



With you.

ONGOING SUPPORT
FOR CANCER CARE WITH
UNITYPOINT HEALTH -
ST. LUKE'S HOSPITAL



UnityPoint Health
St. Luke's Foundation

*With you,
Hope takes that
first timid step,
growing stronger &
more determined
with you.*

*Hope rejoices,
knowing the
circle of healing
is complete
with you.*

UnityPoint Health – St. Luke’s Hospital knows cancer is not an easy journey. A cancer patient needs hope to carry them through the tough days... hope comes from knowing they have the best care available.

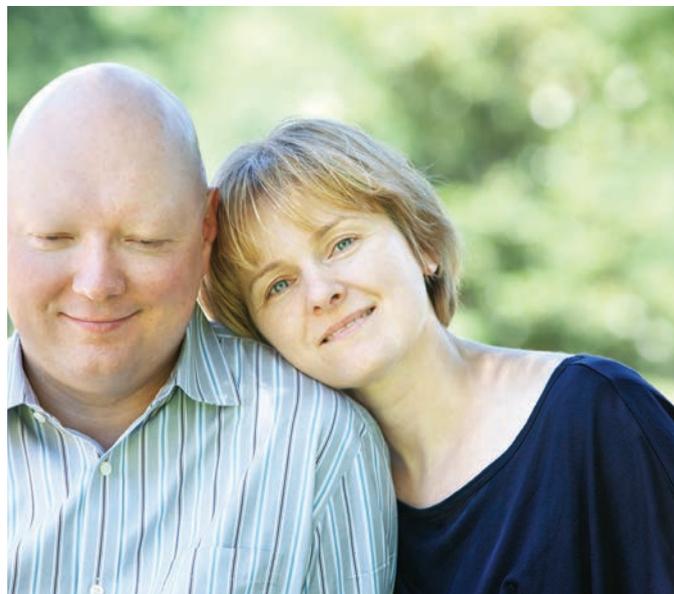
That’s why St. Luke’s Hospital does everything in its power to ensure the journey is a positive and uncomplicated one. St. Luke’s is committed to providing each cancer patient with the best possible experience through St. Luke’s Cancer Care (which includes the Albert G. & Helen Nassif Radiation Center), Helen G. Nassif Community Cancer Center, UnityPoint Clinics, and collaboration with many other independent physicians.

Hope takes wing with you.

As cancer treatment evolves, becoming more and more complex, the Cedar Rapids community will continue to rely on St. Luke’s – and in turn, generous philanthropists like you – to provide leading-edge health care.



St. Luke's community approach to fighting cancer



St. Luke's Hospital understands a collaborative approach to fighting cancer provides the

best possible care and outcome for each patient. Through its cancer care, St. Luke's unites a team of doctors, nurses, care coordinators, social workers, dietitians and numerous other

staff, working together to provide the most comprehensive cancer care possible. The patient is at the center of the team, taking an active role in their care.

In 2010, St. Luke's fulfilled a promise to the community with the creation of the Helen G. Nassif Community Cancer Center, a collaboration between doctors and support staff to provide patients with access to affordable, high-quality cancer care throughout their entire journey.

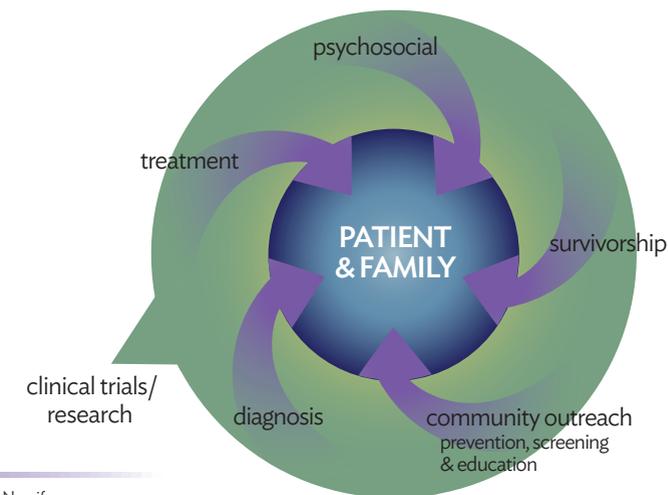
The Community Cancer Center is central to St. Luke's efforts to provide a complete continuum of care. The center provides vital resources such as care coordination, counseling and other means of support. Community Cancer Center staff is readily available to collaborate with doctors and providers throughout the community. "It's a convenience for the patient to be able to meet with their doctor, dietician and other support staff during the same trip," says Dr. Rasa Buntinas, medical oncologist at Physicians' Clinic of Iowa Hematology & Oncology.

Community Cancer Center Model

The Community Cancer Center fulfills the promise made by health care providers when they gathered to discuss a proposed cancer center that would be a one-stop treatment facility to better serve patients.

Cancer care is complex, as shown below. At the Community Cancer Center the patient is always at the center. This is a collaborative effort, with many professionals and organizations involved in the coordination and delivery of care.

Community Cancer Center Model



St. Luke's cancer care timeline

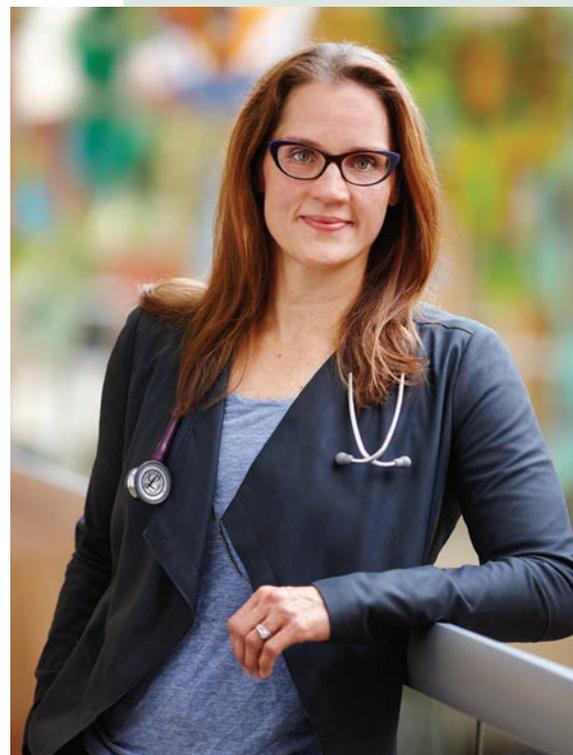
- | 1983 | 2006 | 2009 | 2010 | 2011 | 2013 | 2014 | 2015 |
|--|--|---|---|--|--|--|---|
| <ul style="list-style-type: none"> Cancer Unit formed | <ul style="list-style-type: none"> Digital mammography is now offered | <ul style="list-style-type: none"> Cook Cancer Wellness Program opens Cedar Rapids recognized by the Institute for Healthcare Improvement for providing low-cost, high-quality healthcare | <ul style="list-style-type: none"> St. Luke's forms partnership with Physicians' Clinic of Iowa and local community physicians to form a Community Cancer Center | <ul style="list-style-type: none"> St. Luke's received approval by the Iowa Health Facilities Council to acquire Intraoperative Electron Radiation Therapy (IOERT). This approval allowed St. Luke's to be the first and only hospital in Iowa to offer IOERT | <ul style="list-style-type: none"> Grand Opening of the Helen G. Nassif Community Cancer Center | <ul style="list-style-type: none"> St. Luke's received approval by the Iowa Health Facilities Council to offer external beam radiation therapy St. Luke's was chosen as the first Iowa healthcare organization to join the Mayo Clinic Network Physicians' Clinic of Iowa Medical Pavilion expands to include St. Luke's Radiation Center, adjacent to Physicians' Clinic of Iowa Hematology & Oncology | <ul style="list-style-type: none"> Albert G. and Helen Nassif Radiation Center opens |

The best possible cancer care

Collaboration of care among providers, across the entire continuum of care, delivers the best possible patient experience and the best outcome for St. Luke's patients with cancer.

Dr. Rasa Buntinas, Physicians' Clinic of Iowa oncologist, explains cancer treatment today is complex and by necessity, very integrated. That's why coordination of care is linked to improved quality of care. Cancer treatment requires

multiple methods: surgery, radiation and chemotherapy. The patient also has psychosocial needs, often requiring a social worker and counselor interacting with the patient, family and doctors.



*Dr. Rasa Buntinas
Oncologist
Physicians' Clinic of Iowa*

"This very integrated treatment requires a high coordination of care," says Dr. Buntinas. "Without coordination of care, you have different recommendations from different medical teams. With new cancer chemotherapy drugs on the horizon, which will be potentially more effective but more toxic, even greater coordination of care is warranted."

Seamless cancer care

St. Luke's has provided diagnostic, surgical and chemotherapy treatment since cancer was first identified as a disease.

The Albert G. & Helen Nassif Radiation Center, established at Physicians' Clinic of Iowa Medical Pavilion, completes the continuum of cancer care for patients choosing St. Luke's. Two state-of-the-art machines are used to deliver radiation therapy. A CT Simulator determines the amount of radiation needed and a TrueBeam™ linear accelerator provides radiation to a targeted area.

The Community Cancer Center provides an efficient and effective environment. By working in close proximity, doctors and



The Siemens CT Simulator provides images of the tumor and surrounding anatomy for accurate radiation dose calculations.

support personnel can consult more easily, which saves time and resources and provides patients with the answers and treatment they need, when they need it. As an example, a doctor can call the the Community Cancer Center and request a member of their team meet with a patient currently in their office. Within a short time, a team member from the Community Cancer Center is at the doctor's office,

providing support and resources to the patient. There is no need to set up a separate appointment. This is one example of the seamless care made possible by the Community Cancer Center every day.



TrueBeam provides advanced imaging and treatment modes that enable doctors to tailor treatments to a specific cancer.

One patient's story

Pat Sudduth came to the Helen G. Nassif Community Cancer Center by way of North Carolina and California, proving you never know where life will take you.

Pat was in North Carolina working a construction job in spring 2012 when he fainted. He woke up in the hospital, where a CT scan showed suspicious nodules on the lung. The doctor said they were too small to biopsy but to “keep an eye on them.” Pat filed the advice in his brain.

Pat, 56, has been in construction since graduating from high school in Detroit. “I didn’t go to college. I’m the black sheep in my family,” he says with a convincing grin.

In fall 2013, Pat moved to Cedar Rapids to help a friend in declining health. In March 2014, a severe headache sent Pat to His Hands Free Medical Clinic.

After being diagnosed with a cluster headache, Pat told the doctor about his lung nodules, which led to tests and a referral to Dr. David Cowden, a pulmonologist at Respiratory Critical Care.

Pat met with Dr. Cowden and Emi Chapman, his Care Coordinator. Dr. Cowden told



Pat they needed to investigate the nodules further. Pat underwent a PET scan, a bronchoscopy (a scope inserted through the nose to reach the lungs), a colonoscopy and a second lung biopsy.

“Everyone involved in Pat’s care communicates constantly,” says Emi. “Pat and I talk a lot too. It’s important for patients to know there is someone at the other end when they call.”

When Pat met with Emi and Dr. Cowden again, he learned he had cancer of the colon, which had spread to his lungs. “I felt like I was hit over the head with a shovel,” says Pat. He was angry. “I was in a dark place but the people here helped me crawl out.”

Pat Sudduth with Emi Chapman, his Care Coordinator.



Dr. Thomas Warren, a medical oncologist with Physicians’ Clinic of Iowa, met with Pat to discuss a treatment plan of oral and infusion chemotherapy. Nancy Hagensick, social worker with the cancer center, helped Pat apply for Medicaid and the St. Luke’s Foundation’s Spirit Fund, which provided him with a gift card for gas. Autumn Kelly, nutritionist for the cancer center, suggested diet changes to help Pat get the nutrition he needs throughout chemotherapy.

Pat shakes his head, his beloved Detroit Tigers cap bobbing with emphasis. “I was given two months to live. Now, five months later, they’re saying I could have a year. It’s because of everyone here. Especially Emi. She keeps me going.”

The St. Luke's difference

The initial event that led to the founding of St. Luke's – the death of a critically injured man due to lack of medical care – has been followed by over a century of increasingly sophisticated medical needs of the community.

From its early years, visionary philanthropists helped the hospital respond to those needs while establishing St. Luke's as a health care leader. By 1909, a \$12,000 gift funded a modern operating room and St. Luke's soon became widely respected for its surgical skills. Today St. Luke's is a regional leader in cancer care, annually diagnosing and providing the first line of

cancer treatment to nearly 60 percent of cancer patients in Cedar Rapids. The principles that guided local philanthropists to establish St. Luke's – to provide exceptional, affordable health care – remains intact today.

Clinical trials offer treatment options

Each patient diagnosed with cancer is evaluated to determine if they qualify for a clinical trial. The Community Cancer Center has staff dedicated to researching federal and industry (pharmaceutical) clinical trials. Results are shared with Physicians' Clinic of Iowa oncologists, who select trials based on the patient's diagnosis, needed treatment and their fulfillment of the study's requirements.



Kimberly Ivester

"Our patients have access to the same clinical trials offered at cancer centers across the country, but they don't have to travel to participate," says Kimberly Ivester, administrative director for the Community Cancer Center.

Offering access to clinical trials is an important treatment option for patients. Generous philanthropists like you enable the Community Cancer Center to continue offering patients access to leading-edge cancer research.

Support for recovery and survivorship

The Cancer Wellness Program, available through the Community Cancer Center, offers a vast array of support services for patients, caregivers and families. A team of health care professionals develops a personalized wellness plan to help each cancer patient lead a healthy life. The program offers services related to exercise, nutrition, psychosocial support and complimentary therapies, integrating them with standard cancer treatment.



Spirit Fund

There are items and services related to treatment that are essential to the peace of mind of a patient with cancer but not covered by insurance. The Spirit Fund, supported by gifts through St. Luke's Foundation, was created to fill this gap.

The Spirit Fund supports a patient's ongoing care and assists with:

- Cancer supportive supplies: camisoles, hats, wigs and swimwear
- Supportive services
- Gift cards for gas, groceries, etc.
- Other services deemed appropriate by the Spirit Fund Committee

New treatment for breast cancer

St. Luke's was the first hospital in Iowa to offer Intraoperative Electron Radiation Therapy (IOERT). The treatment, currently used for early stage breast cancer, combines surgery with a concentrated dose of radiation similar to five doses of external beam radiation therapy, with fewer side effects and a faster recovery. This procedure destroys cancer cells that remain after surgery while at the same time reducing the

amount of healthy tissue exposed to radiation. Patients receiving this treatment have a low recurrence rate because it treats the precise area where most breast cancer recurs.

Collaboration with Mayo Clinic

In May 2014, St. Luke's was chosen as the first Iowa health care organization to join the Mayo Clinic Care Network, an affiliation that allows the hospital's doctors to consult Mayo's world-renowned experts. The focus of the collaboration is to keep the patient and care close to home, while enhancing the quality of care for the Cedar Rapids community.



"When a patient wants a second opinion, they often request Mayo Clinic," says Dr. Buntinas. "We submit all of the patient's records to Mayo Clinic, where

a team of doctors reviews the materials and provides a written summary. This is a valuable resource for our patients because it has the same results as an in-person consult without the three-hour drive."

Dr. Buntinas also calls on the Mayo collaboration for tough cases. "I may seek their opinion for a patient with a rare diagnosis, or maybe we have tried standard treatments and are looking for other options. This is a collaboration that improves the health of the community," says Dr. Buntinas.



"Today St. Luke's is a regional leader in cancer care, annually diagnosing and providing the first line of cancer treatment to nearly 60 percent of cancer patients in Cedar Rapids."

*We tackle cancer head-on **with you***

Why now?

One out of every two men and one out of every three women are expected to be diagnosed with cancer in their lifetime, with the number of cancer patients in the U.S. doubling by 2050.

Cancer will soon overtake heart disease as the leading cause of death in Iowans. From 2006 to 2010, nearly 32,000 Iowans died from cancer.

Patients are counting on St. Luke's Hospital to provide the latest, most advanced treatment possible. St. Luke's Foundation is committed to helping St. Luke's Hospital meet the community needs

by matching the passion of philanthropists with vital funding opportunities in the Community Cancer Center.

Why St. Luke's?

St. Luke's is a leader in cancer care. The hospital is always striving to stay at the forefront, never content to rest on past



achievements. Whether it's offering a new breast cancer treatment or partnering with Mayo Clinic, St. Luke's is always breaking ground on new cancer treatment and care.

The American College of Surgeons recognized St. Luke's with two awards: the Outstanding Achievement Award, which recognizes quality outcomes, evidence-based practice and research; and the National Accreditation Program for Breast Cancer, for excellence in care of patients with breast cancer.

Why you?

As a philanthropist, you are a special breed.

While others walk away from a need, you walk towards it. Sometimes you even run.

Like now.

Cancer is moving quickly. Contact the St. Luke's Foundation today at 319/369-7716 to request a pledge card.

With you, St. Luke's patients have access to innovative cancer care today and in the future.



With you



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St. Luke's Foundation

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