

## **About Cancer Treatment Centers of America at Southwestern Regional Medical Center in Tulsa, Oklahoma**

### **Overview**

At Cancer Treatment Centers of America (CTCA) at Southwestern Regional Medical Center (Southwestern), there are Unlike other facilities that rely on a narrow spectrum of treatments, CTCA strives to find the best combination of FDA-approved therapies for each type of cancer. In fact, many of the nation's other leading cancer facilities are just beginning to embrace the whole person approach CTCA has been perfecting for the last 25 years.

At Southwestern, patients will have access to the best of traditional cancer treatments and technologies, including surgery, radiation therapy, chemotherapy, and imaging services, along with sophisticated complementary therapies, such as nutrition therapy, naturopathic medicine, Mind-Body medicine and spiritual support – all under on roof.

### ***CTCA at Southwestern Regional Medical Center Doctors and Staff***

Dr. Edgar Staren, MD, PhD, MBA  
Chief Medical Officer, Surgical Oncology

Dr. Pierre Greeff, MD, FACS  
Surgical Oncology

Dr. John Frame, MD, FACS  
General Surgeon

Dr. James Flynn, MD, FACR  
National Clinical Director, Radiation Oncology

Dr. Douglas Kelly, MD  
Radiation Oncology

Simeon Jaggernauth, DO  
Medical Oncology

Dr. Petra Ketterl, MD  
Medical Oncology

Dr. Sagun Shrestha, MD  
Medical Oncology, Hematology

Daniel Nader, DO, FCCP  
National Clinical Director, Pulmonary

Dr. Ross Taylor, MD  
Gastroenterology

Dr. Mark Axness, MD  
Director of Anesthesiology

Gordon Robson, DO  
Anesthesiology

Christopher Schmidt, DO  
Anesthesiology

Don King, MD, ACP, ACPE  
Medical Internist

Kalli N. Campbell, RD, LD, MS  
Director of Nutrition

Rebecca Wright, RD, LD  
National Nutrition Spokesperson

Letitia Cain, ND  
Director of Naturopathic Medicine

Karen Gilbert, LPT  
National Director of Oncology Rehabilitation

David R. Mitchell, MD  
Director of Mind-Body Medicine

Rev. Michael Langham  
Director of Pastoral Care

## ***Complementary Medicine***

### *Nutrition*

Nutrition is important for everyone. Optimal nutrition allows your body to function at its best. If you are living with cancer and your immune system is already compromised, nutrition is especially important. *According to the National Cancer Institute, about one-third of all cancer deaths are related to malnutrition.*

Maintaining optimal nutrition is essential to keep you strong, enable you to tolerate your cancer treatment and help you recuperate faster after treatment. During this time, your body needs more "fuel" than normal in order to repair the effects of cancer treatment. If you are unable to consume the fuel you need, your body will soon draw upon what it has stored (i.e., fat and protein). When your body uses stored protein, impaired functioning of your immune system may result. Therefore, it is important to give your body a constant supply of nutrients to use as fuel during the healing process.

### *Naturopathy*

Naturopathic medicine makes use of time-tested natural methods to strengthen the body's ability to heal itself. It focuses on creating a healthy environment both inside and outside the body. The Naturopathic Medicine Program at CTCA at Southwestern Regional Medical Center aims to use the healing power of the body and nature to fight disease.

Southwestern's naturopathic medicine team is comprised of five naturopathic practitioners. Naturopathic practitioners are specialists in natural health care who use natural therapies to support the whole person, with an emphasis on building and maintaining health.

Each of our naturopathic practitioners has a Naturopathic Doctor (ND) degree from a doctoral-level program accredited by the Council on Naturopathic Medical Education. They received education in therapies such as nutritional supplements (i.e., vitamins, minerals and amino acids), botanical medicine (the use of herbs), homeopathic medicine and hydrotherapy.

### *Mind-Body Medicine*

Mind-Body medicine (also called Psychoneuroimmunology or PNI) explores the influence of your mind and emotions on your body and immune system, and vice-versa. Cancer Treatment Centers of America (CTCA) at Southwestern Regional

Medical Center offers a Mind-Body Medicine Program in an effort to address this dimension of your healing journey.

Southwestern's Mind-Body medicine team is comprised of licensed psychologists, a licensed professional counselor (LPC) and a psychiatrist. Our Mind-Body specialists explore the connection between the mind and the healing process. As you receive your traditional cancer treatment, our Mind-Body medicine team aims to move you towards healing through support, encouragement and empowerment.

### *Conventional Radiation, Medical Oncology and Surgery Therapies*

#### *MammoSite®*

MammoSite® Radiation Therapy System (RTS), FDA-approved in May 2002, is a simpler, less invasive method of delivering internal beam, breast brachytherapy. Breast Brachytherapy is a site-specific radiation treatment completed in four to five days, as compared to seven weeks for traditional external beam radiation therapy. The new device delivers radiation directly to the area where a breast tumor has been surgically removed (via lumpectomy), which is the site where tumors are most likely to recur. With its site-specific approach, MammoSite® avoids external beam therapy side effects, such as the irradiation of healthy tissue.

Brachytherapy is the first breast cancer treatment to deliver radiation directly to the original tumor site and decrease radiation time. While standard breast brachytherapy involves surgically implanting up to 24 catheters into the breast, MammoSite® calls for just a single catheter to perform the therapy.

MammoSite® RTS consists of a balloon catheter that is inserted into the area of the breast where the tumor was removed. Once inserted, the balloon is expanded and radiation is delivered through a tiny bead attached to a wire, irradiating the area surrounding the cavity.

#### *TomoTherapy®*

TomoTherapy® Highly Integrated Adaptive Radiotherapy (HI-ART) is an external beam radiation therapy option available at Cancer Treatment Centers of America. TomoTherapy® combines an advanced form of Intensity Modulated Radiation Therapy (IMRT), the accuracy of CT scanning technology and advanced tools for planning and delivering radiation therapy in one machine.

With TomoTherapy® HI-ART, the Radiation Therapy Team at Cancer Treatment Centers of America (CTCA) can:

- Sculpt small, powerful and precise radiation beams to hit hard-to-reach tumors
- Target tumors using built-in CT scanning to confirm the shape and position of the tumor more accurately and just seconds before your treatment begins
- Reduce radiation exposure to healthy surrounding tissue, often dramatically

Traditional radiation therapies project radiation on a tumor from a few directions. TomoTherapy® HI-ART allows your CTCA Radiation Therapy Team to deliver precise and powerful doses of radiation therapy from 360-degrees.

An on-board CT scanner helps a patient's CTCA care team determine if the tumor has shifted or changed shape since the previous treatment. This information allows radiation oncologist to plan treatment better to avoid damage to muscle tissue, the spine, the lungs and other sensitive organs.

If patients have reached their maximum tolerance dose of traditional radiation, or if the tumor is in a hard-to-reach area, TomoTherapy® HI-ART may introduce new options for advanced radiation therapy treatments.

### *TheraSphere®*

Cancer Treatment Centers of America is among the few hospitals in the United States to offer TheraSphere®, an innovative, new therapy that delivers radiation directly to tumors in the liver using tiny glass beads called microspheres. The microspheres measure one-third the diameter of a human hair and are embedded with a radioactive element to target liver cancer cells.

TheraSphere® is delivered through a catheter that is positioned in the hepatic artery, the liver's main blood vessel. The physician guides the catheter into the branch of the hepatic artery that feeds the tumor and then infuses the microspheres through the catheter into the tumor's blood supply. Once in the liver, the microspheres get trapped in the small blood vessels that feed the tumor and radiation gets delivered directly to the tumor, sparing surrounding healthy tissue.

TheraSphere® is an outpatient treatment offered to patients with inoperable liver cancer.

