



building
HOPE

Sarah Bush Lincoln Regional Cancer Center



A Vision of Hope

In 1989, Sarah Bush Lincoln first opened the doors of the Regional Cancer Center and welcomed people fighting the fight of their lives. We armed patients with the best cancer care that technology and advancements in medicine had to offer. Through the years, thousands of area residents have chosen to fight their cancers close to home, within the caring surrounds of the Regional Cancer Center.

Medical Oncologist Edward C. (Ned) Hoppin, MD, FACP, set the foundation for the gold standard of cancer care in our community. It was through his guidance and quest to help people that his name became synonymous with that exceptional care. Over the nearly 20 years that Dr. Hoppin served as medical director of the Regional Cancer Center, he had the honor of caring for the vast majority of people fighting cancer in our community. He passed the reins to Medical Oncologists Abdur Shakir, MD, and Kuppuswamy Jagarlamudi, MD, and Radiation Oncologist Seong Cho, MD. They, too, uphold an extremely exceptional standard of clinical and compassionate care.

While treatments have evolved over the years and more people are winning their personal battles with cancer, there is a significant increase in the number of cancer cases. In fact over a two-year period, there was nearly a 30 percent increase in medical oncology visits to the Regional Cancer Center. We anticipate another 40 percent growth in oncology visits by 2025.

These are among the reasons why we are pleased that the Sarah Bush Lincoln Board of Directors has chosen to move forward with plans to build a new, freestanding Regional Cancer Center on the main campus of Sarah Bush Lincoln. **And the Sarah Bush Lincoln Foundation Board has also committed to raise \$3.5 million in philanthropic funds to support construction of the new \$15.8 million Center through a Capital Campaign called "Building Hope."**

Much like in the 1980s, when area residents rallied around a Capital Campaign to build the first Regional Cancer Center, we once again look to the community for support. The Foundation staff has partnered with 25 area community members who serve as our "Building Hope" Committee -- representatives who have long supported Sarah Bush Lincoln and understand the importance of providing excellence in cancer care.

Our oncologists and Cancer Center staff continue to build upon the hope and healing that our patients have when they walk through the doors of the Regional Cancer Center. And in our new Center, our team will provide them with the same level of care and compassion so that they feel safe and secure, knowing that we will battle their cancer right along beside them.

The Foundation, Campaign Committee, Cancer Center Staff and Boards of Directors thank you for your support of this vitally important endeavor.



Campaign Co-Chairs Kuppuswamy Jagarlamudi, MD, and Abdur Shakir, MD, are pictured with Regional Cancer Center staff.



*Ruth &
Vaughn Jaenike*

Living Life

When Ruth Jaenike was diagnosed with cancer the third time, it was accompanied with congestive heart failure. She fully intended to enter hospice care. But her doctor had another plan.

Medical Oncologist Kuppuswamy Jagarlamudi, MD, asked Ruth to undergo chemotherapy. She responded well to the treatment, but physically, she was not able to tolerate it. Therapy was stopped before completing her third out of the planned four cycles. Taking into consideration her disease, multiple medical conditions, age and the need to maintain a good quality of life, Dr. Jagarlamudi switched her treatment to pills. He then split the dose in half and, shortly thereafter, discontinued it because of other medical issues not related to her cancer. She is doing quite well as she has no evidence of cancer despite being off therapy for nearly 10 months. While she admits the chemotherapy was difficult, she's glad that she followed his advice. "I feel quite good. Life is fun and very livable," Ruth said.

Ruth was first diagnosed with breast cancer in 1997. Following a lumpectomy, chemotherapy and radiation treatments, she did quite well. Seven years later, cancer appeared in her other breast. This time, she underwent a mastectomy, as well as another round of chemo and radiation. She received care from Medical Oncologist Edward C. (Ned) Hoppin, MD, who then served as the medical director of the Regional Cancer Center. "He was wonderful. He treated the whole person, not just the disease," she said. Two years ago, Ruth was diagnosed with multiple myeloma, cancer of the blood, following a consultation at Mayo Clinic.

Ruth spent a number of years as a volunteer coordinator for Lincolnland Hospice and therefore, understood the benefits of the program. What she didn't know was how cancer treatments had advanced in the 14 years since her first diagnosis. Dr. Jagarlamudi helped her to envision a different outcome for her life and therefore, try treatment a third time.

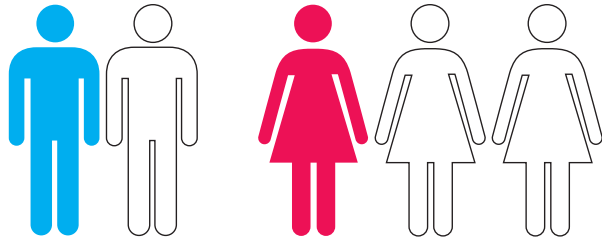
"Dr. Jagarlamudi and Dr. Shakir are two stars. They are young, smart and optimistic," she said. "I like the fact that Dr. Jagarlamudi still keeps in contact with Mayo about my multiple myeloma."

"The relationship with my doctor is like everyone else's. It is the most intimate relationship for everyone. It is so important, and so crucial, that it really needs a special person, like our doctors and nursing staff. And the nurses are still some of my favorite people. They are so skilled," Ruth said warmly.

At 84 years old, Ruth is glad she doesn't have to travel to get the expert care others receive in larger cities. "We are fortunate to have such a wonderful Cancer Center," she said.

In a perfect world, there would be no more need for cancer care. A cure for cancer would have been found. But sadly, the disease affects increasingly more lives each year. In fact, in 1985, 5.5 million people were living with cancer in the United States. Today that number stands at 14 million.

It's projected that by 2030, one of every two men and one of every three women will receive cancer diagnoses at some point in their lives.



In East Central Illinois in 2013, there were four cancer cases diagnosed daily. And currently, there are more than 11,000 people living with cancer in Coles and surrounding counties.

At the Sarah Bush Lincoln Regional Cancer Center

- **270 new cancer cases, annually**
- **5,500 cancer center visits, annually**
- **26% growth in medical oncology visits FY10-12**
- **Current volume exceeds capacity**
 - **8,400 sq ft, built in 1989**
 - **Volume warrants 21,000 sq ft**

In the last few years, the number of people seeking care in the Regional Cancer Center has grown by 26 percent. Due to limited space, it's nearly impossible for those receiving chemotherapy to have a loved one sit with them during the often lengthy treatments. It is not the ideal healing environment we want for our community members -- your family members.



Moving Forward

One of the greatest gifts Misti Lewis received from a breast cancer diagnosis was a lesson in perseverance. "There are never any guarantees in life," she said. "You just have to wake up every morning and keep moving forward."

At 34 years old, the single mother of two young girls was between jobs and without health insurance when over Memorial Day weekend in 2012, she found a lump on her left side. Misti was not overly alarmed because she and her twin sister both had benign lumps removed in their teens. Still, she had a mammogram to ensure her good health. A sonogram was ordered as well, due to the lump's location.

Radiologist Matt Jones, MD, reassured her that because of her age, statistics were on her side. And then she had a biopsy. Misti's doctor told her that she had breast cancer. "I just didn't know how bad it was," she said. Putting on a brave face for her girls, she was understandably upset.



Misti Lewis & Family

“I have two young girls and for the first time in my life, I didn’t have health insurance,” she said. “I called IBCCP [Illinois Breast and Cervical Cancer Program], and the staff helped me get health coverage right away.”

She met with Medical Oncologist Abdur Shakir, MD, who presented her options. Misti chose the least invasive procedure: a lumpectomy. Her cancer was aggressive and had already spread to her lymph nodes, so an equally aggressive treatment protocol was required. The lumpectomy would be followed by two months of chemotherapy, 36 radiation treatments and seven to 11 years of taking Tamoxifen, an oral medication which blocks the effect of estrogen, the hormone that fueled her cancer’s growth.

“My biggest fear was how I was going to pay for the treatment. But the staff in the Regional Cancer Center never asked me whether I could afford it. They just treated me like their other cancer patients and held my hand through the process,” Misti said.

“The staff made me feel like family-- that I wasn’t alone in my battle. I never feared coming to the Center because it was welcoming and friendly.”

Confident in her recovery, Misti said, “I never had a sense that I wasn’t going to beat this. The Regional Cancer Center has a very positive atmosphere. Dr. Shakir laid out my treatment plan and my options. He was honest and truthful with me. I believed in the doctors and had great confidence in them.”

Strong and outgoing, Misti said she didn’t allow herself to delve into the “what ifs.” Instead, she chose to move forward in a positive way to beat her cancer and reassure her children that she was going to be fine.

Near the end of her treatment, Misti and her fiancé, Raymond, were married. They share their new life and their future with their three children: Garrett, Baley and Megan.

Building

The space in the Regional Cancer Center has remained unchanged since it opened in 1989. The 8,400-square-foot facility is landlocked by the very busy Emergency Department, and efforts to reconfigure the space have not produced meaningful results. Following a lengthy evaluation, a decision was made to build a new 21,000-square-foot freestanding Regional Cancer Center on the Sarah Bush Lincoln campus.

The beautiful new facility will accommodate a projected 40 percent growth over the next 10 years for people seeking cancer care at Sarah Bush Lincoln. It will feature 17 individual chemotherapy areas where people can receive their care in a comfortable space that allows companionship during treatment, as well as a large reception area, additional exam rooms and healing gardens.



\$15.8M project and 21,000 square feet

\$10.7M – Construction costs
\$4M – Linear Accelerator
\$1.1M – Pneumatic Tube System

“The first wealth is health.”

~ Ralph Waldo Emerson



A facility of this magnitude doesn't come without considerable expense. Projected costs of the new Regional Cancer Center are approximately \$15.8 million. Of that, \$4 million will be used to purchase a new linear accelerator, a machine used to deliver powerful radiation doses directly -- and precisely -- into tumors.

Roughly \$1.1 million is earmarked for the installation of a pneumatic tube transport system that will carry lab work through an underground tube to the Health Center's main Laboratory.

An Extended Family

Carroll Ervin's family believes that the time they had together - even time spent fighting lung cancer for more than two-and-a-half years - was remarkable.

Carroll's daughter, Barb Hall, remembers the first time she accompanied her dad to the Sarah Bush Lincoln Regional Cancer Center. "It was a scary experience at first, but we quickly felt warmth and comfort from staff members and learned they used cutting-edge knowledge," she said.

Carroll's "no quitting" attitude carried him a long way. "We recall the day he received some negative test results and he told Dr. [Abdur] Shakir, 'I've got a lot of living yet to do. Let's get on with it.'"

The close-knit family leaned on each other during that time. While helpful, that dynamic was a departure from the way things had been, since Carroll had been "the fixer" in the family. He was an incredibly talented self-taught engineer who built ultralight airplanes. He owned and operated Ervin Construction Company and later in life, operated a row crop farming operation in Cumberland County. His children and grandchildren came to him when they needed help. "Instead of coming to us with problems," Barb said, "our kids would go to Grand Dad, who would help them resolve their problems. He was a wise man and a great listener."

Carroll's wife of 56 years, Mary, described him as a quiet man and a very positive person. "Going to the Regional Cancer Center for more than two years became part of our social life. He enjoyed visiting with the staff and often took flowers to the girls. I had no idea we'd become so personally involved with the staff," she said. "They became family to us."

During Carroll's treatment, Barb's granddaughter was born prematurely and was in a neonatal center in Evansville, Ind. Barb split her time to support her daughter and her dad. "Dr. Shakir was so kind to us. He called me while I was in Evansville to talk to me about Dad's care and keep me informed. I thought that was really amazing," she said. When Carroll traveled to Peoria for Gamma Knife treatments, Regional Cancer Center staff members called regularly to check on his progress.

"We never got the impression that Dad wasn't going to beat this cancer, Barb said. "We were surrounded by positive people."

When the Ervin family thinks of the Regional Cancer Center, they think of **hope, confidence and reassurance.**

"We are very fortunate to have a facility like this so close to home."

~ Barb Hall



Carroll Ervin

In Memorial:
Carroll Ervin
1937 - 2013

Expertise

Throughout our region, cancer of the breasts, lungs, colon and lymph glands are predominately treated at the Regional Cancer Center, yet the Center is equipped to fight a wide variety of cancers. The expert staff members are closely connected to specialists at the University of Illinois – Chicago (UIC). This partnership benefits community members and loved ones seeking care, so questions and concerns are addressed and diagnoses and treatment plans are reinforced.

As always, the “secret sauce” of the Regional Cancer Center is the people. Our medical staff represents some of the brightest minds working together to conquer cancer. They often contribute their knowledge to oncology journals, and they freely share their experience with peers across the nation. The nurses, radiation therapists and physicists have a shared and long history of team experience. Consequently, patients and family members feel comforted knowing that the same close-knit staff will stand with them throughout their journeys. Sarah Bush Lincoln and the community are blessed to have such a dedicated team.

The additional space in the proposed Regional Cancer Center will enable people with cancer to take part in and be closely monitored through drug trials through UIC. This widens the opportunity for a cure for people with hard-to-treat cancers and allows them more choices and greater opportunities to beat their disease.

Additionally, a nurse navigator will help guide the care and recovery of people with cancer, while providing education and support to patients and their families during critical times – after cancer diagnoses and throughout treatments. The nurse navigator strives to improve the cancer experience for individual patients, by being there every step of the way to walk beside them through unfamiliar territories.



**Regional Cancer
Center Team
Members**



Greg
Stevens

His biggest rival yet

Greg Stevens is on his way to making the touchdown of his life. The offensive coordinator for Eastern Illinois University's football team, Greg began fighting large B-cell lymphoma in June 2014.

Greg's illness began with swollen lymph glands in his throat, followed by stomach cramps. Rarely ill, he knew something wasn't right and got help. Medical Oncologist Abdur Shakir, MD, arranged further testing at University of Illinois-Chicago (UIC) to nail down the diagnosis. Tests confirmed a rare and fast growing form of lymphoma (CD 20 Negative Diffuse Large B-Cell Lymphoma). Greg underwent his first round of chemotherapy over five days as an inpatient at UIC.

A matter-of-fact man who stays cool under pressure, Greg explained that he was fortunate to be able to receive five subsequent rounds of chemo through an infusion pump that kept him out of the hospital and allowed him to continue to work at EIU.

"Dr. Shakir explained to me the type of cancer that I had, and how we were going to fight it. I have faith. I knew I could beat this. I just decided it was better to have a good attitude about this and make it through," the 45-year-old coach said.

"The Regional Cancer Center is an awesome place," Greg said. "From my first day there, I discovered just how unbelievably friendly and sincere the staff is and how they treat everybody with the same respect and compassion. I think the world of the people there."

Today there is no sign of cancer in Greg's body, but he underwent a bone marrow transplant in December 2014 as a preventive measure. He spent the holidays at UIC with his wife, Amy, and their children, Tyler, Ryan and Hannah. "I feel very blessed to have the doctors and nurses in the Regional Cancer Center help me through my recovery," Greg said. "And the Lord had something to do with it too."

Healing Garden



Key to our treatment process is the environment in which care is delivered. The facility will be comfortable and spacious to help reduce stress and anxiety, while the infusion area will look onto a beautifully landscaped Healing Garden with a water feature that produces a calming effect. People receiving care can enjoy the beauty of the garden.



Blessed with Life

The Rev. Derold Doughty is back in the pulpit at the Apostolic Center with restored quality of life.

Over a nine-month period, Rev. Doughty had been hospitalized many times with fever, infection and fatigue. Over that time, doctors worked to pinpoint the cause of his illness.

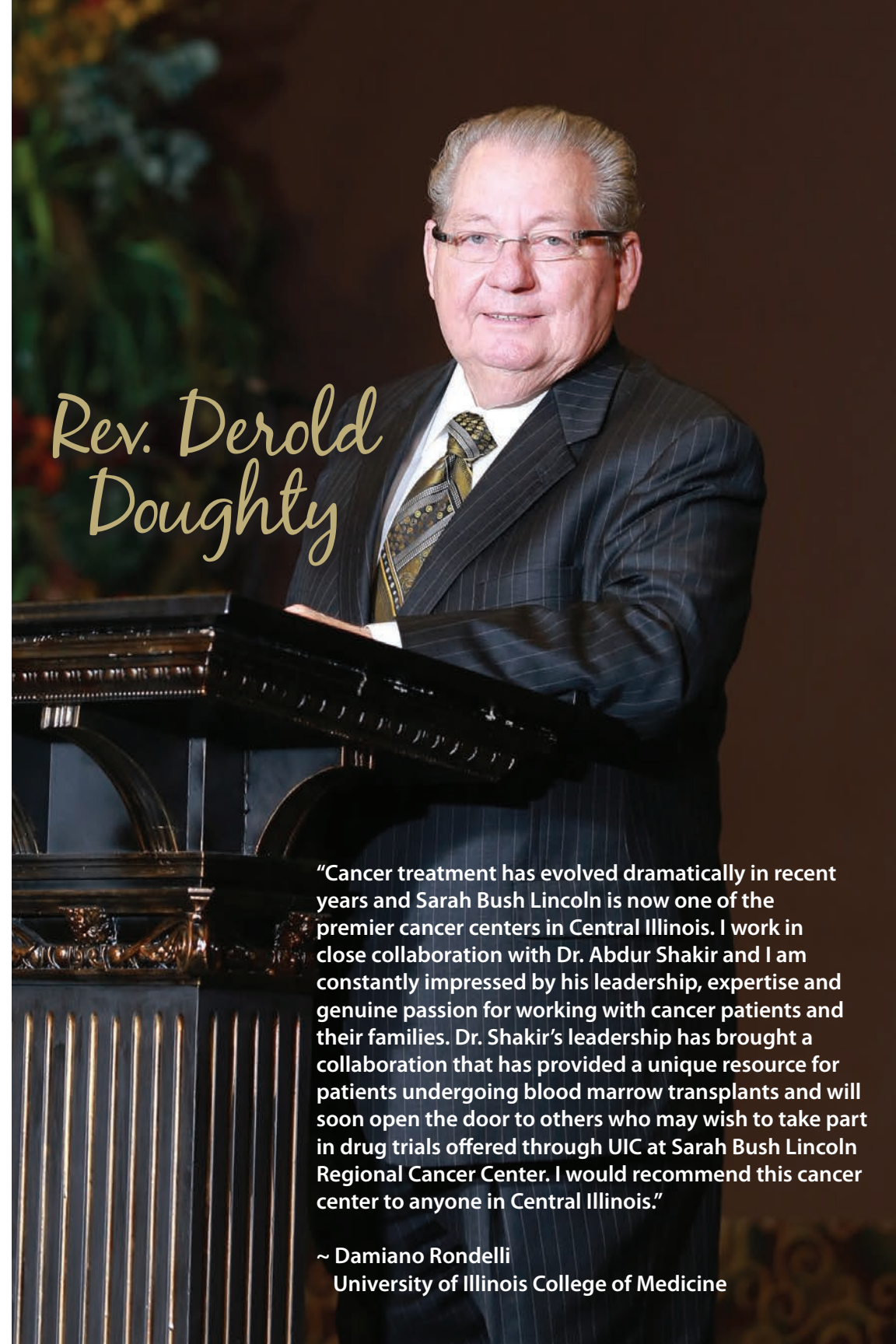
His family physician sent him to see Medical Oncologist Dr. Abdur Shakir for a second opinion and to find an answer to his mysterious illness. His diagnosis was myeloproliferative disorder with myelofibrosis. Dr. Shakir explained that essentially, his bone marrow is producing an excessive amount of blood cells, which are crowded out by fibrous tissues. The cells caused scar tissue to form in the spleen and liver, resulting in the removal of his spleen.

“It’s been a blessing to receive this treatment here at home.”

Rev. Doughty explained, “Over the course of my illness, I received several diagnoses. When Dr. Shakir gave me this one, I just wasn’t sure what to believe. He encouraged me to get a second opinion, and through his connections with the University of Illinois Hospital in Chicago, I had an appointment with Dr. [Damiano] Rondelli. He looked at all the reports and confirmed the diagnosis that Dr. Shakir had given me.”

Dr. Rondelli is the division chief of hematology and oncology at University of Illinois College of Medicine, Chicago (UIC). Additionally, he’s a professor of medicine, director of the Stem Cell Transplantation Program, and a Michael Reese Professor of Hematology. Dr. Shakir’s close affiliation with Dr. Rondelli provides an added layer of expertise when doctors in the Regional Cancer Center are dealing with difficult-to-treat cancers and blood disorders.

Now Rev. Doughty receives routine blood transfusions and takes oral medication that keeps the blood disease at bay and allows him to pursue the things he enjoys doing the most – preaching, golfing and traveling.



Rev. Derold Doughty

“Cancer treatment has evolved dramatically in recent years and Sarah Bush Lincoln is now one of the premier cancer centers in Central Illinois. I work in close collaboration with Dr. Abdur Shakir and I am constantly impressed by his leadership, expertise and genuine passion for working with cancer patients and their families. Dr. Shakir’s leadership has brought a collaboration that has provided a unique resource for patients undergoing blood marrow transplants and will soon open the door to others who may wish to take part in drug trials offered through UIC at Sarah Bush Lincoln Regional Cancer Center. I would recommend this cancer center to anyone in Central Illinois.”

**~ Damiano Rondelli
University of Illinois College of Medicine**

“Part of the healing process is sharing with other people who care.”

~ Jerry Cantrell

Current Cancer Trends

Measuring the impact of cancer



Globally, by 2030 close to **23 million** people will be diagnosed annually with cancer¹

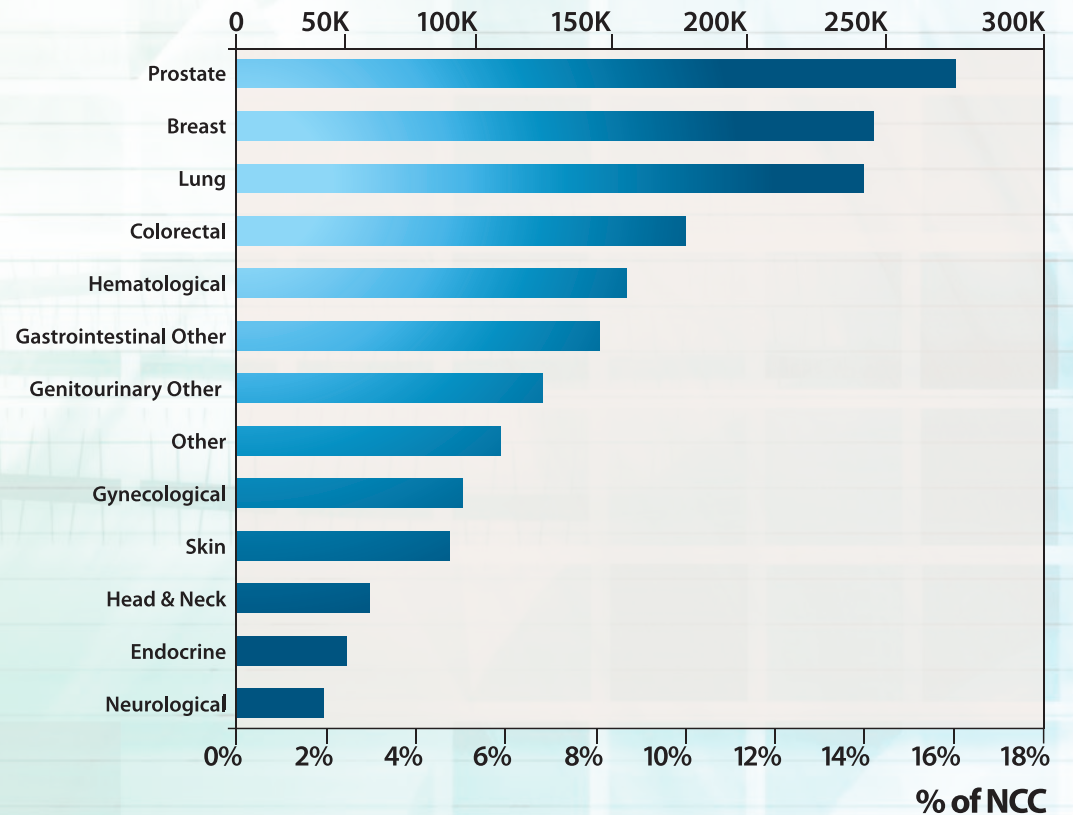


1 of 2 men and **1 of 3 women** will receive a cancer diagnosis in their lifetime¹



Cancer mortality rates have decreased **23% for men** and **15% for women** since 1990¹

2013 New Cancer Cases (U.S.) TTL NCC



¹American Association for Cancer Research; Annual Progress Report 2012

²ESRI Population Data; Surveillance Epidemiology & End Results (SEER) cancer incidence rates

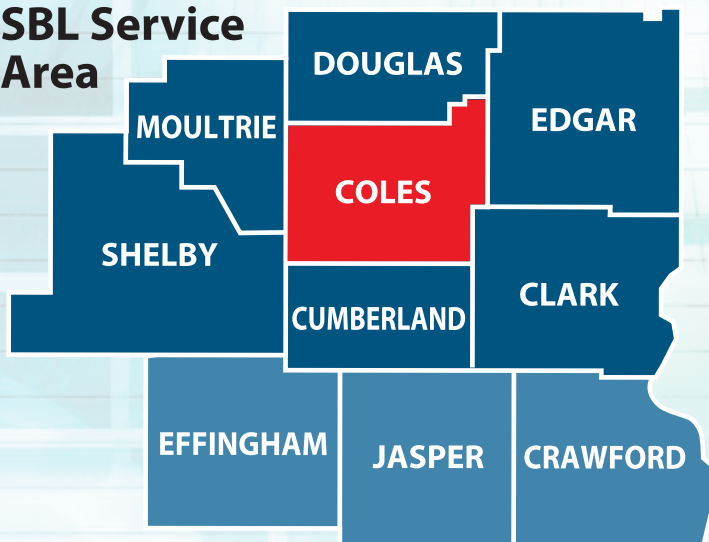
Cancer by the Numbers

Impact of Cancer at Sarah Bush Lincoln



# of Americans with cancer diagnosis (2013)	1,660,290
# of American cancer mortalities (2013)	580,350
% of U.S. deaths attributed to cancer	35%
Chance of man or woman getting cancer during lifetime	1 in 2; 1 in 3

SBL Service Area



- Primary service area
- Secondary service area
- Tertiary service area

# New cancer cases in SBL service area (2013)	1,339
# Cases diagnosed daily in SBL service area (2013)	4
# of people living with cancer in service area	11,383
# of cancer mortalities in service area	469

Source: SEER Cancer Statistics 1975-2008.
 Population data from Environmental Systems Research Institute (ESRI).
 Behavioral Risk Factor Surveillance System (BRFSS).
 Centers for Disease Control and Prevention (CDC).
 SBL service area statistics 2013.
 Mortality rates based on ACS Statistics.

Building Hope Campaign Committee

Join with us as we raise **\$3.5 million** to help make **this dream a reality** and the future brighter for our families when they are faced with a cancer diagnosis. This beautifully modern facility represents hope for a future, hope for a family, and hope for our community.

There are several elements in our new Regional Cancer Center that excite us. From a clinical standpoint, we will have the space to offer clinical trials to people with difficult-to-treat diseases. We are partnering with other cancer experts at the University of Illinois College of Medicine, Chicago, where the resources are deep and the knowledge is vast. The specialists at UIC have already helped many of our patients. Our affiliation makes **ours** one of the best cancer centers in the state and offers even greater hope to **people fighting the disease**.

Secondly, we will have an on-site nurse navigator. Anyone who has journeyed through cancer can tell you how difficult it can be when they're not sure about available resources and who to ask. They're not even sure what questions to ask! While our nursing staff has been fulfilling this role for many years, a dedicated nurse navigator will actually meet with people prior to beginning their treatments in the cancer center and be their support during diagnosis and potential surgeries. They will become a trusted resource and friend.

And the element that is most exciting is the optimal healing environment that we are creating. Our patients will have the space, complete with amenities, in which to relax and enjoy companionship during their treatments. They can choose whether they want to interact with others seeking care. Accommodating patients' preferences and giving them a bigger voice in their overall treatment has proven to reduce their stress and anxiety and promote healing.

Time after time, studies have shown the impact of nature on the healing process. The beautiful gardens are being designed to be enjoyed, and experienced, by our patients and their loved ones. Windows span the south side of the building to allow natural light to flood the infusion area. Our patients will be recipients of the light's psychological healing benefits. Doors opening onto the lush gardens will provide the gateway to awakening senses. Just three to five minutes of contact with nature can significantly decrease stress, reduce anxiety and fear and increase pleasant feelings. Family members caring for people with cancer will find respite here. Thanks to a generous donation, our patients and their families will be able to bird watch, something many have enjoyed for numerous years.

One day, science will find a definitive cure for all forms of cancer. Until then, join with us to be a part of Building Hope.





Ann Beck, Ph.D.



Joe Dively



Greg Ervin



Carol Jo Fritts



Joshua Garrett, MD



Barb Hall



Bill Hill, Ph.D.



Steve Honselman



Barbara Hoppin



Edward C. Hoppin, MD



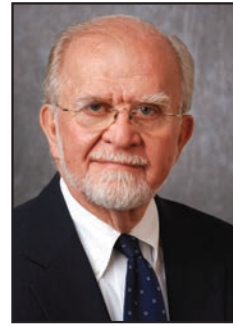
Kuppuswamy
Jagarlamudi, MD



Matthew Jones, MD



Philip Kepp, DDS



Richard Lumpkin



Joyce Madigan



Tracey McCord



Tess Melvin



Carol Myerscough



Jill Nilsen, Ph.D.



Bernie Ranchoero, MD



Nancy Schilling



Abdur Shakir, MD



Selma Sweeney



Robert Wochner, MD



Jim Zimmer

“ Never believe that a few caring people
can't change the world.
For, indeed, that's all who ever have.”

~ Margaret Mead

*Despite Tony Sunderman's
personal battle with cancer,
he graciously agreed to
serve on this community
committee to help us
“Build Hope.” He dearly
understood the critical need
for a new center. His passing
on December 25, 2014
leaves a void in our
community.*



Tony Sunderman

hope
bravery
determination
plan
therapy
growth
cancer
assurance
confidence
resilience
trust
BUILDING
future
willpower
HOPE
courage
diagnosis
recover
check-up
spirit
technology
prevention
mutation
tumor
survivor
goal
comfort
strength
perseverance
fight
willful
ambition
health
faith
determined
caring
victory
medicine

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