

New medical oncologist



Tom Saphner, MD, is a medical oncologist who has recently joined the Vince Lombardi Cancer Clinic in Manitowoc. Dr. Saphner received his undergraduate degree from the University of Wisconsin-Madison and completed his residency and oncology fellowship at the University of Wisconsin Hospitals and Clinics. He has authored numerous papers

focused on providing better care and outcomes to cancer patients.

Prior to joining Aurora Health Care, Dr. Saphner practiced in Green Bay for 20 years. He wrote a community clinical oncology program grant that earned over a million dollars a year for clinical research in Green Bay, and was principal investigator of a research program that put 100 patients on treatment protocols and 100 patients on prevention programs each year. He has earned awards from the National Cancer Institute for his participation

level in research studies and is the community oncologist representative for the Eastern Cooperative Oncology Group Breast Core Committee. Other notable achievements include the organization of a nurse practitioner program, championing the implementation of an electronic medical record, and helping to found a new clinic at St. Mary's hospital. Dr. Saphner was also elected as one of the "20 People to Know" in Brown County for the research opportunities he had brought to patients, and has worked at the NEW Free Clinic, caring for patients that have no health insurance.

A fellow in the American College of Physicians, Dr. Saphner enjoys his oncology practice and the relationships that he establishes with his patients and their families.

Born in La Crosse, Dr. Saphner met his wife, Mary, in high school. Mary is a clinical informatics educator for Aurora Health Care. They have a daughter and twin sons. His daughter Bet is a medical student in Milwaukee, his son Luke is a chemical engineering student at the University of Wisconsin-Madison, and his son Rob is a biochemistry student at Edgewood College in Madison. Dr. Saphner values time with his family more than anything and enjoys fishing.

Did you know?

Aurora St. Luke's Medical Center has conducted autologous stem cell transplants for close to 600 patients with cancer, specializing in lymphoma and myeloma. Patients come from all over Wisconsin and northern Illinois to have autologous stem cell transplants at Aurora St. Luke's Medical Center. Some patients come from other states as well.

Our autologous stem cell transplant experts are Robert Taylor, MD, Medical Director, William Matthaueus, MD, and Federico Sanchez, MD.

For more information, please contact nurse coordinator Jamie Huebschen, RN, at 414-649-7725.

The information presented in this newsletter is intended for general information and educational purposes. It is not intended to replace the advice of your own physician. Contact your physician if you believe you have a health problem.

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Aurora Cancer Care Connection

Your caring connection for support during cancer care

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Aurora Cancer Care team highlight: Radiation oncology

By Perry Gould, MD - Board Certified Radiation Oncologist; Amy Pelikan, BA, R.T.(R)(T) - Radiation Therapist; Barb Hoffmann, RN, BSN, OCN - Radiation Oncology Nursing; Mary Kay Dallmann, BS, RT(R)(T), CMD - Lead Dosimetrist; Cindy Thomason, PhD, DABR - Lead Physicist

Radiation oncologists are physicians trained to treat cancers with different forms of radiation. They work very closely with the entire cancer treatment team. Medicine has advanced to the point that oncology physicians, such as radiation oncologists, subspecialize to a unique part of cancer therapy because of the vast amount of information and options available to treat cancer.

The radiation oncologist is responsible for the design and appropriate delivery of radiation treatment. Radiation is either delivered externally through machines called "linear accelerators" or by placing radioactive sources within the patient's tumor. External treatment can be thought of as highly conformal "laser" treatment to a target. The placement of radioactive sources, called brachytherapy, can be either temporary or permanent.

The reason Dr. Perry Gould, initially entered into the field of radiation oncology is he found the field of neoplasia, or cancer, to be very interesting. There were many new technologies and medicines becoming available and a great deal of hope for therapy. Today, we have seen a revolution in terms of the therapeutic options open to treat cancer patients. From advances in genetic analyses of cancer, new targeted antibody treatments, image guided radiation, cancer vaccines, etc. The future for oncology patients looks very bright.

Despite all these novel technologies and therapies, the most gratifying part of most oncologists' days, including Dr. Gould's, is the patient interaction. They develop relationships with their patients and their families. Dr. Gould feels, "it is rewarding beyond explanation to see and hear of a patient in remission enjoying the many things we take for granted: having a meal with their family, mowing the grass, attending a graduation or wedding".

Radiation therapists are certified professionals trained to administer accurate radiation treatments which are prescribed by the radiation oncologist. Radiation therapists simulate/plan treatment fields and utilize image guided technology daily to accurately ensure placement of radiation treatment fields. Another important aspect of their profession is to build a trusting relationship with each patient. By doing this, it allows the therapist to provide, emotional, educational, and supportive care.

Radiation oncology nurses work together with the radiation oncologist and radiation therapists to care for the patient and their family during their radiation treatment. They explain the possible side effects that the patient may experience and describe how they can manage them. In addition, they assess how the patient is doing throughout treatment, and help the patient cope with any changes they may experience. They also provide support and counseling to the patient and their family.

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Help tackle cancer with Vince Lombardi Cancer Foundation

By Bridgette Frommell – Foundation Development Officer, Aurora Health Care Foundation



On Saturday, June 8, join Nick Webber, MD, at the Lombardi Walk/Run at Milwaukee County Zoo. As chairperson of this year's event, Dr. Webber has formed a team: "Advanced Sarcoma Warriors."

The Lombardi Cancer Walk in Oshkosh will be held Saturday, June 22, on the campus of Aurora Medical Center. All funds raised at this event will benefit the Vince Lombardi Cancer Clinic in Oshkosh.

These two events help raise awareness and funds for the fight against cancer. All funds raised in each community, stay in the community.

- To register for the Lombardi Walk/Run for Cancer in Milwaukee, visit LombardiFoundation.org.
- To register for the Lombardi Cancer Walk – Oshkosh, visit Aurora.org/OshkoshWalk.

Aurora Specialty Pharmacy: Better for you, better for patients

By Katie Moersfelder – Manager, Marketing Communications

Aurora Specialty Pharmacy can help you achieve the best outcomes for complex cases, while saving time and effort.

Patients with complex, chronic conditions often need a high-touch approach to drug therapy management. Specialty pharmacies aim to fill this need, yet most cannot offer what Aurora Specialty Pharmacy offers: integration of pharmacists and financial services working with the care team, and direct access to the patient's electronic health record.

Aurora Specialty Pharmacy is designed for patients taking high-cost medications, both injectable and oral, in these therapeutic areas: oncology, rheumatology, dermatology, neurology and gastroenterology.

Benefits to your patient include:

- Benefit coordination and pre-authorization by the financial services team.
- Expert drug management, which helps improve quality, safety and clinical outcomes.
- Free delivery by mail.
- Patient education and ongoing support.

Benefits to physicians include:

- Fewer disruptive phone calls to your office – and more time to focus on your patients.
- Less paperwork.
- Better communication between pharmacist, you and other care team members.

To learn more about Aurora Specialty Pharmacy contact Jim Motz, Specialty Pharmacy Program Manager at 262-787-2131.

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Medical dosimetrists help develop a treatment plan that will deliver the prescribed radiation dose while sparing surrounding normal structures. The planning process is used for conventional external beam, intracavitary and interstitial treatments. With advances of computer technology, modalities, such as CT scans, MRI and PET imaging; are used to accurately correlate tumor volumes for radiation treatment planning. They use 3D computers, which allows them to generate plans with higher doses to the tumor volume while limiting dose to the sensitive normal structures in the area.

Medical physicists assure the safe and effective delivery of radiation. They oversee the work of the dosimetrist and help ensure that complex treatments are properly tailored for each patient. Medical physicists are responsible for

developing and directing quality-control programs. Their responsibilities include making sure the equipment works properly by taking precise measurements of the radiation beam, and performing other safety tests on a regular basis. They also oversee all aspects of radiation safety of both the patient and radiation oncology staff.

Radiation therapy is provided at the following Aurora Health Care sites:

Aurora St. Luke's, Aurora Medical Center Kenosha, Aurora Medical Center Grafton, Aurora West Allis Medical Center, Aurora Sinai Medical Center, Aurora Sheboygan Memorial Medical Center, Aurora Medical Center Oshkosh, Aurora Medical Center Manitowoc County, Aurora BayCare Medical Center and Aurora Medical Center Summit.

Aurora massage therapists: Touching the lives of people living with cancer

By Scott Feist, LMT – Supervisor, Massage Therapy Services, Aurora Health Care Integrative Medicine



It's widely known that massage therapy is effective at reducing stress and increasing relaxation, which is great for any patient, but especially when tailoring treatments to the individual with cancer. Aurora massage therapists offer options to help manage the symptoms of cancer care. The massage therapists provide personalized choices, including pressure-point therapy, guided relaxation, aromatherapy and Reiki energy work, to help manage nausea, pain, fatigue, stress and anxiety. The therapists can often help with insomnia and they take any snoring as a compliment.

Aurora massage therapists make real connections with oncology patients in select hospital units and Vince Lombardi Cancer Care clinics. Those receiving care have the option of receiving massage therapy services, while resting in their hospital bed or receiving a chemotherapy infusion. Patients show up for their chemotherapy appointments stating, "I am here for my weekly massage – and I happen to be getting chemotherapy while I'm here." Hospital patients make comments like, "The massage therapist is the highlight of my day." Those comments are profound, given the circumstances. These words stick with caregivers and make the work so rewarding. There's no substitute for physical contact, and Aurora massage therapists are honored to be involved in patients' care.

Many Aurora massage therapists have specialized training to safely and effectively provide integrative therapies to people living with all stages of cancer care and recovery. In addition to providing inpatient and chemotherapy suite care, Aurora massage therapists provide outpatient services to people living with cancer, their caregivers, cancer survivors and the general public.

Aurora Integrative Medicine offers a variety of resources for complementary/integrative therapies such as acupuncture, chiropractic care, energy therapies, aromatherapy and movement therapies. We understand that coping with a diagnosis of cancer and its treatment is challenging.

We want to help you achieve health and happiness and provide individualized care that's right for your mind, body and spirit.

For more information, visit aurorahealthcare.org/services/integrative-medicine/index.asp, or call the Aurora Health Care Department of Integrative Medicine at 414-219-5900.

Aurora Health Care outpatient sites with massage therapists specializing in cancer care:

Aurora Rehabilitation Center
at Aurora Sinai Medical Center
945 N. 12th Street, 4th floor
Milwaukee
414-219-5241

Midwifery and Wellness Center
at Aurora Sinai – Outpatient Health Center
1020 N. 12th Street, 1st floor
Milwaukee
414-219-6649

Aurora Rehabilitation Center
at Lakeshore Medical Clinic
2000 E. Layton Avenue, Suite 160
St. Francis
414-747-8400

Aurora Center for Well Being
at Aurora Wiselives Center
8320 W. Bluemound Road, Suite 125-A
Wauwatosa
414-302-3800

Aurora Women's Pavilion
of Aurora West Allis Medical Center
8901 W. Lincoln Avenue
West Allis
414-978-3000

Aurora Health Center
W231 N1440 Corporate Court
Waukesha
262-896-6065

Aurora Rehabilitation Center
at Aurora Medical Center Oshkosh
855 N. Westhaven Drive
Oshkosh
920-456-7100