A church pastor for more than 30 years, Cliff Woodman was accustomed to visiting hospitals. When he was diagnosed with colon cancer, however, the avid motorcyclist, husband and father of two wanted to get back to his flock – and his motorcycle – as soon as possible.

To minimize the normal pain, tenderness and general fatigue that occur after surgery, Cliff’s surgeon, Lawrence Mendelow, MD, suggested robotic-assisted colon surgery.

“Laparoscopic surgery is minimally invasive, resulting in shorter hospital stays and fewer complications,” said Dr. Mendelow, a colon and rectal surgeon at Missouri Baptist Medical Center. “Robotic-assisted surgery is an extension of the laparoscopic procedure but with significant advantages.”

In robotic-assisted surgery, the surgeon performs the operation by controlling the movements of the robot’s “hands” to manipulate the surgical instruments and the high definition camera. The robot performs the surgeon’s actions more precisely than human hands or traditional laparoscopic surgery instruments because the robot has greater dexterity and range of motion. The robotic system also provides greater visibility for the surgeon.

“The system lets me put my camera right where it needs to be. I can see the operating field like I’m holding it in my hands,” Dr. Mendelow said. “It’s much more precise.”

Dr. Mendelow’s patients, similar to Cliff, who undergo robotic-assisted surgery have an average hospital stay of less than three days. This is less than the national average of four days for laparoscopic surgery or seven days for traditional open surgery. Robotic-assisted surgeries also result in less pain, less blood loss, and a faster return to normal activities.
Every year, U.S. New and World Report reviews a wide range of data to compare nearly 5,000 medical centers nationwide. Missouri Baptist Medical Center is ranked No. 1 in St. Louis County, No. 2 in the St. Louis Metro Area (behind sister hospital Barnes-Jewish Hospital) and No. 3 in Missouri.

In addition to the regional rankings, Missouri Baptist is rated “high performing” in all nine of the common procedures and conditions assessed by U.S. News: abdominal aortic aneurism repair, aortic valve surgery, chronic obstructive pulmonary disease (COPD), colon cancer surgery, heart failure, heart bypass surgery, hip replacement, knee replacement, and lung cancer surgery. Only 48 hospitals in the nation rated “high performing” in all nine procedures and categories evaluated.

However, robotic-assisted surgeries are not appropriate for every patient or every surgery. For example, patients with significant scar tissue would not be good candidates. It is also not appropriate for emergency surgeries. While not every case is suitable for robotic-assisted surgery, for those that are, like Cliff’s colon cancer, Dr. Mendelow believes it is the best option.

“The less invasive operation made recovery so much better. I was up walking in less than a day and out of the hospital in two days,” Cliff said. “I only missed preaching one Sunday and I was back on my motorcycle in two weeks.”

Robotic-assisted surgery helped Cliff Woodman get back to cycling and the pulpit faster.

Clinical Excellence

#3 IN MISSOURI, #2 IN ST. LOUIS METRO AND #1 IN ST. LOUIS COUNTY

Robotic-assisted surgery helped Cliff Woodman get back to cycling and the pulpit faster.
Classes and Screenings

HEALTH SCREENINGS AT DIERBERGS
Cardiologists recommend that you monitor your cholesterol and glucose levels, and blood pressure on a regular basis. To make it easy, Missouri Baptist will provide FREE screenings along with a FREE health risk assessment in the pharmacy department at your neighborhood Dierbergs Markets. No fasting required. Walk-ins only - no appointment needed.

- **Dierbergs Southroads**
  12420 Tesson Ferry Road
  October 5 • 9 a.m.–1 p.m.

- **Dierbergs Telegraph Plaza**
  5640 Telegraph Road
  November 1 • 9 a.m.–1 p.m.

- **Dierbergs Heritage Place**
  12595 Olive Boulevard
  December 1 • 1–5 p.m.

FOR MORE INFORMATION VISIT: [MISSOURIBAPTIST.ORG/KNOWYOURNUMBERS](http://MISSOURIBAPTIST.ORG/KNOWYOURNUMBERS)

COOKING CLASSES AT DIERBERGS
Maintaining your healthy eating goals while still providing a delicious meal for company can be difficult through the holiday season. By focusing on flavor, you can entertain deliciously and watch what you eat, and no one has to be the wiser. Join us and learn make-ahead secrets, as well as healthy-eating tips, for surviving the most wonderful time of the year!

- **Warm & Welcoming Winter Dinner**
  Gruyère Thyme Gougères • Baby Greens with Mustard Herb Vinaigrette • Chicken Normandy with Cider Poached Apples • Sweet Potato & Farro Risotto Sundaes with Jack Daniels’ Cherries Flambé
  Southroads, November 9 • West Oak, December 11
  6:30-8:30 p.m. • Fee: $36

- **Casual Company**
  Prosecco with Cranberry & Pomegranate • Everyone’s Favorite St. Louis Salad • Italian Sausage Pinwheel Roll (stuffewd meatloaf) • Garlic & Herb Roasted Baby Potatoes • Chocolate Ravioli
  Clayton/Clarkson, November 13 • Bogey Hills, November 28
  6:30-8 p.m. • Fee: $36

Register for a cooking class, see a full listing of classes, or get more information, at Dierbergs.com/School or call 636-812-1336 (in Missouri) or 618-622-5353 (in Illinois)
FLU SHOTS
The single best way to protect against the flu is to get vaccinated each fall. There are several locations for you and your loved ones to receive flu shots this year.
BJC HealthCare provides a limited number of free flu vaccines to the community. Visit BarnesJewish.org/FluShots for locations and dates.
For added convenience, our community wellness partner Dierbergs offers walk-in vaccinations at 22 locations around St. Louis. Dierbergs accepts all major insurance providers; and the flu shot is available free through Medicare, Tricare, Cigna and United Healthcare. Please visit Dierbergs.com for more information.

MOBILE MAMMOGRAPHY VAN SERVICES
Our breast healthcare services come to you by way of our van. Below are a few locations we are scheduled to visit. Schedule is subject to change without notice.

- StLCC-Meramec
  11333 Big Bend Road
  October 4 • 9 a.m.–3 p.m.

- Lincoln County Health Dept.
  #5 Health Department Dr.
  October 13 • 8:45 a.m.–3 p.m.

- Parkland Health Mart Pharmacy
  1500 N Highway 21
  October 16 • 9 a.m.–3 p.m.

- Salem Memorial District Hospital
  35629 Highway 72
  October 30 • 9 a.m.–2 p.m.

Please check with your insurance provider to verify your benefits and eligibility. To schedule an appointment, call 314-996-5170 or 800-870-5731.
Visit MissouriBaptist.org/MammVan for additional locations.

OASIS PROGRAMS
BJC HealthCare supports OASIS, an organization that creates educational programs to promote healthy living for adults age 50 and older. Locations vary. Visit MissouriBaptist.org/ClassesEvents for details.

- **Better Choice, Better Health®-Diabetes** *(eight-week course)*
  Mondays, Oct. 2–Nov. 20, 9:30 a.m.–noon
  Mondays, Oct. 30–Dec. 18, 10 a.m.–12:30 p.m.

- **Stress Elimination**
  November 30, 1-3 p.m.

- **Pump It Up to Beat Cardiovascular Disease**
  October 16, 10 a.m.–noon

- **AARP Smart Driver Course**
  October 12, 9 a.m.–1 p.m.
  October 24, 9 a.m.–1 p.m.
Thirty-five-year-old Ava and her fiancé, Adam, had just moved to Orlando, when she noticed a small lump in her left breast. It seemed to come and go though, and knowing she had fibrous breasts, she didn’t think much more of it. Four months later, however, it wasn’t going away, and in fact, seemed to be growing quickly. Ava decided to head back to St. Louis to have the lump checked out. If there was a problem, she wanted to be close to the rest of her family. Ava’s sister, an ER physician, referred her to the Missouri Baptist Cancer Center.

A LIFE-CHANGING OPPONENT
A GAME PLAN TO BEAT CANCER

NEWS NO ONE WANTS

Ava was referred to Paul Yazdi, MD, a breast surgeon in the Breast HealthCare Center at Missouri Baptist.

With no genetic markers or history of breast cancer and being under age 40, Ava had
only a five percent chance the lump would turn out to be cancer.

“Dr. Yazdi said it was probably just a floating fibroid; but we needed to get a mammogram and ultrasound to make sure,” Ava recalled.

The mammogram and ultrasound led to a biopsy. The next day, a Friday, the news came. Ava’s tests showed she had a seven-millimeter tumor with cancer cells detected throughout the left breast and in her lymph nodes.

PREPARING FOR BATTLE
As a healthy, active couple who enjoy traveling, sharing good food, going for walks, and challenging each other at tennis, Ava and Adam had long-term plans together that meant beating breast cancer.

Nothing short of comprehensive treatment strategy is acceptable when battling cancer. To help Ava understand the battle plan for her treatment, she met with the nurse navigator and with Dr. Yazdi the following Monday.

“My nurse navigator, Lynn, was great,” Ava said. The nurse navigator’s role is to guide patients like Ava through the process.

“She explained everything about my cancer,” Ava said. “What stage it was, what that meant, and whether it was curable.”

STEP ONE: CHEMOTHERAPY
“Dr. Yazdi explained that besides the tumor, I had these pieces of cancer, like chocolate chips, splattered throughout my left breast and in my lymph nodes,” Ava said.

To slow the spread of her cancer, Ava needed to have five months of chemotherapy before surgery.

“The chemo treatment worked well, but it was exhausting,” Ava said.

STEP TWO: SURGERY
“Because the cancer was spread out, removing the whole breast was the only way to go,” Ava said. “A single mastectomy and lymph node dissection was recommended medically. Removing the second breast doesn’t improve survival rate, but I decided from the beginning that I wanted a double mastectomy. I didn’t want to have to do this again.”

STEP THREE: OUTPATIENT THERAPY
Removing 14 lymph nodes made Ava highly susceptible to a condition known as lymphedema. Lymphedema is swelling that occurs when the fluids in the lymph system are not flowing properly.

“When the occupational therapist called to schedule a therapy appointment a week after my surgery, I thought ‘Why? I can’t move,’” Ava said.

At her first visit Ava’s occupational therapist, Helen Demse, OTR/L, CLT, conducted a lymphedema index test known as L-dex, to assess how much fluid was building up in Ava’s lymph system.

“When you have as many lymph nodes removed as Ava had, fluid can back up in the arm and cause swelling. The fluid needs to circulate through the body to remove toxins.”

Ava said the treatment helped immediately.

“Helen did a lymph drainage massage on my arm. By the time I left the first session, I could straighten my arm again.”

Continued page 9
Research studies conducted at the Missouri Baptist Cancer Center are changing cancer practice standards across the healthcare industry.

Thanks to clinical trials conducted in part at Missouri Baptist Medical Center, patients with certain colon cancers receive only three months of chemotherapy instead of six while gaining the same cancer-reducing effects and reducing drug side effects such as neuropathy (numbness or weakness often in the hands or feet). Another study helped find that a drug previously proven effective in treating ovarian cancer is also effective at treating breast cancer in women with the BRCA gene.

Continually improving cancer treatment and survival rates is dependent upon these types of clinical trials — research studies that rely on participation from people in all walks of life living everywhere from urban to rural communities.

“The only way we get better at doing this is to study new ways of caring for our patients,” said Bryan Faller, MD, medical director of cancer research at Missouri Baptist. “We have many patients participating in clinical trials, but there are more opportunities available.”

**OPPORTUNITIES**

The Cancer Center is currently participating in more than 75 National Cancer Institute-sponsored clinical trials and six pharmaceutical trials managed through Missouri Baptist. The Missouri Baptist Cancer Center is a member of Heartland National Cancer Institute Community Oncology Research Program (NCORP).

In addition to contributing to cancer research, patients participating in clinical trials are among the first to benefit from new advances in cancer treatment.

**SAFETY IS NUMBER ONE**

Patient safety is the number one selection criteria when researchers look for clinical trial participants. Due to strict selection criteria, and close clinical observation,
patients participating in clinical trials are as safe as possible, according to Dr. Faller. One of the biggest misconceptions about clinical trials is that those in a research study control group only receive a placebo and don’t receive actual treatment for their cancer. This is never the case. In fact, in most trials, patients all receive the same standard of care. Those in an experimental group receive the standard of care plus the drug or treatment being tested.

“We don’t want to expose any patient to an unnecessary risk. Any major adverse event anywhere is shared with all study sponsors to see any problems emerging,” Dr. Faller said.

If your doctor asks you to participate in a clinical trial, consider it. What is learned could extend your life, or save another.

“Everything we do in the clinic today is based on someone who participated in a trial,” said Jean Longinette, cancer research program manager. “Research cures cancer.”

**GAME PLAN TO BEAT CANCER (CONT. FROM PAGE 7)**

To help improve weakness, stiffness and range of motion issues that resulted from her treatment, Ava also worked with a physical therapist.

“We challenge patients to get back to their former life and not feel limited by their diagnosis,” said Jennifer Ibe, PT, DPT. “Ava used to play tennis, so we set a goal for her to be able to swing a racquet pain free. Now she is back playing tennis with her fiancé.”

**COMMITMENT**

Since her diagnosis, Ava’s goal was clear. She wanted to be cured and return to her quality of life as it was before diagnosis. She has worked hard both in her therapy sessions and at home to regain her ability to move without pain and get back to her normal life as soon as possible. Today, Ava is cancer-free.

“Everything I was asked to do I did,” Ava said. “I’ve received excellent care. I really love my outpatient therapy, and Dr. Lyss is the most amazing person when it comes to cancer. His whole demeanor is comforting. He’s a fantastic oncologist.”

“The most important determinant of whether a patient will survive breast cancer is whether she complies with all of the components of her treatment,” Dr. Lyss said. “Whether it’s chemotherapy, targeted therapy, radiation, surgery or hormonal therapy, compliance with treatment is a life-and-death matter.”

**LESSONS LEARNED**

Ava says she’s fiercely independent, but her cancer taught her it’s okay to accept help when you need it. For her, that help came from Adam, who helped her keep up with the game plan.

“There’s just so much information that they throw at you, even someone with a clear mind has a hard time remembering it all,” Ava said. “And sometimes you don’t know what you don’t know. Adam went with me to every appointment, and that has been invaluable.”

“You have to be patient with yourself, your body and the process.” - Ava
Be Well STL Boot Camp • June 17

For the second year, Missouri Baptist partnered with St. Louis Magazine to host its annual Be Well STL Boot Camp. More than 400 guests attended this year to try a variety of fitness classes, learn more about the health and wellness services provided at MoBap, try healthy recipes provided by Dierbergs and browse a bustling marketplace.

Photo by Jon Gitchoff

Susan G. Komen Greater St. Louis Race for the Cure® • June 19

More than 15,000 participants gathered in downtown St. Louis June 10 for the 19th annual Susan G. Komen Greater St. Louis Race for the Cure®. The event has raised more than $500,000 for breast cancer research. Missouri Baptist Medical Center was a proud silver sponsor to help in the fight against breast cancer.

For a full list of community events and educational classes, please visit MISSOURIBAPTIST.ORG/CLASSESEVENTS

Our World. Made Better.

Multiple Sclerosis Breakthroughs: Advancing Care
November 14, 2017 • 6:30-8:30 p.m. • Clinical Learning Institute at Missouri Baptist.

Join the MS Center for Innovations physicians and staff for a discussion on the latest research news, including positive new clinical trial results. A question and answer session will follow the presentation. Light refreshments will be served. Visit MissouriBaptist.org/MS-Symposium for more information.
MINI TURKEY MEATLOAVES

Preheat oven to 375 °F. Lightly spray muffin tin with non-stick cooking spray.
Sauté onion and bell pepper in oil for 5 minutes in medium non-stick pan over medium-high heat; add Worcestershire sauce and broth, continue cooking another 2 minutes.

In a large bowl, combine onion mixture, ground turkey, eggs, oats, garlic powder, black pepper, salt, and 1/4 cup ketchup, mix together until combined.

Divide mixture evenly into muffin tin and brush with remaining ketchup. Bake 30-35 minutes or until meatloaf has reached 165°F. Makes 12 Mini Meatloaves.

Per Mini Meatloaf: Calories 152, Protein 18 g, Carbohydrate 10 g, Fat 5 g, Cholesterol 76 mg, Saturated Fat 2 g, Sodium 196 mg, Dietary Fiber 1 g.
Our mission is to improve the health of the people and communities we serve.

Contact Us

Missouri Baptist Medical Center
3015 North Ballas Road
St. Louis, Missouri 63131
MissouriBaptist.org
(314) 996-5000

Find a Doctor or Make an Appointment
For a referral to a Missouri Baptist Medical Center provider, call (314) 996-LIFE (5433), or toll-free at (800) 392-0936.

Did You Know?
MoBap has an Outpatient Center in Sunset Hills, which offers imaging services, mammograms, an infusion center and dozens of specialists.

3844 S. Lindbergh Boulevard
(314) 525-0500
MissouriBaptist.org/OutpatientCenter

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