

2019 CANCER REPORT

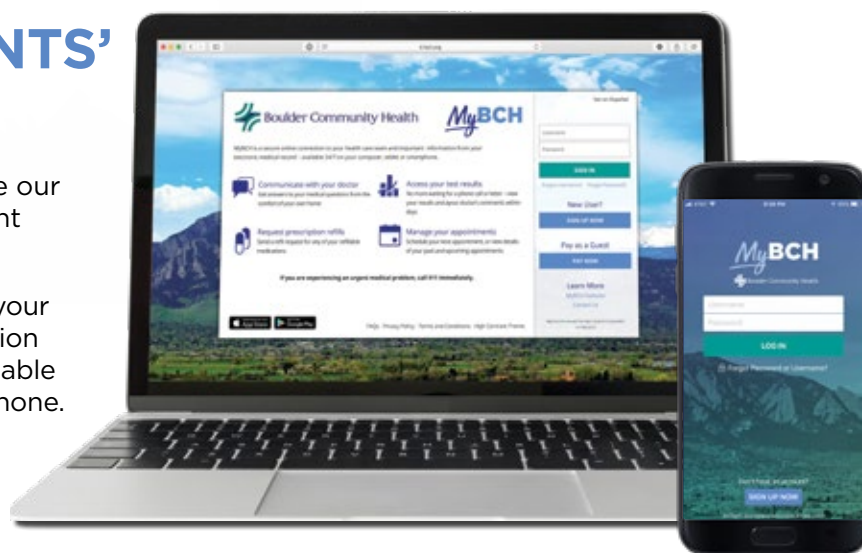
It's been an Epic year!

IMPROVING PATIENTS' EXPERIENCE

Moving to Epic will allow BCH to provide our patients with a single, easy-to-use patient portal called MyBCH.

MyBCH is a secure online connection to your health care team and important information from your electronic health record – available 24/7 on your computer, tablet or smartphone.

Learn more at bch.org/mybch



Boulder
Community
Health

IN PARTNERSHIP WITH



**partnering TO CREATE AND CARE FOR
THE HEALTHIEST COMMUNITY IN THE NATION**

A Letter to the Community

Boulder Community Health has had an “Epic” year, with the adoption of a new patient health record system, new locations throughout the community, and unique support services and classes for our cancer patients.

Reorganization of the BCH Rehabilitation Services

In 2019, BCH reorganized its rehabilitation programs to create a regional network, while improving access, expanding expertise and upgrading facilities.

- **BStrong Outpatient Cancer Rehabilitation:** In April 2019, BCH opened our B Strong Treatment Center at the Tebo Family Medical Pavilion. This state-of-the-art outpatient cancer rehabilitation room and multidisciplinary space provides speech, occupational and physical therapies, counseling and dietary/nutritional services. The B Strong Treatment Center allows BCH and Rocky Mountain Cancer Center to provide full cancer treatment services under one roof.
- **Inpatient Rehabilitation:** In July, BCH and UCHHealth’s new 18-bed Inpatient Rehabilitation unit opened at UCHHealth Broomfield Hospital, offering comprehensive individualized services.
- **Outpatient Adult Rehabilitation:** BCH adult rehabilitation moved from its original location in downtown Boulder to the BCH Community Medical Center in Lafayette, improving access to outpatient rehabilitation for our patients in eastern Boulder County.

New Facilities:

- **Erie Medical Center:** This new medical center opened in March 2019, and it helps expand our community’s access quality care, including cancer prevention and assessment. Housed at this new medical center are an imaging center and lab suite along with urgent care and physician offices, including Boulder Women’s Care and Boulder Heart.
- **Della Cava Family Medical Pavilion:** This new facility provides access to mental health resources, a neurology clinic and the Center for Mind Body Medicine, which focuses on patients with chronic pain, and other hard-to-treat health problems that have not responded to traditional medical therapies. The new facility is one block from the Tebo Cancer Center, which houses the Rocky Mountain Cancer Center and BCH’s Center for Integrative Care.

EPIC Electronic Medical Records system:

- **Epic EMR:** As part of its commitment to embracing innovation and adopting advanced technology, Boulder Community Health moved to Epic, the most widely-used and comprehensive electronic health record (EHR) in the U.S. Epic connects our multiple facilities and creates a single, shared record for each patient.
- **MyBCH:** Moving to Epic also allows BCH to provide patients with a single, easy-to-use patient portal called MyBCH. Whether a patient is seen by a physician in one of our medical clinics or has a test at Foothills Hospital, all of that health information will be in one secure, convenient and user-friendly location — available through a patient’s computer, tablet or smartphone.

Continuing our Community Partnerships:

- **Walk with a Doc:** BCH has had a successful year in its partnership with the City of Boulder Parks and Recreation Department through our Walk with a Doc program. The program was so successful, we have expanded it to include the town of Superior. This is a free community program to help individuals see how easy it is to get healthy and prevent disease. In addition to walking and talking with a local physicians, members of the community learn about current health topic through a free presentation. Walkers during 2019 learned about prevention and treatments for breast cancer, prostate cancer and more.
- **Community Collaboration Fund:** We continue the BCH Foundation’s creation of the Community Collaboration Fund, which helps target individuals in our community who may have barriers to treatment or who have special needs. Among the recipients of the Fund are organizations focused the homeless and children of critically ill patients.

Throughout 2019, we have also developed new support groups and community offerings that we will highlight in the following pages. We continue to strive for high-quality cancer care through community partnerships and patient-centered care, and we look forward to continuing our mission of creating and caring for the healthiest community in the nation.



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Our Mission

Our mission is to provide our community with the highest value healthcare in an innovative, patient-centric environment.

Our Vision

Partnering to create and care for the healthiest community in the nation

Values

Respect - We will treat everyone with respect and compassion.

Quality - We will aggressively implement processes that advance quality and patient safety.

Innovation - We will embrace innovation and advanced technology.

Fairness - We will foster an employee work environment that is open, fair and fulfilling.

Community - We will maintain our community-based system of governance.

Collaboration - We will pursue effective working relationships with physicians and community health partners.

Sustainability - We will initiate environmentally sustainable practices.

Integrity - We will be accountable, transparent and ethical in all of our actions.



Community Relationships



American Cancer Society

At the American Cancer Society, we're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.

A bitterly cold New Year's Day didn't stop BCH staff members, and 200 other individuals, from plunging into the icy waters of the Boulder Reservoir for the 2019 Boulder Polar Plunge. The 1-degree outside temperature and 28-degree water couldn't hide our smiles.

Not only were we a sponsor of this year's Plunge but our BCH team also helped raise over \$1,000, all to help the American Cancer Society fulfill their mission to save lives, celebrate lives and lead the fight for a world without cancer.



The 2nd Annual Boulder Busts a Move

Yoga in the Courtyard raised nearly \$1,200 for the BCH Ambassadors' Breast Cancer Treatment Fund.

40 plus attendees enjoyed a relaxing morning with renowned yoga instructors, Mary Taylor and Richard Freeman.

Thank you to everyone who came out to exercise and support the Cancer Treatment Fund!

Holes for Hope

On Monday, June 17, 2019 the Holes of Hope Golf Tournament celebrated its 10th year of increasing awareness and supporting the Tebo Cancer Center at Boulder Community Health and The George Karl Foundation. This year, the tournament netted over \$35,000 to help the Tebo Cancer Center continue to be a leader in the comprehensive and compassionate care of cancer patients. 822 riders celebrated cancer survivorship and raised \$358,000 (over \$3 million since 2011). The generosity and outstanding fundraising support is overwhelming.

We would like to send a huge thank you to the Lake Valley Golf Club, players and the tournament sponsors for their continued support of Boulder Community Health and the Tebo Cancer Center.





B Strong Ride: Riding to Leave Cancer Behind!

The annual B Strong Ride was founded in 2011 by Boulder cancer survivor Kevin Mulshine and Dr. Roger Nichols – one of the doctors caring for Kevin. Since 2011, more than \$3 million dollars have been raised with 6,100+ bicycle riders participating.

The 8th annual B Strong Ride cycling event took place on Saturday, August 10, 2019. This annual event celebrates cancer survivorship and helps to raise funds for Boulder Community Health's Center for Integrative Care and the George Karl Foundation.

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Our BCH volunteers loved being out at the B Strong Ride, congratulating all of the riders on a successful event.

Red Lipstick Fund

The Red Lipstick Fund honors the memory of Marsha Moritz. Marsha was an inspiring role model for dignity in her battle with cancer and an advocate for helping those in need. Marsha's personal experience with cancer inspired her friends (Anne Beer, Helayne Jones, Fran Ryan) to create the fund. The mission of the Red Lipstick Fund is to offer financial assistance to those in need and receiving treatment for cancer at the Tebo Cancer Center and Boulder Community Health. The Red Lipstick Fund is designed to address cancer patient's non-medical needs in a responsive manner that empowers the caregivers closest to the patient to identify the recipients. The Red Lipstick Fund was created in October 2011, so named because Marsha always wore red lipstick.



Community Education

Colon Cancer

On March 5, 2019, Gastroenterologist Dr. Dennis Ahnen spoke in Boulder about preventing colon cancer. Evidence-based national guidelines were discussed, including those from the American Cancer Society, National Colorectal Cancer Roundtable, and the National Cancer Institute. He explained screenings, genetic testing and healthy lifestyle choices. Four attendees requested an appointment with Dr. Ahnen that evening.

Number of attendees: 76

Living with Breast Cancer Lecture Series

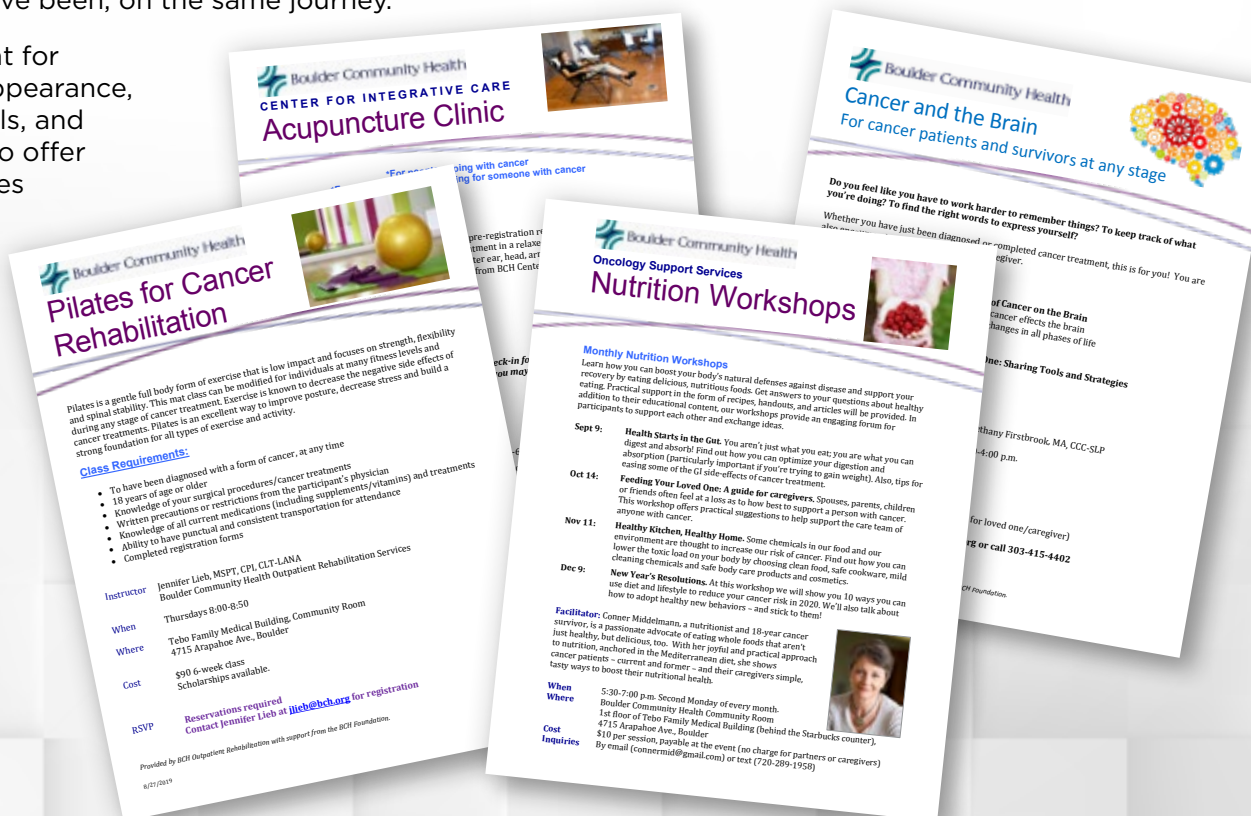
For three consecutive Thursday evenings during the month of November, we hosted lectures on new developments and tools for the breast cancer journey:

- Lymphedema: Reducing Your Risk and Treatment Options
- Understanding and Treating ER- and PR-Positive Breast Cancers
- What's New in Breast Cancer Treatment

Support Groups and Classes

BCH understands that living with cancer and undergoing cancer treatment can be an isolating experience. Our cancer support groups help ease isolation, allowing patients, caregivers and loved ones to meet with others who are, or have been, on the same journey.

Cancer, and treatment for cancer, can change appearance, nutrition, energy levels, and more. At BCH, we also offer several support classes designed to help.



New B Strong Treatment Center Now Open

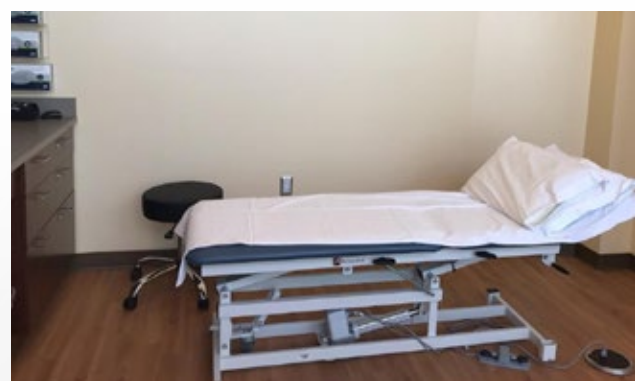
On April 10, 2019 BCH opened of our B Strong Treatment Center at the Tebo Cancer facility. That night we celebrated the expansion of this partnership with a ribbon cutting of the Center. We are very grateful to the B Strong Ride board, sponsors and riders for their unrelenting partnership to fund the Center for Integrative Care at Tebo Family Medical Pavilion.

This state-of-the-art outpatient cancer rehabilitation room and multidisciplinary space provides speech, occupational and physical therapies, counseling and dietary/nutritional services. The B Strong Treatment Center allows BCH and Rocky Mountain Cancer Center to provide full cancer treatment services under one roof.

This treatment center was funded by the annual B Strong Ride. The B Strong Ride has a long-standing history with BCH and continues to fund the Center for Integrative Care. Cancer rehabilitation has been proven to enhance daily function and quality of life of the cancer patient and survivor, whether you are newly diagnosed or long finished with treatment. Rehabilitation can help to minimize the adverse effects experienced by many patients and restore physical and emotional well-being. The outpatient rehabilitation department at Boulder Community Health offers services during all phases of treatment.

The cancer rehabilitation team is comprised of highly specialized physical therapists, occupational therapists, and speech-language pathologists, qualified to treat the following:

- Balance and/or coordination
- Numbness in feet or hands
- Bladder or bowel issues
- Pain
- Cognitive changes
- Scarring and adhesions
- Fatigue
- Sexual dysfunction
- Lack of energy
- Speech/voice problems
- Loss of endurance or strength
- Swallowing difficulty
- Lymphedema



Our dedicated rehabilitation team works collaboratively with your physicians to help minimize the effects of cancer treatments on daily life. An individualized rehabilitation plan can help each patient optimize function and recovery from the time of diagnosis, throughout active treatment and post-treatment.

Your doctor or health care provider can assist you with a referral.

Please contact us directly if you would like to know more about our services at 303-415-4400.

Oncology navigation for head and neck cancer patients

BCH has had oncology navigation services in place for more than 10 years for patients with a breast cancer diagnosis. Four years ago, we expanded our navigation services to include other diagnoses, including patients with cancers of the head and neck.

Oncology nurse navigators provide individualized assistance to our head and neck cancer patients, families and caregivers, aiding them in effectively navigating through the health care system. Our navigators are registered nurses with oncology-specific training who offer education and resources to facilitate informed decision-making and timely access to quality health care from the time of diagnosis throughout survivorship.

Although the majority of head and neck cancers are considered curable, the treatment is extensive and can be extremely difficult for many patients to withstand. Treatment typically consists of combined chemoradiation with or without surgery, and the side effects may include acute speech and swallowing difficulties, leading to malnourishment, weight loss and dehydration, as well as late effects of lymphedema and radiofibrosis, leading to limited mobility, pain and decreased quality of life for patients with a curable cancer.

Recent research has indicated that providing prehabilitation screening and treatment — that is, care between the time of cancer diagnosis and the beginning of acute treatment — with speech therapy, physical therapy and dietary/nutrition support can help patients successfully undergo treatment and is at the forefront of many clinical trials. Research also shows that nurse navigator support early in the course of treatment improves the patient experience, reduces problems in care and improves efficiencies and outcomes.

BCH oncology nurse navigator Susan Hall works with any patient with a head and neck cancer diagnosis and coordinates a multidisciplinary team of providers.

Head and Neck Cancer Interdisciplinary Team

Aligned with the BCH Vision, our Head and Neck Cancer Interdisciplinary Team is truly a partnership among several supportive services: BCH oncology navigation, Rocky Mountain Cancer Centers' radiation nursing, BCH outpatient rehabilitation (speech, language and [athology (SLP), physical therapy (PT) and occupational therapy), and nutrition services (BCH registered dietitians (RD) and Amerita home care).

Over the past two years we have:

- Identified the need for a more comprehensive, holistic approach to patients with a head and neck cancer.
- Implemented prehabilitation services: patients with a new diagnosis are seen by navigation, radiation nursing, SLP, PT, OT and RD prior to chemoradiation, or within the first two weeks of chemoradiation, and then followed through treatment and beyond.
- Arranged for newly diagnosed patients who are surgery candidates to be seen by oncology navigation and radiation nursing pre-operatively, and then depending on treatment course will be referred to PT/SLP/OT/RD services in a 'prehab' role prior to chemoradiation.
- Connected patients who do not wish to use the prehab approach or are not candidates for prehab to these supportive services when they need them.
- Utilized the new B Strong Treatment Center to provide comprehensive cancer care under one roof.

2018 Site-Stage Distribution Report

Site Group	Class			Sex			Stage						
	Cases	Analytic	NonAn	M	F	Other	Stage 0	Stage I	Stage II	Stage III	Stage IV	Unk.	N/A
All Sites	831	544	278	362	468	1	34	199	69	65	64	23	101
Tongue	11	4	7	4	6	1	0	2	1	0	1	0	0
Salivary Gland	2	1	1	2	0	0	0	0	1	0	0	0	0
Gum, other Mouth	2	1	1	0	2	0	0	1	0	0	0	0	0
Nasopharynx	4	0	4	4	0	0	0	0	0	0	0	0	0
Tonsil	10	3	7	10	0	0	0	2	0	0	1	0	0
Orapharynx	3	2	1	2	1	0	0	1	1	0	0	0	0
Esophagus	4	1	3	0	4	0	0	0	0	0	1	0	0
Stomach	6	4	2	3	3	0	0	0	0	0	4	0	0
Small Intestine	5	3	2	1	4	0	0	1	0	1	0	0	1
Cecum	9	6	3	5	4	0	0	0	4	1	1	0	0
Appendix	3	2	1	2	1	0	0	0	2	0	0	0	0
Ascending Colon	15	9	6	7	8	0	0	3	3	1	2	0	0
Hepatic Flexure	1	1	0	1	0	0	0	0	0	1	0	0	0
Transvers Colon	3	2	1	1	2	0	0	0	1	1	0	0	0
Descending Colon	2	1	1	1	1	0	0	0	0	1	0	0	0
Sigmoid Colon	10	6	4	6	4	0	0	0	2	3	1	0	0
Large Intestine, NOS	3	3	0	0	3	0	0	0	0	1	1	1	0
Rectosigmoid Junction	3	3	0	2	1	0	1	0	1	1	0	0	0
Rectum	15	4	11	12	3	0	1	0	0	3	0	0	0
Anus, Canal, Anorectum	4	0	4	2	2	0	0	0	0	0	0	0	0
Liver	7	6	1	6	1	0	0	2	1	2	0	1	0
Intrahepatic Bile Ducts	4	3	1	2	2	0	0	1	0	0	2	0	0
Gallbladder	3	2	1	0	3	0	0	0	0	0	2	0	0
Other Biliary	4	3	1	1	3	0	0	0	1	0	2	0	0
Pancreas	19	14	5	13	6	0	1	3	3	0	7	0	0
Peritoneum,Omentum,Mesent	3	2	1	1	2	0	0	1	0	1	0	0	0
Nose, Nasal, Middle Ear	3	0	3	1	2	0	0	0	0	0	0	0	0
Larynx	2	0	2	2	0	0	0	0	0	0	0	0	0
Lung and Bronchus	67	52	15	30	37	0	1	17	6	9	17	2	0
Bones & Joints	3	2	1	3	0	0	0	0	0	0	0	0	2
Soft Tissue	11	5	6	7	4	0	0	2	0	1	0	0	2
Melanoma - Skin	28	14	14	13	15	0	1	5	2	3	2	1	0
Other Non-Epithel Skin	1	1	0	1	0	0	0	0	0	0	0	0	1
Breast	210	156	54	3	207	0	24	103	19	6	1	1	2
Cervix	2	0	2	0	2	0	0	0	0	0	0	0	0
Corpus	8	3	5	0	8	0	0	2	0	0	1	0	0
Ovary	7	3	4	0	7	0	0	0	0	2	1	0	0
Vulva	2	1	1	0	2	0	0	1	0	0	0	0	0
Other Female Genital	2	1	1	0	2	0	0	0	0	0	1	0	0
Prostate	74	38	36	74	0	0	0	4	15	10	7	2	0
Testis	9	4	5	9	0	0	0	2	0	2	0	0	0
Bladder	19	11	8	16	3	0	5	2	3	0	0	1	0
Kidney, Renal Pelvis	27	25	2	12	15	0	0	19	0	3	2	1	0
Brain	19	17	2	12	7	0	0	0	0	0	0	0	17
Other Nervous System	37	37	0	15	22	0	0	0	0	0	0	0	37
Thyroid	25	22	3	8	17	0	0	20	0	0	0	1	1
Other Endocrine	25	24	1	9	16	0	0	1	0	0	0	0	23
Hodgkin's, Nodal	5	1	4	3	2	0	0	0	1	0	0	0	0
Non-Hodgkin Lymphoma-Nodl	33	21	12	22	11	0	0	2	2	11	4	1	1
Non-Hodgkin Lymphoma-Exnl	4	2	2	2	2	0	0	0	0	0	1	0	1
Multiple Myeloma	13	1	12	6	7	0	0	0	0	0	0	0	1
Leukemia-Acute Lymphocyt	3	1	2	3	0	0	0	0	0	0	0	0	1
Leukemia-Chron Lymphocyt	10	3	7	8	2	0	0	0	0	1	2	0	0
Leukemia-Acute Myeloid	1	1	0	1	0	0	0	0	0	0	0	0	1
Leukemia-Chron Myeloid	3	0	3	2	1	0	0	0	0	0	0	0	0
Leukemia-Acute Other	1	0	1	1	0	0	0	0	0	0	0	0	0
Mesothelioma	3	3	0	1	2	0	0	2	0	0	0	0	1
Miscellaneous	19	9	10	10	9	0	0	0	0	0	0	0	9

Cancer Resources

Boulder Community Health General Information

303-415-7000 • www.bch.org

Outpatient Oncology

Rocky Mountain Cancer Center 303-385-2000 • www.rockymountaincancercenters.com

Support and Rehabilitation

Center For Integrative Care 303-415-7292 • www.bch.org/cancercare

Breast Health Nurse Navigator — Nanna Bo Christensen, RN, CBCN, OCN 303-415-7057

Oncology Nurse Navigator — Susan Hall, RN, BSN, OCN 303-415-7196

Oncology Rehabilitation 303-415-4400

Oncology Data and Information

Cancer Registry, Cheryl Varela, CTR 303-415-7732

Grillo Health Information Center 303-415-7293 • www.grillocenter.org

Clinical Trials 303-415-7296

Community Support and Services

American Cancer Society 1-800-ACS-2345 • www.cancer.org

Boulder County Services and Programs 303-441-1617 • www.bouldercountyhelp.org

Susan G. Komen 303-744-2088 • www.komencolorado.org

Diagnostic Imaging

BCH Foothills Hospital, 4747 Arapahoe Avenue, Boulder 303-415-5170

Community Medical Center, 1000 W. South Boulder Rd., Lafayette 303-415-5170

Erie Medical Center, 101 Erie Parkway, Erie 303-415-5170

Medical Imaging Center, 36 Garden Center, Broomfield 303-466-1234

Women's Imaging Centers (Mammography)

BCH Foothills Hospital, 4747 Arapahoe Avenue, Boulder 303-415-5170

Community Medical Center, 1000 W. South Boulder Rd., Lafayette 303-415-5170

Boulder Medical Center, 2750 Broadway, Boulder 303-415-4240

Medical Imaging Center, 36 Garden Center, Broomfield 303-466-1234

Inpatient Oncology

Oncology Unit, Foothills Hospital 303-415-7199

Oncology Nurse Manager-Susan Spitz, RN, BSN, OCN 303-415-7333

Mental Health Services at the Della Cava Family Medical Pavilion

Inpatient Behavioral Health, 4801 Riverbend Road, 3rd Floor, Boulder 303-440-2277

Guerra Fisher Institute & Boulder ECT, 4801 Riverbend Road, Suite 100, Boulder 303-440-2456

Counseling Center, 4801 Riverbend Road, 2nd Floor, Boulder 303-415-4299



Boulder Community Health

bch.org/cancer