

TORRANCE MEMORIAL MEDICAL CENTER HUNT CANCER INSTITUTE 2019 ANNUAL REPORT



A **QUALITY PROGRAM**
of the AMERICAN COLLEGE
OF SURGEONS



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Torrance Memorial Medical Center

Donald and Priscilla Hunt Cancer Institute

The Donald and Priscilla Hunt Cancer Institute at Torrance Memorial is fully accredited by the American College of Surgeons' Commission on Cancer. Our community of cancer experts provide highly skilled care and compassionate support and services, through the journey of cancer treatment and beyond. From screening through diagnosis and treatment into survivorship, we are fully dedicated to the principle of complete care for people with cancer and their loved ones.

You will find a full array of services under one roof at the new Donald and Priscilla Hunt Cancer Center at Torrance Memorial. Designed with patients in mind, the light-filled Hunt Cancer Center serves as a hub for cancer care by housing clinical trials, infusion center, exam rooms, nurse navigators, cancer education and genetic counseling services in one convenient location. The Torrance Memorial Physician Network - Cancer Care oncology and hematology medical group, along with community and Cedars-Sinai specialists, are located at the Hunt Cancer Center. This not only increases patient convenience but also enhances cross-disciplinary collaboration.

From the moment you receive a diagnosis, our nurse navigators stand ready to guide you. They serve as your go-to person, coordinating tests and appointments, explaining procedures, keeping your treatment plan on track and providing encouragement and support. They can also help with practical issues such as transportation, insurance and financial concerns. After treatment, our cancer survivorship coordinator helps you transition and move forward.

Torrance Memorial Hunt Cancer Institute physicians conduct several clinical trials to test new treatments for both common and rare cancers. A robust clinical trial program and a growing partnership with Cedars-Sinai means the physicians at Torrance Memorial are advancing the field of cancer care - and giving patients access to some of the most promising cancer treatments years before they become available to the public.

Our Cancer Resource Center is a one-stop destination for services designed to ease the burden of cancer diagnosis and treatment for patients and loved ones. Here you will find educational resources, nutritional services, rehabilitation support, care coordination, palliative care, integrative medicine, pet therapy and much more.



Cancer Committee Chairman's Report Andrew Horodner, M.D.

"From screening through diagnosis and treatment into survivorship, Torrance Memorial's Hunt Cancer Institute is fully dedicated to the principle of complete, personalized care for people with cancer and their loved ones."

Torrance Memorial opened its doors in 1925 to provide quality health care services predominantly to the residents of the South Bay. No longer just a hospital, today Torrance Memorial—a Cedars-Sinai affiliate—includes an extensive system of physicians and comprehensive services to provide outstanding medical care.

The hospital consistently receives top-quality ratings from leading health organizations for their commitment to quality, safety and putting patients first. In 2019, two national hospital studies in Newsweek and U.S. News & World Report recognized Torrance Memorial as the top ranked hospital in the South Bay.

In December 2019, Torrance Memorial expanded its comprehensive cancer program with the opening of the Hunt Cancer Center. Torrance Memorial's Hunt Cancer Institute has a long, successful history of caring for cancer patients and their families, and the Hunt Cancer Center provides a patient-centered environment to meet the needs of oncology patients all in one place.

A team of surgeons, oncologists, pathologists, radiologists and nurse navigators work collaboratively to fight cancer with new treatments and diagnostics, including genetic counseling, infusion center and clinical research. Its increased space will allow more room for families to visit, and new features will enhance the patient experience during treatment.

What really makes Torrance Memorial shine as the face of cancer care in the South Bay is its affiliation with Cedars-Sinai. Now in its second year, this alliance continues to bring expertise, new technologies, medical research, clinical trials and innovative treatments to the South Bay.

Providing highly skilled care with compassionate support and services throughout the journey of cancer treatment and beyond is just one way Torrance Memorial continues to expand access to the most advanced medical care—right here in our community.



2019 Torrance Memorial Hunt Cancer Institute Cancer Committee Members

Greg Baetge, M.D.

Pathology

Evelyn Calip, R.N.

Nurse Navigator, Breast Diagnostic Center

Ann Chae, L.C.S.W.

Social Services

Vanessa Dickey, M.D.

Medical Oncology, Research

Thyra Endicott, M.D.

Radiation Oncology

Jane Felder, C.T.R.

Cancer Registrar

Theresa Ferry, R.N.

Director, Home Health & Hospice

Clark Fuller, M.D.

Thoracic Surgery

Jeremiah Hargrave

Performance Improvement

Mary Hersch, PhD, RN

Palliative Care

Andrew Horodner, M.D.

Cancer Committee Chair,
Medical Oncology

Barbara Keck, C.T.R.

Lead Cancer Registrar

Rachel Knopoff, M.D.

Radiology

John Kunesh, M.D.

Pathology

**Nancy Lean, R.N. M.S.N.
M.H.S.A.**

Director, Oncology

Eve Makoff, M.D.

Palliative Care

Sophia Martini

American Cancer Society

Lynda Maynor-Gardea, R.N.

Nurse Navigator, Breast Diagnostic Center

Ann Milliken, R.N., B.S.N.

Nurse Navigator, GI-Hepatobiliary Program

Tracey Mullan, P.T.

Director, Rehabilitation Services

Joanne Mulvaney, R.N.

Oncology Nurse Educator

Son X. Nguyen, M.D.

Cancer Liaison Physician,
General Surgery

Wendy Nuval, R.N.

Nurse Navigator, Thoracic Program

Sarina Pai, D.O.

Breast Center Radiology

Sharon Plumley, R.D.

Director, Clinical Nutrition

Kristel Quinto, L.C.S.W.

Oncology Psychosocial Coordinator

Lynn Riley, P.T.

Manager, Outpatient Rehabilitation Services

Lauren Rudichuk, MS, LCGC

Genetic Counselor

Andrew Schumacher, M.D.

Radiation Oncology

Swati Sikaria, M.D.

Medical Oncology

Miriam Slevin, R.N.

Advanced Clinical Nurse Educator

Patricia Stines

Cancer Data Analyst

Steven Thompson, Pharm. D.

Director, Pharmacy

Peter Tseng, M.D.

Hospice

Vivian Tseng, Pharm. D.

Pharmacy

Sonia Villasenor, R.D.

Clinical Dietitian

Wanda Weimer, O.T.

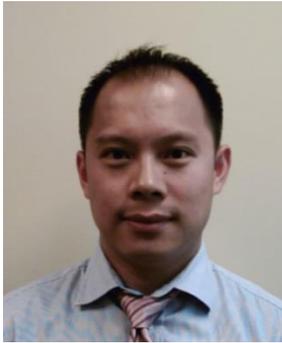
Outpatient Rehabilitation Services

Mary Wright, R.N., M.S.N.

Vice President, Nursing Services

Tiffani Zanelli, R.T. (M)(R)

Director, Breast Diagnostic Center



Cancer Liaison Physician's Report Son X. Nguyen, M.D.

The role of the Cancer Liaison Physician is to spearhead Commission on Cancer (CoC) initiatives within Torrance Memorial's cancer program; collaborate with local agencies, such as the American Cancer Society; and to facilitate quality improvement initiatives utilizing data submitted to the Commission on Cancer's National Cancer Database. These functions are aligned with the goals of all the physician and ancillary members of our cancer program who collaborate to eliminate cancer and to reduce the burden it places on our patients, their loved ones and our community.

Early Detection and Prevention through Education and Screening

We are committed to providing education on cancer prevention and early detection. Our focus is to increase awareness about the warning signs of cancer and to provide access to cancer screenings. Through our involvement in community wellness programs, individual counseling and support, and offering information to make lifestyle changes that may help to reduce the risk of a cancer diagnosis; we make clear our dedication to lessening the effects of cancer on our community.

2019 Prevention & Screening Programs

- *Low Dose CT Lung Cancer screenings. 531 patients underwent screening in 2019 and three of those patients were subsequently diagnosed with lung cancer.*
- *Smoking Cessation Classes were offered in 2019 with 13 community members participated in the three sessions, which were offered in 2019. The smoking cessation program entails six weekly classes and three community members were smoke-free at the end of the first two classes.*
- *Miracle of Living education/prevention event – “Cancer Prevention Works... Preventable. Treatable. Beatable”: 220 community members attended this program, which focused on cancer screening, the importance of early detection and integrative therapies for preventing cancer and for treating cancer patients.*
- *Bi-monthly Breast Health Lecture and Screening promoting mammography and breast self-examination were provided with 23 community members attending the five classes offered in 2019.*
- *Miracle of Living Colorectal Cancer education/prevention event. 105 community member were provided information on lifestyle changes that can decrease risk of developing colorectal cancer and an update on the treatments available for colorectal cancer.*
- *In conjunction with the prevention program above, a screening program was offered. 82 patients took home FIT kits to collect samples for occult blood as a screening for colorectal cancer. 50 patients submitted their samples (61%) of which seven were positive for occult blood (14%) and referred for additional screening.*
- *77 community members attended an educational/ prevention lecture entitled Advances in Cancer: Focus on Liver Cancer. Attendees were given information on the causes and treatment of liver cancer and the appropriate use of hepatitis B and C screening.*
- *Hepatitis B & C Screening for the prevention on liver cancer. 77 people attended. 39 underwent hepatitis B & C screening of which 26 needed booster vaccinations. 1 patient was positive for hepatitis B & C. Patients were referred to their physicians to have booster vaccinations or to have further consultation in case of positive hepatitis finding. Follow-up of positive findings was coordinated by VACF.*
- *Genetic risk screening was performed on 6,574 women who underwent screening mammogram at the Polak Breast Diagnostic Center located on the Torrance Memorial campus. 2,042 woman met testing*

criteria, of which 261 women opted to undergo genetic testing. 14 women tested positive for genetic mutation and received genetic counseling with Torrance Memorial's genetic counselor.

- The presentation "Be Your Own Hero" was attended by 68 community members. The program focused on the importance of early detection and screening for breast cancer.
- High-Risk Atypical Lesion Screening Program. 18 women found to have atypical ductal and/or lobular hyperplasia lesions on biopsy were followed by Breast Nurse Navigator. They were educated about the finding, the role of routine screenings, referred to their PCP for follow up and to a surgeon and/or medical oncologist for discussion of potential risk-reduction treatment options chemoprevention. 12 of the women opted for chemoprevention treatment.

Survivorship & Community Outreach:

We are proud of the quality, comprehensive services that we offer to our patients and families during the diagnosis and treatment of cancer and the continued surveillance and support offered after the completion of definitive treatment. In 2019, 224 members of our community participated in monthly support group meetings and approximately 700 more attended community outreach activities that were facilitated by the dedicated and committed health care professionals employed at Torrance Memorial Medical Center.

2019 Survivorship and Community Outreach Events

- On June 7th, 2019, 250 patients, families, and community members attended the 28th Annual Survivors' Day event, which provided cancer survivors and their loved ones insights on cancer survivorship and coping skills.
- In April 2019, Torrance Memorial Medical Center began offering monthly Cancer and Nutrition classes. The nine sessions proved to be popular and were attended by 144 community members.
- Torrance Memorial Medical Center partnered with South Bay Survivorship Consortium to provide cancer with information and education on strategies to help discover one's purpose and live a meaningful life entitled "Living and Thriving with Metastatic Cancer" in May 2019 with 90 attendees.
- On August 14th 2019, 100 community members attended the South Bay Survivorship Consortium program titled "Cancer & Post-Traumatic Stress: All Wounds Are Not Visible". The program provided cancer survivors and their loved ones with information and resources for recognizing and managing cancer-related PTSD
- Torrance Memorial Medical Center supported Making Strides Against Breast Cancer in September 2019 and hosted a booth providing educational materials about the programs, services and resources we have available to the approximately 300 attendees.
- Torrance Memorial Medical Center and 750 community members participated in the 5K BRA Run/Walk 2018 by providing information about programs, services and resources available at TMMC.
- A team of approximately 200 members represented Torrance Memorial Medical Center at this year's American Cancer Society's Relay for Life.
- Support Groups include the Women's Cancer Support Group (a gathering of women sharing stories, gathering strength and learning to adapt to life changes), Men's Cancer Support Group (a gathering of men with any type of cancer sharing their questions, concerns and experiences of living with cancer) and the Head and Neck Cancer Support Group (a safe environment to share your experiences related to diagnosis, and learn about valuable resources).

Cancer Program Practice Profile Reports

Cancer Quality Improvement Program: The Web-based Cancer Program Practice Profile Reports (CP3R) offer local providers comparative information to assess adherence to and consideration of standard of care therapies for major cancers. This reporting tool provides a platform from which to promote continuous practice improvement to improve quality of patient care at the local level and also permits hospitals to compare their care for these patients relative to that of other providers.

The eleven measures included in the Cancer Program Practice Profile Reports (CP3R) table below compares the most recent Estimated Performance Rates for Torrance Memorial, California COC-Approved Cancer Programs and All COC-Approved Cancer Programs.

Primary Site	Performance Description	COC Target	TMMC EPR	California EPR	All COC Programs EPR
Breast Accountability	HT: Tamoxifen or third generation Aromatase inhibitor is recommended or administered within 1 year of diagnosis for women with hormone receptor positive breast cancer	90%	97.1%	88.4%	91.7%
Breast Accountability	MASRT: Radiation therapy is recommended or administered following any mastectomy within 1 year of diagnosis of breast cancer for women with 4 or more positive regional lymph nodes	90%	88.9%	82.1%	86.8%
Breast Accountability	BCSRT: Radiation therapy is administered within 1 year of diagnosis for women under age 70 receiving breast conserving surgery for breast cancer	90%	91.9%	88%	90.9%
Breast Accountability	MAC: Combination chemotherapy is recommended or administered within 4 months of diagnosis for women under age 70, hormone receptor negative breast cancer	N/A	100%	89.8%	93.4%
Breast Quality Improvement	nBX: Image or palpation-guided needle biopsy to the primary site is performed to establish diagnosis of breast cancer	80%	99%	93.4%	92%
Colon Accountability	ACT: Adjuvant chemotherapy is recommended or administered within 4 months of diagnosis for patients under the age of 80	N/A	77.8%	80%	88.4%
Colon Quality Improvement	12RLN: At least 12 regional lymph nodes are removed and pathologically examined for resected colon cancer	85%	98.6%	92.7%	93.1%
Gastric Accountability	G15RLN: At least 15 regional lymph nodes are removed and pathologically examined for resected gastric cancer	80%	100%	76.1%	67.3%
Lung Quality Improvement	LCT: Systemic chemotherapy is administered or recommended for pre or postoperatively resected Non-Small Cell Lung Cancer	85%	90%	85.7%	89.7%
Lung Quality Improvement	LNoSurg: Surgery is not the first course of treatment for Non-Small Cell Lung Cancer	85%	87.5%	89.7%	92.5%
Rectum Quality Improvement	RECRTCT: Chemotherapy and Radiation therapy is administered or recommended for resected rectal cancers	85%	100%	89%	87.5%

2018 Torrance Memorial Cancer Site Table

All Cases				Stage = Analytic Cases Only						
Primary Site	Cases	Male	Female	Other	In Situ	Stage I	Stage II	Stage III	Stage IV	Unk /NA
All Sites	1928	772	1153	1	150	527	237	238	250	165
Head & Neck	41	29	12	0	2	12	11	5	7	2
Digestive System	316	174	152	0	13	43	74	65	61	32
Esophagus	11	6	1	0	0	3	3	1	3	1
Stomach	25	17	8	0	0	2	6	4	3	5
Small Intestine	11	3	5	0	0	1	0	4	1	2
Colon	89	58	69	0	5	10	21	16	20	6
Rectum & Rectosigmoid	56	37	16	0	3	12	11	10	5	7
Anus/Anal Canal	18	2	6	0	0	4	5	3	2	1
Liver/Bile Ducts	41	19	20	0	0	2	4	10	3	4
Gallbladder	4	0	4	0	1	1	0	2	0	0
Pancreas	67	28	22	0	0	10	9	9	24	1
Peritoneum, Omentum, Etc	6	0	6	0	0	0	0	3	1	1
Other Digestive	4	1	3	0	0	0	0	0	0	4
Respiratory System	215	107	108	1	2	50	18	38	73	4
Larynx	9	8	1	0	2	3	1	2	0	0
Pleura	3	2	1	0	0	1	0	1	1	0
Lung/Bronchus	206	95	110	1	0	46	17	35	72	4
Soft Tissue	11	7	4	0	0	1	0	5	2	1
Blood & Bone Marrow	129	69	60	0						
Leukemia & Plasma Cell	94	50	44	0	0	1	0	0	1	68
Multiple Myeloma	30	15	15	0	0	0	0	0	0	13
Other Hematopoietic	5	4	1	0	0	0	0	0	0	3
Bone	2	1	1	0	0	0	0	0	0	2
Skin	77	53	24	0	18	29	11	3	5	2
Melanoma	71	47	24	0	17	27	11	2	4	1
Other	6	6	0	0	1	2	0	1	1	1
Breast	476	5	471	0	93	242	63	30	14	14
Female Genital	141	0	141	0	0	41	4	30	14	32
Cervix Uteri	15	0	15	0	0	4	1	2	2	1
Corpus Uteri	72	0	72	0	0	33	2	12	5	18
Ovary	34	0	34	0	0	3	2	7	6	7
Vulva	12	0	12	0	0	1	0	1	0	2
Other Female Genital	8	0	8	0	0	0	0	2	1	4
Male Genital	162	162	0	0	0	9	41	44	20	6
Prostate	151	151	0	0	0	7	39	43	20	1
Testis	6	6	0	0	0	1	2	0	0	3
Penis	3	3	0	0	0	1	0	1	0	0
Other Male Genital	2	2	0	0	0	0	0	0	0	2
Urinary System	114	84	30	0	27	24	8	8	12	42
Bladder	58	33	25	0	26	8	4	3	4	3
Kidney/Renal Pelvis	45	22	23	0	1	16	4	5	7	4
Ureter	2	2	0	0	0	0	0	0	1	1
Brain	18	11	7	0	0	0	0	0	0	18
Other Nervous System	13	3	10	0	0	0	0	0	0	10
Endocrine	67	23	44	0						

Thyroid	56	15	41	0	0	37	6	1	1	5
Other Endocrine	11	8	3	0	0	1	1	0	2	5
Lymphatic System	89	45	44	0	0	12	14	16	28	11
Hodgkin Disease	4	1	3	0	0	0	4	0	0	0
Non-Hodgkin Lymphoma	94	51	43	0	0	12	10	16	28	11
Unknown Primary	22	10	12	0	0	0	0	0	1	21

Torrance Memorial Medical Center is a 446-bed, non-profit medical center, the purpose of which is to provide quality healthcare services, predominantly to the residents of the South Bay, Peninsula and Harbor communities of Los Angeles County.

The Vasek and Anna Maria Polak Breast Diagnostic Center

Since 1986, the Vasek and Anna Maria Polak Breast Diagnostic Center at Torrance Memorial has been a leader in women's health care in the South Bay community and beyond. Designed for the specific needs and comfort of women, our four convenient locations are staffed with compassionate experts trained specifically in breast health.

Breast Imaging Center of Excellence. The Vasek and Anna Maria Polak Breast Diagnostic Center is recognized by the American College of Radiology (ACR) as a Breast Imaging Center of Excellence. To achieve this distinction the center undergoes continuous, rigorous reviews to demonstrate the highest standards of quality assurance and accreditation in mammography, breast ultrasound, breast MRI and stereotactic breast biopsy. Each of these three accreditations requires all physicians and technologists undergo extended specific training, as well as continuing education.



In addition, the Breast Diagnostic Center is a member of the National Consortium of Breast Centers, a non-profit organization of breast health care professionals dedicated to the continued excellence and improvement of breast health care. All of our Breast Diagnostic Centers are certified in Mammography by The State of California, the FDA, and Accredited by the ACR. The Polak Breast Diagnostic Center in Torrance is ACR-accredited in Stereotactic Breast Biopsy, Ultrasound and Ultrasound-Guided Breast Biopsies, and Breast MRI.

Advanced Breast Cancer Diagnostics

The Breast Diagnostic Center provides some of the most accurate and least invasive screening and diagnostic procedures available. These include:

- 3D Mammography

- Digital Mammography
- Breast Ultrasound
- Breast MRI
- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Breast MRI Biopsy
- Osteoporosis Screening

All patients who undergo an advanced diagnostic procedure also receive information on continuing breast health. If cancer is detected, a team of health care professionals, including an oncologist, radiologist and a Breast Health Navigator, will fully discuss the next steps in your individual treatment and care.

Vasek and Anna Maria Polak

The Breast Diagnostic Center was founded in 1986 through the generous contributions of Vasek and Anna Maria Polak. The Polak family - fixtures in the South Bay community through charitable and business leadership - created the financial support necessary to found and continue our service to women's health.

Imaging & Radiology

The Torrance Memorial Radiology Group is the premiere radiology department in the South Bay and amongst the best in greater Southern California. We are recognized as leaders in imaging because of our highly trained and specialized radiologists, state-of-the-art imaging equipment and technology, and outstanding support staff.

Radiologists are physicians who have completed years of specialty training in medical imaging to diagnose and treat a variety of medical conditions and diseases. Because Torrance Memorial Medical Center has a history of excellence in Radiology, we have attracted some of the country's best board-certified radiologists to our staff.

Excellent imaging services require more than just top-notch radiologists. At Torrance Memorial, we have invested in state-of-the-art equipment for our Department of Radiology. We have also assembled an entire team of caring, highly skilled nurses, technologists, managers and support staff devoted to providing our patients with the highest quality imaging services available. Together, this team provides the wide range of services you would expect from a leading academic imaging facility. Our professionals work collaboratively with primary care and specialty physicians to provide each patient with the highest level of personalized multidisciplinary care.

Imaging Services at Torrance Memorial Medical Center offers a variety of diagnostic and therapeutic services using many different imaging modalities.

Imaging services include:

- **Positron Emission Tomography (PET)**
- **Computed Tomography (CT)**
- **Diagnostic Radiology**
- **Interventional Radiology**
- **Magnetic Resonance Imaging (MRI)**
- **Nuclear Medicine**
- **Ultrasound**

Interventional Radiology for Cancer Treatment:

- **Chemotherapy and Central Venous Access**
- **Tunneled Peripheral Insertion of Central Venous Line**
- **Tunneled Dialysis Catheter Insertion**
- **Peripheral Insertion of Central Venous Line**
- **Chest-Port Insertion**
- **Laser Vein Ablation (LVA)**
- **Percutaneous Insertion of the Inferior Vena Cava Filter**
- **Chemo Embolization (Kidney, Liver)**
- **Radiofrequency/Microwave Ablation**

Pathology

Every pathologist at Torrance Memorial is board certified by The American Board of Pathology in anatomical and clinical pathology. Highly focused on accuracy and providing quick results, our onsite pathology team delivers the most precise and timely diagnostic services. Our laboratory uses state-of-the-art medical technology found at leading university medical centers and research hospitals.

Cancer treatment is becoming ever more personalized. Treatment plans are derived from the detailed information obtained by the cell analysis done in the pathology department. Our pathologists not only identify the specific type and subtype of cancer, they also analyze tumor aggressiveness and measure an array of bio-molecular markers and perform tumor gene analysis that aids the fine-tuning of treatment decisions. Pathology can also be used to verify the effectiveness of treatment.

Here are some of the ways pathology serves South Bay cancer patients:

Diagnosis

Sophisticated laboratory tests determine if cancer is present. Pathologists perform these tests on the tissue or fluids collect by biopsy or surgery. These reports identify the specific type of cancer based on appearance, location and other studies. This phase determines whether your cancer has spread and, if so, how far. Pathology results also help pinpoint the cancer stage.

Prognosis

Based on special studies, pathologists may determine the nature and seriousness of your cancer. These prognostic markers allow your cancer care team to shape your treatment and medications to most aggressively combat the disease.

Aiding Treatment: Intra-Operative Diagnosis

Pathology is routinely used during surgery to ensure that a tumor has been fully and successfully removed. While a patient is still under anesthesia and in the operating room, samples of a removed tumor are immediately delivered to the pathologist for microscopic examination. Tests are done to determine if the margin of the sample is cancer-free or if more tissue needs to be removed. Nearby lymph nodes are also checked to see if cancer has spread. Information is rapidly relayed back to the surgeon. This procedure is referred to as intra-operative diagnosis.

Radiation Oncology

Radiation oncology at Torrance Memorial gives patients access to the most progressive cancer imaging, computer-aided planning and targeted treatments available. The precise delivery of treatment limits the exposure of healthy tissue to radiation and reduces side effects.

- **Stereotactic Radiotherapy/Radiosurgery** is a form of radiation therapy that delivers narrow,

powerful radiation beams to a tumor from many directions. This type of radiation therapy uses a three-dimensional set of coordinates to precisely target the beams and is more protective of nearby healthy tissue than conventional radiation therapy. At Torrance Memorial, we're proud to be first in our South Bay area to be able to offer stereotactic radiotherapy treatment utilizing the world's most technologically advanced linear accelerator, the TrueBeam® does not cause skin irritation or burning.

- **Intensity Modulated Radiation Therapy (IMRT)** is a highly advanced technique regarded as the "gold standard" in radiation treatment; IMRT delivers high doses of radiation to tumors while substantially reducing the risk to normal tissue. IMRT is a form of three-dimensional conformal radiation therapy and one of the most precise and sophisticated treatment techniques currently available. This relatively new technology is used effectively to treat many kinds of cancer, especially prostate cancer and cancers of the head and neck.
- **3-D Conformal Radiation Therapy** uses CT based treatment planning with three-dimensional rendering of the tumor and surrounding structures. This allows for very precise delivery of radiation doses and better avoidance of normal tissues.
- **Conventional External Beam Radiation Therapy** radiation therapy technique uses a linear accelerator to deliver radiation treatments to somewhat larger treatment areas. CT based treatment planning is always used and every effort is made to exclude as much of the normal tissues from the treatment area as possible.
- **Partial Breast Brachytherapy.** "Brachy" comes from the Greek word for "up close." This new method of internal partial breast radiation delivers radiation to the tissue surrounding the lumpectomy site and avoids radiation exposure to breast tissue not adjacent to the cancer. A precise dose of radiation therapy is delivered through a small tube to a highly localized portion of the breast over a one-week period, after which the tube is removed. Patients who are candidates for post-lumpectomy brachytherapy are carefully chosen based on tumor characteristics.

Dedicated Oncology Inpatient Unit

Torrance Memorial Medical Center has a dedicated, 24-bed oncology unit staffed with highly trained and companionate compassionate registered nurses,

the majority of whom have been certified in oncology nursing by the Oncology Nursing Society (ONS). An integral part of our multidisciplinary treatment team at every stage of the disease process, these highly experienced oncology nurses provide excellent nursing care based on the individual needs of the patient such as symptom management chemotherapy delivery, and postoperative care. The unit has a dedicated clinical educator who provides specific educational programs to maintain the highest standards of oncology nursing care.

Outpatient Infusion Centers

Patients receive their chemotherapy in one of our two infusion centers. For more than 25 years, our high treatment volume consistently places us within the top 4 community practices in California. Our treatment numbers exceed many university cancer centers. All of our nurses are chemotherapy certified and they take every step to ensure that our patients' treatment is accurate, safe and comfortable.

Our infusion centers are designed along the lines of a modern intensive care unit. Each infusion station is in close proximity to an oncology nurse work area, keeping patients easily visible. Each chemotherapy treatment is monitored from start to finish. Not only do our patients appreciate this extra attentiveness and security, they also enjoy the opportunity to converse with and receive support from fellow patients.

Genetics Program

The promise of personalized medicine is here. The Genetics Program at the Hunt Cancer Institute provides genetics consultations with a licensed genetic counselor to help patients better understand their risk of developing hereditary cancer. Services include:

- Interpretation of family medical history
- Coordination of appropriate genetic testing
- Interpretation of genetic test results
- Genetics education
- Cancer risk-reduction recommendations
- Testing at-risk relatives

- Identification of opportunities in genetic research

A genetics consult can provide important useful information if patients have:

- a personal history of cancer at a young age
- several relatives with cancer diagnosed at a young age, or more than one relative with the same type of cancer or related cancers (e.g. breast and ovarian cancer or colon and uterine cancer) regardless of the age at diagnoses
- two or more different types of cancer diagnosis or have a close relative with the same history of two separate cancer diagnoses
- a personal or family history of rare cancer (e.g. male breast cancer or childhood sarcoma)
- a relative (close or distant) with known mutation

Cancer Rehabilitation Program

One of the most important aspects of the cancer journey is achieving the fullest possible recovery once cancer treatment is complete. Recovery means not only having control over the disease and reversing the adverse side effects caused by treatment, but also achieving a level of health and vitality to improve and extend life. The Torrance Memorial Oncology Rehabilitation program team of Occupational, Physical and Speech Therapists assess patients, and plan individualized programs and personalized coaching to achieve physical, functional and social recovery.

Cancer Rehabilitation Program Services

Specialized services provided by physical, occupational and speech therapists, help oncology patients with:

- Mobility, flexibility and strength
- Scar adhesions and restrictions
- Depleted functional capacity and energy conservation issues
- Sensory loss, neuropathy related pain
- Lymphedema
- Compromised activities of daily living in the home and in the community, including work ergonomic issues

- Adaptive devices, equipment, braces and splints
- Safety, balance and coordination
- Seating problems
- Swallowing and speech

Lymphedema Therapy

The Lymphedema Management Program at Torrance Memorial helps patients prevent and control lymphedema. Treatment depends on the severity and extent of the condition. Skilled therapists emphasize self-care and education in helping patients successfully manage lymphedema and lead normal, active lives.

Whenever the normal drainage pattern in the lymph nodes is disturbed or damaged (often as a result of surgery or injury), swelling of the arms or legs may occur. Radiation and chemotherapy may also cause limb swelling. This abnormal collection of too much fluid is called lymphedema. Some people may experience severe swelling (edema) – with the affected limb being several inches larger than the other. Others may experience a milder form – with the affected limb being slightly larger than the other limb. While there is no cure, effective treatment can keep lymphedema under control.

All evaluations and treatments are performed per a physician’s order. Most insurance carriers require pre-authorization for outpatient evaluation.

The Torrance Memorial certified lymphedema therapists offer free monthly lymphedema screenings.

Research

We believe clinical trials are the front line in the battle against cancer. Our physicians offer among the best and most innovative treatment options to our patients and are involved in more than 40 of the world’s most promising research protocols. Our approach to research centers on clinical trials that offer the hope and promise of more effective patient care, recuperation and healing.

Tumor Boards

Our physician team conducts weekly roundtable discussions designed to review cases and

recommend treatment for each patient individually. Medical and radiation oncologists, surgeons, pathologists and radiologists are required attendees of these conferences. National Comprehensive Cancer Network (NCCN) practice guidelines, information on open clinical trials, and review and discussion of AJCC staging are included in case presentations.

Psychosocial Services

At Torrance Memorial Medical Center, we understand how a cancer diagnosis impacts every area of a patient's life. Under the direction of a professional licensed clinical social worker, we assist patients and their families with the emotional effects of cancer diagnosis and treatment. Individual and family counseling, group support, and referrals to appropriate community resources are provided according to each patient's particular needs.

Support Groups include:

- **Women's Cancer Support Group.** A gathering of women sharing stories, gathering strength and learning to adapt to life changes. *Meets every Tuesday from 10 a.m. to 11:30 a.m.*
- **Men's Cancer Support Group.** A gathering of men with any type of cancer sharing their questions, concerns and experiences living with cancer. *Meets 2nd Tuesday of every month from 6 p.m. to 7:30 p.m.*
- **Head and Neck Cancer Support Group** A safe environment to share experiences related to diagnosis and learn about available resources. *Meets 4th Tuesday of every month from 6 p.m. to 7:30 p.m.*

Medical Nutrition Therapy

A Registered Dietitian Nutritionist (RDN) is a part of the team of health professionals that help with cancer treatment and recovery. The dietitian has education and experience in the specialized nutritional needs of patients with cancer, side-effect management, and in minimizing the risk of cancer through nutritional counseling and education.

A dietitian will work with patients, their families, and the rest of the medical team to manage the

patient's nutritional status. Medical Nutrition Therapy (MNT) is used to help cancer patients keep a healthy body weight, maintain strength, keep body tissue healthy, and decrease side effects both during and after treatment.

Cancer and cancer treatments may affect taste, smell, appetite, and the ability to eat enough food or absorb the nutrients from food. This can put patients at nutrition risk, possibly leading to the development of malnutrition. Malnutrition can cause the patient to be weak, tired, and unable to fight infection or finish cancer treatment. Eating the right amount of protein and calories is important for healing, fighting infection, and having enough energy.

Torrance Memorial has dedicated Registered Dietitian Nutritionists assigned to the Oncology Unit who implement evidence-based medical nutrition therapy and provide ongoing monitoring and evaluation of patient nutritional status. Their ongoing goals include:

- Improve understanding of how proper nutrition supports improved cancer patient care
- Offer patient-specific nutrition assessments
- Apply interventions and provide education throughout the cancer treatment process
- Deliver practical examples, replicable tools, and resources for building or enhancing a nutrition program within a community cancer program
- Implement an evidence-based nutrition screening tool with higher sensitivity and specificity, to identify patients at high risk for developing malnutrition.

The dietitian also provides ongoing education and guidance to physicians and other members of the oncology team to assure appropriate screening, assessment, and referral of patients. They participate in oncology multidisciplinary team conferences and the institutional Cancer Committee. Oncology nutrition standards for all aspects of patient care and professional practice are guided by the Academy of Nutrition and Dietetics' Standards of Practice and Professional Performance for Registered Dietitians (Generalist, Specialty, and Advanced) in Oncology Nutrition Care.

Image Enhancement Center

It's not frivolous to care about your appearance during cancer treatment; looking good is part of feeling good. To aid patients in coping with the appearance-related effects of cancer, Torrance Memorial offers:

- **Evelyn's Corner** is a specialty resource offering information and a specialized selection of garments and helpful products for women undergoing breast surgery and breast reconstruction. Available products include camisoles and drain pouches to hold post-surgical drains and a bed wedge to promote comfort and speed recovery.
- **Woman-to-Woman Program.** A common side effect of chemotherapy treatment for cancer is hair loss. Some women find this particularly troubling. Our Woman-to-Woman Image Enhancement Center provides supportive information and stylist advice/instruction on using scarves, turbans, hats and hairpieces to in a way that helps you enjoy and feel pride in your appearance. There is no cost to access this service, which includes a private appointment, a tote-bag, a resource guide, a turban and a scarf.
- **Look Good... Feel Better.** This very popular and well-known half-day workshop, offered at no charge and hosted by the American Cancer Society, provides hands-on instruction by a licensed cosmetologist on ways to enhance appearance before, during and after cancer treatment. Participants experiment with and learn about the creative use of cosmetics and headwear to brighten their look and create positive emotional energy.

Though this workshop is free, space is limited and reservations are required. Call the American Cancer Society at 800-227-2345 to register.

Palliative Care (Pain Management) Program

Torrance Memorial Medical Center offers palliative care programs to improve quality of life and decrease suffering for patients with serious, chronic or life-threatening illness.

Many people don't realize that the term "palliative care" is not the same as end-of-life care. Palliative care refers to comfort measures, care that is focused on helping you feel better and suffer less. Anyone who has a serious or life-threatening illness can benefit from palliative care, either to treat symptoms of the disease, such as pain or shortness of breath, or to ease the side effects of treatment, such as fatigue or nausea.

Our palliative care professionals also coordinate palliative care services with other programs at Torrance Memorial, including hospice care and home health services.

Working closely with your doctor, Torrance Memorial Palliative Care provides:

- Relief of pain and symptoms resulting from current treatment or advancing illness
- Help in understanding treatment options
- Assistance with difficult healthcare decisions and healthcare goal setting
- Practical information about community resources and coping
- Help in navigating the healthcare system
- Emotional and spiritual support for the patient and family.

Home Health

Torrance Memorial Home Health is a full-service, California-licensed and Medicare-certified home health care and hospice agency that serves the entire South Bay area of Los Angeles. A wholly-owned subsidiary of Torrance Memorial Medical Center is also accredited by the Joint Commission.

As a full-service agency, we maintain a complete field staff of registered nurses who provide warm, caring treatment on an individualized basis. Our home health care team also includes:

- Home Health Nurses - RNs
- Medical Social Workers
- Physical Therapists
- Occupational and Speech Therapists
- Certified Home Health Aides

- Hospital and Home Care Coordinators
- Wound Care Specialists
- Licensed Vocational Nurses - LVN's

Patients receiving services from Torrance Memorial's home health care department are evaluated by a registered nurse or a physical therapist to the degree in which the patient can care for himself and his physical surroundings. As a patient's abilities increase, the improvements are quantified, reported, and then compared with the same data from other home health care agencies.

These comparative reports offer an opportunity to evaluate the work that home healthcare organizations perform as they assist patients maintain or recover their independence.

Recent reports measuring improvement in patient independence have shown that Torrance Memorial's Home Health care service has a remarkable record of helping patients restore their activities of daily living.

- Trained multilingual volunteers offering companionship and limited caregiver respite
- Bereavement support
- Medical supplies and equipment
- Medication related to the hospice diagnosis
- Physical, occupational and speech therapists for safety in mobility and energy conservation
- General inpatient care at Torrance Memorial Medical Center for acute episodes*
- Continuous care at home for short-term crisis management*
- Respite care for caregivers
- On-call help is available 24 hours a day, seven days a week

** Must be authorized by the hospice team*

Hospice

Torrance Memorial Medical Center's Hospice program is licensed by the State of California, Medicare and Medi-Cal certified, and accredited by the Joint Commission. We have received top honors in nursing excellence, receiving the distinction of Magnet Status.

We are a community-based organization serving residents of the South Bay. Limiting our service area allows our team of caregivers to spend quality, caring time with patients and families. Torrance Memorial Hospice is also a member of the National Hospice and Palliative Care Organization.

Torrance Memorial provides the following Hospice services:

- A Medical Director and a team of physicians who oversees the plan of care
- Regular visits by registered Hospice nurses with special training in pain and symptom management
- Psychosocial support for patients and families
- Spiritual support through non-denominational Chaplain services
- Hospice aides to provide personal care
- Homemaker services for support with household chores