HOA CENTERS FOR CANCER CARE AND BLOOD DISORDERS

www.hoacny.com

2014– Volume 8
Patient Newsletter

***The Mission of Hematology-Oncology Associates of CNY** is to provide the highest level of quality care in a healing environment for the mind, body and spirit of patients dealing with cancer and blood disorders.*

Welcome!

Dr. Tarek Sousou

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Quote for the Quarters

"The purpose of our lives is to be happy"

– Dalai Lama

Tarek Sousou, MD

Hematology-Oncology is pleased to announce the addition of Tarek Sousou, MD to our family of physicians. Dr. Sousou grew up in Liverpool and attended Liverpool High School. He received his B.S. Degree in Biology with Honors and General University Honors, from Syracuse University. He received his M.D. Degree from Upstate Medical University and his post doctoral training was completed at the University of Rochester. He completed his internal medicine residency, as well as his Hematology and Oncology Fellowships at the University of Rochester. He is board certified in Internal Medicine, Hematology and Medical Oncology.

His previous practice was at Interlakes Oncology & Hematology, P.C. and we're all so happy he's come home! We've reprinted the bio that Dr. Sousou wrote for our website below:

"Ever since I was young, I've always had an interest in science. Being the child of immigrant parents, I was taught at an early age to value and make the most of my education. They fostered my interest in science and that led me to become a biology major in college. While in college, I loved molecular biology. Learning about how genes and proteins interact was fascinating. I quickly learned that I wanted to pursue a career where there was an emphasis on basic science but with a clinical application.

I applied to medical school and became the type of student that enjoyed all aspects of medicine. Of all the fields in medicine, hematology and oncology had the greatest emphasis on applying basic science principles to the treatment of patients. It required an understanding of most aspects of medicine while focusing on a particular interest. It was a natural extension of the drive that led me to medical school.

Caring for cancer patients is an honorable and rewarding experience that has taught me so much. I've learned that to completely care for a cancer patient requires more than IV medications and pills. It requires access to cutting edge technology, clinical trials, radiation therapy, social workers and integrative therapy. That level of comprehensive care was what brought me to HOA. At HOA, the physicians and staff are committed to providing the highest level of cancer care possible. As a native of Syracuse, I am excited to be able to offer such a comprehensive treatment approach to patients from my hometown.

When I'm not working, I enjoy traveling, hiking and home remodeling. I enjoy the challenge home remodeling can pose and the satisfaction I have when a project is complete. It's one of the ways I stay centered."

CancerConnects is pleased to continue their work to facilitate connections for everyone throughout Central New York who has been diagnosed with cancer. If you are interested in connecting with a cancer survivor mentor or if you're interested in becoming a mentor to cancer patients, please contact CancerConnects.

www.cancerconnects.org or (315) 634-5004

PORTAL NEWS

Hematology-Oncology Associates of CNY has made it **easy** for you to communicate with us through our online **Patient Portal**.

This secure website offers many convenient features that can save you time. Some of the things you can accomplish with our secure website are: ask a nurse a question; ask a question about your bill; pay your bill online; request medical records; request a prescription refill; ask a question about an appointment; and you can now receive a clinical summary from your last MD/NP/PA appointment—including your lab work!

We currently have almost 3,000 patients successfully utilizing our patient portal.

Sign Up Today!

Creating an account is as easy as 1,2,3

1. **Give us your email address**
2. **Receive an invitation by email**
3. **Click on the link to create your account**

Once you're registered, you can enjoy these features through our website.

Go to www.hoacny.com and click on "Secure Patient Portal"

Communication just got easier!

Check out the free **Medfusion Mobile** app for Apple and Android

For the Mind and Spirit

More Support for our Patients * Free to All !!

Support Group for Recurrent & Metastatic Disease

This support group is dedicated to providing guidance to those cancer patients with recurrent and metastatic disease. The unique aspects of this journey are explored with patients who are experiencing similar challenges. This group meets the 1st & 3rd Monday of each month from 4-5:30 pm at Brittonfield in the 3rd floor conference room and is facilitated by Gussie Sorensen, LCSW-R and Ann Roman, MS, ANP-BC.

Look Good... Feel Better

Cosmetology professionals will help you with make-up application, dry skin, discolored nails, choice and care of a wig, scarves, turbans and hats. Please call and register for sessions in East Syracuse & Cayuga, Jefferson, Lewis, Madison, Oneida and St. Lawrence Counties.

American Cancer Society

6725 Lyons St., East Syracuse

Call 1-800-227-2345

Breast Cancer Support Group

Second Wednesday *of each month from 4—5:30 in the Brittonfield Board Room, 3rd Floor*

Facilitated by Gussie Sorensen, Katie Tindal and Emeline McShane

Caregivers Support Group

This group provides support for caregivers of cancer patients and provides a place for discussion regarding ongoing challenges that are encountered with the caregiver role. The group meets the 1st Monday of each month from 4-5:30pm in the 3rd Floor Boardroom located at our Brittonfield Office. The group is facilitated by Kate Flannery, LCSW and Kathy Snyder, RN, NP.

CAMP GOOD DAYS AND SPECIAL TIMES

- Young Adult Programs
- Brain Tumor Family Retreat
- Women & Men's Oncology Programs

315-434-9477 www.campgooddays.org

The mission of Healing Harmonies is to create partnerships between the musicians and local healthcare and wellness providers, with the intent to bring live music with therapeutic benefits to patients, their families, and healthcare staff in CNY. Music has been recognized to have immense benefits for patients through stress and anxiety reduction, lessening the side effects of chemotherapy, and reducing the amount of pain medication needed before and after surgical procedures. We are pleased to offer this to our patients.

Healing Harmonies

American Society of Clinical Oncology

The American Society of Clinical Oncology (ASCO) offers a certification program, known as QOPI, to recognize those cancer practices in the nation that can meet rigorous, quality standards. Hematology-Oncology Associates of CNY was the first and remains the **only**, QOPI Certified Cancer Practice in Central New York. This prestigious status is achieved through policy and procedure submission, data analysis to substantiate fulfillment of quality criteria and an on-site survey by ASCO that demonstrates adherence to excellence and standards. Certification is awarded for three years and each QOPI certified practice must recertify every three years. HOA first received this designation in 2011 and has recently achieved recertification through 2017.

QOPI certification reflects a commitment to quality of care that leads to fundamental changes in the clinical practice of oncology. HOA must meet standards in all areas of treatment, including:

- Treatment Planning
- Staff Training and Education
- Chemotherapy Orders and Drug Preparation
- Patient Consent and Education
- Safe Chemotherapy Administration
- Monitoring and Assessment of Patient Well-Being

The physicians and staff at Hematology-Oncology Associates are proud of this significant achievement. We hope our patients are proud of us, too! Thank you for allowing us to be a part of your healing journey. We are committed to excellence and we are committed to you!

We're not miles away … Just miles ahead

The Wellness Center

A beautiful and healing atmosphere is provided as a haven of opportunity for the mind, body and spirit. Check out the Wellness Center's schedule of classes and services on the web!

www.hoacny.com — Wellness Center

(315)234– HOPE

Hematology-Oncology Associates Comprehensive Outpatient Treatment and Support Services

- Chemotherapy and Radiation
- Clinical Research
- CyberKnife®
- Clinical Laboratory
- Pharmacy
- CT and Other Diagnostic Testing
- Patient and Family Counseling and Support Group Services
- Nutritional Counseling
- Integrative/Complementary Therapy
- Cancer Rehabilitation / Survivorship
- Community Educational Programs

Amenities

- State of the Art Facilities
- Imaging Services
- Boutique at Brittonfield
- Flat Screen TV's
- Patient Internet Access
- Free Parking
- Patient Education Area
- Electronic Medical Record

Best Places to Work in Central New York!

Hematology-Oncology Associates!

Dr. Anthony Scalzo, one of the founding partners of HOA, Maryann Roefaro, CEO and their senior leadership team were present at the SRC Arena at Onondaga Community College on May 28th for the **2014 Best Places to Work** winners breakfast! The winners are selected from numerous applicants based primarily upon confidential feedback from the employees, in addition to employee appreciation efforts provided by the organization. HOA was proud to achieve 2nd place, out of all applicants with more than 51 employees. HOA is a gift to our community because of it's most precious asset—the physicians and employees!

Integrative Medicine /Wellness Programs 315-234-HOPE

Integrative or Complementary Therapies are services that support your current medical treatment and are never intended to replace it. They are for patients who are seeking wellness or well being of not only the physical body, but of the mind, body and spirit.

Massage * Reiki * Healing Touch * Yoga * CranioSacral Therapy * Foot Reflexology
Light Therapy * Meditation * Acupuncture * Tai-Chi * Zumba * and more

Offered at our Brittonfield Office &/or The Wellness Center at Medical Center West

Please visit our website or call 315-234-4673 for details or to set up an appointment

Stewardship—Proud to sponsor the following!

LUNGEVITY
Find it. Treat it. Live.

RELAY FOR LIFE
American Cancer Society

Join us for Hospice's 2014
SeptemberSong
Friday, September 19, 2014, 6-10 pm
Traditions at the Links on Erie Village
$125 /person * Call 315-634-1100

Presenting Sponsor HCA CENTERS FOR CANCER CARE AND BLOOD DISORDERS

susan G. Komen FOR THE cure

Supporting our patients and their families—Through the generosity of the physicians and the wonderful efforts of our Fun Committee and employees!

Medicare and the Payer Circuit

Congressman Dan Maffei 423-5657

Senator Kirsten Gillibrand 448-0470 **Senator Charles Schumer 423-5471**

Community oncology care refers to cancer care that is rendered in private physician offices like Hematology-Oncology Associates. It is very different from hospital based care and is subject to different rules and payments for services. **Community oncology care is at risk!** Did you know that 4 out of 5 Americans with cancer are treated in a community oncology practice? In 2012, there was a 21% increase in the number of community oncology practices that closed their doors and there was a 24% increase in practices that moved or sold their practices to hospitals. The reimbursement cuts from Medicare, that are often followed by private insurance companies, have put all independent physician cancer practices at risk. HOA had to close our North Medical Center campus because we could no longer afford the luxury of a practice 7 miles away from our main campus. This has posed an inconvenience to our patients, but thankfully the practice can continue to offer the same quality services of which we have become accustomed.

Numerous national studies have demonstrated that the cost of cancer care is 35-45% higher in hospital based settings, yet our government is putting such pressure on oncologists that many across the country cannot continue to provide care or chemotherapy on site and are forced to sell or give their practices to hospitals. In some parts of the country, this mandates patients travelling long distances for care. A study issued in June of 2013, demonstrated that since the Medicare Modernization Act of 2003, 288 cancer practice sites have closed, 407 cancer practices are struggling financially, 43 practices must send patients elsewhere for treatment, 469 practices have been purchased or have operating agreements with hospitals and 131 practices merged or were acquired. This is not good for the long term future of cancer care and it's time to demonstrate that **Community Counts**!

- **Get Informed** about the current challenges facing community cancer practices.
- **Get Educated** about the impact on patient care, should the community setting continue to be afflicted, and learn about the role you can play in preventing this from happening!
- **Get Involved** in a cause that increases awareness of the important role community oncology like HOA plays in cancer care, and play a role in its sustained viability. We need your help!

www.communitycountsadvocacy.org

For studies/reports visit the reading room at: www.communityoncology.org