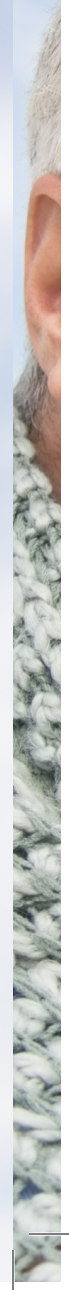





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Shawnee Mission, KS 66204
913-676-2000
ShawneeMission.org

Much more than medicine.





Compassionate Care in Oncology



Shawnee Mission
Health

Much more than medicine.





Hope and Healing

When dealing with a cancer diagnosis, hope and healing go hand-in-hand. You need a place that understands your need for privacy, support, answers and, most of all, compassion.

That's why at Shawnee Mission Health, we believe it's important to treat the whole person – body, mind and spirit – especially when fighting cancer. We offer the latest surgical and treatment procedures available so you can trust

your health is in good hands. But we also strive to provide a supportive environment for both patients and family. Our team guides you through the medical process, from diagnosis through recovery, while making sure you get the emotional and spiritual support that you need.

We're here to help you on the path to recovery, not just to restore your physical well-being, but your spirit as well.

About Us

It started with a simple idea back in 1962: Provide quality health care for residents of growing Johnson County. More than 50 years later, Shawnee Mission Medical Center (SMMC) has expanded its reach and draws patients from throughout the Kansas City metropolitan area and around the Midwest.

With the Prairie Star campus in Lenexa, physician offices throughout Johnson and Wyandotte Counties and CorporateCare locations across the metro, SMMC is more than just a hospital campus at I-35 and 75th Street in Merriam.

Introducing Shawnee Mission Health

Shawnee Mission Health (SMH) isn't a big corporate hospital system; we're a network of health care facilities and providers, working to exceed your expectations by delivering quality care with compassion.

Does it really matter what hospital your doctor is affiliated with? We think so. Having a doctor in the SMH network means when you need a higher level of care, you have access to our medical staff of nearly 700 physicians in 50 specialties covering everything from cancer and heart care to robotic surgery and women's health. It means if you are hospitalized, you can rest assured you'll be admitted to the hospital not only preferred by more Johnson County residents, but the one with some of the highest patient satisfaction scores in Kansas City.



As Johnson County's most preferred provider of emergency care, we see nearly 70,000 patients annually. Whether you visit our Emergency Departments at our Merriam or Prairie Star campuses, you can expect to be seen immediately by a nurse to assess your condition and prepare you to be seen by one of our experienced doctors. And, if you need follow-up care, the depth of our medical staff allows us to provide referrals to specialists you can feel confident will provide the best care possible. For immediate care in less serious situations, Urgent Care is available for walk-in service seven days a week.

But we don't want to see you just when you're sick. SMH offers one of the most comprehensive schedules of community wellness classes in the area. From parenting classes and CPR to yoga and diabetes education, we want you to focus on your health. And, our contribution to the health of the community extends far beyond our walls. SMMC supports many area not-for-profit organizations that share our mission of improving health.

Come see us soon. Whether you're working to get well, stay well, visiting loved ones or if you just want to learn why SMH is different, we're here for you.





Shawnee Mission Cancer Center

With cancer, the big things matter most – experienced doctors, the best medicine and the latest technology. But, the little things matter too – personalized care, compassionate caregivers, and convenient and comfortable treatment facilities. The Shawnee Mission Cancer Center was built with all of these things in mind so you can focus on what's important: fighting cancer.

Shawnee Mission Health has always offered the best possible care for our inpatient oncology patients, and now, our Cancer Center is available to provide that same excellent care on an outpatient basis. The Cancer Center opened in 2014 on the southwest corner of the Shawnee Mission Medical Center (SMMC) campus to give area residents one central community location that provides comprehensive outpatient care, including oncology treatment, detection, prevention and support groups. That means having one place for your appointments – whether you're going through chemotherapy or radiation or both – and a dedicated team to guide you through your treatment plan.

The Cancer Center offers a full array of oncology services, including medical oncology, radiation oncology, infusion therapies and other on-site integrative treatments and cancer support services. The Center also offers a PET/CT scanner that provides advanced imaging and treatment planning.

The Support You Need

Our multi-disciplinary teams work side-by-side to provide the best plan for your treatment and recovery. Experts in medical oncology and radiation oncology are housed on either side of the Cancer Center to deliver a team approach to your care. The Cancer Center is led by medical oncologist Prasanth Reddy, MD, MPH, FACP, and radiation oncologist Michael A. Hughes, MD. Reddy is Board-certified in Medical Oncology, Hematology, and Internal Medicine, specializing in cancer care, blood disorders and breast care. Hughes completed his residency training at the Johns Hopkins Hospital, where he published original research in oncology. He utilizes IMRT and stereotactic radiotherapy for all types of cancer and specializes in breast cancer, lung and prostate cancer. The two are joined by Samuel K. Caughron, MD, one of fewer than 300 physicians in the world with ABP Board-certification in Molecular Genetic Pathology and one of a very few who applies that training to clinical practice in a community setting.

In addition, the Cancer Center offers holistic care that's integrated with your traditional medical plan. Megan Schlick, ND (doctor of naturopathic medicine), applies a whole-person approach to care, recognizing the role of the mind, body and spirit in health and healing. For cancer patients, naturopathic services can help patients prepare and heal from surgery, manage side effects from chemotherapy/radiation and rebuild health after conventional care. Schlick earned her Bachelor of Science degree from Kansas State University and her doctoral degree from Bastyr University, an accredited naturopathic school in Seattle, Wash. She has special training in nutritional medicine, herbal medicine, lifestyle modifications and homeopathy.

All of our services are delivered with the same compassionate care that you expect from Shawnee Mission Health. The Cancer Center was designed to keep your needs in mind, from private areas in the waiting room to

a family room with books and music. Patients have access to nutrition programs, massage, education, palliative care, fitness classes and spiritual care to help heal the whole person. Conveniently located just upstairs from the Center is Santé Image Renewal Boutique, where you can find a variety of products, such as wigs, scarves and prosthetics, to help restore a positive body image.

We know that a cancer diagnosis brings a lot of questions and uncertainties for both you and your family. At the Cancer Center, your physicians have the latest medical expertise to treat your condition, and they'll work together with staff to make sure your needs are met every step of the way.

The Shawnee Mission Cancer Center's services include:

- Dietitian
- Genetic Testing including Counseling
- Hematology
- Medical Oncology
- On-site Specialty Pharmacy
- Oncologic Imaging
- Bone Density
- CT
- Echocardiography
- PET/CT
- Patient and Family Education
- Radiation Oncology
- Brachytherapy
- HDR
- IMRT
- SRS-Stereotactic Radiation Surgery
- Santé Image Renewal Boutique (wigs, scarves, prosthetics)
- Survivorship Programs
- Wellness and Fitness Programs
- Spiritual Wellness
- Massage Therapist (Oncology Certified)
- Palliative Care

For more information about the Shawnee Mission Cancer Center, call 913-632-9100.



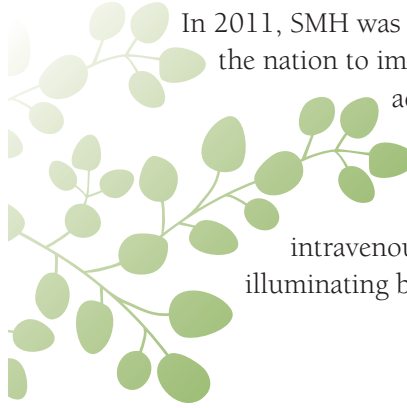
Pain Management

Ensuring the comfort of patients undergoing treatment for cancer is a top priority. Our multidisciplinary Oncology Team works together to ensure that pain and other symptoms are identified and treated promptly. Physicians, nurses and pharmacists with additional expertise in pain and symptom management are available for consultation if needed.

Surgery

When surgery is a part of your treatment plan, you may be feeling anxious about what to expect. The surgeons and staff at Shawnee Mission Health (SMH) understand your concerns. That's why we're pleased to offer the most advanced approach to performing surgical procedures.

The Center for Surgical Services is a regional leader in the advancement and application of surgical technology including lasers, surgical robotics and minimally invasive surgery. In 2002, SMH was the first hospital in a five-state area to perform a robotic-assisted surgery using the da Vinci® Surgical System. The system allows for a minimally-invasive approach, meaning smaller incisions and quicker recovery.



In 2011, SMH was one of 85 medical institutions in the nation to implement Firefly, a technological advancement in robotic-assisted surgery that is used for patients with kidney tumors. A unique fluorescent dye is injected intravenously during the procedure illuminating blood vessels and tissue's

blood supply. Partial kidney removal is completed with a meticulous and precise dissection of the tumor while avoiding any ischemia to the kidney and long-term damage to the healthy tissue.

SMH also has stealth computer navigation to help our neurosurgeons remove brain and spinal cord tumors. Before surgery, patients are given a CT or a MRI to allow surgeons to see the exact location of the tumor. When the patient goes in for surgery, the system will create a 3D image based on the scan. This allows the surgeons to biopsy and remove the tumor with the least amount of disruption to normal tissue.

In addition to our inpatient services, our team also performs outpatient surgical procedures for many cancer patients. At the Shawnee Mission Surgery Center, we offer the most advanced technology along with a compassionate, highly skilled surgical team that performs procedures on a same-day basis. We're committed to excellence and making sure you have the safest, most comfortable environment while you're healing.

In addition, our Prairie Star Surgery Center team performs cancer screenings at our Lenexa facility. Just 12 miles west of Shawnee Mission Medical Center, the center offers multi-specialty outpatient surgeries, including prostate biopsies, colonoscopies, breast biopsies, removal of skin lesions and bladder biopsies.

Our surgical team is committed to providing you with the most advanced technology and procedures with the most compassionate care. Your physician will discuss with you the surgical options that work best for your particular case. At SMH we're committed to giving you the best outcome, so you can get back to the things that matter most.

The Most Advanced Care





Breast Center

The Shawnee Mission Health Breast Cancer was the first of its kind to be accredited in Kansas City. It's dedicated to providing exceptional care from the time of a breast cancer diagnosis through survivorship.

The Center's breast health specialists are experts in providing screening, diagnosis, treatment and follow-up care. The Breast Center features a multidisciplinary team of physician specialists, nurses, technologists, physical therapists and other experts who are dedicated to meeting each patient's physical and emotional needs. Patients with breast cancer also have access to our nurse navigators for guidance on treatment options, physician referrals, moral support and compassionate care. For more information about the Breast Center, please call 913-676-2220.

Cancer Rehabilitation Program

Patients with cancer or who have a history of cancer often have physical side effects that decrease their quality of life. Cancer-related fatigue, pain, weight changes, nausea, osteoporosis, lymphedema and neuromuscular deficits are just a few of the areas physical therapy can address to improve a patient's quality of life. Physical therapy during and following cancer treatment promotes physical function, decreases fatigue and improves quality of life.

At Shawnee Mission Health, patients receive one-on-one treatment with a licensed physical therapist who specializes in oncology rehab. Treatment starts with an evaluation specific for patients with cancer. This includes an interview and collection of data, including function, strength, range of motion, vital signs and mobility. Then a treatment plan is developed that is specific to each patient's needs and goals.

Patients are given an individualized home program to be performed between sessions for maximum benefit. Subsequent treatment sessions are tailored to each patient's needs. Sessions may include:

- Therapeutic exercise specific for cancer-related fatigue, nausea, decreasing BMI, osteoporosis, pain and neurological deficits
- Manual therapy and modalities for pain control and joint/muscle restrictions
- Balance and gait (walking pattern) interventions
- Flexibility training
- Return-to-work and/or daily functional activities.

Physical and occupational therapists are also available to treat lymphedema, a type of swelling that happens when lymph fluid builds up in your body's tissues. This might occur in the arm, trunk or breast after breast cancer treatment when lymph nodes have been removed. Our team of therapists has specialized training to manage this type of lymphedema as well as lymphedema in the head, neck and lower extremities.

For more information about the Cancer Rehabilitation Program, please call Therapy Specialties at 913-676-2444.



A photograph of a woman with short, wavy grey hair and a beige knit scarf, gently holding the face of a beagle dog. The woman is looking at the dog with a soft expression. The dog has its eyes closed and appears to be enjoying the touch. The background is a soft, out-of-focus green field. There are decorative leafy branches in the top right and bottom left corners.

A Healing Touch

Complementary Therapies

At Shawnee Mission Health (SMH), we believe in treating the whole person – mind, body and spirit – and understand that treatment of each facet of your being interrelates for your complete healing. We offer a combination of mainstream medical treatments as well as complementary, non-invasive, evidence-based therapy that can be safely used along with standard treatment. Using these complementary methods, patients experience symptom and pain relief as well as reduced levels of stress and anxiety.

Guided Imagery and Visualization

Guided imagery is an effective technique to manage stress, anxiety and depression. It may also relieve high blood pressure, pain and the side effects of chemotherapy. SMH offers personal guided imagery sessions for pre- and post-surgery, pain control, chemotherapy, healing and anxiety. Imagery is a mind-body intervention that uses the power of the imagination to affect change in physical, emotional and spiritual dimensions. This relaxation technique involves visualizing a particular image or goal and then imagining achievement of that goal. Researchers have found that these techniques enhance coping skills and give patients a greater sense of control, hope and empowerment when dealing with the physical and emotional challenges associated with cancer treatment.

Holistic Care

When researching natural-medicine options, you'll find a lot of information on the Internet, but it can be difficult to sort through what's safe and effective. At Shawnee Mission Holistic Care, we can help you find the right holistic care strategies that can be integrated in your treatment plan. Megan Schlick, ND (doctor of naturopathic medicine),

works with you to restore your health by recognizing the role of the mind, body and spirit. By incorporating naturopathic services, you can optimize your diet and lifestyle habits, minimize side effects and rebuild your system after conventional care.

Meditation and Relaxation

In a state of relaxation, the body can devote its energy and resources to healing. Many relaxation techniques can be used to treat chronic pain, insomnia and other discomfort experienced by patients diagnosed with cancer.

Music Therapy

Our Music for Healing program reduces stress, relieves pain and provides comfort to patients. This program consists of a variety of treatments designed for your individual needs such as musical acupuncture, biofeedback, live music in your room, interactive music therapy, music therapy to strengthen lung capacity and vibroacoustic music chairs. Patients who are interested in music therapy can ask their nurse or call 913-676-2305.

Pet Visits

Research on the relationship between healing and pet therapy shows that patients are more receptive to medical treatment when interacting regularly with a pet. Pets can stimulate laughter, offer a sense of security and have even been found to lower blood pressure and reduce stress levels. The love of an animal can be truly transforming. Each week, pets accompanied by handlers from Mo-Kan Pet Partners make visits to patients, providing an additional source of comfort and tranquility during hospitalization.



Camp Bluebird

Camp Bluebird is a special camp sponsored by Shawnee Mission Health for adult members of our community who have been diagnosed with cancer. For three days and two nights, campers have a unique opportunity to listen and learn about their disease and meet others living with cancer.

Nestled in the rolling hills near Parkville, Mo., the camp is held twice yearly at the Heartland Presbyterian Retreat Center. Three-hundred-sixteen acres of forest and woodlands provide an ideal setting to get away from everyday living and experience a supportive community of individuals. In addition to hiking and horse riding trails, campfire and picnic facilities, the retreat center features indoor recreation areas, a chapel and dining facilities in the center's lodge.

About 40 individuals gather here, each with a unique story. Bringing a wealth of experience of living, an opportunity is created to share experiences with those who know the challenges of living with cancer.

Camp Bluebird is staffed by physicians, nurses and other Shawnee Mission Medical Center health professionals on a volunteer basis. For more information, contact the Foundation for Shawnee Mission Health at 913-676-2055.

Pastoral Care

At Shawnee Mission Health we believe spiritual health is a major factor in a patient's physical well-being. Our Pastoral Care programs offered by the Spiritual Wellness Department strive to put the soul back in medicine. When patients face illness, it's essential to provide resources that nurture their emotional and spiritual healing. Chaplains are available by referral around-the-clock to listen, pray and create a spiritually-rich environment that's respectful of individual faith traditions.

Santé Image Renewal Boutique and Salon

Santé is Kansas City's premier destination for anyone who has been affected by cancer. We offer products, solutions and services to maintain or improve your quality of life and restore a positive body image. The boutique is staffed by a licensed cosmetologist and a certified bra fitter. Appointments and walk-ins are welcome in a relaxing setting that offers privacy and compassion during the very intimate experience of image renewal.

For more information or to make an appointment, call 913-632-9800 or visit SanteBoutique.org.





*H*onoring Your Spirit

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