

FALL 2017

For Good



Powered By Robots

This story and more, inside:

How your generosity is changing the future for an amazing group of Tri-City super surgeons and the patients they help... page 2

The future of North County surgery is brought to you by... YOU!

Powered By Robots

The first thing doctors Adam Fierer, MD, Aaron 'Dr. Boon' Boonjindasup, MD, and Jason Phillips, MD, want you to know is that they are grateful. Very, very grateful. "Thank you for bringing the daVinci Si robot, thank you for our Xi table, and thank you for supporting our robotics program"...



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— Tri-City general and laparoscopic surgeon, Adam Fierer, MD

Three of Tri-City's robotic surgeons, Doctors "Boon," Phillips, and Fierer, enjoy a lighthearted moment. "We feel extremely fortunate that we've been blessed with this equipment," shares Fierer.

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It's no surprise why. "Robotic surgery actually revolutionized many of the different types of open [traditional] surgeries and all surgical disciplines, but especially in urology," explains Tri-City urologist and robotic surgeon, Dr. Jason Phillips. "Ours was the

first specialty to really pioneer the use of the daVinci robot, back in about 2000. For prostate removal

– radical prostatectomy – it's become the standard of care."

Robot-powered, thanks to you

It was your donations that funded the first daVinci robot at Tri-City, the Si model. And recently you came through for the robotics team again, helping Tri-City Hospital Foundation purchase a 'dynamic patient positioning table' for the new daVinci Xi. Called the Trumpf Motion Table, no other medical center in San Diego County has this table. It links perfectly to the Xi robot in real time, similar to pairing your cellphone with your car. Jason

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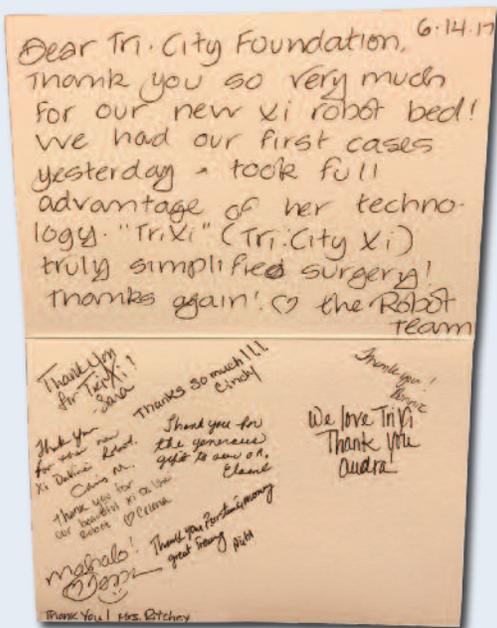
Did You Know?

The daVinci surgical system uses jaw dropping robotic, computer, and 3DHD (3D high definition) vision technologies to assist your surgeon with your operation. Funded thanks to donations like yours, daVinci is incredibly precise – right down to mechanical wrists that mimic your surgeon's every movement:

- Less invasive than "open" surgery
- Shorter hospital stay and faster recovery
- Less need for narcotic pain medicine
- Smaller incisions associated with minimal scarring

Learn more and meet the Tri-City robotics team at www.tricitymed.org/medical-services/surgical-services/robotic-surgery.

Thank you for bringing the future of medicine to Tri-City!



The Tri-City robot team, who affectionately call the new technology “TriXi,” writes back to say thank you.

Phillips, MD, describes, “the Trumpf table has been very important in being able to position a patient exactly how we need to, and makes it possible for us to reposition the patient during surgery without repositioning the robot. This saves time, and that’s critical in surgery.”

Hands behind the robot

In bringing robotic surgery to Tri-City – including Mazor spine and Navio partial knee replacement surgeries – you do far more. Dr. Phillips, again, “This is the way to the future. As we continue as a hospital to bring in surgical talent, it’s important to have that state-of-the-art equipment. By providing it, our donors help attract skilled surgeons to our community. Thank you very much.” ■

To support more technology at

Tri-City, call Glen or Danielle at 760-940-3370. Or give online at TriCityHospitalFoundation.org.

Thank you!

Foundation-funded FIT tests break down stigma and save lives:

The Champions of Colorectal Cancer Testing You Could Meet

Colorectal cancer is the second leading cause of cancer death in the United States – and one of the most preventable. Most people even know they should be screened for this cancer. Sadly, many never do. So recently you helped Tri-City Hospital Foundation create more than one hundred new ambassadors for colorectal cancer testing, saving lives in the process. Here’s how...

It all started in late December 2016. That’s when Tri-City Medical Center (TCMC) launched an employee colorectal cancer screening program for staff members who met the criteria. Here at Tri-City Hospital Foundation, we saw an opportunity to save lives while also breaking down stigma around testing for a potentially deadly disease. Thanks to your donations, we were able to fund the program.

100+ tests, lifesaving results

When all was said and done, 127 home colorectal (FIT) test kits were distributed to employees aged 50 and older. Called the Fecal Immunochemical Test, or FIT test for short (see sidebar at right), eleven abnormalities were identified. For three of these, early detection was life-altering.



“Say yes to the test!”

So if you happen to talk with a Tri-City staff member about colorectal cancer and you hear a resounding, “Say yes to the test!” you’ll know it’s likely the result of your support. And since the goal of this program is to eventually test low-income and at-risk members of the community, your generosity will touch even more lives.

Thank you! ■

Special thanks also go to:

employees who stepped forward to get tested, Jennifer Paroly and the TCMC Cancer Committee for helping initiate the program, and to Employee Health, Dr. Contardo and the Pathology Lab team for their assistance with the screenings.

Why Test?

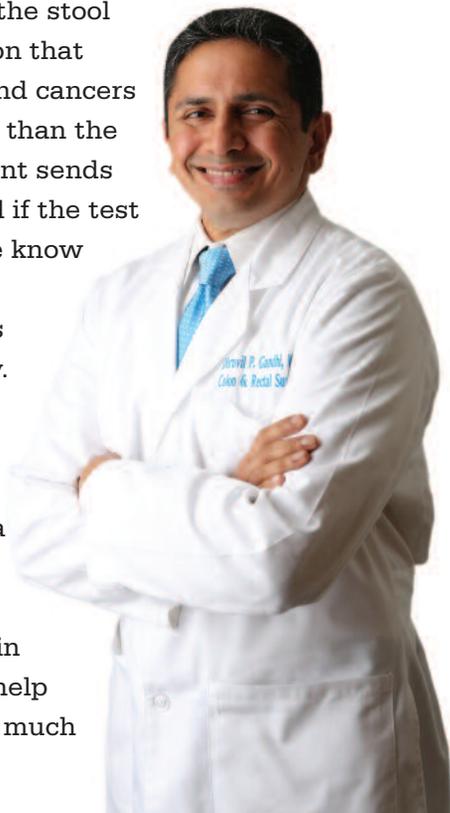
Tri-City's Dhruvil Gandhi, MD, the only board-certified colorectal surgeon in all of North County, speaks out:

Q: It's been said that colon cancer is preventable. Who should test, and why?

A: Everyone over the age of 50 should get a screening colonoscopy. It's the gold standard. That's because it not only allows us to look for small polyps, but to remove them. Polyps are like little skin tags on the inside of the colon. Some are benign, they're never going to become cancer. But some may not be – and you won't know that until they're biopsied. If you remove all the polyps you see on a colonoscopy, they can never grow large enough to become cancer. So if people are consistently screened, in theory, we can prevent it.

Q. If colonoscopy is the gold standard, why do FIT tests matter?

A: Not everybody has the insurance or the financial resources for a screening colonoscopy. So a FIT test tries to detect blood in the stool based on the assumption that pre-cancerous polyps and cancers are more likely to bleed than the normal colon. The patient sends in the stool sample, and if the test comes back positive we know they definitely need a colonoscopy. FIT lets us screen by saying, 'Okay. We have limited resources. How can we allocate those to the highest risk group?' It's a tremendous opportunity for Tri-City, and donors should be commended in taking the initiative to help out. We thank you very much for that!



Cancer Navigator Comes to Tri-City, Thanks to You!



If you've ever watched a friend navigate their way through cancer treatment – or faced a cancer diagnosis yourself or with someone you love – you know how complex it can be. And all at one of the scariest times in a person's life.

Clarity and comfort

Thanks to your generous donations that's about to change. There will now be a Cancer Navigator at the Tri-City Women's Diagnostic Center. A nurse whose position is 100% donor-funded, the Cancer Navigator will act as a communications bridge between the doctor's office and patients diagnosed with cancer, and guide them through treatment and recovery. Right down to private wig fittings and helping patients understand the cancer resources available to them, the Navigator will be a steady, guiding hand on a difficult journey. A journey that just became a little easier, and a little brighter, because of you.

Thank you! ■

"You are valuable to your home and your community"

She's Still Strong

When advanced medical technology helped save retired Tri-City nurse Janet Strong's life, she decided to give the women of North County an incredible gift in return. This is Janet's story – and an invitation to join her...

Never in a million years did Janet Strong dream she would one day lead the fight to bring medical technology to Tri-City that's got such potential to detect breast cancer, doctors were asking for it by name. Then came the day when a routine mammogram became anything but routine. "There was a moment's hesitation by the technician when evaluating the quality of the mammogram pictures. I instantly got that little message that something was off," remembers Janet.

The start of a journey

The screening mammogram led to more investigations that culminated in a diagnosis of stage I breast cancer. Thanks to the efforts of Tri-City surgeon, Kathy Toosie, MD, Janet qualified for an Intraoperative Radiation Therapy, or IORT study group – with Tri-City one of just ten study sites in the U.S.

Tech and tenderness

"When you have IORT surgery," Janet explains, "**not only do they remove the areas they are concerned about, but they do radiation at the same time – and it can be that one-shot type deal, which really appealed to me** (see sidebar at right for more.) **If I had waited, my cancer would have**



spread." Also vital to her treatment were what she calls "the little things." "In the women's center, volunteers make a little pillow for you, so when you go home you have something to support your breast. Dr. Toosie, the nurses, and the anesthesiologist talked to both me and my husband – everyone showed such empathy. I was touched by these little things, they meant a lot."

Will you join Janet Strong?

Along her journey, Janet discovered that "by the time you feel something abnormal through self-examination, it may have been there a couple of years – you just didn't know it. I found out the latest mammogram technology is called '3D tomosynthesis.' This is especially important for women with dense breast tissue and not every hospital has it. I wanted to give back." That's why Janet is helping fund the purchase of 3D Tomography equipment through Tri-City Hospital Foundation and this year's Diamond Ball (see page 6) – and she's inviting you to join her. She also hopes you'll get screened. "If you don't catch breast cancer early, it can be disastrous. Please get in regularly. Don't be afraid. This is a half hour out of your time once a year – you've got a life going. Don't skip it." ■

Post-surgery, retired Tri-City nurse Janet Strong reports that she "was glad to go the treatment path I did." Please join Janet and give to bring 3D tomosynthesis to Tri-City by using the reply enclosed with your newsletter or by calling Glen or Danielle at 760-940-3370.

Breast Cancer and IORT: The Inside Scoop

What it is: Intraoperative Radiation Therapy (IORT) delivers a full, concentrated dose of radiation at the time of a patient's lumpectomy, targeting cancer cells and sparing healthy tissue.

Who it helps: Women with Stage 1 breast cancer meeting certain criteria may be able to replace 6-8 weeks of daily radiation therapy with single IORT dose, delivered in a 1-day treatment.

Details: Tri-City breast surgeon Dr. Kathy Toosie is leading the way with this new procedure. Call 855-222-8262 for more information.



Join us for a great cause and a sparkling evening —

37th Annual Diamond Ball: You're Invited!

Gather for an evening of laughter, community, and celebration featuring all-star comedian Dana Carvey at this year's 37th Annual Diamond Ball. From your red carpet welcome to the exquisite plated dinner, it's a black-tie fundraiser that's sure to dazzle, and all to benefit revolutionary new technology for Women's Health Services at Tri-City Medical Center...

When: Saturday, November 18, 2017

Where: La Costa Del Sol Ballroom, Omni La Costa Resort, Carlsbad
Tickets Start at \$350 each

The fun begins at 5 p.m. and sponsorship opportunities are still available, so don't delay. Register online at **diamondball2017.com** or call Rosella at **760-940-3597**.
See you there!



Introducing Tri-City's **Give Every Month Club***

Are You a GEM? (Find Out!)



As jewels of support for the healing work of Tri-City Hospital Foundation, become a GEM member and your monthly donation will go to the area of greatest need, month after month. For example:



Sapphire Give \$10 monthly

Enough to pay for pulmonary rehabilitation for three patients struggling to breathe.



Emerald Give \$25 monthly

Enough to provide a visit to Cancer Navigator (page 3) for a woman who is bravely battling breast cancer



Ruby Give \$50 monthly

Enough to give a Neonatal Intensive Care Unit family access to NICView, a secure webcam that lets them see their newborn 24/7



Diamond Give \$85+ monthly

Enough to fund an entire support group for patients diagnosed with cancer and the people who love them.

**To make your monthly pledge and become a GEM today, see the enclosed reply!
For more details, call Glen or Danielle at 760-940-3370.**

(*Formerly *The 1964 Society* monthly giving program. 1964 Society members are automatically enrolled as GEMs at their current giving level. Thank you!)



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