

# Physician News

SERVICE LINE SPOTLIGHT:

**Ovarian Cancer Treatment at John Muir Health:**

## High Volume Puts Program in Top 5.5 Percent of Cancer Centers

John Muir Health's Gynecologic Oncology program has developed a standout reputation as a high volume comprehensive center for ovarian cancer treatment. The case volume ranks the health system within the top 5.5 percent of cancer centers across the country, including academic centers, for the treatment of ovarian cancer. John Muir Health is also a referral center for the diagnosis and treatment of patients with a suspected or known cancer of the female genital tract.

Here's how John Muir Health measures up on the treatment of ovarian cancer:

- For 5 years, John Muir Health's average case volume has been 42 patients annually
- Only 5.5 percent of cancer centers treat more than 28 cases annually
- 9.8 percent of cancer centers treat between 17-28 cases annually
- 19 percent of cancer centers treat between 8-16 cases annually
- 65 percent of ovarian cancer patients receive their treatment in a very low-volume center that treats less than 8 cases annually

### Survival Rates

In terms of survival, only 43 percent of cases nationally received NCCN (National Comprehensive Cancer Network) guideline care, and this was associated with higher rates of survival.

Facility case volume is an important independent predictor for receiving guideline care. Even after adjusting for receipt of guideline care, case volume independently predicts overall survival.

John Muir Health is within the top 5.5 percent of national hospitals treating more than 251 ovarian cancer cases from 2010 - 2015. Our results are based on a collection of our surgical outcome data over a 5-year period demonstrating an 88 percent complete and optimal cytoreduction. Research shows that a patient's surgical outcome is the strongest indicator for better disease-free interval (DFI) and overall survival.

### Personal and Compassionate Care

According to Carolyn Berson, Nurse Navigator for the Gynecologic Oncology Program, who serves as an advocate and guide to the patient, "Having a comprehensive gynecologic oncology program is definitely key to providing

the best possible outcomes. This starts with our surgical specialists, and the dedicated team that cares for each patient. Our program has all the elements of a top-rated program, plus a very personalized approach to care."

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Some of these elements include minimally invasive and robotic surgical options, comprehensive medical and radiation oncology, highly skilled pathologists and radiologists, a highly skilled OR team, experienced post op, critical care and research nurses and review of most malignant cases by a multidisciplinary team of specialists at a dedicated Tumor Board. In addition, John Muir Health uses some of the very latest, most highly advanced treatments, such as Hyperthermic Intraperitoneal Chemotherapy (HIPEC). This treatment delivers highly concentrated chemotherapy directly to the abdomen during surgery, offering the potential for better disease control for women with recurrent disease.

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The Medical Director of the Gynecologic Oncology Program is Babak Edraki, MD, who works with gynecological oncologists Dimitry Lerner, MD and Daniel Paik, MD. Brenda Carlson is the Executive Director, Oncology.

Dr. Edraki says he wishes that "the medical and patient community in the East Bay could witness the depth of the commitment to clinical excellence of our physicians and staff, and the cross-specialty nature of the team, as well as the availability of clinical trials to John Muir Health patients."

Dr. Lerner adds that he is proud to be part of the Gynecological Oncology Program at John Muir Health for many reasons. "We provide cutting edge

treatment plans, access to clinical trials and a team approach to treatment. John Muir Health makes it possible for people in this community to receive treatment in a familiar environment, close to home and to their support systems."

According to Dr. Paik, "Our literature supports the notion that a cancer patient's survival is significantly improved if their surgery and cancer care are performed at a high volume center. We are proud to be recognized as a high volume center for gynecologic cancer treatment."

Brenda Carlson believes that "What we have been able to build is unrivaled by most other community-based health providers. I am so proud that our program has become an incredible asset to our community and the surrounding area. Ovarian cancer is a potentially devastating disease. To be able to successfully treat so many cases for the women in our local population, at such a high level -- in terms of medical and surgical care, and also in human terms -- is an enormous achievement."

**Our surgical specialists have expertise in diagnosing and treating all female reproductive cancers. Our volume of cancer cases diagnosed from 2007-2015 is a very impressive 1,275 cases.**

Adds Berson: "Having these state-of-the-art services locally means that patients and families don't have to travel for treatment. Staying close to home gives them access to their local physicians, community and support services. This is a great help to a family during a very challenging time."

#### **Gynecological Conditions Treated at John Muir Health:**

- Cervical Cancer
- Endometrial/Uterine Cancer
- Ovarian Cancer, including Fallopian tube and primary peritoneal, germ cell and stromal cell
- Trophoblastic disease
- Vaginal cancer
- Vulvar cancer
- High risk or hereditary cancers

#### **State-of-the-Art Therapeutic and Surgical Capabilities:**

- Minimally-Invasive Robotic Surgery
- HIPEC (Hyperthermic Intraperitoneal Chemotherapy) – one of the few programs in California that offers this option
- Fertility-sparing surgery for the treatment of early-stage cervical cancer.
- High dose rate (HDR) brachytherapy – using precise placement of radiation sources directly at the site of the tumor