Ridgeview Medical Center 2016 Cancers by Gender

<table>
<thead>
<tr>
<th>Site</th>
<th>Female</th>
<th>Male</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>92</td>
<td>0</td>
<td>92</td>
</tr>
<tr>
<td>Colorectal</td>
<td>29</td>
<td>30</td>
<td>59</td>
</tr>
<tr>
<td>Bronchus &amp; Lung</td>
<td>26</td>
<td>30</td>
<td>56</td>
</tr>
<tr>
<td>Skin*</td>
<td>17</td>
<td>24</td>
<td>41</td>
</tr>
<tr>
<td>Prostate Gland</td>
<td>0</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>Head &amp; Neck</td>
<td>4</td>
<td>24</td>
<td>28</td>
</tr>
<tr>
<td>Urinary Bladder</td>
<td>9</td>
<td>18</td>
<td>27</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>6</td>
<td>18</td>
</tr>
<tr>
<td>Lymph Nodes</td>
<td>11</td>
<td>6</td>
<td>17</td>
</tr>
<tr>
<td>Kidney</td>
<td>5</td>
<td>12</td>
<td>17</td>
</tr>
<tr>
<td>Female Genital Organs</td>
<td>15</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td>Blood &amp; Bone Marrow</td>
<td>7</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>Esophagus</td>
<td>5</td>
<td>6</td>
<td>11</td>
</tr>
<tr>
<td>Stomach</td>
<td>3</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>Thyroid Gland</td>
<td>4</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Liver &amp; Bile Ducts</td>
<td>1</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Brain &amp; CNS</td>
<td>1</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Pancreas</td>
<td>4</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Unknown Primary</td>
<td>0</td>
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<td>3</td>
</tr>
<tr>
<td>Totals</td>
<td>245</td>
<td>216</td>
<td>461</td>
</tr>
</tbody>
</table>

*Excludes Basal & Squamous Cell Carcinomas

Paul Sperduto, MD, MPP, published in 2016


Ridgeview Medical Center and Minnesota Oncology partnered to form new Cancer & Infusion Center in 2016

With this new structure, Ridgeview closed its Hematology/Oncology outpatient clinics, located in Two Twelve Medical Center in Chaska and at Ridgeview Medical Center in Waconia, on Sept. 1, 2016. Ridgeview continues to provide infusion therapy services in its Waconia hospital building for inpatients within the hospital and those needing after-hours or emergent infusion services.

For more information, visit www.mnoncology.com or call 952-361-5800.

Ridgeview and Minnesota Oncology partnered to form new Cancer & Infusion Center in 2016

Ridgeview Medical Center and Minnesota Oncology began a joint venture partnership Sept. 1, 2016, and formed a consolidated oncology services program with clinics located in Chaska and Waconia. This formal partnership strengthened the existing, long-term relationship between the two health care providers while providing the most comprehensive, convenient and highest quality of oncology/hematology and specialty infusion care in the region.

The Minnesota Oncology & Ridgeview Cancer & Infusion Center brought together competing services and clinics, and consolidated them into the two current Minnesota Oncology locations in Chaska (Lakeview Professional Building, 110105 Pioneer Trail, Suite 302) and Waconia (Ridgeview Professional Building, 560 S. Maple Street, Suite 100).

“Patients and community members in the southwest metro recognize Ridgeview and Minnesota Oncology for their health care excellence. Our shared goal and guiding principles with our new partnership are to offer a local, ‘destination cancer and infusion center’ to meet the needs of the patients and communities we jointly serve,” said Michael Phelps, President and CEO, Ridgeview Medical Center. “The Minnesota Oncology & Ridgeview Cancer & Infusion Center helps our patients have the best quality of life possible through common clinical pathways, combined medical records, access to additional clinical research, enhanced patient navigation and support services, as well as expanded cancer rehabilitation via Ridgeview’s STAR Program (Survivorship Training and Rehabilitation).”

“This is a true joint venture, and we’re pleased to partner with Ridgeview Medical Center to offer the most comprehensive cancer care in the region,” said Randy Thompson, Executive Director of Minnesota Oncology.

“Our collaboration with Ridgeview allows us to provide the highest-quality, most cost-effective and streamlined care to patients with a cancer or blood disorder diagnosis,” added Dean Gesme, MD, President of Minnesota Oncology.
At Ridgeview Medical Center, our staff takes great pride in delivering care with kindness, compassion and intuition. Cancer care at Ridgeview is no exception. We are committed to providing the best care possible, with access to the most advanced technology, the latest research and world-renowned expertise to the more than 500 patients we diagnose, treat and support every year.

Ridgeview is nationally recognized as a Community Cancer Program, confirming its commitment to providing the best and most advanced cancer care possible. A computerized tomography (CT) chest scan is one tool used by Ridgeview physicians to evaluate risk for lung cancer.

About Ridgeview’s Cancer Care services

In 2015, Ridgeview welcomed Jason Kallestad, MD, as its first palliative care provider in May. Dr. Kallestad—board certified in Family Medicine and Palliative Medicine—provides palliative care for patients with serious illness, including symptom management, emotional support and spiritual support (for patients and their loved ones), and helps them navigate through difficult medical decisions.

In addition to practicing inpatient and outpatient palliative medicine since 2011, Dr. Kallestad was an assistant professor of medicine at the University of Minnesota from 2011 to 2016 and was the co-chair of the Fairview Southdale Hospital Ethics Committee from 2015 to 2016. He is a graduate of the University of Minnesota School of Medicine and completed his residency at the University of Minnesota, Methodist/Park Nicollet site in Family Medicine and his fellowship at the University of Minnesota in Hospice and Palliative Medicine. He is married to Kristen Kallestad, MD, PhD, a Family Medicine provider at Ridgeview Winsted Clinic. In his free time, Dr. Kallestad enjoys camping, fishing and hiking.

Jason Kallestad, MD, is Ridgeview’s first palliative care provider

 Ridgewood Medical Center participates in a research program sponsored by the National Cancer Institute (NCI). This program, Metro-Minnesota Community Clinical Research Consortium (MMCORC), and Ridgeview Medical Center, work collaboratively to provide our community access to cancer clinical trials.

In 2016, Ridgeview cancer patients participated in the Molecular Analysis for Therapy Choice (MATCH) trial. This precision medicine cancer treatment trial will reach its accrual goal nearly two years sooner than expected because of strong collaboration and participation of our patients. The broad interest in genomics and the ability of tumor gene sequencing can help guide clinical practice and transform the way diseases like cancer are treated. Care delivery continues to be transformed through cancer research and scientific advances by way of clinical trial participation and we are grateful to the patients that participate.

Ridgeview invites community members to continue in the process. For more information, contact your physician or Ridgeview’s clinical trial nurse at 952-777-5824 or visit The National Cancer Institute at www.cancer.gov/research/areas/clinical-trials.

Cancer Clinical Trials

Finding better ways to help prevent, diagnose and treat cancer

Cancer Support Group

Ridgeview’s Cancer Support Group met monthly to share questions and concerns about their experiences with cancer. Seventeen participants attended over a seven-month period. During each session an educational topic was discussed.

Cancer and Nutrition Classes

Held the fourth Monday every month, this free class helps participants develop a sound nutrition plan to create a significant impact on health and wellbeing while undergoing cancer treatment and is taught by Ridgeview’s registered dietitian using the NCI curriculum. The class was attended by seven individuals in 2016.

Cancer Survivors’ Night – A Celebration of Life

On May 5, cancer survivors, their families and friends, were invited to celebrate with others who have been on similar journeys. The 2016 event was attended by 47 people. The topic “Growing through the narrow spot called cancer: The Inevitability of change,” was presented by Ruth Bachman, The Hourglass Fund Project, and music was performed by Christian Nielsen, music therapist, Ridgeview Medical Center.

Look Good … Feel Better

This free service teaches cancer patients beauty techniques to help enhance appearance and self-image during chemotherapy and radiation treatments. Participants receive a free makeup kit.

Survivorship Care Plans

Ridgeview’s cancer program has focused on providing survivorship information to patients and families. Cancer touches every aspect of a person’s life, and the goal of survivorship care plan is to provide a comprehensive summary of care and wellness.

Tobacco Cessation program/Delano

Ridgeview Delano Clinic offered two, six-week group tobacco cessation programs in 2016 to help participants make a plan to quit tobacco in a group setting to prepare them for the potential challenges of quitting tobacco. Nine people participated in these programs and successfully quit tobacco.

SAGE Mammogram Party

The SAGE Mammography program offers no cost or low cost mammograms to women that are low income. The parties are held to help women that are behind on their annual screenings. SAGE provides food and beverages as well as door prizes.

Survivorship Care Plans

Ridgeview’s cancer program has focused on providing survivorship information to patients and families. Cancer touches every aspect of a person’s life, and the goal of survivorship care plan is to provide a comprehensive summary of care and personalized approach to maintaining health and wellness.

Hope Chest, Angel and Pay It Forward Funds

Through the Hope Chest for Breast Cancer Emergency Patient Assistance Fund, the Angel Fund and the Pay It Forward Fund, more than $50,000 was provided to Ridgeview patients in 2016 to help them pay their bills while undergoing cancer treatment.