

TEAM *Leever*

Autumn 2005
1st Edition

The source for cancer care, services and information for the people of Greater Waterbury and surrounding communities.

New Expanded PET/CT Diagnostic Center Enhances Advanced Cancer Care



The Leever Cancer Center's acquisition of the fixed GE Discovery ST PET/CT scanner makes it the first dedicated PET/CT in a radiation oncology department in Connecticut.

The Harold Leever Regional Cancer Center began utilizing a mobile PET/CT scanner in May of 2005. Physicians were so impressed with its imaging capability that the Center has decided to install a fixed unit that will be the nucleus of a new expanded 5,000 square foot PET/CT Diagnostic Center opening in the Spring of 2006. One of a few such devices in the state, it will allow for the diagnosis of cancer with even greater sensitivity, speed, resolution and accuracy.

"We are proud to have pioneered modern techniques in precision radiation therapy in the state of Connecticut," said Jeffrey Bitterman, M.D., Medical Director of Radiation Oncology at The Harold Leever Regional Cancer Center. "The implementation of the first dedicated

PET/CT in a radiation oncology department in Connecticut is in line with our vision of offering the best and most effective state-of-the-art radiation treatment to our patients." (Note: The Leever Cancer Center was the first in the state to offer dynamic Intensity Modulated Radiation Therapy or dIMRT and one of the first facilities in New England to provide Acculoc IMRT.)

The new PET/CT scanner from GE is completely optimized for cancer care. The device combines the most sophisticated computed tomography (CT) technology with the most advanced Positron Emission Tomography (PET) technology – all in a single exam. PET scans display images of high metabolic activity in the body. CT scans show images of internal structures in the body. These 2 sets of

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- Community Events
- And Much More!



The Right Team. Right Here.



THE HAROLD LEEVER
REGIONAL CANCER CENTER

1075 Chase Parkway
Waterbury, CT 06708
voice 203-575-5555
fax 203-575-5556

www.leevecancercenter.org

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Two Steps To Reducing Prostate Cancer Risk:

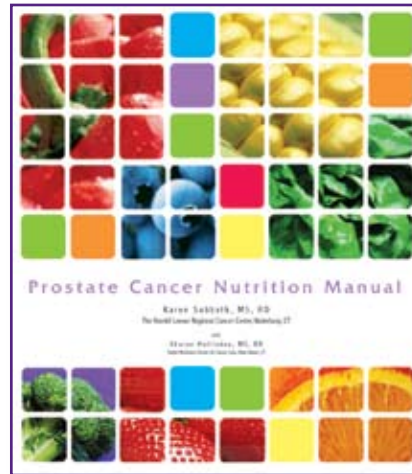
1. Read The Right Book 2. Eat The Right Foods

Are you overwhelmed and sometimes confused by all of the suggestions made to reduce your risk of prostate cancer? Do you ask yourself, "How am I supposed to do all of this? Where do I begin?"

Newspapers, magazines and television reports are full of nutrition information suggesting that diet can play an important role in preventing prostate cancer or lowering the risk of a recurrence. But changing the way we eat can be stressful. Although we often have the best of intentions for eating in a more healthy fashion, many people simply don't know where to start.

The Leever Cancer Center may be able to help! Our resident nutritionist, Karen Sabbath, MS, RD, has compiled a Prostate Cancer Nutrition Manual, which reviews all of the most current recommendations and describes how you can incorporate them into your diet. The book focuses on reducing fat, changing to a more plant-based

Eat whole grains!
Increase fiber!



Add soy!
Don't forget the beans!

diet, using more of the "cancer-fighting" foods, managing your weight and which supplements to take. Each subject area provides the reader with many painless and easy ways to begin the process of change, with long and short term goals, recipes and helpful suggestions.

Here's more good news. The nutritional recommendations in the manual will also help prevent other chronic diseases such as heart disease, diabetes, high blood pressure and obesity. That means that these changes are not only good for you, but for everyone in the family.

It's never too late to change. If you'd like more information on the book or if you would like to meet with Karen Sabbath to find out how you can begin eating lots of healthy foods, call her at (203) 575-5510.



Karen Sabbath, MS, RD

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We encourage your feedback. If there is a cancer topic you would like covered, or if you would like to respond to an article you've read, or if you would like to be put on our mailing list, please call 203-575-5555 or email: teambleever@leevercancercenter.org



The Right Team. Right Here.

FPO: For Physicians Only

Introducing leeverpet.com. Your portal to all things PET/CT.

As a physician, you need access to critical information quickly. Now it's on your computer at www.leeverpet.com. This special website has a physician section and a patient section with tailored, pertinent data. Your patients can get educated on PET/CT technology, see PET scan

videos, read through FAQs and more. You can access clinical data, forms and protocols, late-breaking news and CME information online. Surf to www.leeverpet.com when you need PET/CT information fast.

www.leeverpet.com

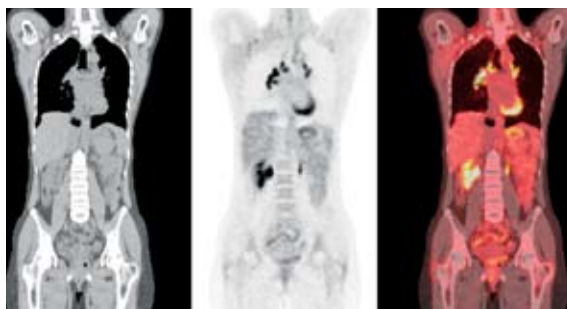
The PET/CT Diagnostic Center At A Glance

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images are then superimposed to create stunning 2D and 3D renderings. Together, a PET/CT scan allows Team Leever physicians to view metabolic activity and pinpoint where abnormal lesions are located. This type of imaging offers unprecedented information about the exact location and metabolic status of the tumor. It also offers information about the effectiveness of an ongoing chemo/radiation therapy treatment.

The expanding PET/CT capability will help Team Leever physicians answer critical questions for a patient in one exam:

- Where is the tumor? Is it spreading?
- How large is it?
- What is the optimal therapy?
- Is the therapy working?
- Is there a recurrence? And if so, where and to what extent?



CT Image

PET Image

PET/CT Hybrid Image

Patient Benefits:

- The potential of improved diagnostic confidence for patients suspected to have cancer, and those who already have the disease.
- Potential reduction of invasive procedures such as biopsies and unnecessary surgeries.
- Reduction in exam time. For example, patient results can be obtained in less than one hour rather than in one day or more using previous, separate technologies.
- Greater peace of mind for patients and their families, knowing that this technology provides comprehensive information. This technology also eliminates a “wait and see” approach, commonly used to monitor the patient during post-treatment, and sometimes even used during the actual therapy and treatment phase.
- Increased patient comfort due to the shorter exam time and, as a result, less time spent on the table.

Physician Benefits:

The PET/CT technology provides fused clinical images, which translates into more complete information for radiologists, nuclear medicine professionals, radiation oncologists, surgical oncologists and other referring physicians in the following ways:

- Accurate location of lesions, identification of benign versus malignant lesions, and differentiation from scar tissue.
- Excellent sensitivity and specificity, resulting in clinical confidence and reduction of false positives and false negatives.
- Information to help physicians stage cancer.
- Information to aid in surgical and radiation treatment planning.
- The ability to monitor the effectiveness of treatment and adjust the plan during, rather than at the end of, treatment.

“Beyond the outstanding features of the PET/CT, its respiratory- and cardiac-gating features allow my colleagues and I to delineate the targets regardless of the extent of their motion. This gives us the opportunity to provide our patients more precise treatment with less side effects,” said Joseph Ravalese III, M.D., a radiation oncologist at the Center.

“Because PET/CT is such a new technology, an expert panel from our Center actively investigated several PET/CT technologies to learn which would best meet our patient’s needs,” stated Kevin L. Kniery, the Executive Director of The Harold Leever Regional Cancer Center. “We are very excited about the expanding PET/CT program because our patients are benefiting from this cutting-edge technology in the form of early detection of cancer, precision radiation therapy and monitoring of the treatment efficacy.”

A PET/CT Image combines the metabolic activity of a PET scan with the anatomical information of a CT scan to create a feature-rich hybrid image. For physicians, a PET/CT image can lead to fast, accurate diagnosis, treatment planning and treatment monitoring.



Ask The Doctor

November is Lung Cancer Awareness Month. Dr. Ravalese answers your questions about this leading form of cancer.

Q: *What causes lung cancer?*

A: Smoking is the leading cause of lung cancer. In fact, 87% of lung cancer cases are caused by smoking. Cigarette smoke contains more than 4,000 different chemicals, many of which are proven carcinogens. Lung cancer is the number one cancer killer in both men and women. The good news is, if you stop smoking, the risk of lung cancer decreases each year.

Q: *What about people who don't smoke and still get lung cancer?*

A: Secondhand smoking is responsible for nearly 3,000 lung cancer deaths yearly. But Radon gas is considered to be the second leading cause of lung cancer in the U.S. today, causing between 15,000 and 22,000 deaths each year. Radon is odorless and colorless and can come up through soil and enter a home through gaps and cracks in foundations and other parts of the structure. Obviously, smokers who are exposed to Radon have an even greater health risk.

Q: *How do you detect lung cancer?*

A: Unfortunately, in early stages, lung cancer doesn't have a lot of symptoms. By the time symptoms do occur, the cancer is often advanced. Symptoms include chronic coughing, coughing up blood, hoarseness, shortness of breath and repeated bouts of bronchitis or pneumonia. Since these symptoms can be linked to other conditions, it's important to see a physician and get an exam.

Q: *What are the treatments for lung cancer?*

A: Based on the size, location and extent of the cancer, a doctor has a variety of treatments that can be utilized alone or in combination. Surgery may be an effective option. Here at The Leever Cancer Center, we offer patients the latest radiation therapy and chemotherapy treatments to treat lung cancer.

Q: *How do you prevent lung cancer?*

A: First, don't smoke. Or if you are a smoker, quit! The American Lung Association offers a lot of information to help at www.lungusa.org. Second, test your home for Radon. And third, if you are exposed to dust and fumes at work, find out what you can do to protect yourself.

Q: *If I smoked for 20 years and quit, would I benefit?*

A: The more time and quantity you smoke, the greater your risk of lung cancer. But if you stop smoking, the risk of lung cancer decreases each year as normal cells replace abnormal cells. After ten years, the risk drops to a level that is one-third to one-half of the risk for people who continue to smoke. In addition, quitting smoking greatly reduces the risk of developing other smoking-related diseases, such as heart disease, stroke, emphysema and chronic bronchitis.

Team Leever Spotlight:



Meet Kevin Kniery, Executive Director

What would make someone move from sunny Florida to not-so-sunny Connecticut after nearly 20 years of health management experience? "I admired the foresight of two competing institutions to come together and build a truly state of the art cancer center to meet the needs of the community," said Kevin Kniery, The Harold Leever Regional Cancer Center's new Executive Director.

Kevin is originally from Bloomington, Illinois, but has lived in Florida most of his life until his move to Connecticut in April to take the helm of the Leever Cancer Center. He holds a Masters Degree in Health Management and has managed some of Florida's most prestigious hospitals and medical centers. Kevin specializes in cancer care and his professional affiliations include the Association of Cancer Executives among others.

"After my first interview with the Board of Directors, I was even more impressed that they were dedicated to maintaining the quality and the most current technology and research available to care for the cancer patients in the Greater Waterbury area. This was a very interesting professional challenge that I could not pass up," stated Mr. Kniery.

Kevin is married and has two sons, one of whom is a sophomore at the United States Military Academy at West Point. "It's a nice added bonus that we're only an hour away from him," explained the proud father.

The Harold Leever Regional Cancer Center Annual Appeal Make A Charitable Gift!

Without the selfless support of local communities, corporations, foundations, organizations and people like you, The Harold Leever Regional Cancer Center would not be providing world-class cancer care, right here. If you would like to give the gift of better health to your family, friends and neighbors, please make a contribution of any size to the Center. A charitable gift form and reply envelope is provided for your convenience. Thank you!



Community Events

See our website *EVENTS CALENDAR* for ongoing community events. www.leevercancercenter.org



Dr. Clare Ventre and Craig Carragan

First Annual Service Award Honors Husband And Wife Team

On October 11, 2005 a ceremony took place to bestow the first annual Harold Leever Regional Cancer Center Community Service Award. This award was created to honor a community member or members who have made a difference in the lives of the patients and families of The Leever Cancer Center. This year, the honor went to Dr. Clare Ventre and her husband Craig Carragan for their effort in creating Reflections Boutique. Located inside the Center, this special shop provides free head coverings for women undergoing cancer treatment.

Golf Tournament Raises Funds For Patients Without Insurance Coverage

Cancer treatment costs can be staggering. That's why The Leever Cancer Center created The Indigent Care Fund to provide for those members of our community who lack the resources or insurance to cover their cancer care.

One of the ways money is raised for the fund is through a special golf tournament. The George Bailey 2nd Annual Golf Tournament was held on Friday, August 26, 2005 at the Pine Valley Golf Course in Southington. The idea for the tournament was conceived by Mr. Don Lovejoy, a golf partner and lifelong friend of George Bailey who passed away in 2003 after a courageous battle with lung cancer. With the support of the entire Bailey family, including George's widow, Karen Bailey, this year's tournament increased the fund by \$12,000.



left to right: Don Lovejoy, Kevin Kniery, Karen Bailey



<Mr. & Mrs. Walter Griffin



^Joan Reed, Curtis V. Titus, Jack Pacowta, Dr. David Reed, Mayor Michael Jarjura



<left to right: Sylvia Albert, Sandra Roosa, Burt Albert, Senator Louis Deluca

PET/CT Ground Breaking Draws State Dignitaries and Physicians

October 17th marked the groundbreaking ceremony for The Leever Cancer Center's new fixed, 5,000 square foot PET/CT Center, which will be completed in Spring, 2006. Nearly 100 people attended the gala event including state politicians, community leaders, Leever Board members, local press, physicians and patients. Attendees got a chance to find out about the powerful new technology via special presentations and tours of the Center's current Mobile PET/CT scanner. (see lead article).



left to right: Joseph Ravalese, III, MD, Mayor Michael Jarjura, Kevin Kniery, Stephen Griffin, Senator Louis Deluca, Senator Joan Hartley, Jack Pacowta, Curtis V. Titus, State Representative Christopher Murphy, Steven Schneider, MD

Celebrating Our Third Anniversary Of Teamwork



The Harold Leever Regional Cancer Center is a state-of-the-art, 36,000 sq. ft. facility dedicated to outpatient cancer care. The Center teams up the most sophisticated technology and techniques available with a comprehensive multidisciplinary group of medical and social service professionals.

Three years. Two hospitals. One vision.

What began as a shared need by two hospitals to provide area residents with advanced cancer care resulted in a singular solution – The Harold Leever Regional Cancer Center (HLRCC). As we celebrate our third anniversary, we feel a sense of renewed commitment to our mission: to create and foster a healing environment for the care of people with cancer and their loved ones, recognizing that the patient and family are the center of every interaction. Over the past three years, The Leever Cancer Center has grown, providing a healing environment of compassion and support for over 3,000 area residents requiring cancer treatment.

Expanding services to serve Greater Waterbury's expanding needs.

Our services and programs have grown and continue to expand. The spring of 2006 will see the opening of The Leever Cancer Center's expanded PET/CT Diagnostic Center. This powerful imaging technology will significantly improve the treatment of cancer.

In addition to social services, nutrition services and specialty nursing services provided by Leever, running on a monthly basis are a

multitude of support groups geared towards the needs of specific patient groups. Our in-house American Cancer Society partner provides the I Can Cope program and

Look Good, Feel Better! Responding to requests from our patients and families, the Center has developed:

- HLRCC Patient Support Group
- HLRCC Caregiver Support Group
- Generation X Leukemia/Lymphoma Support Group
- Circle of Hope Lymphedema Educational Forum & Support Group
- Urology Support Group
- Multiple Myeloma Support Group
- Brave at Heart Breast Cancer Support Group
- Woman to Woman Breast Cancer Support Group
- The Better Breathing Club
- AA Group meeting
- Bereavement Support Group.

Your local resource and gathering place for cancer information.

As a local cancer resource, The Leever Cancer Center strives to continuously add to our medical community's knowledge base, offering educational presentations for physicians and healthcare professionals. Some of these programs include:

- Annual Physician Breast Health Symposium
- The LOTUS Integrative Medicine Group
- ASCO updates

Educational presentations for community members include:

- The Annual Community Breast Health Symposium
- ACS Planned Giving programs
- Hospice Education
- Myeloma Awareness
- Children & Family Programs
- Colorectal Symposium.
- Our Survivors Day Celebration, held annually in November, is a community favorite.

The Leever Cancer Center is also a gathering place for many local agencies and foundations; providing a central meeting location for:

- The Waterbury Health Care Council
- The Connecticut Community Foundation
- The American Cancer Society's Relay and Gala Committees.

Three years is only the beginning.

Some of the future plans and goals for The Leever Cancer Center include an academic affiliation with a large Cancer Center. Expansion of our Clinical Research program has begun along with research into the development of multi-disciplinary cancer clinics by disease site and a genetic counseling program. Also on the horizon is the development of a complementary and/or integrative medicine program.

As remarkable as the origins of The Harold Leever Regional Cancer Center and current services may be, what it means to the community — today and in the future — is far greater.

*The Harold Leever
Regional Cancer Center is:
The Right Team. Right Here.*

RADIATION ONCOLOGY

Bernard Percarpio, MD



Group: Waterbury Radiation Oncology Associates
Specialty: Radiation Oncology
Board Certification: Therapeutic Radiology,

American Board of Radiology
MD Degree: Tufts University School of Medicine, Boston, MA

Jeffrey A. Bitterman, MD



Group: Waterbury Radiation Oncology Associates
Specialty: Radiation Oncology
Board Certification: Therapeutic Radiology,

American Board of Radiology
MD Degree: New York University School of Medicine, New York, NY

Joseph Ravalese, III, MD



Group: Waterbury Radiation Oncology Associates
Specialty: Radiation Oncology
Board Certification: American Board of Radiology

MD Degree: Hahnemann University, Philadelphia, PA

MEDICAL ONCOLOGY & HEMATOLOGY SERVICES

Joseph J. Bowen, MD



Group: Dr. Joseph Bowen, M.D., LLC
Specialty: Medical Oncology and Hematology
Board Certification: National Board of Internal Medicine,

American Board of Internal Medicine, American Board of

Meet The Team of Leever Physicians

Internal Medicine: Subspecialty in Medical Oncology, American Board of Internal
Medicine: Subspecialty in Hematology
MD Degree: Georgetown University, Washington, D.C.

Joseph G. Sinning, MD



Group: Dr. Joseph Bowen, M.D., LLC
Specialty: Medical Oncology and Hematology
Board Certification: National Board of

Internal Medicine, Diplomate, National Board of Medical Examiners, American Board of Internal Medicine: Subspecialty in Medical Oncology, American Board of Internal
Medicine: Subspecialty in Hematology
MD Degree: Columbia University, New York, NY

Kert D. Sabbath, MD, FACP



Group: Medical Oncology and Hematology, PC
Specialty: Medical Oncology and Hematology
Board Certification: American Board

of Internal Medicine. American Board of Internal Medicine: Subspecialty in Medical Oncology, American

Board of Internal Medicine: Subspecialty in Hematology
MD Degree: Boston University School of Medicine, Boston, MA

Frank D. Alfano, MD



Group: Medical Oncology and Hematology, PC
Specialty: Medical Oncology and Hematology
Board Certification: American Board

of Internal Medicine, American Board of Internal Medicine: Subspecialty in Medical Oncology
MD Degree: Columbia University, New York, NY

Victor A. Chang, MD



Group: Medical Oncology and Hematology, PC
Specialty: Medical Oncology and Hematology
Board Certification: American

Board of Internal Medicine, National Board of Medical Examiners, American Board of Internal Medicine: Subspecialty in Medical Oncology, Board Eligible – American Board of Internal Medicine: Subspecialty in Hematology
MD Degree: Albany Medical College, Albany, NY (with Distinction in Research)

For the latest on cancer care, services and information, visit our website at leevercancercenter.org

HL *The Right Team. Right Here.*

The mission of The Harold Leever Regional Cancer Center is to create and foster a healing environment for the care of people with cancer and their loved ones. Team Leever provides the following outpatient cancer services for patients and families:

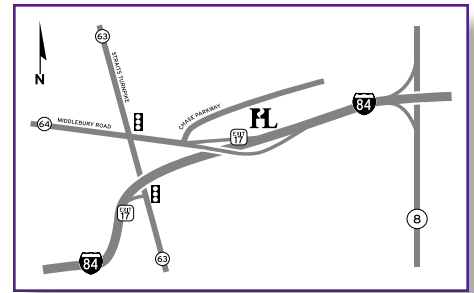
- Specialty physician services in radiation and medical oncology.
- Cutting-edge cancer therapies, including the most advanced technologies available to cancer centers including IMRT.
- Access to clinical research and coordinated referral to specialty care when necessary.
- Specialty nursing services for patient and family education, support, care and coordination of services.
- Psychosocial and spiritual support through experienced cancer counselors and social workers.
- Comprehensive cancer information resources for the public and medical professionals.
- Supportive care through nutritional counseling and pain management.
- A unique partnership with the American Cancer Society.

THE HAROLD LEEVER REGIONAL CANCER CENTER



THE HAROLD LEEVER REGIONAL CANCER CENTER

1075 Chase Parkway
Waterbury, CT 06708



From I-84 East

- Take Exit 17. At end of exit ramp go left onto Route 63.
- Go 0.4 miles to second traffic light, go right onto Route 64.
- Go 0.3 miles and go left onto Chase Parkway (just before ramp back onto I-84.)
- The Harold Leever Regional Cancer Center is 0.1 miles on right.

From I-84 West

- Take Exit 17. At end of ramp, take first right onto Chase Parkway.
- The Harold Leever Regional Cancer Center is 0.1 miles on right.

From Route 8 North or South

- Take Exit 33 on to I-84 West. Follow directions from I-84 West above.

Welcome to the premier issue of **TEAM** *Leever*