constantly modified to target the tumor and spare healthy tissue. The beams are also adjusted for any movement from breathing or digestion.

a single high dose of radiation, or several separate radiation doses, over the course of far fewer treatments (usually one to five sessions). SBRT is associated with few side effects because the treatment area is generally very small and treatment is precisely delivered. SBRT relies on a highly-trained team of physicians, physicists, dosimetrists, and radiation technicians.



Prior to joining Willmar Regional Cancer Center, Dr. Tod Speer, Radiation Oncologist, had been using Tomotherapy (Image Guided Radiation Therapy, or IGRT) at the University of Wisconsin School of Medicine. “For certain cancers, SBRT gives patients an option outside of traditional approaches, like surgery and conventional radiation therapy, for certain cancers,” said Dr. Speer. “This

With conventional therapy, radiation is delivered in relatively small doses over the course of several weeks, with patients receiving daily treatments during that time. With SBRT, physicians can deliver

adds to the versatility of our cancer care services, and particularly benefits those who would otherwise have to travel longer distances for SBRT treatment.”

MEET OUR DIRECTOR

Willmar Medical Services hired Amy Mugge, RN, as the Director for Willmar Regional Cancer Center in February. She replaced Kellie Prentice, who served as the interim director since July 2014.



Amy has a wide range of hospital-based and private practice experience. She was the RN Manager with Northland Assisted Living in Hoyt Lakes, Minnesota, and previously served many years as an Oncology Nurse, planning and implementing care for patients with cancer. She earned her bachelor's degree in Nursing from the College of St. Scholastica.

As Director of Willmar Regional Cancer Center, Amy oversees clinical and administrative operations, including financial, staffing, quality, engagement and development. She serves as a liaison between specialists and administration, and also works with other key partners in moving WRCC to the next level of service.

"I am very excited about the future of Willmar Regional Cancer Center," said Mugge. "We are extremely fortunate to have a dedicated team of health care professionals whose continuous, passionate commitment to cancer care has a profound impact on our patients."

Mugge is originally from the Willmar area and currently resides in Spicer.

CT SIMULATOR NOW AVAILABLE TO PATIENTS IN CANCER CENTER

Our new CT simulator is a dedicated CT scanner in the radiation department within the cancer center. Patients will not have to be transported to another department for their planning CT as they were in the past.

Radiotherapy is largely dependent on the accuracy of the radiation beam, as well as the quality of the design and delivery of the treatment. Radiation treatment plans are individualized based on specific patient characteristics. To improve targeting the cancer and avoid unnecessary radiation to normal tissues, the design and planning of radiation fields is crucial. To accomplish this planning, a CT simulator is used.

CT simulation is a procedure where a CT scan is performed on the area of the body to be treated. This CT scan helps to determine the location, shape, and size of the cancer. The CT is done while the patient is in the treatment position with immobilization devices. During the simulation, an immobilization device is made for each individual patient. This device can be a mask or a mold (alpha cradle). These devices help to ensure accurate set up for every treatment.

