

# For cancer expertise, **TURN TO US.**



Goshen Center for  
Cancer Care

## An interdisciplinary approach to treating lung cancer

### Oncology Team

**Dr. Urs von Holzen**  
Medical Director  
Surgical Oncologist

**Medical Oncologists**  
**Dr. Bolanle Adepoju**  
**Dr. Kennedy Iheanacho**  
**Dr. Ebenezer Kio**  
**Dr. Katarina Leckova**

**Surgical Oncologist**  
**Dr. Sharmila Roy Chowdhury**

**Radiation Oncologists**  
**Dr. Irina Sparks**  
**Dr. Houman Vaghefi**  
**Dr. James Wheeler**

**Interventional Pulmonologist**  
**Dr. Muhammad**  
**“Sammy” Bostaji**

**Breast Surgical Oncologists**  
**Dr. Fiona Denham**  
**Dr. Laura Morris**

**Gynecologic Oncologist**  
**Dr. Pamela Stone**

**General Surgeon**  
**Dr. Mark Ranzinger**

**Plastic Surgeons**  
**Dr. Ronald Downs**  
**Dr. Rachel Macias**  
**Dr. Patrick Viscardi**

**Naturopathic Doctors**  
**Dr. LaToya Lewis**  
**Dr. Emily Moore**

**Interventional Radiologists**  
**Dr. Charles Bower**  
**Dr. Justin Lightburn**

**Palliative Medicine**  
**Dr. Liz Nafziger**

**Nurse Practitioners**  
**Ingrid Bowser**  
**Bo Coody**  
**Grace Darnell**  
**Judith Huff**  
**Kristan Rheinheimer**

**Physician Assistants**  
**Jonathan Newhall**  
**Elise Sharkey**

**Oncology Dietitians**  
**Maria Brown**  
**Maricel Lopez-Colon**

**Mind-Body Counselors**  
**Rita Gingrich**  
**Kim Mathews**  
**Bethany Swope**

**Certified Tumor Registrar**  
**Tracy Paulus**

#### **Urs von Holzen, MD, MBA, FACS, Medical Director**

According to the American Cancer Society, lung cancer accounts for about one in five of cancer deaths, making it the leading cause of cancer death in this country. More people die of lung cancer each year than of colon, breast and prostate cancers combined.

Fortunately, the number of new lung cancer cases and deaths are decreasing due to fewer people smoking and advances in early detection and treatment.

Goshen Center for Cancer Care has a comprehensive lung cancer program that includes a screening program that is part of the lung cancer care team, with pulmonary and thoracic surgery input/oversight; multidisciplinary treatment; and long-term surveillance.

#### **Screening for early detection**

Early detection is critical and greatly increases options for treatment as well as the chances for a cure. The cancer center offers a simple, low-dose CT scan to detect lung cancer at an early stage.

Patients are eligible for lung screening if they meet the following criteria:

- 50-80 years of age
- Having a smoking history of at least 20-pack years
- Being a current smoker or having quit within the last 15 years

#### **Earlier, less invasive diagnosis and more accurate staging**

Goshen Center for Cancer Care’s interventional pulmonologist Muhammad “Sammy” Bostaji, MD, offers minimally invasive endoscopic procedures like endobronchial ultrasound (EBUS) and navigational bronchoscopy for earlier, less invasive diagnosis and more accurate staging of lung cancer and other chest diseases.

#### **State of the art treatment**

##### ***Dedicated, multidisciplinary care team***

Because treatment recommendations for lung cancer are complex, at Goshen Center for Cancer Care they are made by a dedicated, multidisciplinary care team. This team includes fellowship trained medical, surgical and radiation oncologists who work closely together to recommend a personalized treatment plan. Other members of the care team include a palliative care physician, naturopathic doctors, mind-body counselors, dietitians and financial counselors. Together, the care team considers all aspects of the patient’s life and disease to provide the best possible treatment.

Plastic surgeons complete the cancer center’s expert surgical team, enabling providers to do more advanced surgeries that may include reconstructing the chest wall. Fortunately, these advanced surgeries are less frequent because screening programs are enabling earlier detection of lung cancers.

#### **Treatment options**

For early-stage lung cancer, surgery is usually part of the recommended treatment plan. Most of these operations are minimally invasive and robotic assisted. Along with our fellowship trained surgical oncologists, this is one of the biggest advantages Goshen Center for Cancer Care offers – expertise and experience with robotic surgery and the improved outcomes it provides. Because of the small incisions, robotic surgery leads to quicker recoveries, less time spent in the hospital, less blood loss and less risk of infection.

If surgery is not feasible, one option is an experienced radiation oncology program that can target tumors directly while minimizing the effect on healthy surrounding tissue.

For advanced stage cancers, a variety of treatment options exist: chemotherapy, combined with or without radiation, immunotherapy or targeted therapy (including monoclonal antibodies and small-molecule drugs). Goshen Center for Cancer Care also has a robust clinical trials program to provide patients with the newest treatment options available.

#### **Types of lung cancer treated**

Goshen Center for Cancer Care treats all types of lung cancer, including:

- Non-small cell lung cancer (NSCLC), consisting of the two main subtypes, squamous cell carcinoma and adenocarcinoma, that account for 85 percent of all lung cancers
- Small cell lung cancer (SCLC)
- Carcinoid tumors

#### **Clinical trials information**

Many clinical trials are available for patients. To find out more about them, visit [GoshenClinicalTrials.com](https://www.goshenhealth.com/clinicaltrials), or email [gcccresearch@GoshenHealth.com](mailto:gcccresearch@GoshenHealth.com) to be added to an email list of clinical trial updates.



## An interdisciplinary approach to treating lung cancer

*What healthcare providers need to know*

### **Long-term surveillance of cancer patients**

Surveillance has two important components. The first is keeping in touch with the patient. The cancer survivors' doctors need to make sure their patients come back for regular check-ups and don't develop additional tumors. This means having scans at regular intervals. And the primary care doctors and oncology specialists need to communicate regularly about the progress of the patient.

The second piece is monitoring possible side effects from the treatment. Depending on the therapies the patient went through, there are many possible issues he or she could be dealing with and need to be watched closely. The National Comprehensive Cancer Network has outlined detailed standards for survivorship care that include the following:

- Prevention of new and recurrent cancers
- Surveillance for cancer spread or recurrence, and screening for subsequent cancers
- Assessment of psychosocial and physical effects
- Intervention for medical problems, symptoms, psychologic distress, financial and social concerns that are related to cancer treatments
- Coordination of care between primary care providers and specialists to ensure that the survivor's health needs are met

This is not the complete list, but it does reveal the expectation for coordination of care between the patient's cancer care team and primary care physician over the long term.

### **Communication with referring providers**

Whether patients are looking for an initial consultation or a second opinion, Goshen Center for Cancer Care will ensure the transfer is as seamless as possible. Effective communication and efficient scheduling are crucial so patients don't have to wait or worry. The cancer center keeps referring providers in the loop, ensuring they know what's going on with their patients – and reaching out for more information when indicated. Referring providers are an integral part of a patient's treatment team.

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**Dr. Urs von Holzen** is a board-certified thoracic surgical oncologist specializing in minimally invasive techniques. He completed fellowships in surgical oncology at Fox Chase Cancer Center, Philadelphia; in advanced minimally invasive thoracic surgery at Brigham and Women's Hospital, Harvard Medical School, Boston; and in surgical oncology research at MD Anderson Cancer Center, Houston. He has a special interest in thoracic and esophageal cancers. Dr. von Holzen is also the medical director for Goshen Center for Cancer Care.

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### **TO REFER A PATIENT**

Goshen Center for Cancer Care provides holistic, complete care for patients. To refer a patient, call (574) 364-2973 or visit [GoshenCancerProviders.com](http://GoshenCancerProviders.com).

If you would like more information or to meet any of our doctors, please contact **Marisa Nyikos, Physician Liaison**, at [MNyikos@GoshenHealth.com](mailto:MNyikos@GoshenHealth.com) or call (574) 849-7812.