



**Cancer care  
close to home.**

# Cancer Program

ANNUAL REPORT - 2017

 **FAIRVIEW  
RANGE MEDICAL CENTER**

## MISSION

Fairview is driven to heal, discover and educate for longer, healthier lives.

## VISION

Fairview is driving a healthier future.

## VALUES

+ Dignity + Service + Innovation  
+ Integrity + Compassion

### Our Commitment to You

Our goal is to provide you with the best possible experience at Fairview Range Medical Center. We strive to exceed your expectations, and we encourage you to be an active participant in your care. We will treat you with courtesy and respect. We will listen carefully to you. We will address your needs. We will respond to your concerns. We will answer your questions to keep you informed. We will provide a safe and clean environment. We will include you and your family in your Plan of Care. We will be sensitive to your cultural needs. We will work together as a team to care for you.



Patrick Sharp, MBA

Thomas Uncini, MD

## A message from the Cancer Committee Chair and the Cancer Program Administrator

Accredited as a Community Cancer Program by the Commission on Cancer (CoC) of the American College of Surgeons (ACS) since 2006, Fairview Range is proud to provide cancer care close to home. CoC accreditation is a voluntary commitment made by Fairview Range. This commitment ensures that patients have access to full scope of services required to diagnose, treat, rehabilitate, and support patients and their families during their cancer journey. Accreditation is upheld by Fairview Range with a committee of interdisciplinary team members, interacting to assure that CoC requirements are being met. Each year studies of quality, quality improvements, programmatic, and clinical goals are decided upon and strived toward. Every third year, Fairview Range is surveyed by the CoC to ensure that requirements of standard setting, prevention, research, education and the monitoring of comprehensive quality care are being met.

Fairview Range serves the community through our full spectrum of cancer services including prevention, diagnosis, treatment, survivorship and end of life cares. We provide our patients and families with the power of personal community based cancer care.

We are pleased to present the 2017 Annual Report for the Fairview Range Cancer Program. This report contains data from our cancer registry which summarizes the volumes and types of cancers treated at Fairview Range. We hope you find this report helpful and informative. We continue to look to the future and the opportunities ahead as we build on our strong program and continue to serve the needs of our communities by providing high-quality cancer care close to home.

**Thomas Uncini, MD**  
Cancer Committee Chair  
Fairview Range

**Patrick Sharp, MBA**  
Cancer Program Administrator  
Chief Operating Officer  
Fairview Range

## Multidisciplinary Care

The cancer program of Fairview Range Medical Center offers a collaborative approach to cancer care. Developing a patient's optimal treatment often necessitates the opinion and contribution of multiple specialists. Our physicians include surgeons, medical oncologists, and radiation oncologists, all specializing in cancer treatment. Additionally, pathologists, and radiologists provide critical information needed to accurately diagnose and stage cancer to assist in

developing individualized patient treatment plans. Other important members of our multidisciplinary team include physician assistants, nurse practitioners, oncology nurses, radiation therapists, laboratory technicians, pharmacists, registered dietitians, nurse navigators, care coordinators, social workers, rehabilitation therapists, who, along with our administrative team, are all key contributors to quality patient care.



*Dr. Hanson*  
General Surgery



*Dr. Williams*  
General Surgery



*Dr. Marchuk*  
General Surgery



*Dr. Skaja*  
General Surgery



*Dr. Lucarelli*  
General Surgery



*Jackie Haigh, CNS*  
General Surgery



*Dr. Fredrickson*  
Otolaryngology (ENT)



*Tara Ruud, PAC*  
Otolaryngology (ENT)



*Heather Larson, CNP*  
Otolaryngology (ENT)



*Jean McCue, CFNP*  
Urology



*Dr. Weight*  
Urology



*Dr. Novak*  
Urology



*Dr. Lindholm*  
Radiation Oncology



*Dr. Provas*  
Medical Oncology/  
Hematology



*Kim Pettinelli, APRN,  
FNP-BC, AOCNP*  
Medical Oncology



*Dr. Copeman*  
Palliative Care



*Shannon Patroske, CFNP*  
Palliative Care

## 2017 Cancer Committee Members:

**Tom Uncini, MD**  
Pathology & Chairperson

**Nancy Hukka, OTR/L**  
Rehabilitation Services

**Kim Pettinelli, APRN, FNP-BC, AOCNP**  
Medical Oncology

**Cheryl Bisping, RN**  
Community Outreach

**Barbara Johnson, RHIA, CTR**  
Cancer Data

**Anastas Provatas, MD**  
Medical Oncology/Hematology  
Cancer Liaison Physician

**Danette Brandstrom**  
Manager Materials & Regulatory

**Heidi Lahti, MHA, BSRS**  
Director of Ambulatory Care

**Rebecca Rutherford, MSW**  
Hospice & Palliative Care Supr.

**Jeffrey Copeman, MD**  
Palliative Care Physician

**Paul Lindholm, MD**  
Radiation Oncology

**Jessica Schuster**  
Marketing

**Sheila Doering, BS, RT(R)(T)**  
Manager Radiation Therapy

**Sara Madden, PharmD**  
Pharmacy Manager

**Patrick Sharp, MBA**  
Sr. Vice President/Chief  
Operating Officer

**Jeanne Fairbanks, RN**  
Lead Medical Oncology/Chemo/Infusion

**Anne O'Keefe**  
American Cancer Society

**Frank Suslavich, MD**  
Diagnostic Imaging

**Jacqueline Haigh, RN, ACNS-BC**  
Clinical Nurse Specialist – Surgery

**Karly Olson, RN**  
Cancer Care Coordinator

**Stacy Wesley, RN**  
Quality

**Sandra Hanson, MD**  
Surgery

**Debra Overlee, LICSW**  
Social Worker

**Michael D. Williams, MD**  
Surgery

## Cancer Registry

A cancer registry is an information system designed for the collection, management, and analysis of data on persons with the diagnosis of a malignant or neoplastic disease (cancer). Maintaining a cancer registry ensures that health officials have accurate and timely information, while ensuring the availability of data for treatment, research, and educational purposes. These data are then used to inform a wide variety of public health decisions and provide information for cancer diagnosis, treatment and prevention programs.

Lifetime follow up is an important aspect of the cancer registry. Current patient follow-up serves as a reminder to patients to schedule regular

clinical examinations and provides accurate survival information.

## Cancer Conference

Our Cancer Conference is held on the first Tuesday of every month. During Cancer Conference, patient's cancer cases are discussed, enabling the physicians coordinating the patient's treatment to gain input from a number of healthcare professionals who represent a variety of specialties. Recommendations relevant to the patient's care are thoroughly evaluated before a treatment plan is created.

## 6 | Fairview Range Medical Center Cancer Program 2017

Here at Fairview Range Medical Center we provide community education, screenings, and patient and family support. We provide a monthly support group, as well as a quarterly Look Good Feel Better program and Freshstart tobacco cessation classes as-needed in conjunction with the American Cancer Society.

### Freshstart Tobacco Cessation Class

Fairview Range offers American Cancer Society's Freshstart tobacco cessation support classes. Classes are instructed by registered nurses and respiratory therapists who are also certified as tobacco cessation training specialists. The primary goal of Freshstart is to help participants plan a successful quit attempt. Anyone who wants to quit using tobacco may participate. Sessions are one hour long and registration is first come, first served. (Class size is limited to 10 people).

- Classes held at Fairview Plaza, 1200 E 25th Street, Hibbing, MN
- Contact Cheryl Bisping at 218-312-3012 for more information.

### Cancer Support Group

This ongoing support group is open to all cancer patients. We gather the fourth Tuesday of every month to discuss the latest treatments, stress management, coping, nutrition, where and how to find resources, and much more.

Where: Fairview Range Radiation Therapy Center  
750 E. 34th Street  
Hibbing, MN 55746

When: 4th Tuesday of every month  
Time: 6 p.m. – 7:30 p.m.

### Look Good Feel Better®

**Look Good Feel Better** is a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to make the most of your appearance while undergoing treatment. You will also receive a makeup package valued at \$200.

- Classes Held in Hibbing at Fairview Range, 750 E. 34th St., Hibbing, MN

Registration is required, please call the American Cancer Society at 1-866-460-6550.

Please visit [www.range.fairview.org](http://www.range.fairview.org) for additional dates and times related to community education and screening opportunities.

### Prevention and Screening Programs

Following Fairview Range's 2015 Needs Assessment, which identified a high rate of lung cancer in the patient population as well as patients being diagnosed at later stages of lung cancer; Fairview Range implemented a tobacco cessation program as well as a Low Dose CT Scan screening program.

#### Prevention Program – Tobacco Cessation

The cancer committee implemented the American Cancer Society's Freshstart Tobacco Cessation program. Classes are offered quarterly, four sessions for each class. Classes were offered free of charge, with one trial of offering participants a gift card if they completed all four sessions.

Pre and post class surveys of participants were conducted. Follow-up phone calls made to participants eight weeks after the end of the program, revealed a quit rate of 50 percent. Follow-up surveys also found that 100 percent of the participants would recommend the program to their friends and family.

During provider visits, patients may opt to participate in the Minnesota QuitPlan tobacco cessation program. From January – August, 2017, 300 total referrals were sent to the Minnesota QuitPlan program.

#### Screening – Low Dose CT Scans

In 2017, 50 orders for Low Dose CT Scans were received, a 100+ percent increase from 2016. Twenty-eight (56%) had no nodules, 18 (36%) had nodules with low likelihood of becoming cancer, three (6%) had nodules that were probably benign and one (2%) had nodules that were suspicious and required additional testing.

## 2017 Community Screening, Prevention and Education Programs

### SCREENINGS

Each year, Fairview Range provides at least one cancer screening program that is targeted to decreasing the number of patients with late stage disease. The program is based on community needs and is consistent with evidence based national guidelines. A process is in place for follow up of all abnormal results.

#### PROGRAM

Breast Screening – SAGE Program  
Lung Cancer Screening  
Cervical Cancer Screening – SAGE Program

### PREVENTION PROGRAMS

Each year, Fairview Range provides at least one cancer prevention program that is targeted to meet the needs of the community. This program is designed to reduce the incidence of a specific cancer type.

#### PROGRAM

Fairview Range Health Expo  
Smoking Cessation  
3D Mammography  
Genetic Risk Assessment

### PATIENT AND FAMILY SUPPORT SERVICES

|  |                               |
|--|-------------------------------|
| Nutrition Counseling                               | Cancer Rehab                  |
| Lymphedema Therapy                                 | Pharmacy Consults             |
| Look Good Feel Better                              | Therapy Dogs in Oncology Unit |
| Cancer Support Group                               | Chaplain Services             |
| Cancer Education Lending Library                   | Palliative Care               |
| Care Coordination                                  | Cancer Survivor Reception     |
| Living Well with Chronic Pain Workshop             | Aromatherapy                  |
| W.I.S.H.H. Program                                 | Hospice                       |
| Living Well for Better Health with Chronic Disease |                               |

## Fairview Range Cancer Care Patients 2016

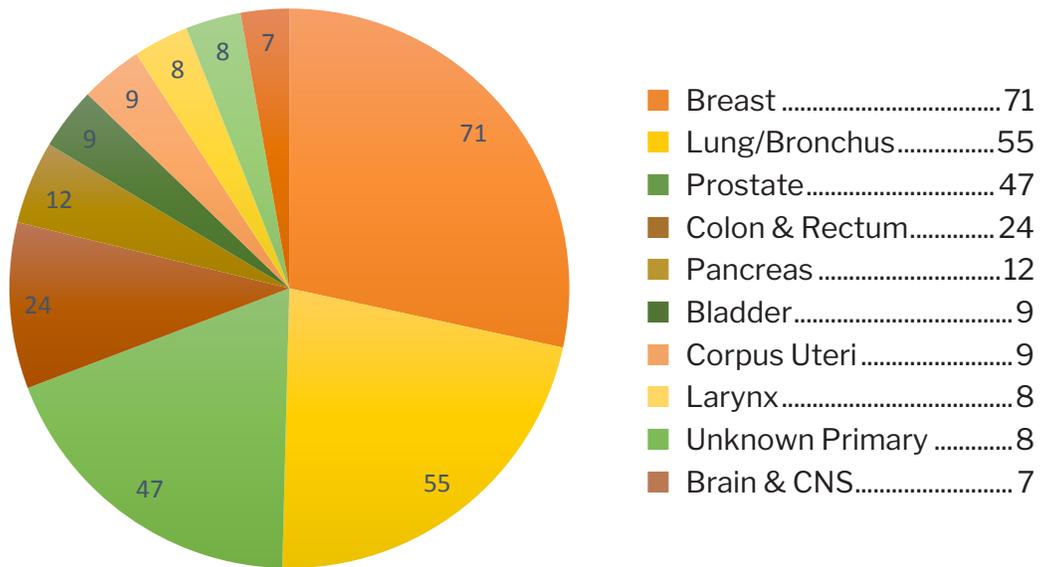
| PRIMARY SITE                   | TOTAL      | CLASS<br>Analytical | SEX        |            |
|--------------------------------|------------|---------------------|------------|------------|
|                                |            |                     | M          | F          |
| <b>ALL SITES</b>               | <b>320</b> | <b>320</b>          | <b>150</b> | <b>170</b> |
| <b>ORAL CAVITY</b>             | <b>10</b>  | <b>10</b>           | <b>7</b>   | <b>3</b>   |
| LIP                            | 2          | 2                   | 2          | 0          |
| TONGUE                         | 1          | 1                   | 0          | 1          |
| OROPHARYNX                     | 6          | 6                   | 4          | 2          |
| HYPOPHARYNX                    | 0          | 0                   | 0          | 0          |
| OTHER                          | 1          | 1                   | 1          | 0          |
| <b>DIGESTIVE SYSTEM</b>        | <b>52</b>  | <b>52</b>           | <b>31</b>  | <b>21</b>  |
| ESOPHAGUS                      | 6          | 6                   | 4          | 2          |
| STOMACH                        | 2          | 2                   | 1          | 1          |
| COLON                          | 16         | 16                  | 9          | 7          |
| RECTUM                         | 8          | 8                   | 5          | 3          |
| ANUS/ANAL CANAL                | 4          | 4                   | 3          | 1          |
| LIVER                          | 2          | 2                   | 1          | 1          |
| PANCREAS                       | 12         | 12                  | 6          | 6          |
| OTHER                          | 2          | 2                   | 2          | 0          |
| <b>RESPIRATORY SYSTEM</b>      | <b>63</b>  | <b>63</b>           | <b>32</b>  | <b>31</b>  |
| NASAL/SINUS                    | 0          | 0                   | 0          | 0          |
| LARYNX                         | 8          | 8                   | 6          | 2          |
| LUNG/BRONCHUS                  | 55         | 55                  | 26         | 29         |
| OTHER                          | 0          | 0                   | 0          | 0          |
| <b>BLOOD &amp; BONE MARROW</b> | <b>13</b>  | <b>13</b>           | <b>9</b>   | <b>4</b>   |
| LEUKEMIA                       | 4          | 4                   | 2          | 2          |
| MYELOMA                        | 2          | 2                   | 2          | 0          |
| OTHER                          | 7          | 7                   | 5          | 2          |
| <b>BONE</b>                    | <b>0</b>   | <b>0</b>            | <b>0</b>   | <b>0</b>   |
| <b>CONNECT/SOFT TISSUE</b>     | <b>4</b>   | <b>4</b>            | <b>3</b>   | <b>1</b>   |
| <b>SKIN</b>                    | <b>5</b>   | <b>5</b>            | <b>1</b>   | <b>4</b>   |
| MELANOMA                       | 5          | 5                   | 1          | 4          |
| OTHER                          | 0          | 0                   | 0          | 0          |

| PRIMARY SITE             | TOTAL     | CLASS<br>Analytical | SEX       |           |
|--------------------------|-----------|---------------------|-----------|-----------|
|                          |           |                     | M         | F         |
| <b>BREAST</b>            | <b>71</b> | <b>71</b>           | <b>1</b>  | <b>70</b> |
| <b>FEMALE GENITAL</b>    | <b>18</b> | <b>18</b>           | <b>0</b>  | <b>18</b> |
| CERVIX UTERI             | 5         | 5                   | 0         | 5         |
| CORPUS UTERI             | 9         | 9                   | 0         | 9         |
| OVARY                    | 3         | 3                   | 0         | 3         |
| VULVA                    | 1         | 1                   | 0         | 1         |
| OTHER                    | 0         | 0                   | 0         | 0         |
| <b>MALE GENITAL</b>      | <b>47</b> | <b>47</b>           | <b>47</b> | <b>0</b>  |
| PROSTATE                 | 47        | 47                  | 47        | 0         |
| TESTIS                   | 0         | 0                   | 0         | 0         |
| OTHER                    | 0         | 0                   | 0         | 0         |
| <b>URINARY SYSTEM</b>    | <b>12</b> | <b>12</b>           | <b>8</b>  | <b>4</b>  |
| BLADDER                  | 9         | 9                   | 6         | 3         |
| KIDNEY/RENAL             | 3         | 3                   | 2         | 1         |
| OTHER                    | 0         | 0                   | 0         | 0         |
| <b>BRAIN &amp; CNS</b>   | <b>7</b>  | <b>7</b>            | <b>3</b>  | <b>4</b>  |
| BRAIN (BENIGN)           | 0         | 0                   | 0         | 0         |
| BRAIN (MALIGNANT)        | 3         | 3                   | 3         | 0         |
| OTHER                    | 4         | 4                   | 0         | 4         |
| <b>ENDOCRINE</b>         | <b>4</b>  | <b>4</b>            | <b>1</b>  | <b>3</b>  |
| THYROID                  | 3         | 3                   | 1         | 2         |
| OTHER                    | 1         | 1                   | 0         | 1         |
| <b>UNKNOWN PRIMARY</b>   | <b>8</b>  | <b>8</b>            | <b>5</b>  | <b>3</b>  |
| <b>OTHER/ILL-DEFINED</b> | <b>6</b>  | <b>6</b>            | <b>3</b>  | <b>3</b>  |

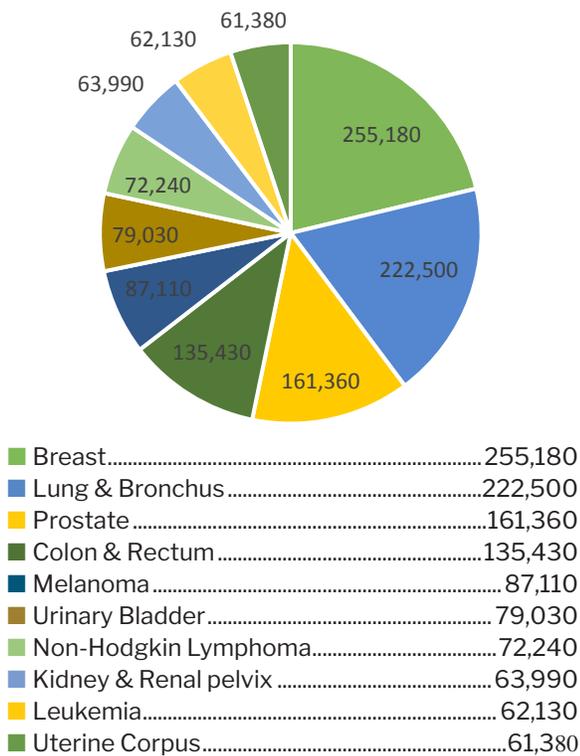
**Number of cases excluded:**

This report EXCLUDES CA in-situ cervix cases, squamous and basal cell skin cases, and intraepithelial neoplasia cases

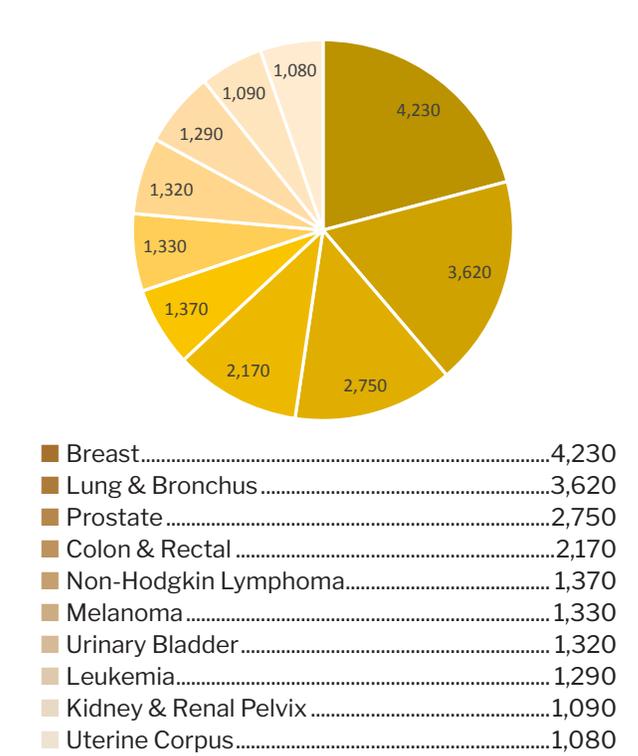
### Top 10 Primary Cancer Sites Diagnosed/Treated in 2016 at Fairview Range



### Top 10 Estimated New Cases by Cancer Type in the USA 2017



### Top 10 Estimated New Cases by Cancer Type in Minnesota 2017



## Cancer Risk Management

Fairview Range now offers cancer risk management services through the University of Minnesota Cancer Risk Management Program. This program is designed to help patients evaluate their risk of developing cancer and work with them to manage their cancer risk.

Individuals may benefit from this program if they have an increased risk of cancer for personal or family history reasons. Family history concerns include early onset cancers or multiple cancers in the family. Patients with certain health conditions that increase the risk of cancer, such as ulcerative colitis, may also benefit from assessment and more frequent or additional cancer screening.

Cancer risk genetic counseling is now offered via Telemedicine at Fairview Range. Patients no longer have to travel long distances for this service. Management for high risk individuals can be done through an advanced oncology certified nurse practitioner at Mesaba Clinic. This provider works closely with the University of Minnesota's Cancer Risk Management Program specialists, to develop personalized cancer screening and prevention plans for patients and their families.

To schedule an appointment, please call toll free, 855-486-7226 and request services to be performed at Fairview Range.

## Care Coordination

Fairview Range Cancer Services provides care coordination to medical oncology patients, and offers services to radiation oncology patients. This service is patient-focused, as it proactively guides patients through and around barriers in complex cancer care system.

The care coordinator at Fairview Range is a registered nurse, who works collaboratively with



*Fairview Range Breast Center in Hibbing, Minnesota.*

each department to assure those newly diagnosed, or those with suspicion of malignancy, are provided with this service. The patient will be followed from diagnosis to survivorship or palliative care.

The RN care coordinator is a critical support for patients who have a new diagnosis of cancer. The care provided by this service aids in decreasing the stress of the new diagnosis. Care coordination provides patients with timely access to healthcare, and assures they are maneuvering through the healthcare system with support.

The care coordinator serves as a liaison for patients who have been diagnosed with cancer. One of the goals of care coordination is to ensure that patients and their family members have a resource to help resolve barriers to their care, including but not limited to transportation, financial, and support issues.

The care coordinator's focus is to make certain the patient is connected to the resources he or she needs in order to receive their care. The care coordination provided to patients is a benefit to the cancer community as it supports patients' lives through outreach, education, elimination of barriers to care, and providing timely delivery to care.

## Breast Cancer in Women

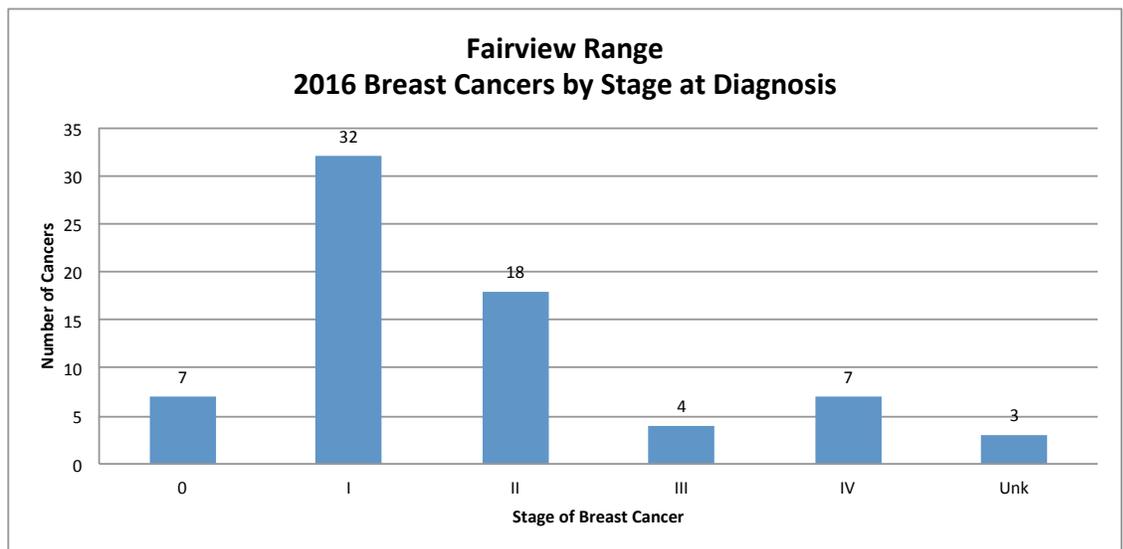
Breast cancer is a cancer that starts in the ducts or glands (lobules) of the breast. They are often found on a screening mammogram which can detect cancer at an early stage. Ductal carcinoma in situ (DCIS) is when the abnormal cells are in the milk ducts only and have not developed outside the duct. This can turn into invasive cancer.

Breast cancer is the most common cancer in American women, except for skin cancer and is the second leading cause of cancer death in women. The average risk of a woman developing breast cancer is 12% or a 1 in 8 chance in her lifetime. The American Cancer Society estimated 252,710 new diagnoses of invasive breast cancer in women and 63,410 new diagnoses of ductal carcinoma in situ in women in 2017. They estimate that about 40,610 women will die from breast cancer this year. Breast cancer is more common in white and African American women and the incidence rates are similar.

Risk factors for breast cancer may affect an individual's chance of developing breast cancer but does not mean that they will develop the disease. Risk factors that can't be changed include being female, older age, family history or personal history of breast cancer, being white or African American, early menses or late menopause, having certain benign breast conditions, dense breast tissue, having had radiation to the chest, exposure to DES and certain gene mutations. Life-style factors that increase the risk for breast cancer include being overweight or obese, alcohol intake, decreased physical activity, certain hormonal birth control methods and certain hormonal therapies for menopausal symptoms, having had no children and not having breast fed.

An important part of breast health is knowing how your breasts normally look and feel. The signs and symptoms of breast cancer include:

- Nipple discharge or a turning inward of the nipple
- Thickening, redness or scaliness of the nipple or skin
- Breast or nipple pain
- Dimpling of the skin of the breast resembling an orange peel
- Breast lump
- Swelling of all or part of the breast

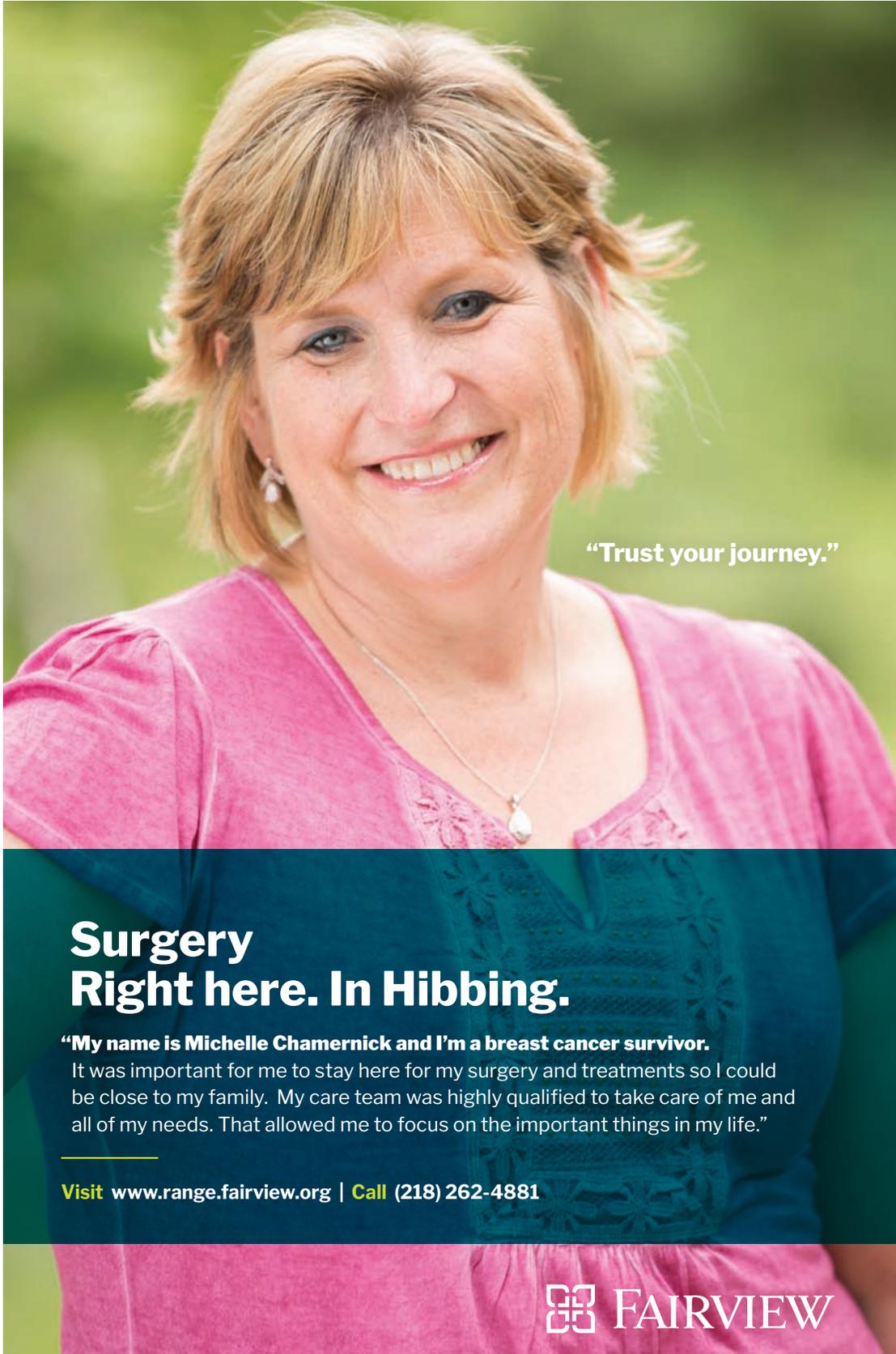


The American Cancer Society Guidelines apply to women with an average risk of breast cancer. These include a yearly mammogram by age 45 and the choice to start screening with yearly mammograms at age 40. It recommends switching to every other year mammograms at 55 years old or continuing with yearly screening and should continue as long as a woman is in good health and is expected to live 10 or more years.

Breast cancer survivors include those individuals currently undergoing treatment for breast cancer and those who have completed treatment. Today, there are over 3.1 million breast cancer survivors in the United States.

References:  
*Breast Cancer.* (2017, November 4). Retrieved from <http://cancer.org/cancer/breast-cancer.html>

*American Cancer Society Breast Cancer Screening Guidelines.* (2017, November 4). Retrieved from <https://www.cancer.org/latest-news/special-coverage/american-cancer-society-breast-cancer-screening-guidelines.html>



“Trust your journey.”

## Surgery Right here. In Hibbing.

**“My name is Michelle Chamernick and I’m a breast cancer survivor.**

It was important for me to stay here for my surgery and treatments so I could be close to my family. My care team was highly qualified to take care of me and all of my needs. That allowed me to focus on the important things in my life.”

Visit [www.range.fairview.org](http://www.range.fairview.org) | Call (218) 262-4881

 FAIRVIEW

## A northern Minnesota summer of cycling, canoeing and, oh yeah, cancer

By Carol Zakula

“Is \$40 too much for a pair of specialty biking shorts?” Julie [not her real name] wondered.

But then again, she’d already saved that much by passing up a much pricier pair of specialty cycling shoes that click-lock (and unlock, hopefully) on and off the pedals. So why not? Being retired and trendy are not mutually exclusive, so she dug for her credit card.

Of course the upcoming venture would require more than a good pair of shorts. In only four days she’d find out if 400 training miles had adequately prepped her for Minnesota’s annual Habitat 500—a one-week cycling trip fund raiser for Habitat for Humanity.

The shorts were only one item on a rather lengthy to-do list. She was down to the crunch and this was a non-stop day of running between appointments, errands and commitments—trying to catch up on procrastinations from the last two months. By late afternoon, she thought to check her phone and was surprised to see several missed calls from the impressively feng shui Fairview Breast Center in Hibbing, where she’d done her annual “duty” that morning. The 3-D mammogram wasn’t supposed to require re-do’s the way the standard mammogram did. Suddenly she wondered if she should return the bike shorts.

The next day, one ultrasound, one CAT scan and a few conversations later, there was no wishing away two—and possibly three—uninvited small spiculated masses deep in her right breast—the first of many suddenly personally meaningful words. “Spiculated” describes a spiny surface but, more importantly, was the 95 percent indication of malignancy.

Julie now remembers some classic heart-pounding sensations, along with intermittent “Me?” “Cancer?” “Really?” and “How’d that happen?” moments, intermingled with hopeful thoughts of “but maybe the biopsy will be benign anyway.”

She was surprised at the logical questions and calm voice coming out of her mouth in her conversations that day. Her head was whirling simultaneously through past, present and future.

But Julie was immediately and adamantly sure of one thing in those first moments of the life changes ahead: Dr. Sandra Hanson and Dawn, and Betsy and the other Breast Center angels were already circling the wagons, taking charge, strategizing, arming her with medical information, and psychological and emotional supports. The focus was on HER from day one—and it never deviated— not even for a moment. This wasn’t just breast cancer; it was HER breast cancer.

From the day after the original mammogram, Julie was assigned Dawn as the nurse navigator she could call as needed about anything, without having to go through the hospital’s automated switchboard. The next steps—and all the ones that followed—were as much about who Julie was, as they were about the standard of care for spiculated masses. She was intrigued by the staff’s questions like “Did you have emotional trauma involving a male four or five years ago?”). And the staff continued to answer every question of hers. They listened to everything she said and addressed every concern she had.

Even in that very first “spiculated” conversation (the day after the bike short shopping), they didn’t laugh or gasp when Julie fearfully asked about following through on her July commitments of a week of Habitat 500 cycling and a five-day extended family wilderness canoe trip.

Fears vanished as Dr. Hanson assured Julie that the delays involved were not a concern and she went on to lay out many reasons for anticipating a good prognosis (and for avoiding the uselessness of worrying). The petite surgeon and her Breast Center team cheered on Julie’s admirable mental and physical July health pursuits. They assured her



**Carol Zakula pictured in the Fairview Breast Center in Hibbing, MN with members of her care team.**

*Front row (L to R): Dr. Sandra Hanson, General Surgeon, Carol Zakula, breast cancer survivor, and Natalie Petrich, Lead Mammographer; Back row (L to R): Sussarey Larson, Diagnostic Imaging Tech Assistant; Dawn Hayes, Breast Center Nurse Navigator; Lisa Knapp, Nurse Practitioner.*

the biopsy procedure, pathology report review and diagnosis, and discussion of treatment alternatives could be worked around her July adventures.

Week one of her life changing news and Julie was over the moon happy!

She had cancer (95 percent sure initially) and would still get to capitalize on the summer's biggest highlights!

She had cancer and, except for one short insurance-related melt-down, she was elated! How could that be? And, ironically, things just seemed to get better and even more uplifting with each passing day, even before the biopsy results.

It seemed clear to Julie that God was covering her on all fronts. Her 500-mile biking buddy was a 10-year double-mastectomy breast cancer survivor and marathon-running Wonder Woman from Ely. Talk about peace of mind. Rain, flat tires and hot showers were a greater focus than any health issues during

the week of cycling.

Julie's family and friends, of course, rallied with love and prayer. Hope and confidence got another boost when one family friend put her in Skype contact with an amazing cancer coach with motivating nutritional and holistic strategies to make her body healthier and, at the same time, repulsive to cancer cells.

What an unbelievably uplifting journey those first few days led to!

And now, a year and a half later, Julie's still happy. It's true. Her breast cancer turned out to be a walk in the park compared to what many other women (and some men) face. But, she didn't know that at first. She had cancer and now doesn't remember being as consistently happy as she's been these six months—from that first suspicious mammogram right through on-going appointments and two surgeries and major immune-boosting lifestyle changes to head off cancer and any other potential health issues at the pass.

Okay. Her daily one to two glasses of wine with supper have become two ounces once or twice a month for special occasions (or to douse an isolated moment of martyr complex). And she may choose to relax some of the changes she's made—someday. Or maybe not. Feeling good could end up being addictive.

Julie is grateful to family, friends, clergy and numerous Fairview medical staff in Hibbing and Minneapolis who got her through to the current wonderful "afterglow" of her breast cancer experience. And she certainly can't help but wonder how much of the great end result had to do with one surgeon and breast center team just a few miles down the road from home. But she's pretty sure their empathy and perseverance and caring in the initial days of the suspicious mammogram gave this breast cancer patient her best shot at the best that things could be.

And, by the way, just wanted you to know. Julie's real name is "Carol."

## Important Contact Information

### **Breast Center**

Fairview Range Medical Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.362.6378  
888.870.8626

### **Cancer Services Care Coordinator**

Fairview Mesaba Clinics - Hibbing  
3605 Mayfair Ave  
Hibbing, MN 55746  
218.362.6898  
888.870.8626

### **Cancer Support Group**

Radiation Therapy Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.362.6898

### **Chemotherapy Services**

Fairview Mesaba Clinics - Hibbing  
3605 Mayfair Ave.  
Hibbing, MN 55746  
218.362.6945  
888.353.3441

### **Diagnostic Imaging Services**

Fairview Range Medical Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.262.4881  
888.870.8626

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750 E. 34th Street  
Hibbing, MN 55746  
218.262.4881  
888.870.8626

### **Hospice Services**

Fairview Range Home Care and Hospice  
Mesabi Mall  
1101 E. 37th St., Suite 27  
Hibbing, MN 55746  
218.262.6982  
877.272.6982

### **Medical Oncology & Hematology**

Fairview Mesaba Clinics - Hibbing  
3605 Mayfair Ave  
Hibbing, MN 55746  
218.362.6590  
888.353.3441

### **Nutrition Services**

Fairview Range Medical Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.262.4881  
888.870.8626

### **Palliative Care**

Fairview Range Home Care, Hospice,  
and Palliative Care  
Mesabi Mall  
1101 E. 37th St., Suite 27  
Hibbing, MN 55746  
218.262.6982  
877.272.6982

### **Radiation Oncology**

Fairview Range Medical Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.362.6784  
888.870.8626

### **Rehabilitation Therapy Services**

Fairview Range Medical Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.362.6605  
888.870.8626

### **Surgical Services**

Fairview Range Medical Center  
750 E. 34th Street  
Hibbing, MN 55746  
218.262.4881  
888.870.8626

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Visit [www.range.fairview.org](http://www.range.fairview.org) | Call 888-870-8626

 **FAIRVIEW  
RANGE MEDICAL CENTER**

750 East 34th Street | Hibbing, MN 55746