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HEALTHY LIVING



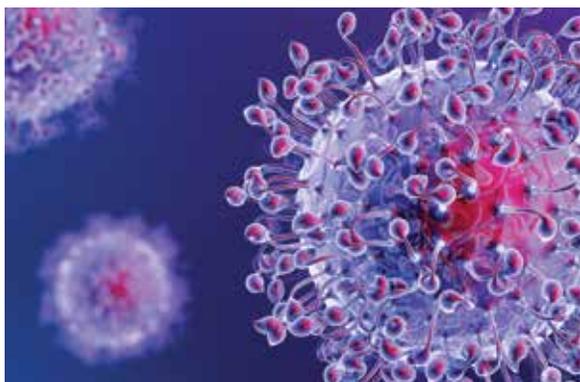
Bringing Expert Cancer Care to Erie

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UPMC | HAMOT

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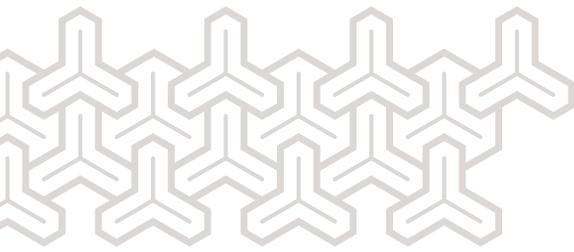


Bringing Expert **CANCER CARE** to Erie

UPMC HILLMAN CANCER CENTER is the only National Cancer Institute-designated Comprehensive Cancer Center in western Pennsylvania. The UPMC Hillman Cancer Center network includes locations throughout Pennsylvania, Ohio, Maryland, and New York.

One of those locations is in Erie. And because it's part of the UPMC Hillman Cancer Center network, Erie-area residents can expect the same care, expertise, and cutting-edge treatments that every other UPMC Hillman Cancer Center location provides.

"As someone who hails from western Pennsylvania, I am very excited to do my part to bring the high standard of care and the most exciting opportunities in cancer treatment to folks here in Erie," says **Benjamin Greenberger, MD**, radiation oncologist with UPMC Hillman Cancer Center in Erie. "Many people in the community may think they have to go to a big city to receive the most exciting new therapy, but with the UPMC Hillman network we have a great deal of support, resources, and opportunities to bring the same care and clinical trials available at a major center to our community."



NCI Designation: What Does It Mean?

Designation by the National Cancer Institute (NCI) as a Comprehensive Cancer Center demonstrates excellence in cancer research, patient care, education, and community outreach. UPMC Hillman Cancer Center is one of only 52 NCI-designated Comprehensive Cancer Centers in the country – and the only one in western Pennsylvania.

“As an NCI-designated cancer center, patients can be assured that UPMC Hillman Cancer Center has a proven record of improving patient outcomes with respect to cancer diagnosis. It opens doors for patients to clinical trials they might not otherwise have access to,” says **David Seastone, DO, PhD**, medical oncologist with UPMC Hillman Cancer Center in Erie. “The advantage of being an NCI-designated cancer research center is that patients who come here can be assured they have access to the best available research.”



UPMC Hillman Cancer Center in Erie uses the Edge™, which is among the latest advancements in radiation oncology equipment.

Research and Clinical Trials

Clinical trials and research lead to more advanced cancer treatments and benefit both researchers and patients. Past clinical trials have contributed to the cancer therapies that are being used today. Also, patients who participate in clinical trials may have access to the latest treatments.

“In my experience, occasionally patients will have fears and apprehensions about participating in clinical trials. Oftentimes, patients will refer to themselves as ‘guinea pigs,’” says **James Ohr, DO**, medical oncologist with UPMC Hillman Cancer Center in Erie. “In reality, they’re giving themselves the opportunity to participate in cutting-edge research and, potentially, treatments that will be the standard of care in the future.”

Edge™ is a trademark of Varian Medical Systems, Inc.

Services available at UPMC Hillman Cancer Center in Erie include:

MEDICAL ONCOLOGY

Uses medicine to treat cancer. This may include chemotherapy, immunotherapy, or hormone therapy.

RADIATION ONCOLOGY

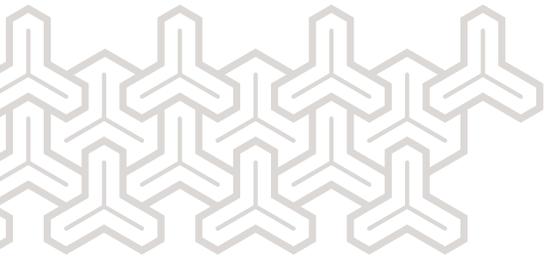
Uses radiation to shrink tumors and kill cancerous cells. It can be used in conjunction with other cancer treatments, including chemotherapy and surgery.

SURGICAL ONCOLOGY

Uses surgery to remove or reduce tumors and cancerous tissues. Surgery may be part of a treatment plan that also includes medical and radiation oncology.

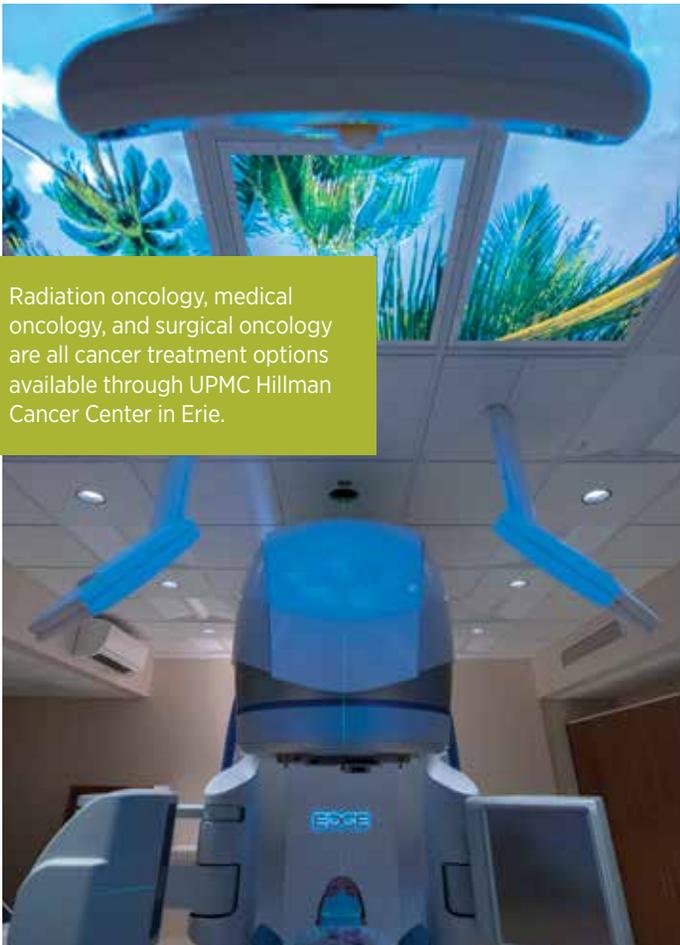
A cancer diagnosis is a difficult situation for patients and their families. No matter what their treatment plan is, patients can expect not only high-level clinical care, but also warmth and empathy from the UPMC Hillman Cancer Center staff.

“At UPMC Hillman Cancer Center, the patients are going to have a full experience. They’re going to realize that there’s a tremendous amount of compassion and care that’s being delivered for them,” says Dr. Ohr. “The care and compassion that goes along with their health care delivery is second to none.”



“We have seen incurable cancers now becoming curable.”

— James Ohr, DO



Radiation oncology, medical oncology, and surgical oncology are all cancer treatment options available through UPMC Hillman Cancer Center in Erie.

to make sure the next generation of clinical trials and research opportunities are available here in the community for our patients.”

Advancements in Care

Cancer care is always evolving. Thanks to research and clinical trials, cancer treatments have advanced during recent years. They will continue to do so as researchers learn more about different types of cancer and the therapies they respond to.

Dr. Ohr says immunotherapy is one of the most exciting and innovative developments of the past decade. This type of cancer treatment encourages the body’s own immune system to recognize cancer cells and destroy them.

“We have seen incurable cancers now becoming curable. We have seen people survive with incurable cancers for longer than anyone had ever thought or hoped in the past. As we continue to move forward with our clinical trial portfolios, we have an extensive and expansive number of immunotherapy trials that we fully anticipate are going to further advance oncology care as we move into the next decade,” says Dr. Ohr.

Dr. Greenberger says the paradigm of cancer treatment has been shifting from viewing cancer as either curable or not curable to treatable and manageable. “Increasingly, we are realizing that patients have a spectrum in between where cancer may be starting to spread but hasn’t really gotten a foothold,” he says, adding that doctors and researchers now have evidence that aggressive treatment and next-generation imaging can identify areas where cancer may have spread.

“We can actively target both the area where cancer originates and areas where cancer is starting to spread. And we’ve often seen dramatic improvements in a patient’s prognosis. A decade ago, they may have only been given a few years to live. Now we’re seeing patients live for long periods of time with cancer not playing an active role in their lives,” Dr. Greenberger says.

An entire team — including doctors, nurses, and researchers — is designated to care for clinical trial participants. As patients go through the screening process and treatment, the team closely monitors them to ensure that the care they’re receiving is not only beneficial, but also safe.

“I’m very passionate about bringing clinical trials to Erie to not only provide a service to the community it so desperately needs and could benefit from, but also to advance oncology care,” says Dr. Ohr. “If it were not for the doctors who advanced clinical oncology research and the patients who participated in those research projects, we would not be where we are today.”

“Cancer research is a critical element of how we advance the standard of care in cancer treatments and patient quality of life in general,” says Dr. Greenberger. “We do our very best

LEARN MORE



[UPMCHillman.com/Erie](https://www.upmchillman.com/erie)



UPMC Hillman Cancer Center
2500 West 12th St.
Erie, PA 16505

MEET OUR

UPMC HILLMAN CANCER CENTER

PROVIDERS

ZULFIQAR HUSSAIN, MD, FACP,
MEDICAL ONCOLOGY

Dr. Hussain is board-certified in internal medicine, medical oncology, and hematology. He received his medical degree from Dow Medical College in Karachi, Pakistan. Dr. Hussain completed an internal medicine residency at St. Louis University Hospital and was selected as chief resident in his final year. He also completed a hematology/oncology fellowship at Albert Einstein College of Medicine in the Bronx, N.Y.



DAVID SEASTONE, DO, PhD,
MEDICAL ONCOLOGY

Dr. Seastone is board-certified in internal medicine and medical oncology. He received his doctoral degree from Louisiana State University Health Sciences in Shreveport, La., and his medical degree from Lake Erie College of Osteopathic Medicine. Dr. Seastone completed an internal medicine residency at Cleveland Clinic and a hematology/oncology fellowship at Cleveland Clinic Taussig Cancer Institute.



JAMES OHR, DO, MEDICAL ONCOLOGY

Dr. Ohr is board-certified in medical oncology, hematology, and internal medicine and has a clinical interest in gastrointestinal malignancies, peritoneal carcinomas, and head and neck malignancies. He earned his medical degree from Philadelphia College of Osteopathic Medicine and completed an internal medicine residency and hematology/oncology fellowship at The Western Pennsylvania Hospital in Pittsburgh.



BENJAMIN GREENBERGER, MD,
RADIATION ONCOLOGY

Dr. Greenberger received his medical degree from Harvard Medical School in Boston and completed a radiation oncology residency at Thomas Jefferson University Hospital in Philadelphia. He is board-eligible in radiation oncology.



JAN ROTHMAN, MD, MEDICAL ONCOLOGY

Dr. Rothman received his medical degree from Newcastle University Medical School in England. He completed an internal medicine residency at New York Infirmary-Beekman Downtown Hospital in New York, serving as assistant chief resident in his final year. He also completed a hematology/oncology fellowship at Winthrop University Hospital in Mineola, N.Y. Dr. Rothman is board-certified in internal medicine, hematology, and medical oncology.



PHILLIP ZENTNER, MD,
RADIATION ONCOLOGY

Dr. Zentner received his medical degree from Vanderbilt University Medical School in Nashville, Tenn., and completed a radiation oncology residency at Columbia-Presbyterian Medical Center in New York. He is board-certified in radiation oncology.



HIGH RISK BREAST CANCER —

A comprehensive
approach for care



“This comprehensive program provides women who are at high risk for breast cancer with a greater peace of mind through increased surveillance for early identification of breast cancers.”

— Mona Janfaza, MD

UPMC Hamot’s High Risk Breast Program provides a specialized level of care for women at higher-than-average risk for developing breast cancer in their lifetime.

“By identifying women who are at higher risk and by increasing surveillance, recommending supplemental imaging, and referring for genetic testing, we’re able to diagnose breast cancer at an earlier stage and optimize outcomes for patients,” says **Mona Janfaza, MD**, a breast surgeon with Bayview Breast Care at UPMC Hamot.

Who is at high risk for breast cancer?

The UPMC Hamot High Risk Breast Program uses breast risk model algorithms to assess personal, genetic, environmental, and lifestyle factors to provide an estimate of a woman’s likelihood of developing breast cancer in the next five years and in her lifetime.

The average lifetime risk of breast cancer in women is 12.9%. Women whose lifetime risk is estimated to be greater than 20% are considered to be at high risk.



AVERAGE RISK
OF BREAST
CANCER IN
WOMEN =
1 in 8

**Some factors
that increase
a woman's
risk include:**

Age

Breast cancer diagnosis in
a first or second degree
relative under the age of 50

Known genetic mutation
affecting susceptibility

Ashkenazi Jewish ancestry

Previous chest
radiation therapy

Diagnosis of other
atypical breast tissue

**UPMC HAMOT
HIGH RISK
BREAST
PROGRAM**

Bayview Breast Care at UPMC Hamot
300 State St., Suite 107, Erie, PA 16507

For more information or to make an
appointment, call **814-877-3900** or
visit **UPMCHamot.org/BreastHealth**.

To schedule a
mammogram at
UPMC Hamot,
call **814-877-6123**.

What can patients expect during their first visit?

Patients will be asked about their personal and family health history. They should come to their first appointment with as much information as possible about their family's cancer history, including the type of cancer and age at diagnosis.

Along with this history and a physical exam, a telemedicine consult may also be set up with the genetic counseling team. With all of this information, the center will use the risk model algorithm to determine the patient's personal risk level.

How will care change for patients at high risk?

Standard guidelines for breast cancer screening include one physical exam and one mammogram each year. For women at high risk, the American College of Radiology recommendations include the standard annual mammogram in addition to annual MRI imaging and two physical exams per year.

Breast MRI imaging is the most sensitive test available for breast cancer diagnosis, especially for women with dense breast tissue. However, according to breast radiologist **R. Scott Kamenski, MD**, some types of cancer are more accurately diagnosed with a mammogram. "The goal is to identify cancers as early as possible, while they are still small and before they spread to the lymph nodes. The combination of the two types of imaging results in very accurate, early diagnosis of cancers."

“The combination of mammogram and breast MRI imaging has been very successful in the early and accurate diagnosis of breast cancers.”

— R. Scott Kamenski, MD

How can acupuncture help cancer patients?

Bayview Breast Care at UPMC Hamot now offers acupuncture to relieve the side effects of traditional cancer treatments for patients with any type of cancer.

"Acupuncture is a holistic option to make cancer treatments more tolerable and help make sure patients continue to receive their treatments. We help you get closer to your old life," says **Emily Nagurney, CRNP**, board-certified and state-licensed acupuncturist.

Each appointment lasts approximately an hour. After discussing goals for treatment, the acupuncturist inserts very fine needles in therapeutic areas on the patient's body and the patient spends about 20 minutes resting on a massage table. Most people leave sessions feeling very relaxed after the spa-like experience.

WE'RE
ADVANCING
CARE
EVERYWHERE...



SO WE CAN
BRING IT
RIGHT TO YOU.

Since affiliating with UPMC more than a decade ago, UPMC Hamot has expanded to become a destination for advanced, specialty care. We're bringing UPMC's world-renowned health care innovations and expertise right here to patients throughout our region.

To learn more, visit UPMCHamot.org/AdvancingCare.

UPMC | HAMOT

UPMC is affiliated with the University of Pittsburgh School of Medicine.



Helping you find a doctor is our **PRIMARY** goal.

Call 814-877-5678



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THE LATEST
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Schedules Online**

For the latest information on classes offered at UPMC Hamot, visit UPMC.com/Classes.

For more information about virtual events at UPMC, visit UPMC.com/VirtualEvents.

