

HealthLink

SPECIAL ADVERTISING SECTION

Supporting Women in Our Communities

Catholic Health Services (CHS) offers comprehensive breast health services across Long Island.

Clinical Excellence, Compassionate Care

CHS's breast health services ensure that patients receive compassionate care at all stages, from early detection through diagnosis and treatment. The system's multidisciplinary teams include board certified surgeons, specialized medical oncologists, radiation oncologists and radiologists, as well as certified breast health navigators. The latest technology and minimally invasive techniques are employed to identify any abnormalities. Genetic counseling is available for patients with elevated risk for breast cancer, and education and support groups help keep patients informed and empowered.

Advanced Imaging Services:

- 3D Mammography
- Molecular Breast Imaging (MBI)
- Bone Densitometry
- Breast MRI
- Breast Ultrasound
- Breast Guided Biopsy

Clinical Staff:

- Radiation and Medical Oncologists
- Breast Cancer Surgeons
- Radiological Technologists
- Infusion/Chemotherapy Nurses
- Breast Health Nurse Navigators
- Genetic Counselors
- Pathologists

Comprehensive Care Right in Her Backyard

Alana Buffa had numerous risk factors for breast cancer: she is of Ashkenazi Jewish heritage, she had benign breast disease since she was 19 years old, and her older sister was diagnosed with breast cancer, and so it was not surprising when she, like her sister, was diagnosed with breast cancer at age 47. Still, when Alana heard the words, "You have cancer," shock and fear were her overriding emotions.

A West Islip resident, she lives within walking distance of Good Samaritan Hospital and the office of breast surgeon Anthony Capizzi, MD, which is where she headed immediately after a routine mammogram and ultrasound picked up the suspicious finding.

A needle biopsy performed at Good Samaritan's Breast Health Center confirmed that Alana had invasive ductal cancer. Her sister accompanied Mrs. Buffa to some of her appointments to help her understand the information being presented.

When she went home, her sister did research on Good Samaritan. She called Alana and said, "Do you know how many awards Good Sam has for their breast care? You are in very good hands at this hospital". Among the benefits that her sister highlighted was the fact that Good Samaritan's comprehensive Cancer Institute offers the full range of treatment options, including surgery, chemotherapy, genetic testing and radiation therapy. Their breast cancer program has been honored with the prestigious three-year/full accreditation from the National Accreditation Program for Breast Centers (NAPBC), administered by the American College of Surgeons for the highest level of breast care.

Alana opted for a lumpectomy, but after her initial surgery, the biopsy results revealed that she had lobular carcinoma in situ, an invasive cancer that increased her risk of developing a recurrence in both breasts. Her doctors presented her with treatment options, but advised that the decision was up to her.

As the mother of a young son, she never wanted to hear the words, "You have cancer" again, so she elected to have a double

mastectomy with reconstruction. Her medical team grew to include plastic and reconstructive surgeon Jonathan V. Landon, MD, and medical oncologist John J. Loscalzo, MD. Although this decision spared Alana from radiation treatments, she also had a consultation with Johnny Kao, MD, Chair of the Department of Radiation Oncology at Good Samaritan, who supported and validated her decision.

Every encounter she had with a member of the team reinforced Alana's belief that choosing Good Samaritan was the right decision. From Dr. Loscalzo, who "had an answer for every question I asked with statistics to back it up," to Dr. Landon, who gave her his home number and "spent hours and hours explaining every single detail" so Alana wouldn't go into the OR with any unanswered questions, she had full confidence that she was receiving the best available care.

"From the moment I walked through the door, every single person at the hospital went out of their way to make me comfortable. And not just me. They asked my husband, my father, everyone with me how they could help," Alana said.

"I will tell anyone who will listen that there's absolutely no reason to go to the city," she said. "The best care is right in your backyard."

Cancer knows no age, race, gender or ethnicity, and unfortunately, nearly everyone is affected by the disease in some way. Having comprehensive cancer care you can trust close to home makes the fight easier.

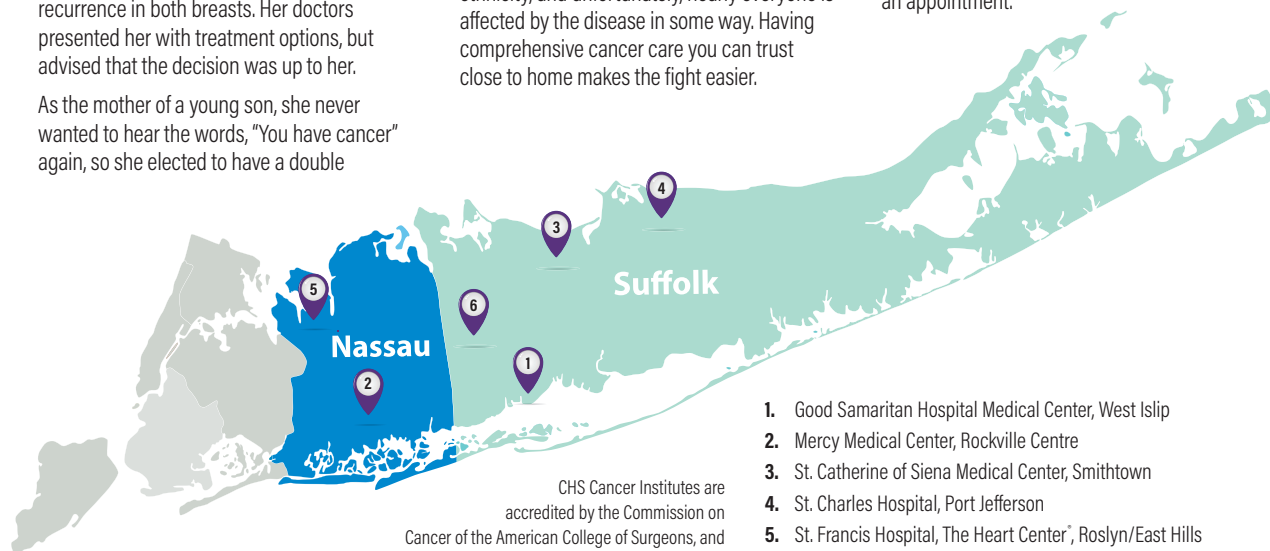


Alana Buffa, breast cancer survivor

You can receive state-of-the-art cancer treatment at one of CHS's four Cancer Institutes located across Long Island. Each is staffed by oncology experts who employ the latest technology to diagnose and treat all stages of cancer. In addition, CHS's oncology programs are accredited through the American College of Surgeons Commission on Cancer, in recognition of high-caliber care delivered.

St. Francis Hospital and several other CHS facilities have each been designated a Breast Imaging Center of Excellence by the American College of Radiology.

Call **844-86-CANCER (844-862-2623)** to find a CHS breast health specialist near you, or visit **www.chsbreasthealth.org** to request an appointment.



CHS Cancer Institutes are accredited by the Commission on Cancer of the American College of Surgeons, and breast health services are available at all six CHS hospitals.

1. Good Samaritan Hospital Medical Center, West Islip
2. Mercy Medical Center, Rockville Centre
3. St. Catherine of Siena Medical Center, Smithtown
4. St. Charles Hospital, Port Jefferson
5. St. Francis Hospital, The Heart Center, Roslyn/East Hills
6. St. Joseph Hospital, Bethpage

5 Minutes Can Add Years to Your Life.

Lung Cancer Screening Program

www.chslung.org | (844) CHS-LUNG (844-247-5864)



Catholic Health Services
of Long Island

SPECIAL ADVERTISING SECTION

Exceptional and Personalized Cancer Care on Long Island



Catholic Health Services
of Long Island



Catholic Health Services: Continuity of Quality Care Through COVID-19

Cancer doesn't wait. During the pandemic of 2020, all of the hospitals in the Catholic Health Services (CHS) system took extensive steps to ensure the health and safety of all patients, especially those with a diagnosis of cancer. At the same time St. Francis Hospital, St. Charles Hospital, St. Joseph Hospital, St. Catherine of Siena Medical Center, Good Samaritan Hospital Medical Center and Mercy Medical Center were treating those affected by the coronavirus, they were also triaging cancer patients and doing everything possible to ensure a continuity of care.

The CHS community — from doctors, nurses and technologists to food service and environmental services personnel — came together, regardless of personal risk, for the well-being of Long Islanders. These frontline health care heroes embody CHS's commitment to quality and compassionate care.

REDUCING CANCER RISK

The pandemic has made Long Islanders aware that health and wellness must be top priorities. Controlling factors such as obesity, high blood pressure and diabetes can reduce susceptibility to disease. The recent public health crisis has demonstrated that everyone, including high-risk patients and their families, can adjust their lifestyles to help prevent illness. In addition to proper hygiene and personal protection, recent studies suggest that patients who incorporate healthy lifestyle choices and are proactive about diet, exercise and not smoking, can cut their risk of cancer by 50%. Doctors across every specialty at CHS foresee that advances in molecular treatment, specialized medicine and breakthroughs in immunotherapy and genetic sequencing will dramatically affect and expand the treatment of cancer going forward.



PARTNERS IN PROGRESS

Some of these advances the cancer specialists at CHS anticipate may come as a result of the partnership between CHS and Roswell Park Comprehensive Cancer Center in Buffalo, New York.

Roswell Park is ranked by U.S. News & World Report as one of the top 15 cancer hospitals and is nationally designated by the National Cancer Institute as a comprehensive cancer center. It is a world leader in the development of immunotherapies through clinical trials and the development of cancer vaccines. CHS embarked on a research affiliation with Roswell Park in 2019 to bring clinical trials to downstate patients. Today, as new treatments are developed, CHS patients will be among the first with access to both federally funded and Roswell Park's own clinical trials.

Through this partnership, CHS can now offer some of the same cutting-edge treatment trials found at larger institutions, but within the system's trademark community care setting. Local patients no longer need to travel for new and novel therapies — particularly at a time when dense metropolitan areas pose a risk to patients with compromised health. CHS's participation in the Roswell Park trials is expected to impact results for cancer care on Long Island, as well as contribute to greater knowledge about cancer treatment nationwide.

A COMMITMENT TO QUALITY CANCER CARE

CHS has invested significant resources to bring more personalized medicine and tailored treatments to Long Island. Everything from early diagnostics to lifesaving surgery is provided through the Women's Health & Outpatient Diagnostic Pavilion at St. Catherine of Siena. State-of-the-art facilities at St. Francis Hospital, the Cancer Institute at Good Samaritan Hospital Medical Center and Mercy Medical Center offer full oncology services, plus nutritional and social therapies, radiology, radiation, pharmacology, and psychological and support services. The Cancer Institute at St. Francis Hospital works at the highest level to replace fear with confidence. A personalized treatment plan and multidisciplinary team approach are all part of how CHS delivers innovative therapies to treat cancer.



STATE-OF-THE-ART TREATMENT, CLOSE TO HOME.

The Cancer Institute at Good Samaritan Hospital Medical Center combines all oncology specialty services in one location, offering patients a variety of resources, from counseling through post-surgical care. The hospital is also one of the few to offer Varian Edge® radiosurgery, the highest-level radiation therapy on Long Island. This top-of-the-line technology treats tumors throughout the body. Good Samaritan has a special focus on prostate cancers using this non-invasive radiation therapy, as well as MRI-guided biopsies and state-of-the-art robotic surgery. It was also the first hospital in New York State to treat patients with HyperArc®, a non-invasive technique used for brain tumors. In addition, surgeons are employing a new neuro-guided surgery approach to remove tumors of the head and neck.

On Long Island's North Shore, St. Francis Hospital has diversified to provide full-service cancer care at the same level as its world-renowned heart health specialty. The Heart Center is now nationally ranked for gastrointestinal cancer treatment and for combining surgical cancer care for people with severe cardiac disease. St. Francis is the only hospital on Long Island to receive a five-star rating from the Centers for Medicare & Medicaid Services.

EXCELLENCE IN BREAST HEALTH ON LONG ISLAND

CHS offers the latest technology for the early diagnosis and treatment of breast cancer, including minimally invasive procedures. Genetic counseling is provided for patients who have an elevated risk for breast cancer.



- Good Samaritan Hospital Medical Center's Breast Health Center holds the prestigious three-year/full accreditation from the National Accreditation Program for Breast Centers (NAPBC), administered by the American College of Surgeons for the highest level of breast care.
- St. Catherine of Siena Medical Center, Mercy Medical Center and St. Francis Hospital have each been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR), with other CHS hospitals also accredited by ACR.

PROMISING NEW METHODS OF DETECTION AND TREATMENT

MOLECULAR TREATMENT: Treatment based on molecular studies of a tumor, the tumor's DNA, to customize treatment.

SPECIALIZED MEDICINE: Comprehensive medical services tailored to treatment of a unique area or disease.

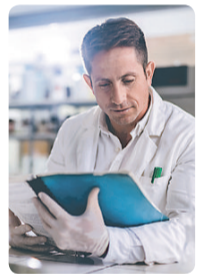
IMMUNOTHERAPY: Unlike traditional treatment that can include surgery, chemotherapy or radiation, immunotherapy stimulates the body's own immune system to fight cancer. It is considered one of the most novel and promising therapies.

GENETIC SEQUENCING: Uses a patient's unique genetic make-up (DNA) to determine predisposition for cancers and/or the best treatment plan.

ARTIFICIAL INTELLIGENCE: Using computer technology and predictive modeling to help diagnose and develop vaccines and targeted treatments specific to individual patients.

TRUSTED BY PATIENTS AND EXPERTS

Many of the cancer programs at CHS are accredited by the Commission on Cancer (CoC) of the American College of Surgeons. CoC holds all cancer programs to the highest standards in quality of care, treatment, survivorship and patient outreach. The cancer programs at Mercy Medical Center and Good Samaritan Hospital Medical Center have been awarded the CoC Outstanding Achievement Award for consecutive surveys, with Good Samaritan among just seven facilities in the nation to be awarded this recognition for 15 years in a row. St. Charles Hospital and St. Francis Hospital are also accredited by CoC.



A TEAM APPROACH FOR POSITIVE PATIENT OUTCOMES

One of the defining characteristics of cancer care at CHS is an integrated, team-based and multidisciplinary approach. This approach brings together essential components of clinical quality: physician leadership, cutting-edge technology and nurse navigation to guide patients and their families through each step in a care plan, from diagnosis to survivorship.

Each specialist focuses on the individual and designs a treatment plan incorporating the body, mind and spirit. Nurse navigators help guide patients and their families through their cancer journey, providing access to dedicated oncology social workers, nutritionists and financial counselors, among other resources. CHS's local cancer care centers are purposely small to avoid overwhelming patients and to provide a more intimate setting for treatment. This personal touch and compassionate approach to care sets the CHS system apart and delivers a 99% approval rating among its cancer patients.

FOR INFORMATION ON CANCER SERVICES AT CATHOLIC HEALTH SERVICES OR FOR A SECOND OPINION, PLEASE CALL 844-86-CANCER

Sources: Bhoomi Mehrotra, MD, System Chair of Oncology Services, Director, The Cancer Institute at St. Francis; Johnny Kao, MD, Director, The Cancer Institute at Good Samaritan, Chairman Radiation Oncology; Gary Gecelter, MD, St. Francis Chair of Surgery, System Chair of Surgical Oncology; John Francfort, MD, Good Samaritan Chair of Surgery; Pankaj Singhal, MD, System Chair of Women's Services, Good Samaritan Chair of OBGYN; Dan Loen, System Vice President, Oncology Service Line

CHS Oncology Clinical Excellence. Compassionate Care.

Offering a full spectrum of cancer care throughout Long Island.

www.chsoncology.org | (844) 86-CANCER (844-862-2623)



Catholic Health Services
of Long Island

We Think of You as Our Extended Family.



We Are Always Here For You.

When it comes to cancer care, we think of you as not only our patient, but our extended family. From diagnosis through treatment, our multidisciplinary teams of board certified physicians collaborate to design a treatment strategy customized to your unique needs. Our four cancer centers are seamlessly connected throughout Long Island, providing you with 24/7 access to the best comprehensive care at all times.

Through our affiliation with **Roswell Park Comprehensive Cancer Center**, one of the nation's leading cancer research institutes, we provide our patients access to the latest clinical trials.

Call (844) 86-CANCER or
visit chsoncology.org



**Catholic
Health Services**
of Long Island
At the heart of health