



Community CONNECTION

Holzer Announces Cancer Care Affiliation

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BEHIND THE SCENES

Treatment Planning
with a Top Dosimetrist

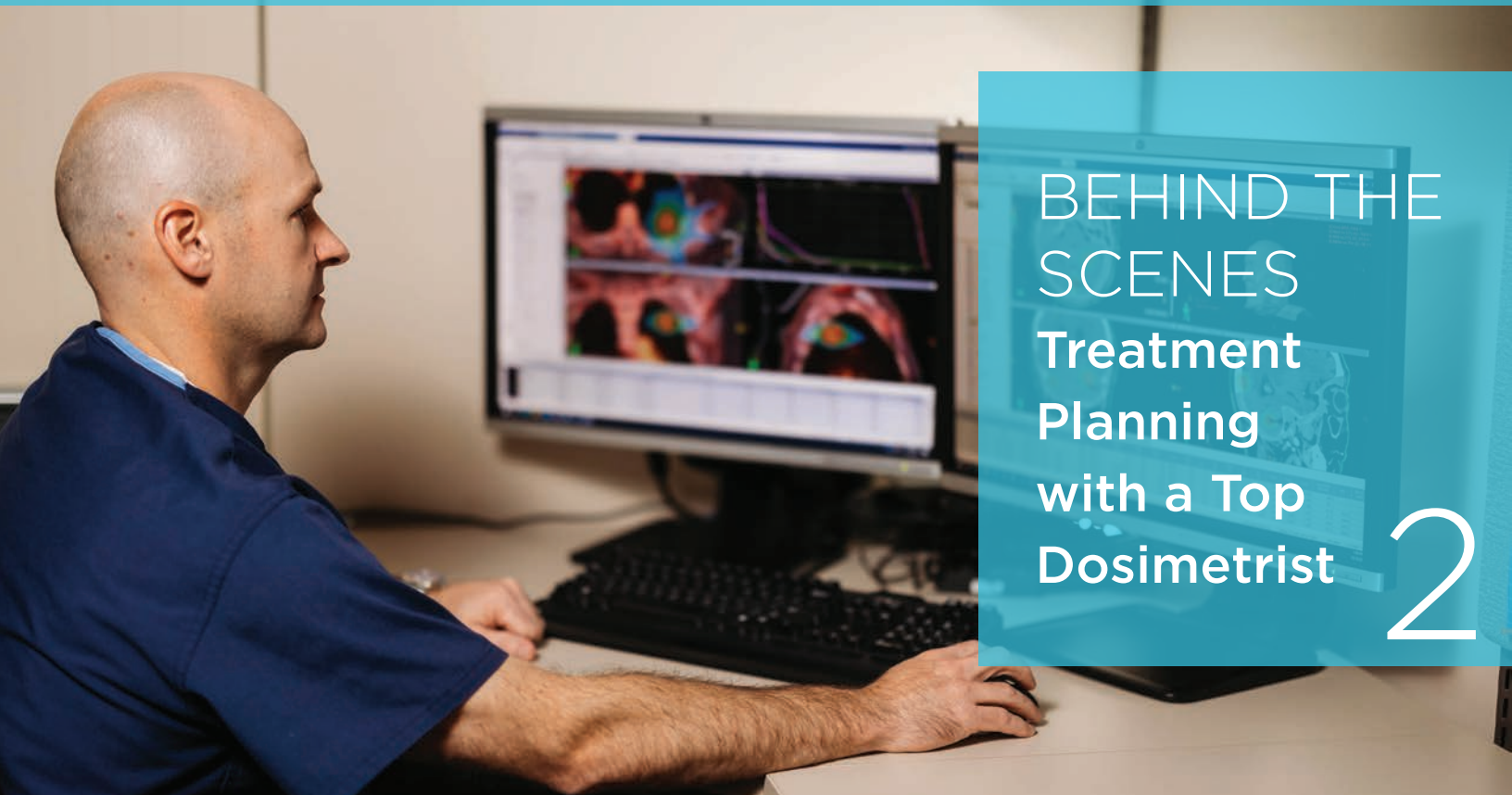
A TRUE PASSION

Wamsley Shares Why She Chose
to Care for Cancer Patients



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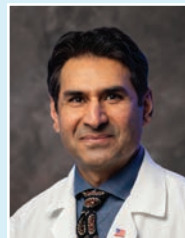
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Meet Our Holzer Center for Cancer Care Providers



Utpal Bhanja, MD
*Hematology/
Oncology*



Khawaja Hamid, MD
*Hematology/
Oncology*



Angela Ball, FNP
Cancer Care



Sydney Stoops, FNP
Cancer Care

MESSAGE FROM THE CEO

Holzer Celebrates New Affiliation and Additional Care for Local Communities



What an exciting time to be a part of things going on here at Holzer! We have many new providers and services being offered here, but I am particularly proud of our newest efforts announcing our affiliation with the Cleveland Clinic Cancer Center.

Why Cleveland Clinic, you may ask? Let me share two very important reasons we made the decision to affiliate:

- This is a part of our “Think Holzer First” mentality. Our priority and commitment is to provide the best care to our patients. And when you’re in need of cancer care services that exceed our capabilities, we want to be able to refer you to the BEST of the BEST! Cleveland Clinic Cancer Center has been ranked No. 1 for cancer care in Ohio and No. 6 in the world (according to *U.S. News & World Report*).
- Affiliating with the Cleveland Clinic Cancer Center means our patients will receive quality care and diagnoses, while also being able to receive many of their treatments close to home, at Holzer. We can’t think of a better way to serve our cancer patients than by combining quality care and treatments close to home!

Please join me in celebrating this affiliation and all it will offer our communities. Our commitment is to continue providing quality care to our communities, and this affiliation will help us do just that. When it comes to healthcare, THINK HOLZER FIRST!

- Michael Canady, MD, MBA, CPE, FACS, FAAPL, FACHE
Chief Executive Officer, Holzer Health System

BEHIND THE SCENES

Treatment Planning with a Top Dosimetrist



The diagnosis of cancer is jarring to those receiving the news. Holzer Center for Cancer Care provides state-of-the-art treatment for all cancer sites with gentle, precise, and individualized care. Ryan Ramsburg, R.T. (R)(T) (CMD) sat down to discuss dosimetry and how cancer care is being taken to the next level right here at home.

“Dosimetry is treatment planning for radiation oncology,” said Ramsburg. “I take the images from cat scans, pet scans, MRIs and figure out how to apply a safe radiation dose to kill the cancer but protect all the healthy tissue around it.”

As the only dosimetrist within the system, Ramsburg spends each day calculating and conversing with his computer to figure out the correct dosage of radiation for patients. There are a lot of numbers that are put in the system, and some calculations can take 15 minutes, but others may take hours.

“I continually work on each treatment plan to get the information I need for patients to have the right plan,” said Ramsburg. “I may look at it and know I can give this much of a dosage, but if it goes any higher it can run the risk of causing long-term side effects such as blindness and even paralysis.”

Ramsburg joined Holzer in 2003 as a radiologic technologist, obtained a radiation therapist degree from the University of Kentucky, and then went into medical dosimetry.

The Holzer Center for Cancer Care, now in affiliation

“Most people do not know all the services available here, and it is incredible. I am amazed every single day at what we can do for our patients locally.”



Ryan Ramsburg, R.T. (R)(T) (CMD)
Holzer Center for Cancer Care

with The Cleveland Clinic, offers a wide variety of treatment options. In 2018, radio surgery (TrueBeam™ Radiotherapy System) began at the center to allow for high doses of radiation treatment in a short amount of time, returning patients back to their lives quicker. The TrueBeam™ Radiotherapy System is the same system used in most large academic centers today.

“The technology that we have here at the cancer center is why patients should ‘Think Holzer First,’” said Ramsburg. “Most people do not know all the services available here, and it is incredible. I am amazed every single day at what we can do for our patients.”

Ramsburg is among the top ten dosimetrists in the United States and was ranked 44th in the 2019 World Championship of Treatment Planning. He resides in Pomeroy, Ohio on a 200-acre farm with his wife Sarah and their son Gavin. In his free time, Ramsburg enjoys hunting, fishing, traveling, and making fishing lures.

A TRUE PASSION

Wamsley Shares Why She Chose to Care for Cancer Patients



A cancer diagnosis is daunting. The staff at the Holzer Center for Cancer Care (HCCC) can provide patients with knowledge regarding their diagnosis and gentle care right here at home. Amity Wamsley, RN, Clinical Manager, HCCC, sat down to talk about cancer care services at Holzer and what it means.

“Cancer care consists of appointments with your provider where you can discuss your treatment options and build a great relationship with them,” said Wamsley. “Appointments and treatments can range from radiation treatments to chemotherapy, injections, oral medications, and innovative therapies. Immunotherapy, which uses your immune system to fight cancer, is often used to complement chemotherapy, which uses chemicals to fight cancer.”

Wamsley joined Holzer in 1997 as a surgery nurse. After 10 years, she transitioned to working directly in cancer care after her father came to HCCC as a patient. She said that her father’s group of nurses were great and provided such excellent care that she decided to be a part of this team.

“It’s like a little oasis over here at the cancer center,” said Wamsley. “Everybody is positively engaged, even though many might think of this place as a sad one. My dad was the great driving factor for my passion for oncology.”

HCCC sees and treats several types of cancer including lung, colon, breast, prostate and some bloodborne cancers, including lymphoma. There are

many screenings that can be performed to recognize, prevent and detect cancer.

“Colon cancer is one of the few cancers that’s completely preventable through a colonoscopy,” said Wamsley. “Mammograms are important to have annually to detect breast cancer. We have the low-dose

CT screening program for individuals who are at an elevated risk for lung cancer, and we offer a free skin cancer screening annually. Melanoma is a cancer that often sneaks up on people, but can be easily identified early on through screening.”

Wamsley comes from a medical family and shares that caring for others is in her blood. Her grandfather was a private practice physician, and her grandmother was a surgery nurse. Wamsley said that her favorite part of working in cancer care is the close connections developed with the patients. She has a true passion for the field where patients are a blessing.

“We have some of the most appreciative, kind-hearted group of individuals that come here for care,” said Wamsley. “It is a privilege to be a

part of the cancer center. Holzer is a great community hospital, and we have the desire to do good for our community. It is nice to have providers and doctors that know their patient’s name and make a place that is not home feel like home.”

Wamsley resides near Pomeroy, Ohio, on a family farm with her husband, Bill. Together, they have two sons, Gage, 26, and Nicholas, 24, and a dachshund named Tilly. Wamsley enjoys farming and crafting in her free time.

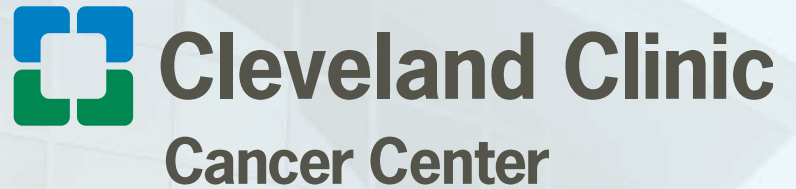
“It is nice to have providers and doctors that know their patient’s name and make a place that is not home feel like home.”

Amity Wamsley, RN
*Clinical Manager,
Holzer Center for
Cancer Care*

HOLZER ANNOUNCES AFFILIATION



In affiliation with



Holzer Health System is excited to announce a new formal affiliation between the Holzer Center for Cancer Care (HCCC) and Cleveland Clinic Cancer Center. This affiliation expands access to highly specialized cancer treatments, clinical resources, and clinical trials for patients in the southeastern Ohio communities. Patients can have the reassurance that our quality and processes have been reviewed and continually actively approved by the top ranked cancer program in Ohio, according to *US News & World Report*.

The affiliation is a result of an extensive review process of care and services provided by the Holzer Center for Cancer Care. Benefits of this affiliation include a streamlined referral process, consultations for treatment options with Cleveland Clinic physicians, and opportunities for clinical trials not previously available.

“This affiliation will provide advanced care options for our patients,” shared Shane Maliszewski, MBA, RHIA, CCS, CMPE, Service Line Director, Holzer Center for Cancer Care. “We look forward to working with Cleveland Clinic Cancer Center to expand our treatments and therapies and provide advanced care for our patients, close to home.”

Holzer Center for Cancer Care provides state-of-the-art treatment for all cancer sites with gentle and individualized care plans. Medical oncology services, infusions, chemotherapy and radiation oncology services are all provided with advanced technology in a comfortable and friendly setting. Holzer continues to invest in the latest technology and treatment delivering non-invasive radiation that will eliminate cancer cells with increased precision and accuracy while sparing



healthy tissue. Our specialists personalize each patient's cancer treatment for the best outcome possible.

The team at Holzer has combined their expertise to provide a unified approach to optimal cancer treatment. “We are known to offer comprehensive cancer care with a compassionate touch. Through this affiliation, we will continue to offer the very best care options right here in our communities, allowing our patients to think of Holzer first and understand that we are working with the best experts in the field if advanced specialized care is needed,” said Dr. Mike Canady, CEO of Holzer.

What Does This Affiliation Means for Patients?

- » Expedited referrals and access to second opinion input from a multidisciplinary team of experts on a treatment plan, while staying close to home.
- » Expanded access to highly specialized cancer treatments
- » Expert opinions from the No. 1 cancer care provider in Ohio
- » Streamlined access to clinical trials and research opportunities at Cleveland Clinic



Steps

to Lower Your Risk for Breast Cancer

Breast cancer is one of the most common types of cancer among American women, and some risks for this disease cannot be changed.

You're more likely to develop breast cancer as you get older. In fact, women ages 50 and older make up most breast cancer cases. Those whose mothers, sisters, or daughters have had breast cancer also face a higher risk. Race and ethnicity play a role, too. For example, breast cancer develops more often in white women than in Black, Hispanic, Asian, or American Indian women.

Take Action

There are other risk factors you can change, however. Follow these smart lifestyle strategies:

- 1. Scale back.** Women who are overweight or obese after menopause have a higher risk for breast cancer than those at a healthy weight.
- 2. Stay on the move.** Physical activity can help lower your chances of getting breast cancer.
- 3. Don't tip your glass too often.** The more you drink, the more you're at risk. One alcoholic beverage a day can add up to a 10% increase in risk; two to three a day bumps it to 20%.
- 4. Clear the smoke away.** According to the CDC, there's evidence smoking may increase breast cancer risk.
- 5. Think produce.** Some studies suggest that a diet high in fruits, vegetables, and calcium-rich dairy—but low in red and processed meats—might help lower the risk for breast cancer.

Schedule your screening

When breast cancer does strike, it's very important to catch it in its early stages, when it's most treatable. Mammograms are the best way to find breast cancer early. Experts have different recommendations for this screening:

The U.S. Preventive Services Task Force recommends screening every 2 years for women ages 50 to 74.

The American Cancer Society recommends a mammogram yearly for all women ages 45 to 54. Women ages 55 and older can continue with the same schedule or switch to getting a mammogram every other year.

Mammogram benefits and limitations vary based on factors like age and personal risk. Talk with your healthcare provider about your personal risk level for when to start mammograms.

Source: The StayWell Company, LLC

What Do You Know About Breast Cancer?

Find out how much you know about breast cancer by taking this quiz.

- Finding breast cancer early is the key to successful treatment.
A. True B. False
- Older women are more likely to develop breast cancer.
A. True B. False
- Most breast lumps are cancer.
A. True B. False

Holzer Adds 3D Mammography Services

Holzer has announced the addition of 3D Mammography services at our Gallipolis, Athens, and Jackson locations.

A 3D mammography exam allows for a better evaluation of tissue layers, making fine details more visible to increase accuracy of your Mammogram. 3D Mammography exams find 20-65% more invasive breast cancers and reduce callbacks by 40% compared to 2D alone.

Holzer purchased the Genius™ 3D Mammography™ from Hologic. "Hologic is a leader in the 3D mammography field," shared Chris Thomas, CNMT, Executive Director, Imaging Services, Holzer Health System. "Upgrading our systems is important to provide the very best quality mammography services for our patients. We want to be able to catch issues faster, which helps in treatment options and survival rates."

More than 8 million Hologic 3D exams have been performed in the U.S. According to a recent survey of women who received a Hologic 3D Mammogram exam compared to a traditional 2D exam:

- 98% of those patients feel more confident and secure in their results
- 93% of those patients reported feeling less anxious than with traditional 2D Mammography
- 91% of those patients agree the quality of care provided by the facility was better
- 94% of those patients are likely to request a Genius™ 3D exam for their next mammogram



The 3D exam remains the same for the patient as a traditional 2D exam with the same positioning, but with more accurate results.

In addition to the 3D technology, Holzer features Hologic Mammo-Pad cushions to reduce discomfort and take the chill off the receptor surface during the exam.

The American College of Radiology suggests women ages 40 and over start screening with a mammogram every year. For your risk assessment, talk to your primary care provider.

For more information, or to schedule your appointment, visit www.holzer.org or call 1-855-4-HOLZER.

But Breast Cancer?

4. It's OK to use deodorant on the day you have a mammogram.
A. True B. False
5. Women who drink alcohol increase their risk for breast cancer.
A. True B. False
6. Women who have their first child before age 30 and breastfeed are less likely to develop breast cancer.
A. True B. False
7. Smoking may increase your risk for breast cancer.
A. True B. False
8. Breast cancer can be treated by surgery, radiation, hormone therapy, targeted therapy, immunotherapy, and chemotherapy.
A. True B. False
9. Starting at age 30, women should have a mammogram every 1 or 2 years.
A. True B. False
10. A woman's chances of developing breast cancer are higher if her mother, a sister, or daughter have had it.
A. True B. False
11. It's safe for women to use hormone therapy for a prolonged time during menopause.
A. True B. False
12. Regular exercise can reduce your risk for breast cancer.
A. True B. False

Source: *The StayWell Company, LLC*

Answers: 1. A; 2. A; 3. B; 4. B; 5. A; 6. A; 7. A; 8. A; 9. B; 10. A; 11. B; 12. A;

To learn more about breast cancer, visit our online health library at <https://holzer.staywellsolutionsonline.com>.



NURSE NAVIGATORS

Learn About Holzer Center for Cancer Care's Nurse Navigators

What Are Oncology Nurse Navigators?

Oncology Nurse Navigators are individuals who help you navigate through services and resources available for you and your cancer diagnosis. Navigators help find appropriate medical and social services, educate you and your family about the cancer journey, and are great contacts during stressful points throughout the care process.

What Can Oncology Nurse Navigators Assist With?

Oncology Nurse Navigators can assist with information at diagnosis, before and after completing testing or procedures, at therapy treatments, and at patient visits. They are also a wealth of knowledge relating to side effects of treatments, how to counteract those effects, and what can be done prior to treatments in order to minimize side effects.

What Happens During the First Meeting With An Oncology Nurse Navigator?

In the first encounter, the oncology nurse navigator will discuss emotional impact of the disease, provide information on treatment decisions and processes, offer educational resources, evaluate support needs for the patient and family members, and coordinate care between the patient's providers.

Prior to treatment the navigator will provide basic education on your predicted treatment path. She can coordinate tests and/or appointments, visit or contact you following any procedures, and assist with medication management.

What About After Treatments Are Completed?

Our Oncology Nurse Navigators will coordinate physician follow-up schedules with the patient, which include a



Angela Ball, FNP
Nurse Navigator



Sydney Stoops, FNP
Nurse Navigator

survivorship clinic. She will coordinate support programming and provide education on signs/symptoms or possible recurrence, nutrition and exercise and mental health.

What If I Have Questions About Financial Matters?

Holzer Center for Cancer Care offers a Financial Navigator, Karen Scarberry, to assist with financial concerns during oncology treatments. She can assist in navigating insurance questions and assist with getting treatments pre-authorized. Karen works closely with the Oncology Nurse Navigators to assist with needs as they arise.

What About the Affiliation with Cleveland Clinic Cancer Center? What Does It Mean for Holzer Patients?

Holzer Oncology Nurse Navigators are available for quick, reliable communication between not only our Holzer providers, but also a wealth of resources available at our affiliated Cleveland Clinic Cancer Center. Through our affiliation, navigators can coordinate additional treatment options, obtain information for family members, and gain additional physician expertise. They work closely with any health system needed for your cancer journey to provide the best treatment plan for your cancer care.

How Can I Contact A Nurse Navigator?

Holzer Center for Cancer Care Nurse Navigators, Angela Ball, FNP, and Sydney Stoops, FNP, are available Monday through Friday, 8 a.m. to 4:30 p.m. at the Center in Gallipolis. Their numbers are: (Ball) 740-441-3948 and (Stoops) 740-446-5718.

CREATING AWARENESS

Regular Screenings Essential to Detect, Treat Colorectal Cancer

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, as reported by The American Cancer Society. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2023 are:

- 106,970 new cases of colon cancer,
- 46,050 new cases of rectal cancer,
- and 52,550 deaths.

The American Society of Colon and Rectal Surgeons recommends that you do the following things to lower your risk of colorectal cancer:

- Begin regular colorectal cancer screenings after age 45. Approximately 80-90% of colorectal cancer patients can get back to their normal state of health if it is detected and treated as early as possible.
- Eat a diet that is low in fat and high in fiber.
- Drink alcohol in moderation. If you use any tobacco products, consider quitting. Both alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers.
- Engage in a moderate form of exercise such as walking, gardening, or climbing steps three to four days a week for at least 20 minutes.

Regular screening for colorectal cancer is essential since there are very few symptoms associated with it. Colorectal cancer screening is beneficial for two main reasons: detecting and removing polyps that lead to the cancer, and colorectal cancer can be curable if detected in early stages.

An individual's risk of developing colorectal cancer increases with age. Both men and women aged 45 and older are at a higher risk of developing colorectal cancer and should begin regular screenings to best



Courtney Abfall, NP



Rob Brandenburg, DO



Mark Christopher, MD



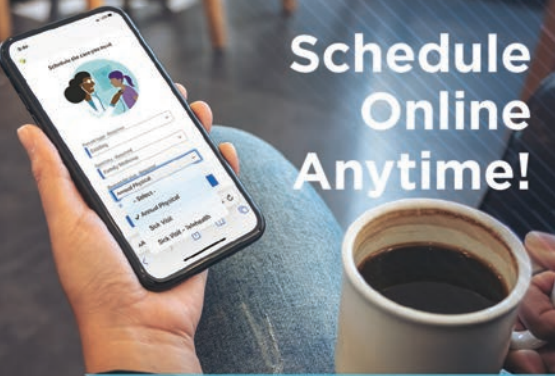
Melissa Nibert, NP



Brian Torski, DO

protect themselves. Individuals who have a personal or family history of inflammatory bowel disease, colorectal cancer or polyps, ovarian cancer, endometrial cancer, or breast cancer should consider being screened earlier as they considered at an increased risk.

Holzer Gastroenterology Services providers include Courtney Abfall, NP, Rob Brandenburg, DO, Mark G. Christopher, MD, Melissa Nibert, NP, and Brian Torski, DO. They see patients at Holzer Athens, Gallipolis and Jackson locations. Our providers manage a variety of digestive conditions including: Gastroesophageal Reflux Disease (GERD), Inflammatory Bowel Disease, Irritable Bowel Syndrome (IBS), and Hepatitis.



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Holzer Primary Care



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Knowledge Is the Key to Colorectal Cancer

Test your knowledge of colorectal cancer by taking the following quiz.

1. Colorectal cancer is found in more older adults than in those younger than 50.
A. True B. False
2. Colorectal cancer can grow without causing symptoms.
A. True B. False
3. Colorectal cancer can start anywhere in the large intestine, which includes

the colon and rectum.
A. True B. False

4. A family history of the disease puts you at greater risk for developing colorectal cancer yourself.
A. True B. False
5. A colonoscopy is the only test used for colorectal cancer screening.
A. True B. False
6. Regular exercise can help reduce your risk for colorectal cancer.
A. True B. False

7. Eating more vegetables and fruits can help reduce your risk of developing colorectal cancer.
A. True B. False

Source: *The StayWell Company, LLC*

Answers: 1. A; 2. A; 3. A; 4. A; 5. B;
6. A; 7. A;

To learn more about colorectal cancer, visit our online health library at <https://holzer.staywellsolutionsonline.com>.

Taking local cancer care to the **NEXT LEVEL**

**TrueBeam technology, 3D mammography,
world-renowned dosimetry and radiation therapy.**

These are several state-of-the-art technologies available at the Holzer Center for Cancer Care. Our game-changing advancements provide quality outcomes — which means you return to living your life sooner. Now in affiliation with Cleveland Clinic Cancer Center, we are taking care to the next level. When it comes to cancer care,

Think Holzer First.

