

The vision of having **all services under one roof** is soon to be a reality.

Six years ago, we first broke ground for a new cancer center. Little did we know how well received Lakeland Regional Cancer Center would be by the community and all of Central Florida. On January 22, a ground breaking ceremony was held to kick off our 27,000 foot expansion that will add 26 exam rooms, a special procedure room, cystology room and endoscopy suite. The project to be completed in 2011, will nearly double the size



of our center and offer a complete range of oncology services finally under one roof. It's a vision that our team of dedicated oncology specialists, Board of Directors and Cancer Center Administrator have never lost sight of. And a dream come true for us and the many, many patients who seek our unmatched level of cancer care.



**LAKELAND REGIONAL  
CANCER CENTER®**  
*Advancing the Cure. Committed to Care.*

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# new directions

volume eight, spring 2010

## LOOKING AHEAD: 2010 BRINGS ADDED CANCER CARE TO THE REGION.

Last year, Lakeland Regional Cancer Center continued to serve patients from around Central Florida and to implement improvements in the way we uniquely provide cancer care. Our tumor board met weekly to discuss newly diagnosed cases and the best multidisciplinary course of treatment for effectively treating each patient's specific form of the disease. We expanded our chemotherapy area, adding nine cubicles, as well as our pharmacy and laboratory space. And we added several new oncology specialists to our team, further complementing our already high level of renowned cancer care.

In 2010, even more exciting events and technologies are on the horizon. As our services and staff have continued to grow, so has the need for additional exam and special procedure rooms. In January, we broke ground for a new 27,000 square foot expansion, nearly doubling our size and capabilities. We are looking forward to adding new physicians to our practice, including the expertise of a female urologic oncologist. And we'll be offering new applications in robotic surgery to include general gastrointestinal problems and cancers, giving patients minimally invasive options for many complex GI procedures.

At LRCC, we have a vision and are always looking ahead for less invasive and more effective cancer treatment options while maintaining the personable one-on-one attention we're known for. And in 2010, Polk County can expect even more exceptional cancer care from Lakeland Regional Cancer Center.

Sincerely,

**Kim Walker**  
LRCC Administrator



### HELPING PATIENTS DISCOVER THEIR "NEW NORMAL"

LRCC's new Survivorship Program for breast cancer survivors who have completed active therapy is designed to assess physical, emotional, psychosocial, sexual and spiritual health, and to provide a plan for dealing with life changes caused by the disease. For more information, call **863-603-6565**.

**Our Mission:** *Delivering exceptional cancer care through research, prevention, early detection, treatment and the relentless pursuit of a cure. To schedule a consultation or appointment, please call 863-603-6565 or toll-free 866-823-4405. For more information, visit our website at [www.LakelandRegionalCancerCenter.com](http://www.LakelandRegionalCancerCenter.com).*



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## Meet Alex & Adrian.

LRCC Employees of the Quarter.



Alex Moskowitz is a radiation therapist. Adrian Edwards is a reimbursement specialist. Two very different people in two very different roles. Yet their peer reviews read very much the same. "Always willing to go above and beyond," "aiming for perfection," and "going that extra mile for our patients and employees" are words their co-workers use to describe both Alex and Adrian.

And their similarities and dedication don't stop there. Alex and Adrian not only set high standards for the jobs they currently perform, they each have higher goals in mind. Alex plans to achieve a degree in Health Care Administration while Adrian is pursuing a Bachelor's Degree of Science in Health Management and Supervision.

Congratulations, Adrian and Alex. We are proud of you and look forward to your continued service and success!

Lakeland Regional Cancer Center and our skilled staff of cancer surgery specialists are pleased to offer more options for oncologic and general robotic surgery than any other area provider. Utilizing the two DaVinci® Robotic Surgical Systems located at LRMC, our surgeons are recognized as pioneers in robotic procedures. Our prostate cancer patients initially benefited from the smaller incisions, less pain and quicker recovery time afforded by this advanced technology. And today, gynecologic, bladder, kidney and most recently gastrointestinal cancer patients are also benefiting from this less invasive surgery at Lakeland Regional.

## More robotic surgery applications. More options for you.



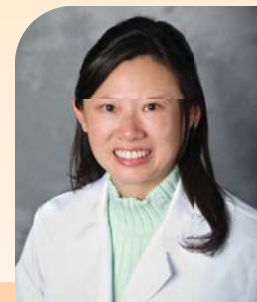
Dr. Mark Bandyk with our DaVinci® Robotic Surgical System.

The advantages of robotic surgery are many. Smaller incisions, decreased pain and scarring, and a shorter hospital stay, as well as greater range of motion and precision for our surgeons have dramatically changed the way we perform surgery. For more information or to make an appointment with one of our oncology specialists, please call 863-603-6565.

## >>> LRCC's Dr. Helen Chan performs area's first GI robotic procedure.

As LRCC continues to expand its robotic surgery applications, Dr. Helen Chan is leading the way in gastrointestinal cancers and other GI disorders in Polk County. Dr. Chan is the first in Polk County performing a variety of GI procedures robotically, including colon and rectal resections; removal of the spleen, gallbladder and pancreas; as well as hernia repair.

Because robotic surgery overcomes the limitations of both traditional open surgery and laparoscopy, patients now have greater minimally invasive options for many complex GI problems. According to Dr. Chan, "the robot affords greater ergonomics, hand-eye alignment and wrist-like movements that provide greater dexterity, precision and control."



Dr. Helen Chan  
LRCC Surgical Oncologist

## LRCC's Tumor Board: Uniquely benefiting patients.

If you're newly diagnosed with cancer, you want to be sure you're being offered the most effective treatment options. You deserve to have your personal case analyzed from different perspectives by experts of different disciplines. And you need the peace of mind knowing you've chosen the right cancer center.

Only at Lakeland Regional Cancer Center do you get the specialized attention of a tumor board. Our multidisciplinary team meets together weekly to discuss newly diagnosed cancer patients' individual conditions. Our board includes input from surgical, urologic, medical and radiologic oncology, as well as pathology. The group reviews all pertinent x-ray studies and pathologic slides, and a multi-disciplinary treatment plan is then derived specifically for each patient. It's a truly collaborative effort you'll find only at LRCC.



All LRCC physicians and surgeons take part in the weekly tumor board, including the women's cancer team (pictured here), urology, hematology and radiation.

## Colorectal Cancer Screening: Easy, inexpensive and promising.

Did you know that when colorectal cancer is detected early, there is a 90% survival rate? Yet the number of people over 50 who are screened for the disease remains very low. Many tests are not costly and are covered by insurance, but people fail to get screened because they believe them to be embarrassing. Consider this: If a well-known news anchor can undergo a colonoscopy on a national morning show, shouldn't you be able to discuss these tests with your doctor and insist that they be done?

**LRCC is first in U.S. to offer new colon cancer clinical trial.** For patients over 50 and already diagnosed with colon cancer, LRCC has launched a new clinical trial that hopes to further optimize the biomarker mSEPT9 test created by Epigenomics, a cancer molecular diagnostic company. The study led by Principle Investigator Dr. Helen Chan uses blood from patients who have not yet undergone any treatment. To qualify for the study, you cannot have a personal or first-degree family history of colorectal cancer. For more information, call 863-603-6565.

**Fecal Occult Blood Test:** A simple digital rectal exam that can give an almost immediate indication of any blood in the stool.

**Flexible Sigmoidoscopy:** Done every four years, every two if you're at high risk. Screening is done in an office without sedation and examines the rectum and lower two feet of the bowel.

**Barium Enema:** This x-ray procedure is done as an outpatient and uses barium to provide contrast, outlining abnormalities in the bowel.

**Colonoscopy:** Similar to the sigmoidoscopy, this procedure gives the most complete picture of the entire colon, and a biopsy can be performed at the same time. General sedation is usually given.