



**Hunterdon Healthcare**

**Hunterdon Regional Cancer Center**



*A Fox Chase Cancer Center Partner*

## **2019 Annual Report**



## Hunterdon Regional Cancer Center 2019 Annual Report

There is bad news and good news in the world of cancer care. The bad news is, close to 1.8 million people will be diagnosed with cancer in the United States in 2019, and approximately 600,000 people will die from the disease this year. Cancer is second only to heart disease as the leading cause of death in this country.

### Estimated New Cases

		Males		Females			
Prostate	174,650	20%			Breast	268,600	30%
Lung & bronchus	116,440	13%			Lung & bronchus	111,710	13%
Colon & rectum	78,500	9%			Colon & rectum	67,100	8%
Urinary bladder	61,700	7%			Uterine corpus	61,880	7%
Melanoma of the skin	57,220	7%			Melanoma of the skin	39,260	4%
Kidney & renal pelvis	44,120	5%			Thyroid	37,810	4%
Non-Hodgkin lymphoma	41,090	5%			Non-Hodgkin lymphoma	33,110	4%
Oral cavity & pharynx	38,140	4%			Kidney & renal pelvis	29,700	3%
Leukemia	35,920	4%			Pancreas	26,830	3%
Pancreas	29,940	3%			Leukemia	25,860	3%
<b>All Sites</b>	<b>870,970</b>	<b>100%</b>			<b>All Sites</b>	<b>891,480</b>	<b>100%</b>

### Estimated Deaths

		Males		Females			
Lung & bronchus	76,650	24%			Lung & bronchus	66,020	23%
Prostate	31,620	10%			Breast	41,760	15%
Colon & rectum	27,640	9%			Colon & rectum	23,380	8%
Pancreas	23,800	7%			Pancreas	21,950	8%
Liver & intrahepatic bile duct	21,600	7%			Ovary	13,980	5%
Leukemia	13,150	4%			Uterine corpus	12,160	4%
Esophagus	13,020	4%			Liver & intrahepatic bile duct	10,180	4%
Urinary bladder	12,870	4%			Leukemia	9,690	3%
Non-Hodgkin lymphoma	11,510	4%			Non-Hodgkin lymphoma	8,460	3%
Brain & other nervous system	9,910	3%			Brain & other nervous system	7,850	3%
<b>All Sites</b>	<b>321,670</b>	<b>100%</b>			<b>All Sites</b>	<b>285,210</b>	<b>100%</b>

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The good news is, over 40% of those newly diagnosed cancers could be prevented through collective efforts to reduce tobacco use and alcohol consumption, increase exercise, improve nutritional habits and access to healthy foods, increase vaccination rates against cancer-causing viruses, and decrease sun and UV ray exposure. Screening for breast, colorectal, cervical, prostate, and lung cancers has been proven to reduce mortality rates, and colorectal and

cervical screening can actually prevent cancer by detecting and removing lesions before they become cancerous.

And there's more good news for those diagnosed with cancer. The 5-year relative survival rate for all cancers has increased significantly over the past 50 years, with less than a third of all cancer patients surviving more than 5 years in the 1960s to close to 70% surviving today. This dramatic improvement in survival rates can be attributed to several factors, including advances in treatment options, and improved efforts to detect cancers at an earlier, more treatable, and even curable, stage through cancer screening.

At Hunterdon Regional Cancer Center (HRCC), we're targeting our resources in all areas of cancer care across the continuum, from prevention and early detection through treatment and into survivorship, with highly-trained, board-certified staff leading the way to improve the overall health and well-being of our community.

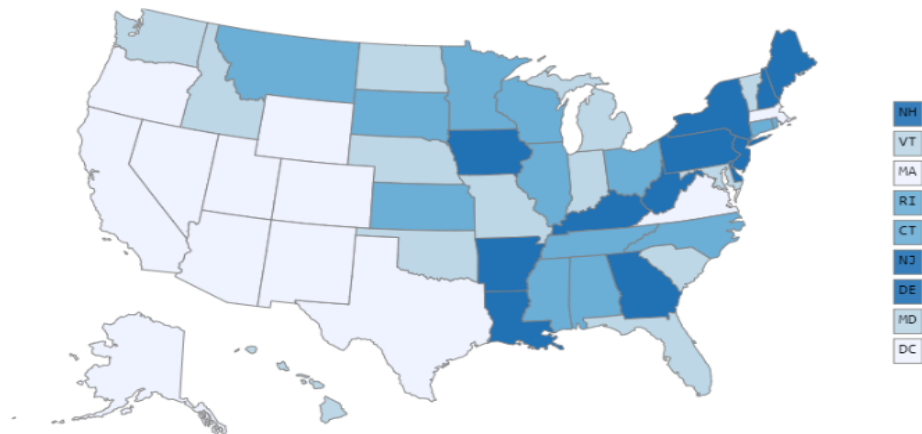
### Prevention and Early Detection

As can be seen on this map, NJ is one of the states with the highest rate of new cancers in the US. At HRCC, we're working hard to reduce this statistic through our cancer prevention and screening programs, partnering with the state and CDC to improve the health of residents in Hunterdon and Mercer counties.



#### Rate of New Cancers in the United States

All Types of Cancer, All Ages, All Races/Ethnicities, Male, and Female, Rate per 100,000 people, 2016



Rate per 100,000 people

Data source – U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on November 2018 submission data (1999-2016): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, June 2019.

### ***Hunterdon-Mercer Regional Chronic Disease Coalition***

The aim of the Regional Chronic Disease Coalition is to address the state's cancer burden and work toward improving health outcomes for people with or at risk for cancer and other chronic diseases. The coalition is supported by the New Jersey Department of Health Office of Cancer Control and Prevention to coordinate comprehensive cancer control efforts and contribute to the national efforts of the CDC.

The Coalition is a prevention platform delivering education-oriented initiatives to promote cancer prevention, support early detection efforts, address the needs of cancer survivors and promote health equity and quality of life. It deploys evidence-based strategies through a collaborative and coordinated approach to education and outreach activities. Education equips residents with information they need to avoid behaviors that place them at risk of developing cancer, as well as understanding the warning signs so cancers can be detected early and treated, controlled or cured. The Coalition team offers group presentations and one-on-one sessions that focus on breast, colorectal, lung, cervical, and skin cancers.

### ***New Jersey Cancer Education and Early Detection (NJCEED)***

The NJCEED grant program is funded by the National Center for Disease Control (CDC) and Prevention and the State of New Jersey Department of Health and Senior Services. The grant provides eligible individuals with free comprehensive screening services for breast, cervical, colorectal, and prostate cancer. The program also provides outreach, education and case management/navigation services, and covers certain diagnostic procedures needed after an abnormal test result. Individuals may qualify for the CEED grant services if they are without medical insurance, have a high deductible or have inadequate funds to pay for services not fully covered under their insurance policy. The NJCEED team used motivational interviewing techniques to identify and help overcome barriers to participating in screening services.

The tables below provide a summary of 2019 Coalition and NJCEED outreach activities and outcomes.

# Prevention, Screening and Outreach 2019

## Coalition Strategies

- HPV Immunization Compliance
- Sun Protection Education & Skin Screening Access
- Smoking Cessation and Vaping Education
- Community Outreach Programming
- Motivational Interviewing: breast, colon and lung cancer
- Survivorship Workshops

## NJCEED Strategies

- Group/One to One Education
- Reduce Barriers
- Cancer Screening to Underserved/Uninsured
- Translation/Transportation Services
- Diagnostics
- Surgical Consult/Biopsy
- Diagnosis
- Client Navigation
- Transition to Treatment

## Long Term Outcomes

- Decreased Late Stage Cancer Diagnosis
- Increased Cancer Screening/Immunization Rates
- Improved Self Management & Quality of Life for Survivors
- Improved Clinical-Community Linkages

# Prevention Education Initiatives and Outcomes

Topic	Initiative	# Reached	Outputs/Outcomes
General	Healthy Aging/Active Living	28	88% indicated helpful (Average Age was 68)
Skin	SunBeatables	70 kids/38 adults	Sun safety integrated into daycare communications to parents - systems change
	Skin Cancer Screening Event	108	108 Screened; 36 referrals for follow-up include 3 presumptive melanoma
Lung	Vaping Presentations (HQ, RVCC, HMC)	76	2 pledges to quit smoking (QA 30) @ HealthQuest Event (21 educated) 88% increase in knowledge @ Community Presentation (17 educated)
Breast	Prevention Education (MI calls, One-on-one & group)	187 women	100% of women educated have a better understanding about breast cancer risks factors, symptoms, screening and prevention alternatives
Survivors	Thriving & Surviving Workshop	17	High (8) self-management confidence scores 100% indicated lifestyle changes as a result of workshop
Cervical	HPV School Nurse Initiative	20 nurses	Increased frequency of HPV communications to parents - systems change
	Prevention Education	75 women	100% of women educated have a better understanding about cervical cancer risks factors, symptoms, screening and prevention methods (tests and vaccines)
Colorectal	Men's Only Program	20	100% felt better informed about their health and accessing services
	Prevention Education	167	100% of men and women educated have a better understanding about colorectal cancer risks factors, symptoms, screening and prevention alternatives.
Prostate	Prevention Education	78	100% of men educated have a better understanding about prostate cancer risks factors, symptoms and screenings.

# Outreach Applying Motivational Interviewing Techniques

Focus	# Reached	# Educated	Outputs/Outcomes
Breast	17 enrolled CEED	64	17 screened, 0 cancers to date
Colorectal	11 enrolled CEED	41	6 screened, 0 cancers to date
Lung	34 (out of 79)	13	22 pledged to GA SO; 4 Referrals to NJ Quitline
Skin	35 follow up referrals	--	<b>17 Compliant to Date (49%)</b> <ul style="list-style-type: none"> <li>- 3 basal cell carcinomas; 1 actinic keratosis; 1 dysplastic nevus; 1 atypical compound spindle and epithelioid tumor</li> <li>- 3 presumptive melanoma diagnosis: 1 pre-melanoma diagnosed, 1 waiting for insurance, 1 unable to be reached</li> </ul>

## Treatment

When someone in our community is diagnosed with a cancer, Hunterdon Regional Cancer Center provides the most comprehensive, current options available to treat their disease. Hunterdon Healthcare is committed to clinical excellence, with care based on nationally-recognized practice guidelines, and providing state-of-the-art medical, surgical and radiation oncology treatment services.

### ***Surgical Oncology***

In the summer of 2019, Hunterdon Healthcare purchased Savi Scout®, a surgical guidance system used to localize tumors in the breast. In most cases, the Savi Scout® can replace the previous practice of placing a needle or wire in the breast to assist the surgeon in locating the tumor during a lumpectomy procedure. The Savi Scout® is reported to have 360° detection of a tumor with 1 millimeter accuracy. This allows more precise surgery with removal of less tissue while still getting clean margins all the way around the tumor. Because the Savi Scout®

reflector is inserted into the breast with no external needles or wires, it is more comfortable and cosmetically pleasing to the patient without compromising quality of care.

## Survivorship

Thanks to cancer screening and early detection, as well as advances in cancer treatment, there are close to 17 million cancer survivors living in the US today, and that number is expected to grow to over 22 million by the year 2030. In 2019, Hunterdon Regional Cancer Center, in collaboration with the NJ Department of Health, offered *Cancer Thriving & Surviving*, an evidence-based program designed to meet the needs of patients after the completion of active treatment. The program addresses the physical, psychosocial and spiritual needs of cancer survivors, and provides resources to improve the quality of their life as they transition into and embrace their role as cancer survivors.

## Our Pledge

From screening and early detection services, to the most advanced treatment options, to survivorship care and resources, Hunterdon Regional Cancer Center cares for our community all along the cancer continuum. Our continued hope is that everyone in our community remains cancer free, but our promise is to provide the most advanced cancer care with kindness, compassion, and personal attention for anyone who needs it.

## References

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