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# Faces of Lung Cancer

## Treating the Whole Person

The Comprehensive Lung Program at CentraState Medical Center offers advanced services, expertise and technology for diagnosing, treating and helping patients recover from lung cancer. Because CentraState's focus is on the whole person, not simply the disease, we also offer guidance on maintaining lung health and complementary therapies to support self-healing and emotional well-being, while patients maximize the benefits of conventional treatment.

Our multidisciplinary, integrated approach ensures that patients and their families experience continuity of care and the convenience of finding everything under one roof—in the friendly, attentive environment of a community-based medical center.

**The Lung Program** at CentraState Medical Center, in conjunction with Freehold Radiology Group, is **now offering free, low-dose CT screenings**, using a state of the art 64-slice CT scanner, for those individuals considered at high risk for developing lung cancer. Participants will be screened once a year for three years. To receive the free CT scans, participants must:

- Be a current or former smoker age 55 to 74.
- Have smoked for 30 pack years or more (1 pack a day for 30 years, 2 packs a day for 15 years, etc.).
- Still be smoking or have quit in the past 15 years.

CT scans have an advantage over chest X-rays for lung cancer screening because they can detect cancer at its earliest stages, including tumors that are only 1 centimeter. Early detection of lung cancer can increase the five-year survivorship rate by 20 percent.

**For more information and to determine your eligibility, please contact nurse navigator, Sharon Lorfing, at (732) 637-6365.**

According to the latest statistics from the Centers for Disease Control and Prevention, **205,974 people in the United States were diagnosed with lung cancer in 2009.** The common symptoms of lung cancer may include chest pain, coughing up blood, shortness of breath and persistent, long-term cough. However, the following three stories illustrate that sometimes it will be something completely different that leads to a lung cancer diagnosis, as a thorough test for a problematic symptom in one part of the body may lead to a startling finding.

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## CLAUDIA GOODMAN

In 2007, Claudia Goodman of Marlboro had pain in her kidney area so she went to her primary care physician, Maher Youssef, MD, board certified in internal medicine and on staff at CentraState Medical Center. Dr. Youssef wasn't sure what was causing her kidney pain, so he sent her for a CT scan, which revealed a tumor in her lung. After a lung resection and 12 weeks of chemotherapy treatments, Claudia's oncologist, Jeffrey Silberberg, MD, board certified in internal medicine and hematology/oncology and on staff at CentraState, told Claudia there was no longer any evidence of cancer, but that she needed to faithfully schedule follow-up testing to make sure the cancer didn't return.

In 2012, Claudia and her husband, Frank, escaped the aftermath of Superstorm Sandy with a two-week vacation to Puerto Vallarta. Prior to leaving for vacation, Claudia had one of her routine checkups, including a CT scan. The CT scan showed some



Two-time cancer survivor Claudia Goodman.

suspicious areas in her lung, so Dr. Silberberg ordered a PET scan the week before vacation. Superstorm Sandy had shut down Dr. Silberberg's practice for a few days, so when he got the PET scan results and tried calling Claudia, he wasn't able to reach her. Being persistent, he reached her daughter to alert her—Claudia's lung cancer had returned.

Claudia recalls: "Our daughter came over to see us as soon as we got home and when I saw our grandchildren weren't with her, I knew something was wrong. She delivered the news that my cancer was back."

Dr. Silberberg referred Claudia to Robert Caccavale, MD, a board-certified thoracic surgeon on staff at CentraState, for a bronchoscopy and video-assisted thoracic surgery, which confirmed cancer had returned to her right lung. (A bronchoscopy is a procedure in which a thin, flexible tube called a bronchoscope is passed through the nose or mouth, allowing the doctor to look inside the lungs' airways.)

Claudia, accompanied by her husband, son and daughter, followed up with radiation oncologist Joseph Pepek, MD.

"Dr. Pepek told us that the cancer was close to my esophagus and it would likely affect my ability to swallow and that I'd need narcotics to help with the pain," Claudia explains. "Our son asked if I was eligible for proton radiation therapy and Dr. Pepek referred me to



Members of the CentraState cancer team (l to r): Jeffrey Silberberg, MD; Sharon Lorfing, APN; Joseph Pepek, MD; Henry Tsai, MD; Bhavesh Balar, MD; and Jean-Philippe Bocage, MD.

his colleague at Princeton Radiology Associates, Henry Tsai [MD, board-certified radiation oncologist]."

When she found out she was a proton candidate, she agreed.

"The benefits of proton therapy were less irritation and pain and less damage to the cells surrounding the area," Claudia adds. "The choice was an easy one to make."

She had chemotherapy in conjunction with proton therapy treatments. Claudia

describes the ProCure Proton Therapy Center as "a wonderful, friendly place. Everyone had a smile on their face; they were laughing and always welcoming."

Her husband, Frank, adds, "When we walked into ProCure for the first time, there were two people at the front desk who greeted my wife and me with hugs. They also made sure they handed me my favorite chocolates when we

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In spring 2012, CentraState Medical Center, in collaboration with ProCure Treatment Centers and Princeton Radiology Associates, brought to the area the first and only proton therapy center between Boston and Philadelphia. This 60,000 square-foot ProCure Proton Therapy Center in

## A First to the Area: BEATING CANCER WITH PROTONS

Somerset, NJ, is one of only 11 centers in the United States. Proton therapy, an FDA-approved alternative to traditional X-ray radiation, is an advanced form of radiation treatment used to combat several types of cancerous tumors, including lung cancer. The treatment is performed using proton beams rather than X-rays that direct radiation more precisely to the cancerous tumor while minimizing damage to healthy, surrounding organs and tissue.

### LEARN MORE ABOUT PROTON THERAPY...

Henry Tsai, MD, will provide an overview of proton therapy, an advanced form of radiation cancer treatment, offered at the ProCure Proton Therapy Center located in Somerset, NJ. He will discuss ProCure's

history and its mission in improving the lives of patients with cancer by increasing access to proton therapy. He will talk about the science behind protons and the clinical benefits of proton therapy as well as the adult and pediatric cancer types that can be treated with this advanced radiation therapy.

WEDNESDAY, JUNE 26, 2013

11 a.m.–12 p.m.

Light lunch will be provided.

Registration required: (732) 308-0570  
CentraState Medical Office at Monroe  
312 Applegarth Road  
Monroe

## Three Faces of Lung Cancer

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arrived every day. You never felt like you were in a medical facility.”

Claudia graduated from the ProCure therapy program in a very emotional graduation ceremony in early spring.

She is following up with additional chemotherapy, but knows she will defeat cancer yet again. She is glad she chose to stay in her community for treatment.

“After meeting Dr. Silberberg, I wasn’t prepared to change doctors, and I didn’t want to go to one of those big cancer centers in the city. I think of them as a place people go to when they are waiting to die,” Claudia says. “In contrast, ProCure was a place of hope, happiness and friendship.”

Claudia credits people for making her treatment a positive experience.

“Another huge benefit of cancer care at CentraState is nurse navigator Sharon Lorfing,” Claudia adds. “Sharon is terrific! She said, ‘call whenever you want,’ and we did. She was really holding our hands; she was consoling and helpful. Everyone at CentraState is really wonderful!”



### JANIE MARTINO

Janie Martino of Manalapan recalls getting migraines a little more than a year ago. The migraines were accompanied by dizziness and blurred vision. Her primary care physician, Marc Feingold, MD, a board-certified family medicine physician on staff at CentraState, sent her for an MRI, which revealed blood clots on both sides of her brain. She also had a severe pain in her leg, which an ultrasound revealed was being caused by a blood clot in her leg.

“I had been a healthy person up until this point and was stunned as to why I was having so many blood clots,” Janie explains.

To find the cause of the blood clots, Dr. Feingold referred her to John Covalesky, MD, board certified in internal medicine and cardiology, and Bhavesh Balar, MD, board-certified hematologist/oncologist, both on staff at CentraState.

## LESS PAIN, BIG GAIN

Video-assisted thoracic surgery (VATS) is a minimally invasive surgical procedure used to access the chest cavity to operate on the lung, mediastinum and pleura. Primarily, VATS is utilized to treat conditions such as cancer, pneumothorax, infection, cysts and other thoracic disorders—providing patients with significant benefits.

Recovery from VATS is usually swift. Most patients eat and walk within hours of the procedure, and most return home within one to two days.

Because VATS avoids the large, painful chest incision associated with a traditional thoracotomy, patients experience fewer complications and rarely suffer from severe and chronic chest wall pain. The short-lived discomfort caused by the smaller VATS incisions is generally controlled with oral medications.

To determine the cause of her blood clots, Dr. Balar ordered a CT scan. “Dr. Balar explained that since my heart and blood were both fine, he had concerns that the clots could be caused by cancer,” Janie adds.

The CT scan identified a mass in Janie’s lung and Dr. Balar referred her to Jean-Phillipe Bocage, MD, board-certified thoracic surgeon on staff at CentraState. Dr. Bocage explained to Janie that she had advanced lung cancer and needed a procedure to determine the stage of the disease.

Janie recalls, “I made Dr. Bocage show me the scans to prove that it was really lung cancer. I couldn’t believe it because aside from the leg pain, I felt fine. He took the time to answer all of my questions and showed me exactly what the scans meant.”

A biopsy confirmed it was lung cancer, and a PET scan revealed that the cancer had spread to her lymph nodes in the chest, near the esophagus and behind the right collarbone. She had stage 3B non-small cell lung cancer.

“I went home and researched my cancer. It showed only a 5 percent survival rate and I decided right then, why shouldn’t I be one of those 5-percent survivors?” Janie says.

With a deep commitment to her faith and her husband, and friends supporting her, Janie began

her chemotherapy with Dr. Balar in February 2012 and continued treatments through May of that year. She recalls her body handled the chemotherapy well. “I kept my hair, gained weight and thankfully could eat whatever I wanted,” she says, also noting that she followed Dr. Balar’s healthy eating and infection prevention tips to the letter.

Dr. Bocage, along with his partner, Dr. Caccavale, removed Janie’s tumor using state-of-the-art video-assisted thoracic surgery in June. Following a



Janie Martino beat advanced-stage lung cancer with help from CentraState’s cancer team.

CT scan on August 1, Dr. Balar declared her surgery a success.

To be certain all of the cancer was gone, Janie, on Dr. Balar's recommendation, had radiation treatments at CentraState with Dr. Tsai. Again, her body handled the radiation very well.

Janie keeps her regular checkups, and her only medication is a daily baby aspirin and regular vitamins. She credits her CentraState team of physicians and clinicians for her successful treatment.

"Everything ran smoothly because the doctors knew each other and the care was coordinated," Janie remarks. "They were even together at meetings discussing my case."

"Many of my friends asked why I didn't go into Manhattan to get treated, and I told them I trusted Dr. Feingold and he referred me to these doctors. I knew that if the doctors weren't good I could go up to the city, but I'm glad I didn't; I have such faith in Dr. Balar. Why do I need to go into the city? CentraState is top notch."

Today, Janie finds a greater appreciation in each day. "I have hope, and I pray," she says. "In the back of my mind, I wonder if the cancer will come back, but if it does, I'll fight it again with the help of my team of doctors at CentraState."



### STEWART AUSTIN

As a lifelong runner and basketball player, Stewart Austin paid the price with a painful left knee. When the

pain became debilitating, Stewart visited Michael Greller, MD, board-certified, sports medicine fellowship-trained orthopedic surgeon on staff at CentraState. Dr. Greller diagnosed Stewart with a torn meniscus and recommended corrective surgery after conservative treatment failed. Stewart scheduled his surgery in early November, and, as standard pre-surgery procedure, went for blood work and a chest X-ray. A few days later, Stewart received a message to call Dr. Greller's office immediately.

Stewart was stunned by the news—the chest X-ray revealed a mass on his lung. Stewart followed up with his

primary care physician, who scheduled a CT scan. Stewart, a healthy nonsmoker with no family history of lung cancer, who was asymptomatic, had a tumor in his right lung, which his doctor told him was clearly cancer—stage 1B. Stewart recalls: "I'm not a clinician, but even I could see the tumor on the X-ray."

"To put it mildly, I was shocked," Stewart explains. "My father was the youngest of his siblings to die, and he was 96. I fully expected to live well into my 90s, but now I no longer take that for granted."

His doctor told him, "the two people you want to see are Drs. Bocage and Caccavale." The following week, just before Thanksgiving, he went to see Dr. Bocage and was scheduled



Robert Caccavale, MD, board-certified thoracic surgeon

for video-assisted thoracic surgery on December 5.

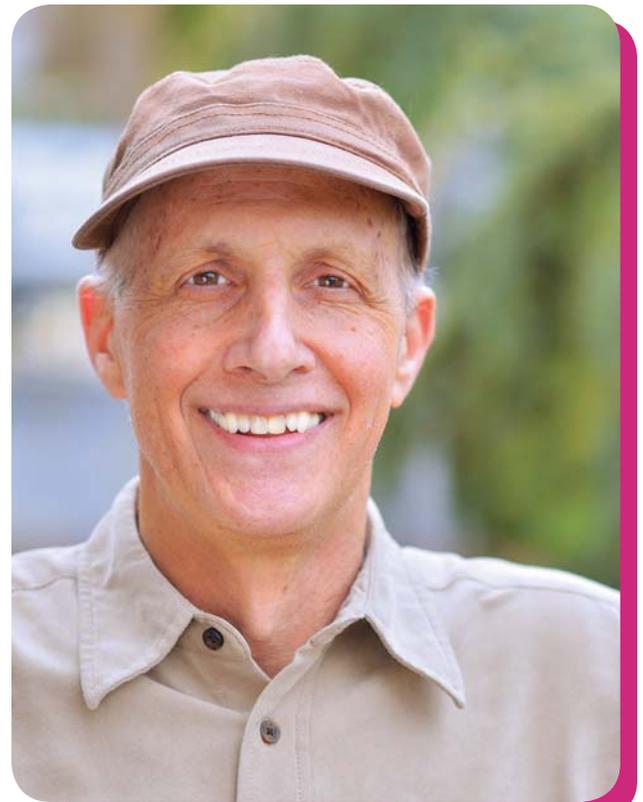
After asking the advice of friends, Stewart selected board-certified hematologist/oncologist Kenneth Nahum, DO, as his oncologist.

While the surgery removed the

tumor and the pathology reports showed margins were clean, with no lymph node involvement, Dr. Nahum recommended that Stewart follow up with four chemotherapy treatments every three weeks, a decision with which the CentraState Lung Tumor Board, a group of oncologists, radiation oncologists and pathologists who review cases biweekly, agreed.



For more information about CentraState's cancer services, visit [www.centrastatecancercenter.com](http://www.centrastatecancercenter.com) or scan the QR code to the left with your smartphone. HD



Cancer survivor Stewart Austin advises friends to ask for a chest X-ray with their annual check-up.

"At my wife's insistence, I went to an academic medical facility in Philadelphia for a second opinion, but the doctor there agreed with my treatment protocol," Stewart explains. "I am very happy with the care I received at CentraState. The doctors were knowledgeable, the nurses were great and Sharon Lorfing [CentraState's nurse navigator] was very helpful."

Stewart admits, with a smile, that every time his left knee hurts, he is thankful. His doctors believe his tumor had been growing for three to four years, and Dr. Caccavale confirmed that the tumor was very close to being inoperable.

"My advice to friends is ask for a chest X-ray with your annual physical," Stewart says. "If it had not been for my pre-surgery chest X-ray, things would have been very different."