



Putnam County Hospital

December 22, 2014

Release Date: December 29, 2014

2014 Outreach Plan and Outcomes for Early Detection Screening and Prevention Programs

2014 has been a very busy year for Putnam County Hospital Cancer Center. The Outreach Program, under the direction of Sarah Barnes, RN, has provided the community with many preventive screens and early cancer detection opportunities, when the treatment is the most optimal.

The Cancer Center's prevention programs began in March of 2014, when colon cancer education was provided to Putnam County Hospital staff members via e-mail. In May, the Putnam County Hospital skin cancer education program began with weekly e-mails and a sunscreen giveaway. The Putnam County Hospital Cancer Center staff also passed out sunscreen and skin cancer education at the Putnam County 4-H Fair in July. Approximately 200 tubes of sunscreen were handed out to community residents. In September, the cancer center initiated the smoking cessation program with information that was sent via e-mail to the hospital staff. The colon cancer, skin cancer, and smoking cessation information was also made available to hospital employees and visitors with an educational table set up in the hospital lobby.

Sarah Barnes, RN, and Cindy Mason, Putnam County Hospital Mammographer, visited a high school class at South Putnam School and provided education concerning self-breast exams during the month of May.

On November 24, 2014, Dr. Lucio Palanca was a guest speaker for the Dine with a Doc program and he spoke to a large crowd concerning ways to prevent or find cancer at its earliest stages. The program was well-received by all.

The Cancer Center Outreach Program wants to provide as many screening opportunities as possible so that the community is informed in the cancer center's fight against cancer. There were free skin screenings held in May and October with a total of 66 participants- 20 had biopsies recommended and three had lesions suspicious for melanoma. Dr. John Stephens of Dermatology, Inc. voluntarily performed the exams.

On July 1, the Radiology Department successfully launched a lung cancer screening program and since then has found 1 patient with lung cancer and several with calcium nodules that are presently observed. This is a great way for those who are at increased risk for lung cancer to have a screening done before



Putnam County Hospital

they develop symptoms that come with larger cancers.

October is Breast Cancer Awareness month and the cancer center made it a priority that educational material was available to area residents by manning an education table during the First Friday event on the downtown Greencastle Square. Another event attended was the DePauw Dig Pink volleyball game where, again, literature was provided to the students and attendees. There were also educational tables set up in the cancer clinic lobby and the hospital lobby during the month.

The prostate screening was provided in November with Dr. Lucio Palanca, Dr. Mahesh Sreedasyam, and Dr. Frank Workman volunteering to do free exams. PSA lab tests were also performed for a reduced fee of \$10. There were a total of 55 participants in the program this year.

Reaching out to the residents of Putnam and the surrounding counties is vital in the fight against cancer. The Putnam County Hospital Cancer Center wants to make sure that individuals are armed with the information and tools to prevent or find cancer at the earliest stages, when it can be most easily treated or cured. The Cancer Center is here to treat those with cancer and blood disorders, but it also has an obligation to educate local residents on how to have the best defense against cancer through screenings and preventative measures.

It takes many hours and a financial commitment to ensure that cancer awareness and prevention programs are available. The Putnam County Hospital Cancer Center appreciates the extra hours that many of the dedicated oncology team members have worked to ensure that these programs are available to the community. The cancer center sends thanks the following for volunteering, making financial contributions, or helping in any way: The Putnam County Foundation, those individuals who have contributed to the Putnam County Hospital Cancer Center Endowment or to the Putnam County Hospital Cancer Center, the DePauw volleyball team, the Women's VFW, the PCCS Peer Support Group, Greencastle CVS, and the Cloverdale High School volleyball team. It takes many volunteers to provide these programs in the community, so a big thanks also goes to Lori Lucas, Sue Stattner, Sue Ryland, Anne Clark, Jennifer Dunfee, Lauren Greeson, Conner Barnes, and Mike McCammack. Our gratitude goes to the following physicians who so graciously gave of their time and skills: Dr. John Stephens, Dr. Lucio Palanca, Dr. Mahesh Sreedasyam, and Dr. Frank Workman.

About Putnam County Hospital Cancer Center

Putnam County Hospital offers a peaceful setting for patients who are undergoing cancer treatments. The center provides a comprehensive plan with holistic care that meets the medical, spiritual, and emotional needs of the patients. The most up-to-date treatment is delivered from physicians and medical professionals who know and care about our patients and their families. The staffed registered nurses are oncology-certified through the Oncology Nursing Society (ONS), a national organization. The Cancer Center is accredited by the American College of Surgeons. For more information about



Putnam County Hospital

the Putnam County Hospital Cancer Center, please go to www.pchosp.org/cancer-care or call 765.655.2581.