



# Spotlight

*Cancer news and information from the Cancer Care Center of York County*

# Greetings

Winter 2010 Marks the Center's 4th Year!



I feel very fortunate to work with such talented, caring people who continually provide an enhanced patient experience. Our team of specialists works closely with the medical community throughout the region, including the northern border cities and towns of New Hampshire.

Recent collaborations with area inns, motels and restaurants provide a comfortable, cost-efficient way for patients and families to stay close to the Center while undergoing treatment. The Center also provides complimentary services that include nutritional counseling through a grant from the Maine Cancer Foundation, and affiliations with local massage therapy schools.

The Cancer Care Center of York County provides all the radiation treatments available at larger cancer centers. Patients can access outstanding resources where the newest, most advanced technology and the shared expertise of the physician community is available. We are currently working with all of the major insurance and managed care companies.

I cordially invite you to visit our facility. Please contact me directly at (207) 459-1606 or by email at pierck2@cccycme.org. I look forward to meeting you.

Karen Pierce-Stewart  
Executive Director



*CancerCare*  
Center of York County

# Meet Dr. Philip Villiotte, Radiation Oncologist



Here at the Cancer Center, we are really excited about benefits of technological advances such as IMRT (Intensity Modulated Radiation Therapy).

IMRT is a more precise, targeted way to deliver radiation that helps us reduce the toxicity of cancer treatment.

The basic premise of IMRT is that we can deliver the same or even higher doses of radiation with less impact on the surrounding tissue and with fewer side effects. The determining factors for its use are:

- What important tissues are around the area we want to treat?

- Can we cut down on radiation to the surrounding normal anatomy?
- How can we minimize the effects of radiation on healthy tissue?
- How can we best deliver the necessary radiation to treat cancer?

For example, in head and neck cancers, it's important to minimize radiation effects on other critical areas that may be close by, such as saliva glands and the spinal cord. In fact, we use IMRT here to treat most head and neck cancers. IMRT also has been very helpful in prostate treatment, where the big concern is damage to the bladder and rectum. Other body sites are also showing great promise because IMRT can help reduce effects like skin damage and decrease radiation doses to normal tissues.



IMRT lets us cut down on the radiation that gets to normal tissues with real benefits to the patient. It has been shown in medical studies that IMRT lessens the amount and severity of side effects and may help decrease the risk of long-term complications. Minimizing damage to surrounding tissue can make a big difference in the patient's quality of life.

The process is a straightforward one. We use a process called image guided radiation therapy (IGRT). We take x-ray images each day before the patient receives treatment to localize where the radiation needs to go. We use both technologies (IMRT and IGRT) in combination – a two-fold approach – so that the treatment is first set up very precisely on a daily basis, and then the radiation is delivered with equal precision.

This advanced imaging capability is part of the radiation equipment itself, so that the daily x-rays are fully integrated, insuring that the all treatments are being lined up exactly. Treatment is delivered by two specialized radiation therapists on staff who are dedicated professionals – radiation therapy is their sole focus – it's all they do.

**This is technology that people would expect in the larger Boston hospitals, and it's right here at home. Our patients and their families are excited about the local availability of IMRT.**

## Sandy's Story

"I was diagnosed with breast cancer at age 34 and received my radiation treatment five days a week for six weeks at the



Cancer Center. If I hadn't been able to go to the Center, I would have had to travel well over an hour each way, every day. But even more important to me than this convenience was the staff. Everyone was so upbeat, always greeting me with big smiles. The nurses and radiation therapists there are absolute sweethearts.

I made over 60 hats to wear during my treatment. I bought hair extensions and attached them to the hats with Velcro. I could style the hair, even putting it into braids when I rode with my husband on our motorcycle. I'm happy to help share my hats with any patient, and give rides to anyone who has transportation issues. My positive experience at the Cancer Center makes me want to connect with younger patients who may need support during treatment.

The staff inspired me so much – they are just such great people."



### ***Exceptional Care. Local Comfort.***

The Cancer Care Center of York County provides state-of-the-art medical oncology and radiation treatment in a beautiful new facility equipped with the most advanced technologies. A collaboration of Goodall Hospital, Maine Medical Center and Southern Maine Medical Center, the Center is staffed by oncologists from Spectrum Medical Group and the Maine Center for Cancer Medicine.

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