FMH Cancer Institute

THE TIME IS NOW

FREDERICK MEMORIAL HOSPITAL
The heart of the FMH Cancer Institute is a multidisciplinary approach to the diagnosis, treatment and follow-up of the cancer patient. With medical oncology, radiation oncology, surgical specialists, and all support services under one roof, care can truly be centered around the patient and their disease. This process is designed to bring the various care providers to the patient, not the other way around.

“...”

--Tom Kleinhanzl
President & CEO

**OUR GOAL:**
To provide a single convenient location for the coordinated, state-of-the-art, compassionate, multidisciplinary and patient-centered care of all patients with cancer.

**OUR PLAN:**
To address a patient’s body, mind and spirit in a healing, soothing environment with access to physicians, other providers and services in one, convenient facility.

**OUR NEED:**
To build a $20 million Cancer Institute to provide the highest quality cancer care to the people of Frederick and the surrounding area.
THE TIME IS NOW

Dear Valued Friends of FMH,

I am very pleased to announce that Frederick Memorial Hospital is expanding its award-winning oncology program into a fully integrated, comprehensive Cancer Institute. Because of the unique facility requirements in the surgical management of breast cancer, the Center for Breast Care will remain at FMH Crestwood. For patients facing all other cancer diagnoses, our goal is to build an advanced facility on Frederick Memorial Hospital’s main campus at 400 West Seventh Street.

We all know that the need is great. Almost all of us have been touched by cancer in some way, either as a cancer survivor or by knowing or caring for someone with the disease.

As you will read on the following pages, there are many stories of hope among cancer patients who have been treated here. More people than ever are surviving cancer, and at FMH, we have programs that help them thrive.

But we can do much more.

To better serve the citizens of Frederick County and surrounding areas, we need to double the size of our existing facility. This will allow us to provide updated technology for earlier diagnoses and better outcomes, and to expand our capacity for cancer prevention and follow-up care. For the first time ever, we will be in a position to provide chemotherapy for children with cancer under the direction of the child’s oncologist, saving these children and their families multiple trips to Washington and Baltimore for treatment. We will integrate our services into a one-stop-shop for cancer care, with ancillary services in the community closest to where our patients live.

The future of this project largely depends upon our success in securing private support. With a projected cost of $20 million, we need the support of philanthropic partners like you who share our commitment to providing this optimal level of cancer care to the community.

With your support, we will move forward with our goal of providing the highest quality cancer care possible at the FMH Cancer Institute.

Warmest regards,

Dr. Mark Soberman, Medical Director
FMH Cancer Institute
A TRADITION OF HEALING

Since the founding of its cancer program in 1979, Frederick Memorial Hospital has been committed to the highest level of care for patients and their families dealing with a diagnosis of cancer. **The time is now** to expand on this strong foundation to create a comprehensive Cancer Institute dedicated to the unparalleled care of patients with all types and stages of the disease. FMH is in a strong position to expand its current treatment program into a Cancer Institute because it has:

- **A mission** to serve the community and provide patient-centered, cost-effective, comprehensive, and collaborative care.

- **A clear vision** for the future to provide a quality care environment that is convenient, comforting and healing.

- **A history of excellence**, including a key accreditation and multiple awards for our oncology program. The largest non-academic cancer center in the region, ours is one of only two programs in the state of Maryland to receive the Commission on Cancer’s Outstanding Achievement Award, and the only program in Frederick County that is accredited by the American College of Surgeons as a Comprehensive Community Cancer Program.

- **Multiple comprehensive oncology services** using some of the most advanced technologies available, including one of only two CyberKnife centers in the state of Maryland.

- **An outstanding clinical research component** which has earned the FMH cancer program two national awards from the American Society of Clinical Oncology.

- **Experience with a multidisciplinary approach** to care for cancer patients that involves physicians, nurses, allied health professionals, and other highly trained providers and caregivers.

- **Deep community roots** that differentiate it from academic health care centers and other cancer centers in the region.
A PLAN FOR THE FUTURE

It's well documented that the single greatest risk factor for developing cancer is aging. In fact, more than 60 percent of cancers in the United States occur in people 65 or older.

It’s also a fact that Frederick County’s population is aging—rapidly. Since the year 2000, the number of Frederick County residents who are 65 and older has risen faster than any other demographic group. As of 2010, 10.3 percent of our population is 65 and older. By 2020, that number is on track to reach 17.5 percent.

More Cases Found Earlier
In 2012, 812 new cases of cancer were treated at FMH. The cancer sites with the highest volumes included breast, lung, prostate, colon, bladder and melanoma. As methods for the early detection and diagnosis of cancer become increasingly sophisticated, more people will—fortunately—be getting into treatment sooner. This trend also underscores the importance of creating an expanded facility where individuals can receive diagnoses, treatment and follow-up care.

Cancer on the Rise
According to the Maryland Vital Statistics Annual Report (2009), cancer is the leading cause of death in Frederick County. As the population ages, and methods for early detection and diagnosis improve, the incidence of the following types of cancers is expected to increase significantly:

5 Years vs. 10 Years
Increases in Incidence Expected in Frederick County

<table>
<thead>
<tr>
<th>Cancer Site</th>
<th>5 Year</th>
<th>10 Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain</td>
<td>12%</td>
<td>25%</td>
</tr>
<tr>
<td>Breast</td>
<td>13%</td>
<td>26%</td>
</tr>
<tr>
<td>Blood-related</td>
<td>15%</td>
<td>32%</td>
</tr>
<tr>
<td>GI</td>
<td>17%</td>
<td>33%</td>
</tr>
<tr>
<td>Head &amp; Neck</td>
<td>17%</td>
<td>36%</td>
</tr>
<tr>
<td>Lung</td>
<td>20%</td>
<td>43%</td>
</tr>
<tr>
<td>Urologic</td>
<td>21%</td>
<td>43%</td>
</tr>
</tbody>
</table>
BUILDING ON A STRONG FOUNDATION

Frederick Memorial is a leader in cancer care in the region. We currently serve our community by restoring, maintaining and promoting the health of our residents with patient-centered, evidence-based, collaborative cancer care. Because the need for this type of comprehensive cancer care is growing, we need to expand our facilities and services to meet that need.

The only facility of its kind in Frederick County, the FMH Cancer Institute will aid in the recruitment of top-notch physicians and will include:

- **Physical integration** with the hospital to allow for direct access to patient care, diagnostic areas, the inpatient oncology unit and the parking garage.

- An **expanded Infusion Center** to include pediatric services. In addition to providing chemotherapy to pediatric patients, the expanded center will allow patients to choose to sit with others or receive treatment in private.

- A large, **on-site pharmacy** catering to the unique needs of the cancer patient.

- **Expanded radiation therapy** areas for CyberKnife® treatments and radiation oncology.

- A **Thoracic Surgery Center** and other tumor site specific clinics with greater patient privacy.

- A **state-of-the-art laboratory** and **expanded imaging capabilities** including a PET/CT simulator.

- **Additional patient navigators** to handle the scheduling of laboratory tests, imaging studies, surgical procedures and other necessary appointments for the patients.
• Larger multidisciplinary meeting areas and **shared work spaces** where physicians, nurses, social workers and others on the patient’s care team can get together to discuss and coordinate all aspects of his or her care.

• On-site **palliative care services** for pain and symptom management.

• Expanded psychosocial, spiritual and financial **support**.

• A wide range of **complementary and alternative therapies** to augment traditional treatment modalities.

• **Dedicated meeting space** where staff can talk with individuals and families, host support groups and offer educational seminars and workshops.

• An **award-winning research program** featuring leading-edge clinical trials with private rooms where patients and families can talk with the coordinator about participating in the latest research studies.

• On-site **genetic counseling**.

• **Valet** parking.

• A **meditation garden**.

• **A soothing environment** throughout, including comfortable waiting areas and a volunteer-staffed hospitality station.

"A cancer diagnosis changes everything. FMH understands, and is effectively helping to make the cancer journey easier for the patients of Frederick County by consolidating their resources—offering patient-centered, evidence-based, and collaborative cancer care under one roof. The new FMH Cancer Institute will remove obstacles and improve outcomes, which also changes everything...for the better! I’m proud to support the FMH Cancer Institute as we build a healthier Frederick County.

"--Laurie Frey
American Cancer Society
Relay for Life Specialist"
THE PATIENT NAVIGATOR: A GUIDE IN UNFAMILIAR SEAS

Certain medical diagnoses can catapult a patient into an unfamiliar world of doctors, tests and treatment options. Many are fearful and vulnerable—hardly in the best condition to sort out complicated medical information, make decisions, coordinate appointments or deal with financial, insurance, or employment issues on their own.

Enter the patient navigator.

The navigator helps manage the unique needs of patients with cancer, helping them focus less on administrative matters and more on their treatment and recovery. Patient navigators schedule needed laboratory tests, imaging studies, surgical procedures and any other necessary appointments, consultations or interventions that the patient needs. Experience has shown that this approach dramatically reduces the time it takes for a patient to go from diagnosis to treatment, and improves the coordination of care and patient satisfaction.

“My job is to remove any roadblocks to treatment so the patient’s care plan can get underway quickly and continue efficiently,” said Patient Navigator Maggie Siebeneichen. “I also work with medical social workers to help patients find and make use of whatever they need—inside and outside the hospital system—to be sure that all their needs are met.”

During my 30-year career as a medical oncologist at FMH, I have watched the hospital grow into a leader in cancer care in the state of Maryland. The FMH cancer program has always been based on patient-focused, research-driven care. Building on this solid foundation, the FMH Cancer Institute will become not only the symbol of our commitment to this special kind of care, but also the ultimate tool for delivering it.”

--Dr. P. Gregory Rausch, Chair
FMH Development Council
When you ask Jack Hildebrand about his fight against cancer, he’ll attribute his success to four things: prayer, the support of his family, a sense of humor and the excellent care he got at FMH.

In 1994, the 79-year-old retired salesman was diagnosed with Non-Hodgkin’s lymphoma, a type of cancer that originates in the system of the body that fights infections. After successful surgery at FMH to treat his lymphoma, he developed unrelated tumors on his liver. Surgery was not an option, says Hildebrand, but his oncologists developed a treatment plan that involved “bombarding it with chemotherapy.” When the regimen was completed, he was cancer-free. Several years ago, he was diagnosed with a slow-growing prostate cancer—a condition he continues to have monitored regularly at FMH.

Today, Jack Hildebrand and his wife continue to live independently in the home they’ve owned for 30 years. He loves his work as a deacon at the Edgewood Church of God, and thoroughly enjoys taking care of his car and his yard. “If there’s one thing I’ve learned,” he says, “Cancer is tough…but it doesn’t always win. I’m living proof of that.”

“Cancer has hit our family hard. But we have never said ‘Why us?’ There’s no point in doing that. The important thing is to get the help you need, and move forward. And fortunately for us, everything we needed—great doctors, the latest treatments and the best therapies—were right here at FMH.”

—JACK HILDEBRAND
WAYS YOU CAN HELP

With your support, the FMH Cancer Institute will be the cornerstone of one of the premier cancer treatment programs in the region. Won’t you play a role in helping FMH provide extraordinary care to patients battling cancer and their families? Every dollar of your contribution will be used to help us build this world-class cancer treatment program.

Commemorative Naming Opportunities
For a more permanent legacy at the FMH Cancer Institute, we are pleased to offer a variety of commemorative naming opportunities. Commemorative gifts of $25,000 or more are available for individuals, families, organizations, and corporations, enabling donors to pay tribute to their relationship with FMH or to honor and recognize someone special in their lives. Your gift will allow us to enhance care for oncology patients and their families throughout our region, while ensuring that your generosity will be recognized for years to come.

Examples of naming opportunities in the FMH Cancer Institute include, but are not limited to, the following: the cancer institute building, atrium/lobby, meditation garden, infusion center, radiology/oncology suite, multidisciplinary space, patient education center, commissioned statuary, conference room, pharmacy, and exam rooms.

Plaques will be placed to honor all commemorative giving opportunities. In addition, your contribution will be acknowledged on our donor recognition wall, and in our FMH Donor Report Newsletter.

Other Ways to Support This Project
Show your support for the FMH Cancer Institute by joining one of our giving clubs.

- Order of the Good Samaritan
- Corporate Honor Roll
- Lasting Legacy
- 1902 Club

Your contribution will be gratefully acknowledged in our FMH Donor Report Newsletter.

To learn more about the above opportunities, or to make a commitment to help take cancer care in Frederick to the next level of excellence, visit www.fmh.org/donate or call 240-566-3478.
EVERY GIFT MAKES A DIFFERENCE

When Sharon Chilton went in for her first mammogram in 1998, she never expected that her life was about to change forever. After all, at just 39 years old, Sharon had no risk factors, no family history and no symptoms. Yet the results were clear: she had breast cancer, and would need extensive treatment.

"When you hear the words 'you have cancer,' your whole life flashes before your eyes," she says. "I had three young children—13, 12 and 7—and a busy life. I didn’t have time for this. We were in shock, and we were terrified."

A nurse by training, Sharon recalls feeling comforted by the compassionate but methodical approach to treatment she found at FMH. "We sat down with the physicians, and mapped everything out—one step at time," she says. "I had surgery, chemotherapy and radiation. And, best of all, I had everything right here at FMH."

Sharon was able to schedule her chemotherapy at the FMH Cancer Center across from the hospital’s main campus on Fridays. This gave her time to do errands in the morning, stop at the grocery store on the way home and be there when the boys got home from school. Her radiation treatments were for brief intervals five days a week for seven weeks, but she says even that interruption to her life was minimal because the facilities were right here at FMH.

Fifteen years later, Sharon is cancer-free. In her volunteer work with the FMH Survivors Offering Support program, she draws on her own experience to give patients hope and inspiration.

"Everything I needed was right here at FMH, within minutes of our home. The treatments became part of my life, but they never took over my life."

--SHARON CHILTON
Since 1974, FMH has provided the community with excellent cancer care. 
With additional resources, could we provide even better care?

Our cancer care teams use a coordinated, multi-disciplinary approach that has helped thousands of people with cancer survive and thrive.

What if we could bring them into even closer collaboration with one another?

We offer leading-edge treatment and therapies, innovative surgical techniques and access to the most promising clinical trials and research to patients with cancer.

With expanded facilities, could we provide patients with even more and better treatment options?

We support every aspect of our patients’ care, including their medical, social and emotional needs.

With expanded resources, could we serve them even more completely?

We believe the answer is yes to every one of these questions. And we believe the time is now.

With your support, the FMH Cancer Institute will be the cornerstone of one of the premier cancer treatment programs in the region.

Won’t you play a role in helping FMH provide extraordinary care to patients battling cancer and their families?

Call (240) 566-3478 or visit www.fmh.org/donate to find out how you can be a part of a healthier tomorrow for our community.