



 St. Luke's  
HOSPITAL  
Our specialty is you.

2019  
*cancer  
center  
calendar*



The background of the top section is a photograph of the ornate, vaulted ceiling of St. Luke's Hospital. The ceiling features a grid of decorative panels, intricate gold-colored moldings, and several large, multi-tiered chandeliers hanging from the ceiling. The overall atmosphere is grand and historic.

## Center for Cancer Care at St. Luke's Hospital

The Center for Cancer Care at St. Luke's Hospital, honored as an approved Commission on Cancer (COC) program, offers comprehensive inpatient and outpatient services, educational information and emotional support for the prevention, diagnosis and treatment of cancer. As a CoC accredited center, we are constantly striving to surpass the high standards established by the CoC with the ultimate goal of providing the best possible comprehensive cancer care.

Services at the Center include comprehensive breast health screening, diagnostic, surgical, treatment and support services, interventional radiology services, clinical trials, radiation oncology, infusion services, pathology services, chemotherapy and breast cancer support, and genetic testing and counseling.

St. Luke's Cancer Resource Center is also available to give patients and family members access to accurate and current information on early detection, screenings, coping techniques, support groups and community resources.

For more information, visit [stlukes-stl.com](http://stlukes-stl.com).

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	1	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





## *Cancer Resource Center*

The Cancer Resource Center offers resources and support for cancer patients, their family and community members. Diagnosis, treatment, coping techniques, support groups, community resources and other general information are available. Assistance is provided in a quiet, relaxing atmosphere.

The Center coordinates the American Cancer Society's Reach to Recovery program at St. Luke's for women diagnosed with breast cancer. In addition, free wigs and turbans are on-hand. Information on the Look Good, Feel Better program are available through Social Services. The Center also sponsors yoga for cancer patients, survivors and their caregivers.

Additional resources include access to a comprehensive resource center, a social worker, a financial counselor, support groups, and palliative care and hospice services.

**For more information, visit [stlukes-stl.com](http://stlukes-stl.com) or call 314-205-6055.**

# *February*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		





# Colorectal Cancer Risk Factors and Guidelines

Colon cancer is the second most common cause of cancer deaths and takes more lives each year than breast and prostate cancer. It doesn't have to be. If everyone aged 50 years and older had regular screening tests, at least 60 percent of deaths from colon cancer could be prevented.

### Colorectal cancer risk factors you can change:

- Being Overweight or Obesity
- Physical Inactivity
- Smoking
- Heavy Alcohol Use
- Decreasing Red Meat and Processed Meat Consumption
- Adhering to a Diet High in Fiber and Low in Fat

### Colorectal cancer risk factors you cannot change:

- Aging
- A personal history of colorectal polyps or colorectal cancer
- A personal history of inflammatory bowel disease
- A family history of colorectal cancer or adenomatous polyps
- Diabetes

Screening can prevent cancer through the detection and removal of precancerous growths and can detect cancer at an early stage, when treatment is usually more successful. **For more information, on colorectal cancer and screening guidelines, visit [stlukes-stl.com](http://stlukes-stl.com).**

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30





# Infusion Services

The Infusion Center, where patients receive intravenous treatments, is staffed by specially trained oncology nurses and is an example where high-tech medicine meets personal care in perfect balance. The Infusion Services Department provides chemotherapy, outpatient blood transfusions and intravenous antibiotics. Blood draw services also are provided for oncology patients.

By incorporating large windows, patients and loved ones can view the Healing Garden and its beautiful trees and landscaping. The design also allows for natural light to fill the infusion stations while patients receive treatment. In addition, the Center also offers ample room for family and friends to remain with the patient while they receive treatment.

**For more information, visit [stlukes-stl.com](http://stlukes-stl.com).**

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



# Cancer Research

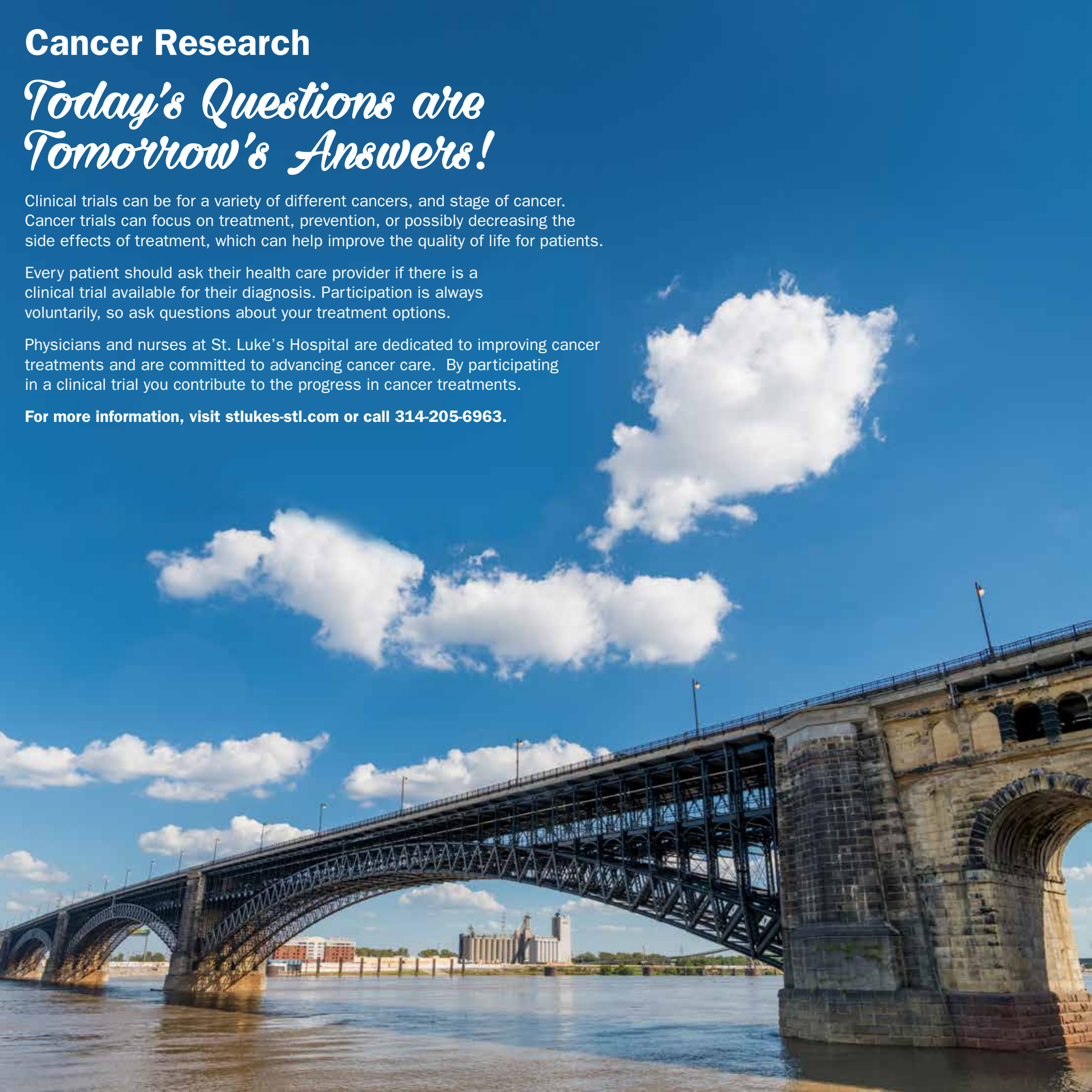
## *Today's Questions are Tomorrow's Answers!*

Clinical trials can be for a variety of different cancers, and stage of cancer. Cancer trials can focus on treatment, prevention, or possibly decreasing the side effects of treatment, which can help improve the quality of life for patients.

Every patient should ask their health care provider if there is a clinical trial available for their diagnosis. Participation is always voluntarily, so ask questions about your treatment options.

Physicians and nurses at St. Luke's Hospital are dedicated to improving cancer treatments and are committed to advancing cancer care. By participating in a clinical trial you contribute to the progress in cancer treatments.

**For more information, visit [stlukes-stl.com](http://stlukes-stl.com) or call 314-205-6963.**



# *May*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



# 2018 St. Luke's Hospital Cancer Committee

## Community Screenings & Prevention Programs Report

### Screenings

The St. Luke's Hospital Cancer Committee provides at least one cancer-screening program targeted toward decreasing the number of patients with late stage disease. The screening program is based on community needs and is consistent with evidence based national guidelines and interventions. All positive findings require a follow-up phone call or written letter to ensure the patient is informed and to provide assistance with any physician referral or service needed for care.

Community Skin Cancer Screening: 80 participants  
 Lung Cancer Screening: 430 (numbers through September)  
 Breast Cancer Screening, Mobile Van: 2586 (numbers through September)  
 18 patients have used the Alissa's Hope Fund

### Education and Prevention Programs:

The cancer committee provides at least one cancer prevention program targeted to meet the needs of the community and designed to reduce the incidence of a specific cancer. Each prevention program is consistent with evidence-based national guidelines for cancer prevention. In 2018, two programs were directly targeted at improving screening compliance for breast health and cancer prevention through physician education. Additionally, education/prevention programs were offered for free or low cost to the community, empowering people to talk to physicians and health care professionals about cancer prevention, screenings and treatments.

### Program Attendance:

Girl Talk: 70  
 Day of Dance: 1100  
 Ribbons and Bows: 175\*

Girl Scouts Girl Talk: 75\*  
 All Decked Out: 400\*

### Patient and Family Support Service Programs Attendance:

Skin analyzer/sun protection/skin cancer prevention and awareness: 382  
 Nutrition and cancer prevention: 425  
 Healthy Weigh weight loss program: 67  
 Supermarket tours and cooking classes: 87  
 Stress management: 663  
 Breast health education: 1,075  
 Smoking cessation counseling: 20 inpatients, 2 outpatients

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29





# Skin Cancer Prevention

Skin cancer is usually a result of too much sun exposure. Skin cancer is the most common form of cancer. Many types of skin cancer are both preventable and treatable. The best way to lower the risk of skin cancer is to limit unprotected exposure to the sun, especially during the hours between 10 a.m. and 4 p.m.

There are 5 different types of skin cancer:

- Basal cell carcinoma is the most common form, accounting for 90% of all skin cancers. It starts in the basal cells, at the bottom of the outer skin layer. This skin cancer is caused by long-term exposure to sunlight. It is the most easily treated.
- Squamous cell carcinoma is the second most common type of skin cancer. It starts in the outer skin layer and eventually penetrates the underlying tissue if left untreated. It is easily treated when found early, but in a small percentage of cases, this cancer spreads to other parts of the body.
- Malignant melanoma is the most serious type of skin cancer, and it is responsible for the most deaths. However, it can be cured if it is diagnosed and removed early. Melanoma starts in moles or other growths on normal skin.
- Kaposi sarcoma (KS) is caused by a virus in the herpes family. This aggressive AIDS-related form affects about one-third of people with AIDS. A more slow-growing form occurs in elderly men of Italian or Jewish ancestry.

**For more information about skin cancer prevention, symptoms, and treatment visit [stlukes-stl.com](http://stlukes-stl.com).**

# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





## St. Luke's Cancer Rehabilitation Program

*Compassionate care and treatment during and after your cancer diagnosis*

Cancer can be a life-changing diagnosis as treatment can take a great toll on an individual both physically and emotionally. At St. Luke's Hospital, we understand the feelings and emotions that come with a cancer diagnosis and want to help you return to a fulfilling and high-functioning quality of life.

Our multidisciplinary team of rehabilitation specialists will work with you personally on a rehabilitation plan that meets your needs and guides you to the life you are accustomed to living. We specialize in cancer rehabilitation for cognitive problems, pain, sleep problems, physical limitation issues and more.

**For more information about The St. Luke's Cancer Rehabilitation Program, email [cancerrehabilitation@stlukes-stl.com](mailto:cancerrehabilitation@stlukes-stl.com) or call 314-205-6768. A physician order may be required for some services.**

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





## Gynecologic Cancer Guidelines

### Cervical Cancer Fast Facts:

- 12,000 cases per year in the United States with a median age at diagnosis is 40-50 years old
- PAP smears reduce cervical cancer mortality by 70%.
- HPV vaccines protect against HPV virus which causes cervical cancer
- Abnormal vaginal bleeding is the most common symptom.

### Endometrial Cancer

- The most common gynecological cancer with 44,000 cases per year in the United States
- Older age (75% of diagnosis are in postmenopausal women) and supplemental estrogen are risk factors
- Abnormal vaginal bleeding is the most common symptom
- No screening currently exists for endometrial cancer

For more information regarding gynecologic cancer risk factors, prevention guidelines, symptoms and treatment visit [stlukes-stl.com](http://stlukes-stl.com).

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

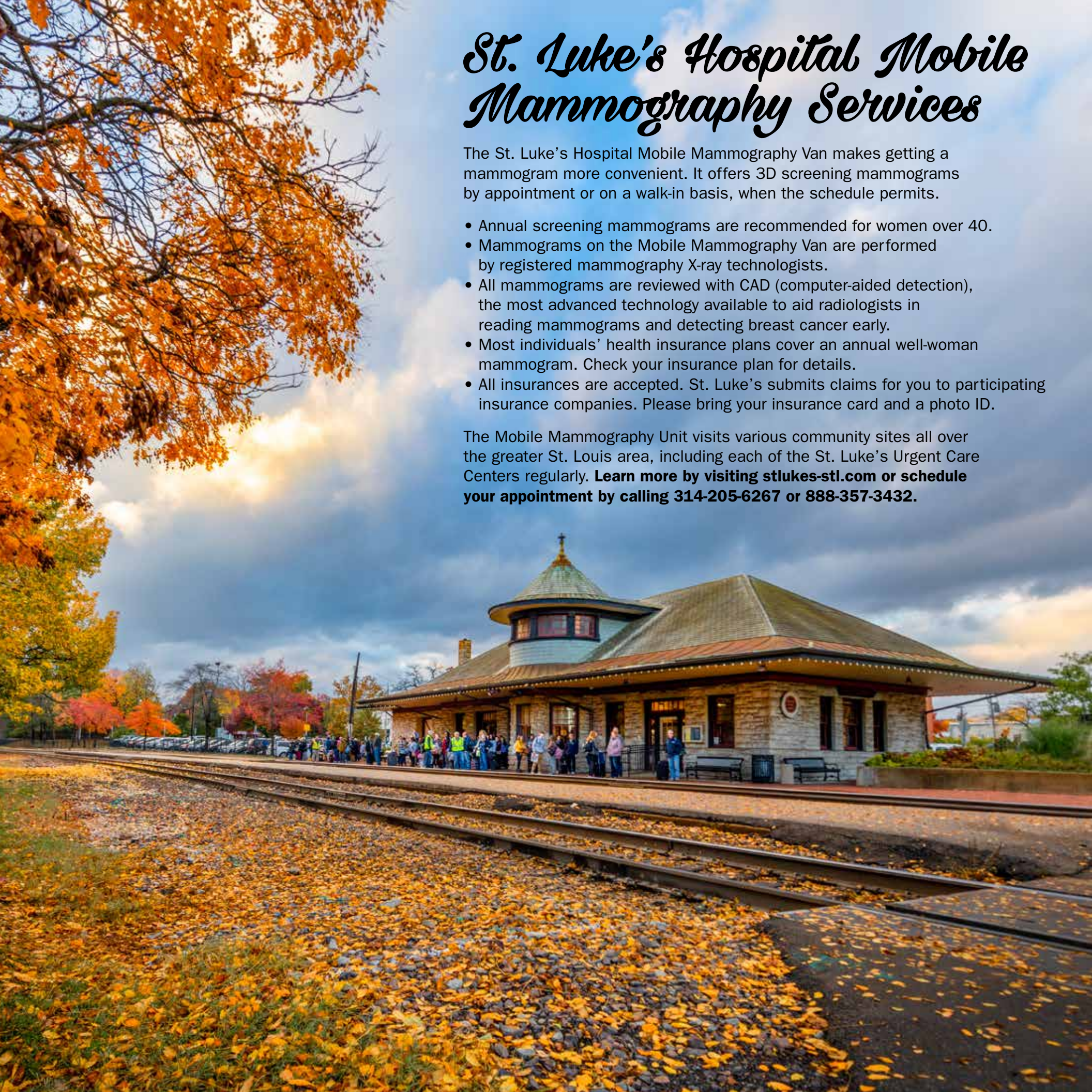


# St. Luke's Hospital Mobile Mammography Services

The St. Luke's Hospital Mobile Mammography Van makes getting a mammogram more convenient. It offers 3D screening mammograms by appointment or on a walk-in basis, when the schedule permits.

- Annual screening mammograms are recommended for women over 40.
- Mammograms on the Mobile Mammography Van are performed by registered mammography X-ray technologists.
- All mammograms are reviewed with CAD (computer-aided detection), the most advanced technology available to aid radiologists in reading mammograms and detecting breast cancer early.
- Most individuals' health insurance plans cover an annual well-woman mammogram. Check your insurance plan for details.
- All insurances are accepted. St. Luke's submits claims for you to participating insurance companies. Please bring your insurance card and a photo ID.

The Mobile Mammography Unit visits various community sites all over the greater St. Louis area, including each of the St. Luke's Urgent Care Centers regularly. **Learn more by visiting [stlukes-stl.com](http://stlukes-stl.com) or schedule your appointment by calling 314-205-6267 or 888-357-3432.**



## October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# Lung Cancer Screenings Save Lives

There are more than 200,000 cases of lung cancer diagnosed annually. Lung cancer is the leading cause of cancer death in men and women. Low-dose CT is the only screening method recommended by the US Preventative Services Task Force for lung cancer. It is a preventive screening and is covered by the majority of insurance carriers.

Annual low-dose CT for lung cancer screening is paid for fully by Medicare and many commercial plans under preventative benefits. Please talk to your health care provider if you are: 55-80 years old (Medicare pays until age 77), are a current cigarette smoker or former smoker who has quit within past 15 years, have smoked cigarettes for at least 30 years (i.e., one pack daily for 30 years, 2 packs for 15 years, ¾ pack for 40 years).

St. Luke's Hospital has been awarded the Screening Center of Excellence by the Lung Cancer Alliance. Screening is offered at the Chesterfield Campus along with area Center for Diagnostic Imaging locations.

**For more information please visit  
stlukes-stl.com or call  
314-205-6550.**



# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





*Best Wishes for a Happy Holiday Season and a Bright New Year!*

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



“I’m not going to lie, it was an emotional moment seeing the St. Luke’s mammogram van again. One year ago, I was in that van watching the technician trying to hide her alarm. I said to her, ‘my mammograms never look good, so there will probably be some cysts on the screen.’ The technician replied, ‘Oh good, I was worried I wasn’t doing a very good poker face with you.’ A month later I was diagnosed.

This is my plea to you: never skip a year or push off a mammogram for another month. If something feels weird, get it checked out. Many people that I have talked to say, ‘If your lump hurts then it is not cancer.’ That’s not true - mine hurt. However, there are many false positives, meaning that most lumps are not of great concern. Please make an appointment today if you are due for a mammogram!”

~Anonymous Patient

St. Luke’s Cancer Center



# 2020

## JANUARY

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## FEBRUARY

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## MARCH

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## APRIL

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## MAY

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## JUNE

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## JULY

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## AUGUST

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## SEPTEMBER

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## OCTOBER

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## NOVEMBER

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## DECEMBER

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





Our specialty is you.

[stlukes-stl.com](http://stlukes-stl.com)

314-434-1500