

A Powerful Swing In the Fight Against Lung Cancer

- Nationally Recognized Lung Cancer Experts
- Promising New Therapies
- Advanced Approaches



Georgetown
University
Hospital 

MedStar Health

Introduction

At Georgetown University Hospital, new technology, techniques, drugs and treatments are improving the outlook for patients with lung cancer. As an academic medical center, Georgetown is at the forefront of innovative treatments and technologies, offering patients a special combination of dedicated experts, state-of-the-art equipment, new approaches, compassionate care ...and hope.

Georgetown's comprehensive Lung Cancer Program provides the full spectrum of available and emerging radiation, chemotherapy and surgical options, support services, a multi-disciplinary approach to treatment and potential access to a variety of clinical research trials, all under one roof.

With one of the largest patient volumes in the area, Georgetown University Hospital's comprehensive Lung Cancer Program offers everything you would expect from a first-class center, and more.

- ▶ Examination in one appointment by a unique multidisciplinary team of physicians
- ▶ The most innovative techniques and approaches to treat cancer
- ▶ Technology that can precisely target tumors that move with respiration—CyberKnife with Synchrony
- ▶ State-of-the-art procedures and promising clinical trials through the area's only NCI-designated comprehensive cancer care program

Your Gateway to Care

Housed in the Lombardi Comprehensive Cancer Center, the **Center for Thoracic Medical Oncology** (the lung cancer clinic) is your point of entry into the hospital's depth and breadth of dedicated services.

At its heart is a multidisciplinary team of lung cancer specialists— including a medical oncologist, radiation oncologist, thoracic surgeon, pulmonologist, radiologist and pathologist—that meets weekly to examine each newly diagnosed patient. This tightly coordinated team evaluates every case from all perspectives to assure you the most definitive diagnosis and appropriate treatment plan, **all in one session**. Patients are welcome to bring family members and their own physician to the session. As an extra service to the community, the clinic is also available for patients diagnosed elsewhere who seek a second opinion.

Each month, up to 40 other physician specialists convene as part of Georgetown's monthly lung cancer conference board—the only one in the area. This group acts as a sounding board for the clinic, confirming or suggesting treatment revisions, and gives patients added peace of mind that they are receiving the best therapies possible for their condition.



Physician specialists prepare for one of Georgetown's patient-interdisciplinary team conferences by reviewing CT scans and other medical records.

OUR PATIENTS TELL THEIR STORIES

Georgetown —“Thorough, the best.”

In 2001, **John Ello's** daughter noticed an article about the Lombardi Comprehensive Cancer Center's research into early lung cancer detection. At the urgings of his wife and daughter, the life-long smoker contacted Georgetown and enrolled in the protocol.

The study included a yearly spiral CT scan that revealed a spot on Ello's lung. A subsequent PET scan, needle biopsy and bronchoscopy confirmed cancer in both lungs.

Ello next found himself in front of “a roomful of experts,” the retired military man says of Georgetown's lung cancer clinic. With Shakun Malik, MD, chief of the Center for Thoracic Medical Oncology, at the helm, the team settled on an initial, intensive course of chemotherapy, followed by a chemotherapy/radiation combo. Based upon his progress and response, treatment with CyberKnife was eventually added to his regimen.

Less than five months after diagnosis, Ello's chemotherapy treatment had managed to obliterate the spot on his lower left lobe and greatly shrink the tumor in the right. Now he returns to Georgetown's Center for Thoracic Medical Oncology every two to three months for a follow-up visit with Dr. Malik.

Today, the 68-year-old says he feels great and attributes it to “fabulous care from the entire team at Georgetown. Dr. Malik is one of the most thorough, professional and wonderful doctors I've ever had the privilege of knowing.”



At home with lung cancer survivor, John Ello.

The Center for Thoracic Medical Oncology remains an integral part of each patient's course of care from diagnosis through treatment, discharge and follow-up. Progress is monitored regularly to determine the effectiveness of the approach, and to alter the treatment plan as necessary.

Other services of the center are designed to help patients transition through the course of their disease. A clinical nurse coordinator assists with all logistics, such as scheduling procedures, securing prior insurance approvals and negotiating health plans. A support group expressly for lung cancer patients meets monthly. Social workers, palliative care clinicians, nutrition counselors, dedicated lung cancer infusionists and oncology nurses help ease the treatment, coping and healing process and round out the center's team.

This comprehensive approach allows each patient to benefit from the collective experience and expertise of multiple specialists, and promotes the best possible outcome. The end result is that Georgetown's team is with you every step of the way.



M. Blair Marshall, M.D. is an expert at many complex open and minimally invasive approaches to the chest. Dr. Marshall is skilled in the most advanced thoracic procedures and her knowledge of new surgical developments allow more lung cancer patients to become surgical candidates.

Treatment at Georgetown

Treatment plans differ according to each individual's diagnosis, stage of disease, age and other health factors. Your regimen may include any combination of chemotherapy, radiation, surgery, and/or participation in a clinical trial.

Georgetown's specialists are in the forefront of all aspects of lung cancer care, including the use of laser, stents, brachytherapy, advanced thoracic oncology surgery and stereotactic radiosurgery. Endoscopic ultrasound, for instance, is increasingly the procedure of choice for staging and diagnosing interthoracic disease that may have been missed by imaging techniques or been considered unreachable. Similarly, progress in interventional pulmonology—including improvements in stenting techniques and materials, PleurX catheters and others—are changing treatment standards for patients with advanced lung, pleural and endobronchial cancers.

Regardless of the approach, our staff of board-certified specialists assures that you will have access to the most up-to-date techniques and technology, including some of the most revolutionary therapies available today.

New Surgical Advances

While surgery is the gold standard for patients with early stage lung cancer, until recently its use in patients with more advanced disease has been severely limited. But now, new experience and approaches are extending surgery's benefits to more patients than ever before.

By adapting therapies developed for other diseases, Georgetown's **Surgical Division of Thoracic Oncology** is contributing to this progress, pushing the boundaries of traditional lung cancer care to help eligible patients breathe better and live longer.



Dr. Marshall reviews a CT scan with a lung cancer patient during an office visit.

The Division features some of the most experienced thoracic surgeons in the region. **Experts at difficult, high-risk cancer operations, they are committed to using whatever procedure is required—no matter how complex—to preserve as much healthy tissue as possible for each individual patient.** They are also highly skilled at the newest techniques, including minimally invasive surgery, video-assisted procedures and other approaches that use smaller incisions (resulting in less pain, a faster recovery and shorter or no hospitalization) and avoid the side effects and difficult recovery associated with more traditional procedures.

Georgetown's patient-focused care further ensures optimum outcomes. Our preoperative education and exercises help prepare you for surgery and what to expect afterward. Following your procedure, an epidural catheter will help keep you both pain-free and mentally alert, allowing you to walk and practice deep breathing, coughing and other therapies to hasten recovery and discharge.

OUR PATIENTS TELL THEIR STORIES

“Dr. Marshall is nothing short of Wonder Woman!”

At 82 and in less-than-perfect health, **Harold Bobys** is no stranger to Georgetown University Hospital. In fact, he was born here and has had numerous procedures at Georgetown and elsewhere over the years. But it was his experience with Blair Marshall, MD that most sticks in his mind.

After a bout with pneumonia, Bobys’ chest x-ray and CT revealed a spot on his right upper lobe. Not wanting to take any chances with this elderly patient, Bobys’ personal physician immediately referred him to the chief of Georgetown’s Surgical Division of Thoracic Oncology, Dr. Marshall.

Despite Bobys’ other underlying conditions and age, Dr. Marshall removed his cancer with a lobe of his lung and the surrounding lymph nodes. Eight weeks later, Bobys was winging his way westward to winter in Rancho Mirage, California.

To Bobys, Dr. Marshall is nothing short of “Wonder Woman,” he says. “I’d recommend her to anyone. She’s a real expert.”

New Technology Offers New Hope

When surgery is not an option, an important new radiosurgical tool is giving physicians another chance to reduce or eliminate lung tumors, many previously considered untreatable or unreachable.

The **CyberKnife® System** is a nonsurgical and painless approach that is individualized for each patient according to the tumor's unique shape, type and location. And Georgetown University Hospital—long a leader in pioneering innovative treatments and technologies—is among the most experienced in the world with the sophisticated technology.

Now enhanced with the Synchrony System, CyberKnife is a complex combination of cameras, motion tracking software, fiber optic sensing technology and red-light emitters that delivers radiation with pinpoint accuracy from more than 1,400 angles. Along with a custom-fit patient garment and previously implanted markers, the components work together to track the tumor's exact location, even during movement, thus minimizing exposure to surrounding healthy tissue.



Dr. Malik and patient Valerie Hill undergo a routine medical examination after CyberKnife treatment that successfully obliterated tumors on her parietal lobe, cerebellum and sternum.

OUR PATIENTS TELL THEIR STORIES

CyberKnife with Synchrony—“Smooth, quick, easy!”

Only six months after undergoing surgery, chemo and radiation treatments for esophageal cancer, **Dennis Tong** learned that he needed yet another operation to remove a small tumor in his right lung. Following that procedure, Tong’s physician detected even more tumors during a subsequent check-up and suggested more surgery.

Dismayed, Tong and his wife decided to seek a second opinion and turned to the Internet for help. There, they discovered Georgetown University Hospital and its Comprehensive Lung Cancer program.

Tong was evaluated by Georgetown’s multidisciplinary team of dedicated specialists who quickly gained his confidence and trust. When they suggested he try a different approach, Tong leapt at the opportunity. He underwent treatment for lung cancer with the CyberKnife/Synchrony System with radiation oncologist Brian Collins, MD.

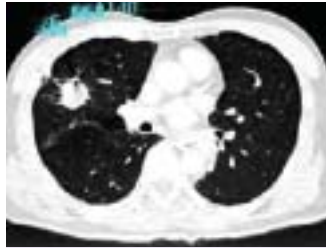
CyberKnife successfully obliterated this cancer. The 55-year-old wants to make sure others know about the technology so they can take advantage of it earlier than he could.

“CyberKnife doesn’t affect your life the way other procedures do,” Tong says. “You don’t feel a thing—you just lie there. And you don’t need to hold your breath. I only wish this technology had been available before I had my second surgery,” Tong concludes.

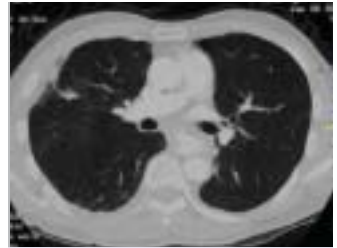
The approach calls for a highly skilled team of radiation oncologists, physicists and surgeons.

Treatment for lung and other soft-tissue

tumors usually requires three to five sessions of one to two hours each, spread out over the course of two weeks.



*Pre-treatment CT Scan
CyberKnife® Radiosurgery*



*CT scan six months post
CyberKnife® Radiosurgery*

CyberKnife with Synchrony is the only radiotherapy system available today that does not require patients to hold their breath, meaning you can relax and breathe normally during treatment.

The system's many benefits make it an especially attractive treatment option if you are too frail or elderly for surgery, have undergone too many previous irradiations, or have emphysema.



Dr. Brian Collins helps to prepare Roberta Juchniewicz for CyberKnife treatment. She is wearing a CyberKnife vest with fiber optic cables, velcro tabs and strips, and tracking markers that enable her to breathe normally throughout her treatment, without holding her breath or using gating techniques.

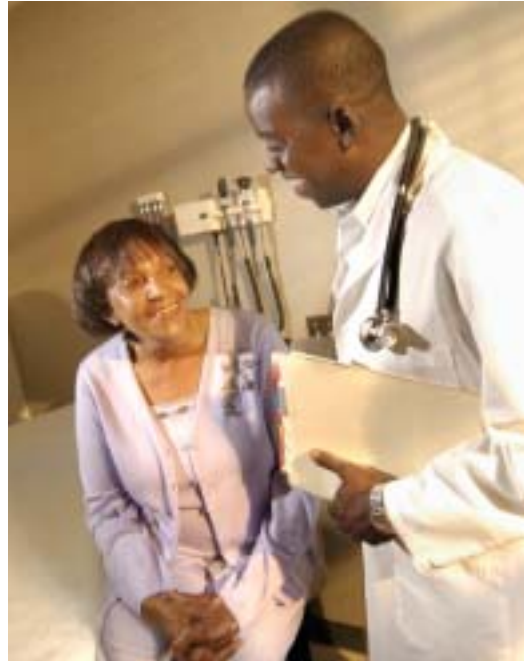
Emerging Therapies and Clinical Trials

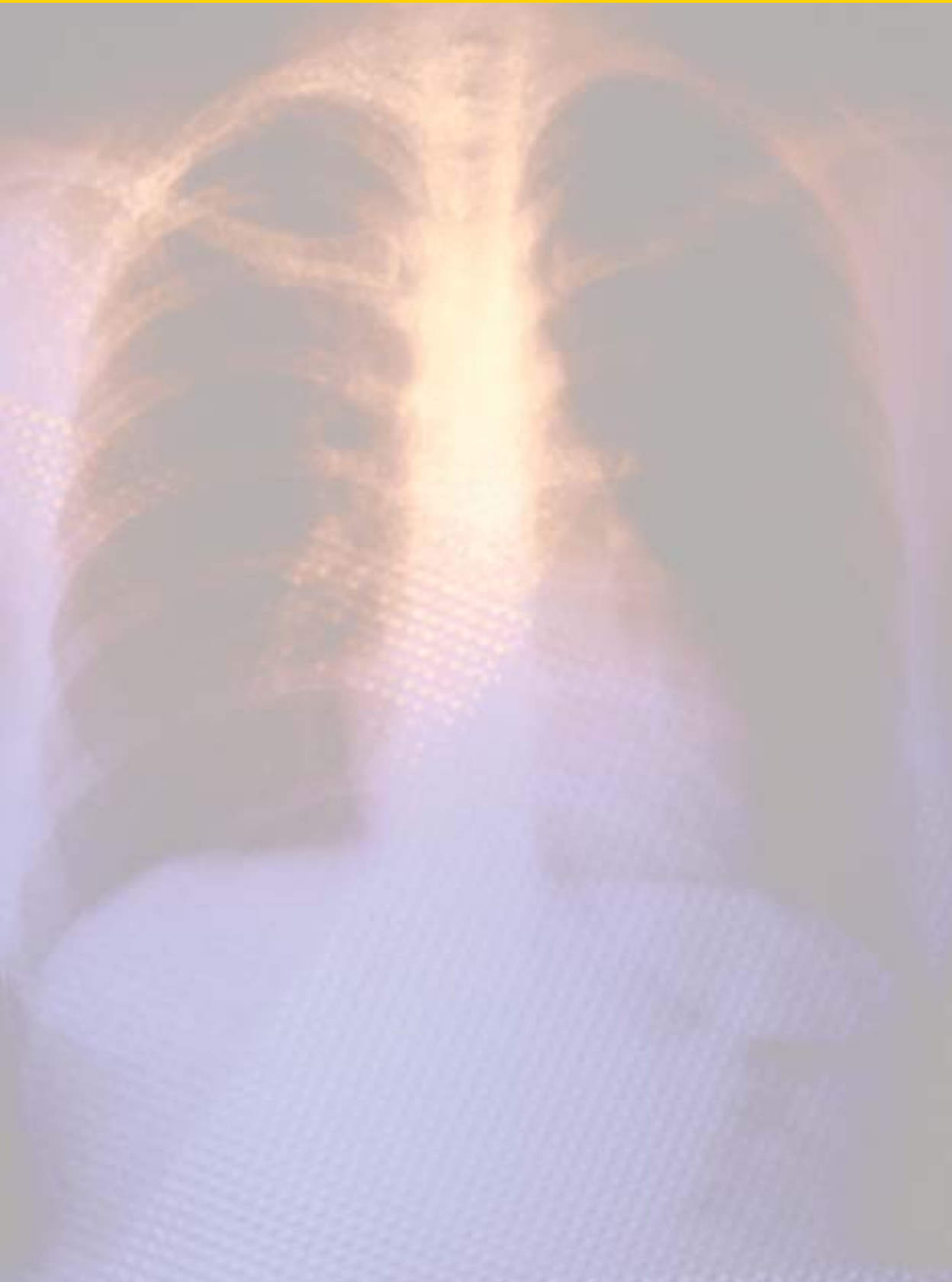
As a Georgetown patient, you will also have access to the [Lombardi Comprehensive Cancer Center](#), the only such NCI-designated program in the Washington, DC area.

The Lombardi Center features dedicated lung cancer specialists, technological resources, front-line treatments and a scientific emphasis on learning and intellectual inquiry, much of it focused on a major, long-term lung cancer and tobacco research program.

As a result, eligible patients may benefit from enrollment in the latest clinical trials and experimental therapies—including new biological agents, chemotherapies and vaccines—many exclusive to Georgetown.

While participation in a clinical trial may mean the opportunity to ease the course of your treatment or improve your prognosis, it also carries important ramifications for others. **The knowledge gleaned from today's clinical trials may lead to new and improved methods for the successful prevention, diagnosis and treatment of lung cancer in the future.**







Georgetown University Hospital is a 609-licensed bed, not-for-profit, acute care teaching and research facility based in Northwest Washington, DC. Georgetown's clinical services represent one of the largest, most geographically diverse and fully integrated health care delivery networks in the area. Georgetown is home to the internationally known Lombardi Comprehensive Cancer Center, as well as nationally ranked programs in neurosciences, gastroenterology, gynecology, orthopedics and urology.

We're Only a Phone Call Away

For more information or to schedule an evaluation by one of our physicians, call **Georgetown M.D.**, our free physician referral service staffed by nurse counselors. We can put you in contact with the doctor who best meets your personal and medical needs, and can arrange an appointment. All physicians involved in **Georgetown M.D.** are associated with Georgetown University Hospital.

Call **202-342-2400** or toll-free **866-745-2633**, Monday through Friday, 8:00 a.m. to 8 p.m.