

Supporting Women in the Community

Catholic Health Services (CHS) offers comprehensive breast health and breast disease treatment and services at its six hospitals 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 and other physicians, as well as certified breast health specialists. 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.

Call (855) CHS-4500 (855-247-4500) to find a CHS breast health specialist near you, or visit www.chsli.org to request an appointment.

Imaging Services:

- Mammography
- 3D mammography
- Molecular breast imaging (MBI)
- Bone densitometry
- Ultrasound
- Breast MRI
- Breast ultrasound
- Breast biopsy

Clinical Staff:

- Radiation and medical oncologists
- Surgical specialists
- Radiological technologists
- Infusion/chemotherapy nurses
- Breast health nurse navigators
- Genetic counselors
- Pathologists

Survivors Share Their Stories

In 2008, Maria Metzer of Ridge was shocked to learn she had breast cancer, as only 5% of women under 40 receive this diagnosis. However, the team at Good Samaritan Hospital Medical Center's Breast Health Center—celebrating its 25th anniversary—rallied around her. They introduced Metzer to a network of breast cancer survivors, putting her mind at ease and better preparing her for the road ahead.

Good Samaritan's Chairman of Surgery John Francfort, MD, and the hospital's Chief of Plastic Surgery Stephen Harris, MD, performed a bilateral mastectomy and reconstruction. Today, Metzer is celebrating 10 years cancer-free—and something more. This year marked her first Mother's Day following the adoption of a beautiful baby girl, Harley Brynn.



"I feel great, healthy and so happy, as I begin this new chapter of motherhood."

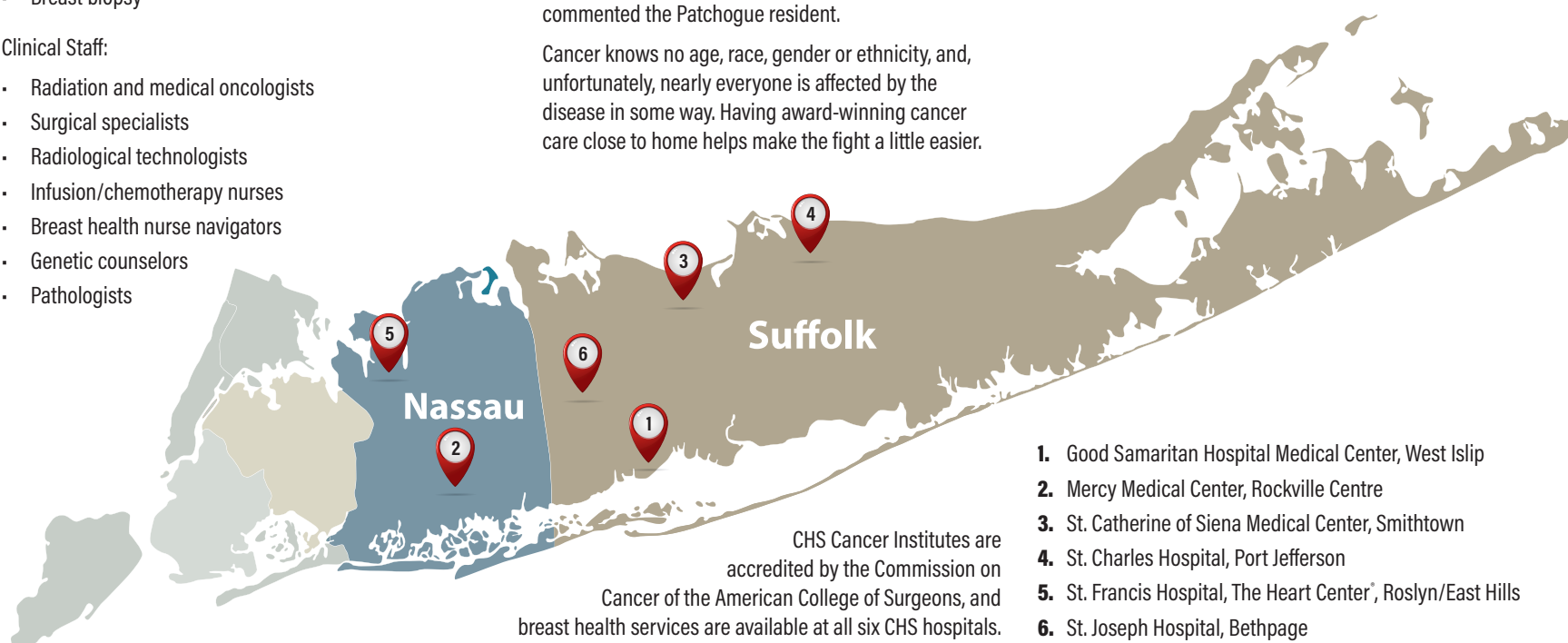
— Maria Metzer, new mother and cancer survivor, with baby Harley Brynn

Pat Carlson—a mother and grandmother—is grateful to the medical teams from Mercy Medical Center and St. Catherine of Siena Medical Center for identifying and treating her hard-to-detect breast cancer. She credits the highly skilled staff at both hospitals and the availability of LumaGem® molecular breast imaging (MBI) technology, a secondary screening modality that uncovers 400% more invasive cancers than digital mammography alone.

"I'm healthy, I'm happy, and my family is overjoyed," commented the Patchogue resident.

Cancer knows no age, race, gender or ethnicity, and, unfortunately, nearly everyone is affected by the disease in some way. Having award-winning cancer care close to home helps make the fight a little easier.

In addition to St. Francis's Cancer Institute in East Hills, CHS is now launching a second Cancer Institute at Good Samaritan, in West Islip. Yet another is slated to open at Mercy, providing an additional resource for patients in Nassau County.



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



SPECIAL ADVERTISING SECTION

OUTSTANDING CANCER CARE ON LONG ISLAND



CANCER CARE FOR BODY, MIND AND SPIRIT

Catholic Health Services (CHS) of Long Island offers leading breast and oncology services across six regional hospitals: St. Francis Hospital, St. Charles Hospital, St. Joseph Hospital, St. Catherine of Siena Medical Center, Good Samaritan Hospital Medical Center and Mercy Medical Center.

As a health care system, CHS provides complete cancer care, geared to the body, mind and spirit of patients and their families.

CHS's commitment to excellence in cancer treatment and therapy includes sophisticated diagnostics, medical and surgical oncology, infusion therapy and a wide array of associated services. All are backed and delivered by some of the most dedicated professionals in their fields.

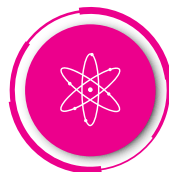
A Patient-First Approach

CHS has effectively changed the patient journey through their ongoing commitment to the most forward-thinking, time-saving, and noninvasive treatments available. They

are at the forefront of immunotherapy, molecular and 3D imaging, and are providing better surgical techniques through robotics and precision radiation. By continually improving the way they understand, identify and target cancers, CHS offers patients more effective, less disruptive therapies.

CHS involves patients and their families in each step in the care and treatment plan, and provide direct access to the entire team of specialists who impact their cancer journey. This holistic approach goes beyond

individual medical disciplines to include human needs, such as psychiatric, pastoral and palliative services. At CHS, the goal is to provide the best treatment possible to give patients a higher quality of life, return them to their roles in society and take cancer treatment programs to the next level with cutting-edge research and the latest therapies for positive outcomes.



AT THE FOREFRONT OF RADIOLOGY

Superior Diagnostic Technology

CHS boasts an impressive array of radiological and diagnostic expertise. St. Francis Hospital Radiology and Diagnostic Center has the latest state-of-the-art equipment in MRI with stronger 3T technology for better imaging. Mercy Medical Center introduced Molecular Breast Imaging (MBI) that allows breast cancer detection particularly in dense breasts. Breast health is also the primary focus of the DeMatteis Women's Center in Brookville, which uses high-end,

dedicated breast MRI equipment for 3D, ultrasound and biopsy.

Shared Knowledge Means Better Results

In addition to adopting new technologies as soon as they are available or approved, CHS is installing a sophisticated picture archive retrieval system that includes the latest in artificial intelligence to aid diagnosis. The ability to share images between all hospitals in the system will improve communication between physicians and benefit cancer patients wherever they seek treatment.



SURGICAL EXCELLENCE AND INNOVATION WITH EMPHASIS ON BREAST HEALTH

Respected and Referred

Good Samaritan Hospital Medical Center has been recognized by the National Accreditation Program for Breast Centers (NAPBC), administered by the American College of Surgeons (ACS), as an Accredited Breast Center for 10 years. It is one of three hospitals in New York, and one of 100 in the U.S. to be reviewed at the highest levels in delivering comprehensive cancer care to patients. The ACS also designated that Good Samaritan Medical Center meets or exceeds cancer outcomes and survival rates in the national cancer rate database. Local physicians and OB/GYNs routinely refer patients to CHS because they know that they will be taken care of and benefit from a legacy of positive outcomes.

New, Non-Invasive Ways to Treat Cancer

CHS is at the forefront of developments and advancements in surgical cancer treatment to better understand, identify and target cancers. These include DNA testing, cell surface analysis

and genetic predisposition. CHS surgeons also work with therapies like chemotherapy, radiation and hormone to reduce the size of tumors prior to or post surgery. They also use other localization techniques designed to pinpoint tumor placement, reduce procedure time and lessen patient anxiety.

Access to Clinical Trials

CHS has also strengthened its commitment to providing outstanding cancer care for Long Islanders by becoming an exclusive member of the newly launched Roswell Park Care Network, one of New York's premier cancer centers and a nationally recognized leader in the field of medicine. The CHS partnership with Roswell Park provides access to proprietary clinical trials, offering cancer patients access to new research and innovative treatments. This exciting collaboration, based out of St. Francis Hospital will augment currently available studies and innovative therapies and help to ease the burden of cancer for communities in Nassau, Suffolk and beyond.



MINIMALLY-INVASIVE METHODS OF RADIATION ONCOLOGY

Time-Saving, Tissue-Saving Advancements

The radiation program at St. Francis and Good Samaritan hospitals offers cutting-edge equipment that takes less time and can be performed without invasive surgery. Good Samaritan is the only hospital in NYS to offer advanced treatments like Varian Edge™ with HyperArc® and TrueBeam® radiation therapies. These state-of-the-art treatments offer pinpoint accuracy of tumors while maintaining the health of surrounding tissue. Treatment may be performed in 5, 15-minute sessions versus the traditional 25-to-30-session treatment period. In the case of breast cancers, treatment time is effectively halved. With better imaging, better targeting, and better technique, precision radiation treatment at CHS becomes more convenient and poses less danger to normal

tissue with minimal side effects.

New Cancer Institute Offers Complete and Turnkey Services

This month, Good Samaritan will open a new, comprehensive cancer center offering infusion services, immunotherapy, molecular testing, and precision medicine. Due to the large volume of cases, breast cancer and women's oncology services will be a specific focus at the new center.

The Cancer Institute at Good Samaritan Hospital Medical Center offers patients one location where all their cancer services and treatment reside. Patients can meet with surgeons, medical and radiation oncologists, genetic counselors, mental health professionals and post-surgical therapists all in one location — allowing patients to get a treatment program up and running quickly.



FROM THE SMALLEST SAMPLES, BIG RESULTS

One for All

At Catholic Health Services, full-time board certified pathologists staff the Pathology Department. This department serves the needs of the entire CHS hospital system in one centralized location and offers the latest routine and prognostic testing to confirm diagnosis and provide oncologists with the pathological guidance they need to develop a treatment plan.

Treating the Individual, Not Just the Cancer

New discoveries about the genetic basis of various diseases are changing the way cancer is diagnosed and treated. In this new molecular frontier, treatment is individualized based on a patient's genetic profile. Genetic counselors meet with patients to put together a pedigree, or genetic tree. Then, based on their family history, make specific test recommendations.



CATHOLIC HEALTH SERVICES HERE FOR YOU

Excellence in Oncology and Innovation

Catholic Health Services (CHS) facilities provide lifesaving cancer treatment, including breast health and surgical procedures, lung cancer screening, prostate cancer therapies and other services. A commitment to advanced diagnostics, state-of-the-art surgical techniques

and novel research is balanced with a patient-first approach that supports patients with the full spectrum of medical, clinical and pastoral support in a community approach to care.

A Commitment to a Positive Patient Journey

In the next few years, 20,000,000 people who have been diagnosed with cancer will go on to

be survivors either living with or in remission from cancer. At CHS and its member hospitals, clinical competency in oncology overall, and at the individual hospital level, innovation as evidenced by partnerships in exciting new clinical trials, and superior and caring patient experiences are defining characteristics.

Sources: Bhoomi Mehrotra, MD - CHS Chair of Oncology Services, Johnny Kao, MD - Good Samaritan Chairman of Cancer Committee and Radiation Oncology, Gary Gecelter - St. Francis Chair of Surgery, Bill Engellener, MD - CHS Chair of Pathology Services, Jay Bosworth, MD - St. Francis Director of Radiation Services, Scott Sherman, MD - St. Francis Chief of Radiology Services, John Francfort, MD - Good Samaritan Chair of Surgery, Office of Cancer Survivorship.

FOR INFORMATION ON CANCER SERVICES AT CATHOLIC HEALTH SERVICES OR FOR A SECOND OPINION, PLEASE CALL 1-855-CHS-4500



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goodsamcancerinstitute.org



Friend
Wife
Coach
Teacher
Aunt

**YOU DESERVE THE BEST
BREAST CARE ON LONG ISLAND**



**Catholic
Health Services**
of Long Island

Personalized, expert breast care from diagnosis through treatment

You're unique. And, so are we. We see our patients as individuals, not statistics. From early detection through diagnosis and treatment, our multidisciplinary teams of board certified physicians — hematologists, radiation oncologists, surgeons — collaborate to design a treatment strategy customized to your unique needs. We employ a combination of compassionate care with imaging and treatments that are top-of-the-line.

Maybe that's the reason so many Long Islanders choose Catholic Health Services for their breast care.

Our six state-of-the-art centers are seamlessly connected to provide comprehensive care no matter where you live on Long Island.

Schedule Your Annual Mammogram Today

Call (855) CHS-4500 or visit chsbreasthealth.org