

## Marin Cancer Institute at Marin General Hospital

Greenbrae, California

**M**arin Cancer Institute, a community cancer program operated by Marin General Hospital since 1992, is an integrated program of care promoting prevention and early detection and providing treatment, rehabilitation, and supportive care.

In 2005, Marin Cancer Institute received seven commendations from the American College of Surgeons Commission on Cancer. "These commendations speak to the caliber of care we provide and the environment in which we treat our patients. We pride ourselves not only on our university-level expertise, but on forming personal relationships with our patients in a setting that is close to home and convenient," said Medical Director Lloyd Miyawaki, MD, in a press release. With an annual caseload of about 600 new analytic cases, the Institute's services are provided in the Cancer Care Center, Marin General Hospital, physicians' offices, and in the home setting. The Institute has disease site-specific interdisciplinary care teams (for breast, prostate, genitourinary, and gastrointestinal cancer) that design and implement a complete care plan to meet the physical and emotional needs of patients and their families in an atmosphere that fosters healing and wellness. In a highly competitive market, Marin Cancer Institute draws patients from across the San Francisco Bay Area and beyond.

Nearly all the Institute's services are centrally provided in a three-story facility located about one-half block from Marin General Hospital. Designed with an open-air central courtyard, the building features both a healing garden and a meditation garden, offering tranquil respite for both patients and staff.

Radiation oncology services are located on the first floor, medical oncology and physician and admin-



The Breast Health Program at Marin Cancer Institute has piloted an equine-facilitated therapy program, directed by nurse navigator Cindi Cantril, RN. "Healing with Horses" is open to 6 to 12 participants for 12-week sessions. Through the project, women who are recovering after cancer treatment spend two hours a week learning about horses and riding. The program, a joint effort between the cancer institute and two local stables, is offered to patients free of charge. Pictured is cancer survivor Kimberly Powell with Flamen.

### Selected Support Services

- Art and Imagery Cancer Support Group
- Breast Cancer Support Groups
- Lymphedema Support Group
- Man to Man Support Group (for men whose partners have breast cancer)
- Breast Cancer Mentor Program
- Self-Image Enhancement
- Knitting Circle for Squares

### Vital Statistics

- Total hospital bed size: 235 beds
- Number of dedicated cancer unit beds: 7
- Number of new analytic cases seen per year: 600

istrative offices are located on floors two and three. The building also houses the Cancer Resource and Recovery Center, which offers an array of information for patients. Chemotherapy services are provided both in physician offices as well as at an outpatient infusion center located at the hospital.

### Meeting the Community's Needs

According to a recent report by the Northern California Cancer Center, the rate of breast cancer incidence for Marin County (for 1997-2001) was 6 percent higher than the rest of the Bay area and 15 percent higher than the rest of California. The Marin

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Cancer Institute's Breast Health Program sees about 200 new analytic cases per year, and offers patients leading-edge technology for diagnosis and treatment of breast cancer. Breast Health Program clinicians use combined modalities of mammography, sonography, and MRI for diagnosis. All patients receive digital mammography with computer-assisted diagnosis. The program provides digital breast ultrasound; breast MRI; stereotactic needle breast biopsy; fine needle biopsy with expert cytopathology; and sentinel node biopsy.

Each patient's case is discussed by the multidisciplinary breast cancer tumor board before treatment begins. Typically, about 20 members of the interdisciplinary healthcare team attend these weekly tumor boards. "[For patients] it's like an instant second, third, and fourth opinion," said Alison Smith, MD, medical director of the Breast Health Program. "I think our team approach is key. We have surgeons, reconstructive surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, breast radiologists, gynecologists, primary care physicians, oncology social workers, and oncology nurses. All of us discuss each and every case prospectively." After patients have their surgery and with each significant change in management, their cases are re-presented to the tumor board, said Dr. Smith.

In 2004, Cindi Cantril, RN, MPH, OCN®, joined the Breast Health Program as nurse navigator. An experienced oncology nurse, Cantril is a strong advocate of the patient navigator role for cancer programs. The complexities of cancer diagnosis and treatment today mean that patients often face multi-modality care over weeks and months that can include radiation therapy, chemotherapy, and surgery. For many patients, Cantril said, "It's overwhelming to have a diagnosis of can-

cer. The navigator serves as sort of the hub of the wheel of cancer care. No matter where someone is in their treatment, I'm kind of their constant and I move with them throughout the process." Cantril is the point of contact for breast cancer patients throughout the diagnostic and treatment processes, serving as patient educator, guide, and advocate. She coordinates appointments; facilitates communication between patients and physicians; helps with recovery and rehabilitation planning, and provides support services to patients and their families.

Surgical treatment options for the program's breast cancer patients include breast conserving surgery, sentinel node biopsy, and advanced reconstructive techniques.

Radiation oncology treatments for breast cancer patients include intensity modulated radiation therapy (IMRT), with the option of IMRT with Varian's Respiratory Gated Radiation Therapy, which allows the coordination of radiation beam delivery with patient breathing to minimize the exposure of normal tissue surrounding cancerous tissue.

The Marin Cancer Institute takes great pride in the fact that the program's breast cancer five-year survival rate is 91 percent, higher than the 85 percent tracked by NCI's SEER (Surveillance, Epidemiology, and End Results) program.

Another signature program of the Marin Cancer Institute is the Prostate Cancer Program, which was started in 2003 by Gary D. Grossfeld, MD. The program's nurse navigator, Stella Petrakis-Rinne, RN, MS, AOCN®, CNS, guides patients through diagnosis, treatment, and recovery as their advocate, educator, and coordinator.

"The rate of prostate cancer incidence in Marin County is among the highest in California," said Grossfeld. "Our goal is to create the best possible treatment plan and care delivery program. We want the patient to feel comfortable and informed every step of the way."

This program is structured so that patients and their families can consult with all of their cancer specialists in a single day, during a multidisciplinary conference with a comprehensive medical team that includes a patient survivor. State-of-the-art treatment

options for prostate cancer patients include brachytherapy, IMRT, and advanced surgical techniques, such as nerve-sparing prostatectomy. Other genitourinary cancers are treated with state-of-the-art therapies as well, including bladder replacement for patients with invasive bladder cancer and minimally invasive treatments for kidney cancer.

Following on the success of the Genitourinary Oncology and Breast Health Program, the Marin Cancer Institute recently launched a Gastrointestinal Oncology Program, under the direction of Joseph Poen, MD, and Lloyd Miyawaki, MD. Stella Petrakis-Rinne, RN, MS, AOCN®, CNS, serves as nurse navigator for this program as well.

The Marin Cancer Institute participates in a range of national cooperative clinical trials, as well as industry-sponsored trials.

## Outstanding Support Services

The Marin Cancer Institute provides an exceptional range of support services for patients and their families. Patients can access services at Marin General Hospital's Institute for Health and Healing, which offers innovative approaches to healthcare that combine education, psychospiritual support, the arts, and integrative therapies with conventional medicine. Nutrition counseling services are provided by a registered dietitian.

Among the program and educational offerings in the planning stages are a new Therapeutic Lifestyle Change course that will focus on healthy eating habits and integrative self-care practices, and a recovery retreat planned by the Breast Health Center for 2006. The retreat will focus on helping patients who have completed cancer treatment transition into cancer survivorship.

Mind/Body classes are offered through the Institute for Health and Healing, including expressive arts, guided imagery, and massage therapy (free for radiation therapy patients).

For more than a decade, the Marin Cancer Institute has focused on providing the community with high-caliber cancer care with an exceptional level of personalized service. "Every single physician and practitioner here has a deep and profound commitment to cancer care," said Cantril. 📞