

Cancer Talk

Maroone Cancer Center | Summer 2016

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To our Community:

I am delighted to share the progress the Maroone Cancer Center is making in reducing cancer suffering. Now open just over a year, the Maroone Center has made significant strides due to the commitment of a compassionate team. With over 100 dedicated caregivers, it is their time, talent and innovative ideas that have enabled our growth.

As we look toward a promising future of overcoming cancer, we are grateful for the leadership of the Maroone Center's Director, Steven Roshon, MD, who is retiring from Cleveland Clinic Florida. Dr. Roshon's guidance and fortitude helped make the Maroone Cancer Center a reality, and his contributions are reflected in the Center's patient-centered features and amenities. In my new role as Interim Director, my goal is to oversee a smooth transition to continue the world-class level of patient and caregiver experience for which Cleveland Clinic is known. As a son of a breast cancer survivor, I uniquely understand the experience of sitting on both sides of the exam table. I hope to bring this unique perspective and insight to my role as the new Interim Director of the Maroone Cancer Center.

Two examples of our commitment to offering the best in cancer care are the Maroone Center's Liver Tumor Clinic and the use of advanced immunotherapy treatments. Launched in 2013, the Liver Tumor Clinic presents a team approach by top specialists focused on providing options to patients. In this issue, we share how our team's collaboration, complemented by the Varian Edge™ radiosurgery system, allows us to explore and help ensure the best possible outcomes. Furthermore, we continue to explore ways immunotherapy can leverage the immune system's

natural ability to eliminate cancer cells, offering promising potential for those once thought untreatable.

The Maroone Center also investigates how we can make a difference by offering our patients participation in some of the most advanced clinical trials. In this issue, we detail our focus on the treatment of newly diagnosed multiple myeloma in a study involving the use of daratumumab (Darzalex®).

While we acknowledge that advancements in science fuel our team's commitment to care, our perseverance is for our patients. The Maroone Center is designed to put patients first and ease the burden that cancer care can create. Our Survivorship Care Plan Program is one way we offer much-needed support for former cancer patients by providing a roadmap to the future.

We invite you to participate in our achievements, both currently and throughout the future, by sharing your comments and your vision for success.

Sincerely,



Thomas A. Samuel, MD

Interim Director, Maroone Cancer Center
Cleveland Clinic Florida



Service Spotlight

Survivorship Care

From diagnosis and beyond, Cleveland Clinic Florida provides a roadmap for life.

"You have successfully completed your last treatment." "You are cancer free." These are words that bring a wave of relief and a desire to get back to a life without the cloud of cancer. But, these phrases don't eliminate the need to think about your long-term health and well being. Cleveland Clinic Florida's Survivorship Care Plan Program offers the much-needed ongoing support to former cancer patients along with a roadmap for their future.

Under the direction of Thomas Samuel, MD, and Joylene Sutton-Aransevia, ARNP, the Survivorship Care Plan Program offers continuity of care for patients just completing cancer treatments as well as long-term cancer survivors.

"The plan provides a summary of treatments patients have

been through," explains Dr. Samuel. "Then, we add a roadmap as to how the next several years are going to go as far as standard screening guidelines and follow-up care for physician visits and lab work. In addition, the plan educates patients about the possible long-term effects of their treatments, identifying signs and symptoms to be monitored and how to seek help if they occur."

The care plan also provides patients with an opportunity to think about how they want to live going forward. "Being diagnosed with cancer and going through the rigorous treatment is a life changing experience for many patients," explains Joylene Sutton-Aransevia, ARNP. "Many patients adopt a new lifestyle and look forward with a better outlook on life. The care plan helps the patient reconstruct, rebuild and redeem their lives through the guidance of our multidisciplinary teams."

These teams include physicians, nurse practitioners, social workers, nutritionists and other support groups. By providing a comprehensive overview plan, the Survivorship Care Plan Program guides patients as they continue care with present providers and as they look forward to life with new eyes.

Liver Tumor Clinic Brings its A-game to Florida

Team approach offer options and answers.

“We found something on your liver.”

This six word sentence, said to you by your doctor, carries the weight of the world. It leads to many questions and many late nights worrying about what the future holds for you and your loved ones.

Realizing that a cancer diagnosis is just one aspect of a patient’s health and wellness, Cleveland Clinic Florida takes a team approach to treatment and care. At our main campus in Cleveland, Ohio, the Liver Tumor Clinic is structured so that all specialists involved in a patient’s care work collaboratively to explore and help ensure the best possible outcomes.

In Weston, Cleveland Clinic Florida’s Maroon Cancer Center has been modeling that same approach for its patients since opening its Liver Tumor Clinic in 2013.

Radiation oncology medical director, John Greskovich, Jr., MD, believes the approach will be beneficial for years to come. “We feel that shared decision making amongst the specialties results in adherence to evidence-based clinical practice guidelines and better patient outcomes, reducing morbidity and mortality and the cost of care.”

Transplant hepatologist and medical director of liver transplant, Bobby Zervos, DO, explains a multidisciplinary conference is held each week where liver tumor cases are presented to the team of cancer professionals for discussion and formulation of treatment recommendations. He says that attendees include specialists from radiology (diagnostic and interventional), oncology (radiation and hematology), hepatology and transplant surgery as well as specialized nurse transplant coordinators.

Radiation oncologist Mihir Naik, DO, explains that a team approach to medical care helps the patient understand the many care options available. “Through the Liver Tumor Clinic, we can better guide patients through the process of creating the right treatment plan for them.”

Dr. Zervos adds that this team approach is also very convenient for patients, especially for those who may be traveling for their treatment. Dr. Zervos explains, “When they come to our facility, they can see everybody at once on the same day, have their imaging done and then have everything reviewed by the multidisciplinary team’s tumor board. It truly expedites the whole process.”



Liver Tumor Clinic Multidisciplinary Team

Tumor treatment: There are options

At the core of the Maroon Cancer Center’s team care approach is the effort targeting the liver tumor itself. “Once we’ve seen patients and reviewed their imaging with our team,” says Dr. Zervos, “we can either determine if someone is an immediate candidate for transplant or if another member of the team, such as the interventional radiologist, should begin liver-directed therapies to get the patient to where transplant can be an option.”

According to Dr. Naik, those therapies may be invasive or non-invasive, or a combination of both. “We may use invasive treatments, such as ablation techniques to destroy or remove liver lesions. On the non-invasive side, we offer options including stereotactic body radiation therapy, or SBRT, which is very focused radiation given in high doses to a very small area.”

If a patient responds to these therapies, then liver transplant may become an option. Dr. Zervos states that the Cleveland Clinic Florida transplant team completed their first liver transplant in July 2013, and since then has completed 87 total. However, he emphasizes that each treatment plan is unique. “We evaluate all patients individually and give them the care that is going to prolong their survival. Sometimes that includes transplant, sometimes it doesn’t.”

Cleveland Clinic Florida continues to evolve in patient care

All three doctors are excited to see the team and capabilities of the Liver Tumor Clinic expand in the future. Dr. Greskovich is particularly pleased about a recent addition, the Varian Edge™ radiosurgery system. “Ours is the first hospital-based Edge™ radiosurgery program in the Southeastern United States,” he says. “It delivers treatment with sub-millimeter accuracy and real-time tracking of the tumor to ensure the radiation hits only the target, not the surrounding healthy tissues. I foresee more demand for this technology as our liver transplant program rapidly grows.”

The Edge™ is just one of many options in the Liver Tumor Clinic’s arsenal. “Having numerous therapeutic options available for patients and an experienced multidisciplinary cancer team to direct the care is what I see as the greatest strength of our Cleveland Clinic Florida liver cancer team,” says Dr. Zervos.

Harnessing the Body's Immune System to Fight Cancer

Immunotherapy treatment gains momentum at Maroon Cancer Center.

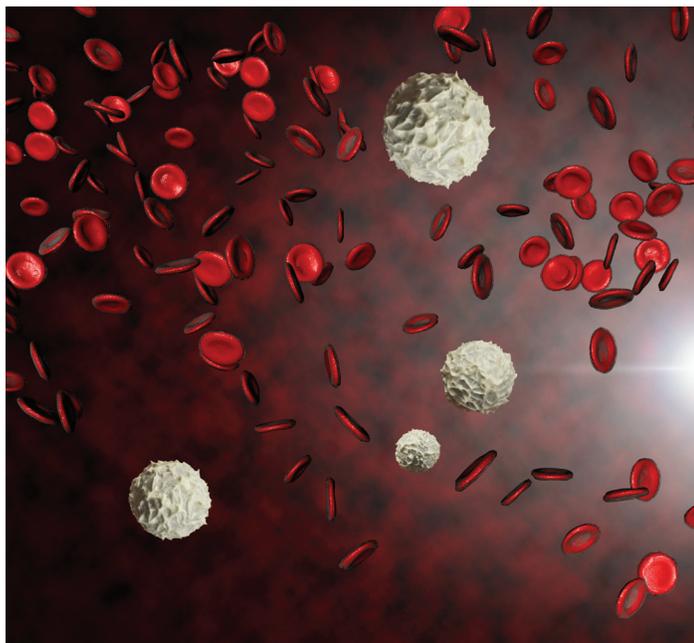
Cancer cells are sneaky. Usually, the body's immune system takes care of them without our ever knowing that they were there. Yet, some malignant cells can still slip by, undetected, and form tumors.

David Grossman, MD, an oncologist at Cleveland Clinic Florida, explains that medicine is trying to pinpoint how the immune system can miss some cancers. "Ideally, we can prevent it from happening in the first place," he states.

In the meantime, Dr. Grossman and his Maroon Cancer Center colleagues are fighting those stealth cells by using immunotherapy.

Oncologist Bruno Bastos, MD, explains that immunotherapy leverages the immune system's natural ability to eliminate cancer cells. "It works by blocking targeted proteins found on T cells, lymphocyte cells that are programmed to recognize, respond to and remember antigens (foreign bodies such as germs, tumor cells)," he states.

Dr. Bastos further explains, "typically given by infusion or injection, immunotherapy has been used successfully to treat multiple cancer types and offers long-term protection against disease with fewer side effects than standard cancer regimens."



The four forms of immunotherapy

Immunotherapy offers promising potential in the fight against cancer. For example, the Cancer Research Institute's website indicates thousands of immunotherapy clinical trials listed for adults and patients who are 18 years old and younger, with nearly every cancer type represented.

The Maroon Cancer Center is actively using a variety of immunotherapy treatments. To help understand the world of immunotherapy, below is a guide to the four forms:

Biological response modifiers These substances have no direct antitumor effect, but are able to trigger the immune system to indirectly affect tumors. These include cytokines such as interferons and interleukins.

Colony-stimulating factors Colony-stimulating factors are substances that stimulate the production of blood cells. They do not directly affect tumors, yet through their role in stimulating blood cells can help support the patient's immune system during cancer treatment.

Tumor vaccines Researchers are developing vaccines that would in theory work in a similar way as vaccines control measles and mumps. The difference is that these would be used after someone has been diagnosed with cancer to help prevent the cancer from returning, or to get the body to reject tumors.

Monoclonal antibodies These laboratory-produced substances can locate and bind to cancer cells wherever they are by reacting against tumor-associated proteins on the cells' surface. These antibodies can be used to determine where the tumor is in the body, or as therapy to target the tumors directly with drugs or radioactive material.

Dr. Bastos points out that the best candidates for immunotherapy are those diagnosed with stage III and IV melanomas, where it is used as a primary therapy instead of chemotherapy. "Immunotherapy is also being used as a phase II therapy for patients with stage IV lung cancer who have previously been treated with chemotherapy," he adds.

A prime example of immunotherapy's power over melanoma is former U.S. President Jimmy Carter, who last year responded very well to immunotherapy treatment for melanoma spots found on his brain. "He probably wouldn't be around now, had it not been for immunotherapy," says Dr. Grossman.

Both doctors see a strong future for this cancer treatment. "There is so much more we can do now for patients whose cancer would have been untreatable just 10 or 15 years ago," says Dr. Grossman. "There's a lot of hope that we can give people that they will live longer, that they'll do better. There's a lot that we can do for them and they feel a lot of relief when they hear about those options. Immunotherapy is a very big part of that."

CONTACT OUR EXPERTS

To contact our experts, call 954.659.5840.

Introducing New Staff

We are pleased to welcome the following accomplished physicians to our growing cancer care team.

Marc Apple, MD*Radiation Oncology*

Marc Apple, MD, began his medical training in both general and oncology surgery before becoming double board certified in nuclear medicine and radiation

oncology. "I really enjoy patient care," remarks Dr. Apple. "Quality of life and functional preservation is a big interest of mine." In that vein, Dr. Apple is working to educate both patients and referring physicians as to how technology has improved care. "My interest is in advanced treatments," states Dr. Apple. "Our specialty has really evolved, especially in the last 10 to 20 years. We offer more curative treatment options through integrating surgical and medical oncology modalities and subspecialties. We see better results, even for cases that used to be considered very advanced." Dr. Apple has also spent a great deal of his career seeking technical solutions to medical problems. He holds 10 patents for medical devices, achievements that have initiated his passion for his work at Cleveland Clinic Florida. "My hope is that we can move into the next phase of not only providing great patient care, but also focusing on innovation and advancing the research."

David Grossman, MD*Hematology Oncology*

David Grossman, MD, joined the staff of Cleveland Clinic Florida's Department of Hematology and Oncology in 2015 after more than 25 years of private

practice in Philadelphia. Dr. Grossman's primary interest is in immunotherapy, a field he has studied since the 1980s and one that he is very optimistic about due to the progress being made in drug development. "The drugs are getting better," explains Dr. Grossman, "and we are getting better at managing the side effects. It's a very exciting time."

"There is so much more we can do now for patients with cancers that used to be considered untreatable 10 to 15 years ago," states Dr. Grossman. "We encourage referring physicians to transmit that optimism to their patients before we see them. They come to us scared and think there's nothing we can do. Patients feel a lot of relief when they hear about those options, and immunotherapy is a very big part of that."

Mihir Naik, DO*Radiation Oncology*

Mihir Naik, DO, is on staff at Cleveland Clinic Florida's Department of Radiation Oncology. A graduate of the Northwestern

Chicago College of Osteopathic Medicine, he interned at the University Illinois Advocate Christ Medical Center. He then went on to complete a residency in Radiation Oncology at the University of Texas Health Science Center San Antonio and at Cleveland Clinic in Ohio. In addition, he completed a year of research in pediatric radiation oncology at St. Jude Children's Research Hospital in Memphis, Tennessee. "In our department, all caregivers play an active role in educating the patient about the benefits of radiation and what our technology has to offer," states Dr. Naik. He adds that his specialty allows for a level of personal connection to his patients. "When people get a diagnosis of cancer, it's the biggest thing in their life," he says. "It's very rewarding to offer care and help patients through this stressful time. I get to provide a service that's very meaningful and form excellent relationships with my patients as I see them before, during and even after treatment for many years."

Joylene Sutton-Aransevia, ARNP *Survivorship Care*

Joylene Sutton-Aransevia, ARNP, has a career in nursing that spans over 20 years, which led to her obtaining a nurse practitioner degree in 2011. She began her career in Canada and eventually progressed to a position at the University of Miami Sylvester Cancer Center where she spent 16 years working with oncology patients. Now, she is putting her extensive experience to work as a nurse practitioner for Cleveland Clinic Florida's Cancer Survivorship Program. In her current role, Joylene is helping patients make sense of where they have been and what to expect after completion of their cancer treatments. "When I began working in oncology, I found I loved to listen to patients' stories, and loved the work I was doing," she explains. "It's a warm feeling, and best of all, I love when they've completed their treatment and come back and tell me 'Joylene, I'm cancer free.' It is the most awesome and heartwarming experience you can have."

Cancer Resources

DrConnect® (for physicians)

Our practice-tested DrConnect® service elevates the team approach to a new level by giving you and your staff an instantaneous, comprehensive and secure online view of your patients' treatment progress while at Cleveland Clinic. With DrConnect®, our specialty care becomes a seamless part of your practice, providing you with added confidence when making decisions regarding the next step in your patients' care.

To get more information or to sign-up online, please visit clevelandclinic.org/drconnect or call our DrConnect® help desk at **877.224.7367**.

Request for Medical Records

To request medical records, please contact Health Information Management at **954.659.5000**.

Patient Appointment Center

To schedule an appointment with one of our specialists, patients may call **877.463.2010**.

Cancer Support Services

- Art Therapy
- Cancer Registry
- Caring Touch Services:
 - Reiki
 - Reflexology
 - Chair Yoga
 - Gentle Yoga
 - Craniosacral Therapy
 - Gentle Therapeutic Massage
- Community Outreach Partnerships
- Dietary Services and Nutritional Counseling
- Music Therapy
- Patient Resource and Education Center
- Social Work Services
- Smoking Cessation Program
- Support Groups
- Wig Boutique and Wellness Store

For more information, call **954.659.5840** or visit clevelandclinicflorida.org/supportservices.

Clinical Trials

Clinical Trial Focus: Newly Diagnosed Multiple Myeloma

Cleveland Clinic Florida's Maroone Cancer Center is participating in a clinical trial for patients with multiple myeloma who are not candidates for high-dose chemotherapy and autologous stem cell transplantation. The study seeks to determine the efficacy of using the anti-myeloma immunotherapy with monoclonal antibody daratumumab (Darzalex™) in combination with lenalidomide (Revlimid®) and the corticosteroid dexamethasone in inducing remission for initial treatment of multiple myeloma. This is a Phase 3 randomized trial, open to men and women over the age of 18 who are newly diagnosed with multiple myeloma. All participants will undergo regular clinical examinations and assessments in order to determine the response to therapy. The efficacy and safety of the trial will be measured by laboratory test results and by monitoring for adverse events. At the end of the study, the sponsor will ensure subjects benefitting from treatment with the research drug daratumumab will be able to continue treatment.

"Daratumumab is a unique and very promising molecule," states Chakra Chaulagain, MD, of Cleveland Clinic Florida's

Maroone Cancer Center. "We have a lot of hope for this drug. I expect daratumumab to change the way we manage multiple myeloma today. It will likely be one of the most important pillars of multiple myeloma care."

Newly diagnosed multiple myeloma patients interested in participating in this trial should contact: Abel Rodriguez, Cancer Research Program Supervisor at the Maroone Cancer Center at **954.487.2258** or by email, rodriga2@ccf.org.

More information on this trial can be found at clevelandclinicflorida.org/cancertrials.

Clinical Trials at Your Fingertips

Our free Cancer Clinical Trials app—available for iPhone®, iPad®, Android™ phone and tablet—can keep you and your patients up-to-date on Cleveland Clinic's more than 100 active cancer trials.



This app is available for download at myclevelandclinic.org/cancer or the App Store on iTunes.