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IU Health Ball Memorial Cancer Center at Forest Ridge Patient Guide.

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Cancer Program.

The IU Health Ball Memorial Cancer Center serves Indiana’s East Central region. The center provides highly advanced technology which focuses on prevention, early detection and treatment with a total care approach. We are committed to making progress against cancer, as demonstrated by our dedication to clinical research.

Patients referred to the IU Health Ball Memorial Cancer Center benefit from advanced forms of therapy and supportive programs. A wide range of services are offered, including chemotherapy, radiation therapy, brachytherapy, prostate seed implants, stereotactic radiosurgery, intensity modulated radiation therapy, clinical trials, psychosocial evaluations, education, nutritional assessments, cancer rehabilitation, pastoral care, smoking cessation, complementary therapy and blood replacement therapies. Patients receive quality care from a team of cancer specialists working together to help patients and their families cope with the immediate and long-term effects of the disease.

We know a diagnosis of cancer creates anxiety and fear. We will schedule you as quickly as possible, matching your unique needs with the specialty of our oncologists (cancer doctors).

IU Health Ball Memorial Cancer Center at Forest Ridge.

IU Health Ball Memorial Cancer Center offers comprehensive treatment for cancer patients at IU Health Ball Memorial Cancer Center at Forest Ridge in New Castle. Forest Ridge Medical Pavilion is a Henry County Memorial Hospital (HCMH) facility located at 2200 Forest Ridge Parkway, Suite 120 on the south side of New Castle.

If you live in the New Castle area you can receive radiation therapy, chemotherapy, blood therapy, education, counseling, and supportive services at IU Health Ball Memorial Cancer Center at Forest Ridge in New Castle. You may also see your medical and radiation oncologists at this facility. The medical and radiation oncologists work closely with your local physicians. A multidisciplinary team of Henry County Memorial Hospital and IU Health Ball Memorial Hospital physicians review new cancer cases at their cancer conferences. In addition, registered nurses are available Monday through Friday.

IU Health Ball Memorial Cancer Center
Terry Pence, RPh, MBA
Cancer Service Line Leader
765.747.3005

IU Health Ball Memorial Cancer Center at Forest Ridge
2200 Forest Ridge Parkway, Suite 120
New Castle, Indiana 47362
765.593.2960 ext. 2
Amy Upchurch, B.S., R.T., (R)(T), Program Director, Cancer Services
Medical Oncology/Hematology.

Dejuana A. Brown, DO
Dr. Brown is board-certified in medical oncology. She earned her doctor of osteopathic medicine degree from Philadelphia College of Osteopathic Medicine. Dr. Brown completed an internship and internal medicine residency at the University of Medicine and Dentistry of New Jersey – School of Osteopathic Medicine. She completed her fellowship in medical oncology at University of Medicine and Dentistry of New Jersey.

William B. Fisher, MD, FACP
Dr. Fisher is a board-certified physician specializing in hematology and oncology. He earned a doctor of medicine degree from the University of Pennsylvania School of Medicine, where he was selected for Alpha Omega Alpha membership. Dr. Fisher completed an internship and residency at University Hospitals of Cleveland and he is a clinical professor of medicine at Indiana University.

Sulfi Ibrahim, MD
Dr. Ibrahim is board-certified in hematology, medical oncology and internal medicine. He earned his doctor of medicine degree from the University of Maryland where he also received an undergraduate degree in Molecular Biology. Dr. Ibrahim completed his residency in internal medicine at Drexel University. He completed his fellowship in hematology-oncology at the Milton S. Hershey Medical School.

Joseph Spahr, MD
Dr. Spahr is board-certified in hematology and medical oncology. He earned a doctor of medicine degree from Indiana University School of Medicine. He completed an internship and residency in internal medicine at IU Health Ball Memorial Hospital where he was Chief Resident. Dr. Spahr completed his fellowship in hematology-oncology at the University of Utah/Huntsman Cancer Institute in Salt Lake City, Utah.

Michael J. Williamson, JR, DO
Dr. Williamson is board-certified in hematology and medical oncology. He earned a doctor of osteopathic medicine degree from Michigan State University College of Osteopathic Medicine. Dr. Williamson completed an internship and residency in internal medicine at IU Health Ball Memorial Hospital. He completed his fellowship in hematology-oncology at Saint Louis University in St Louis, Missouri.

Abby Koons, AANP-C, AOCNP
Abby is an Adult Nurse Practitioner with American Academy of Nurse Practitioners Board Certification and is an Advanced Oncology Certified Nurse Practitioner. She is a member of the Oncology Nursing Society and American Academy of Nurse Practitioners. Abby received her Bachelor of Science in Nursing from Indiana University East and her Master of Science as Nurse Practitioner degree from Ball State University.

Stacey Null, RN, MSN, ACNP-BC
Stacey Null is an Adult Nurse Practitioner with the American Nurses Credentialing Center. She is also an oncology certified nurse and a member of the Oncology Nursing Society. Stacey received her Bachelor of Science in Nursing from Duquesne University and her Master of Science Nurse Practitioner degree from the University of Pittsburgh School of Nursing.

*This Patient Guide lists all cancer center practicing clinicians. To learn who is seeing patients at this facility please inquire with staff.

Medical Oncology/Hematology
Amy Upchurch, B.S., R.T., (R)(T), Program Director, Cancer Services
765.593.2960 Ext. 1
Radiation Oncology.

A. Stephen Tilmans, MD
Dr. Tilmans is a board-certified radiation oncologist and is a member of Ball Memorial Hospital's Clinical Staff. A graduate of the Indiana University School of Medicine, he completed his internship in Radiation Oncology at St. Vincent Hospital, Indianapolis, and his residency in Radiation Oncology at Indiana University Medical Center. He is an assistant clinical professor at Indiana University Medical Center. He is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG).

Fred H. Francis, MD
Dr. Francis is a board-certified radiation oncologist and a member of Ball Memorial Hospital's Clinical Staff. A graduate of the University of Kentucky College of Medicine, he completed his internship in internal medicine at the University of Kentucky, and his residency in Radiation Oncology at the University of Cincinnati. Dr. Francis also has a Master's degree in Health Physics from Georgia Institute of Technology. He is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG).

Yunjie Xie Lin, MD
Dr. Lin is a board-certified radiation oncologist and is a member of Ball Memorial Hospital's Clinical Staff. A graduate of the Suzhou Medical School in China, she completed her internship in Cancer Biology at Wayne State University School of Medicine, Detroit. Dr. Lin completed her residency in Radiation Oncology and fellowship in Cancer Biology and Genetherapy at the Henry Ford Hospital in Detroit, Michigan. She is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG).

John P. Jacobs, MD
Dr. Jacobs is board-certified and is a member of Ball Memorial Hospital's Clinical Staff. He is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG). Dr. Jacobs received his undergraduate degree from Harvard University. He received his medical degree from Loyola University. He received his Radiation Oncology training at the Medical College of Wisconsin.

IU Health Ball Memorial Cancer Center at Forest Ridge
Radiation Oncology
Hours: Monday through Friday
8 am - 4:30 pm    765.593.2960 ext. 2
Amy Upchurch, B.S., R.T., (R)(T), Program Director, Cancer Services

For emergencies or to reach a physician after hours or on weekends, call 1.800.872.0420. This number is an answering service that will have our physician return your call. Please call 765.747.3662 if you are unable to reach someone at the above number.

IU Health Ball Memorial Cancer Center at Forest Ridge
Radiation Oncology
Hours: Monday through Friday
8 am - 4:30 pm    765.593.2960 ext. 2
Amy Upchurch, B.S., R.T., (R)(T), Program Director, Cancer Services

For emergencies or to reach a physician after hours or on weekends, call 1.800.872.0420. This number is an answering service that will have our physician return your call. Please call 765.747.3662 if you are unable to reach someone at the above number.
Research/Clinical Trials.

A clinical trial as defined by the National Cancer Institute is an “Organized study conducted with cancer patients to answer specific questions about a new treatment or a new way of using an old treatment.” Clinical trials are a vital element in the continuous quest to improve cancer treatment.

IU Health Ball Memorial Cancer Center and IU Health Ball Memorial Hospital Medical Research Department provide patients with the latest care available through clinical trials. All patients are screened to determine eligibility. This service provides potential access to nationally approved clinical trials to cancer patients in East Central Indiana.

Clinical trials are conducted through:
- Hoosier Oncology Group
- Walther Institute
- Eastern Cooperative Oncology Group
- National Surgical Breast and Bowel Project
- Various independent sponsors
- Radiation Therapy Oncology Group
- Clinical Trials Support Unit

To learn more about the specific cancer clinical trials currently available at IU Health Ball Memorial Cancer Center please call 765.751.5849 or 765.751.5850 or visit: http://iuhealth.org/ball-memorial/cancer/cancer-clinical-trials/

Cancer Counseling.

When people are faced with cancer there are many varied and individual reactions. Yet the human experience of cancer is also filled with many commonalities:
- The shock and disbelief of diagnosis;
- The sometimes fear and anxiety of the future;
- The often daily preoccupation with the word “cancer”;
- The increased awareness and attention to physical aches and pains;
- The enormity of decisions to be made—and some so quickly; and
- The confusion, lack of control and uncertainty.

How does anyone cope? There are no easy answers. Yet, most persons with cancer cope well. How do they do it? The availability of others seems very important; having someone who will listen attentively, and accept and try to understand your feelings; someone who will not judge or try to tell you what you should do, or what you are doing wrong and who will be present for you and help you identify your own experience with cancer.

The counselors of IU Health Ball Memorial Cancer Center invite you to participate in the process of counseling. Come by yourself, with your partner, your children, other family, or a friend. This is a FREE service to you. Please take some time to seriously consider participating in counseling at this most crucial time of life.

IU Health Ball Memorial Cancer Center Research
765.751.5849
765.751.5850

IU Health Ball Memorial Hospital
765.747.8458

Cancer Counseling
Don Nicholas, Ph.D., HSPP
Coordinator
765.593.2960 Ext. 2
IU Health Ball Memorial Cancer Center
Boutique at Forest Ridge.

We know receiving a diagnosis of cancer has a powerful effect on a person’s life and the lives of those who are dear to them. No matter how strong the support from others, how each person copes with treatment and side effects is unique. Returning to normal is not always easy. Often, there is a fear of recurrence, of being a changed person, or being unable to cope.

IU Health Ball Memorial Cancer Center Boutique at Forest Ridge is here to help cancer survivors overcome their fears and aid in their recovery. We carry items that appeal to individuals with various types of cancer.

A larger share of clientele includes survivors of breast cancer, and we cater to their special interests. We know that being fitted with and wearing a correctly fitted bra or properly weighted breast form helps to restore confidence and improve self-image. Some items are paid or reimbursed by insurance. For your convenience, we will file your Medicare and most private insurance company claims.

Breast Health.

The Imaging Center at Henry County Memorial Hospital and IU Health Ball Memorial Breast Center at The Imaging Center/IU Health Ball Memorial Hospital provide quality screening mammograms, diagnostic mammograms, and breast ultrasounds. A definitive diagnosis can usually be made by breast biopsies. These biopsies include ultrasound guided needle biopsies, breast localization, and stereotactic breast biopsies. Additional services include patient education on breast cancer and breast health. When further evaluation is necessary, the nursing staff will assist in scheduling appointments.

Treatment options for the newly diagnosed breast cancer patient are discussed at the weekly multi-disciplinary physician conferences. This team of specialists remains up-to-date on the most current treatments and views you as an individual with very special needs.

Henry County Memorial Hospital
Please call 765.521.1415 for an appointment

IU Health Ball Memorial Breast Center
2598 W. White River Boulevard
Muncie, IN 47303
Please call 765.282.7595
Cancer Rehabilitation Program.

This program is designed to empower cancer survivors to function at their maximal physical level through exercise, education and peer support. It is an eight-week program, which includes an orientation to the facility, individualized fitness assessments, and an exercise program.

Educational classes meet twice weekly for 60-minute sessions. These classes are taught by health care professionals covering nutrition, stress management, home exercise, coping skills, self-esteem and self image. The participant will receive regular updates on the exercise program with personal consultations and their physician will be notified of their progress. Also, they will have access to a variety of cardiovascular and strength training equipment, group exercise classes and locker rooms. The benefits of this program include: enhanced overall quality of life, decreased fatigue levels, improved tolerance of chemotherapy medications, improved immune system, improved flexibility, increased endurance levels, and decreased fear of the unknown.

IU Health Ball Memorial Cancer Center at Forest Ridge
Cancer Rehabilitation Program
Laurie Stonerock—HCMH Rehab Services
Forest Ridge Medical Pavilion
765.521.1216

Patient Education & Supportive Services.

A diagnosis of cancer is stressful. Knowledge about what lies ahead helps empower patients to become more informed and active partners in their healthcare. IU Health Ball Memorial Cancer Center is dedicated to providing information and resources to support patients during their cancer journey. An educational coordinator is available to answer questions regarding the resources and services patients need to make informed decisions and understand about their care.

While we encourage patient participation, we know each person is different. We provide a variety of education and supportive services, offered in a caring environment. Please let us know what we can do to help.

Services available:
- Cancer diagnosis information
- Education and support programs
- Brochures, books, DVDs, and magazines
- Connect patients with supportive services and community resources
- Website: iuhealth.org/ball-memorial/cancer

Patient Education & Supportive Services
Melody Stanley, CNMT, RT(N), MS
Coordinator
765.751.1400
mstanle4@iuhealth.org
Specialty Conferences.

To maintain the highest standards and latest treatments for cancer therapies, The Cancer Center conducts medical conferences specific to our cancer patients.

These interdisciplinary conferences consist of physicians from all fields, including radiologists, pathologists, radiation oncologists, medical oncologists, surgeons as well as registered nurses, and clinical specialists, so they may enhance their understanding of current practices in cancer treatment. Recommendations from these conferences will be discussed with your physicians.

Specific Conferences Include:

**New Castle Conference**—Meets twice monthly to discuss newly diagnosed cancer patients and proposed treatment plans for patients in the Henry County area.

**Breast Conference**—This conference is held every week to discuss recommendations specific for the breast cancer patient.

**Cancer Conference**—Meets weekly to discuss newly diagnosed cancer patients and proposed treatment.

Complementary Cancer Therapies.

Many patients currently use or are investigating complement therapies. Through education, we can provide information about what works, what may be harmful and when it is best to use these therapies.

Complement therapies supplement traditional medical care for cancer patients. Several types of the many therapies include:

- Herbs and their possible interactions with prescription medications
- Exercise
- Support and stress management
- Humor therapy
- Art therapy
- Acupuncture
- Yoga

Proven benefits of complementary therapies are:

- Increased knowledge about cancer
- Acquired new skills
- Support from other survivors
- Improved quality of life
- Better physical health
- Interaction with professional staff that can answer questions.

Please call if you are interested in learning more about complementary therapies.

**IU Health Ball Memorial Cancer Center**
Complementary Cancer Therapies
Patricia Avila, MSN, RN, OCN®, AOCNS®
765.747.3383
Cancer Prevention and Screening.

Cancer is the nation’s number one health threat and IU Health Ball Memorial Cancer Center has programs educate individuals about cancer risk factors, warning signs and the importance of early detection. Some cancers are unavoidable, but many are the result of the choices we make.

ARE YOU AT RISK FOR LUNG CANCER?
IU Health Ball Memorial Hospital is offering a Lung Cancer Screening Program for patients who are considered at high risk. If all the following statements describe you, then you should consider having a screening scan of your lungs:

- Between 55 - 74 years of age
- Currently smoke or have quit in the last 15 years
- ≥30 pack year history of smoking (“Pack year” is calculated by multiplying the number of packs of cigarettes smoked per day by the number of years spent smoking.)
- Symptom free
- No CT scan of the chest within the past year

If you are eligible, a screening involves a CT scan of your lungs and speaking with a healthcare professional about your lung cancer risk. The out of pocket expense for this screening is $49. To schedule or for more information, please call 765.751.2727. If you have questions about the screening, please speak with your doctor about the risk factors of lung cancer and the benefits of this screening.

To learn more about screening programs currently available at IU Health Ball Memorial Cancer Center please call 765.741.2938.

Community Education/Prevention
Becky Butts, BSW
Coordinator
765.741.2938

Oncology Pharmacy Specialist.

The oncology pharmacy specialist is an educated expert in drug therapy related to cancer treatment and supportive care. The job of the oncology pharmacy specialist is to recommend, design, monitor and modify chemotherapy plans to optimize outcomes in patients with cancer. They can work in both the inpatient and outpatient oncology setting. Other responsibilities include:

- Coordinate physician orders for chemotherapy and supportive medications (example: medications for constipation or diarrhea, nausea/vomiting, fatigue, and appetite loss)
- Review all chemotherapy orders for accuracy and safety
- Ensure no drug interactions exist between chemotherapy and patient’s home medications
- Provide review of all new oncology drugs
- Provide education to patients on chemotherapy medications
- Develop and implement policies related to medication safety and proper handling of chemotherapy agents

Beth Koselke, PharmD, is on staff at the Ball Memorial Hospital Cancer Center as part of the treatment team for cancer patients. Oncology pharmacists are a valuable resource to nurses, physicians, patients, and caregivers in providing information about medications. The services of oncology pharmacists can help ensure the optimal use of medications which can result in positive outcomes for cancer patients.

Oncology Pharmacy Specialist
Beth Koselke, PharmD
765.747.4310
**Hospice.**

Hospice provides a full spectrum of support and health care services designed to help the terminally ill patient – both young and old – live as fully and comfortably as possible in their place of residence. The Hospice team provides care for the physical, psychological, practical, and spiritual needs of the terminally ill patient and caregivers. The program’s focus is on comfort care as opposed to curative treatment. Special attention is given to pain and symptom management. In addition, bereavement services are available to assist caregivers with their grief.

The IU Health Hospice team, under the direction of a physician, includes a medical director, manager, registered nurses, a chaplain, and social workers. A registered nurse is available on a 24-hour basis. Other team members include a pharmacist, dietitian, occupational, speech and physical therapists, volunteers, home health and homemaker aides.

**Henry County Memorial Hospice**

Wylie McGlothlin, MD – Medical Director
Shelia Lowe, RN – Director
Gary Snowden – Chaplain
765.593.2389 or 888.216.9823

**IU Health Ball Memorial Hospice**

Joseph Songer, MD – Medical Director
Ruth Ann Tolle, RN – Manager
Philip Crofford - Chaplain
765.747.4273

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**Patient Resource Room.**

When someone is diagnosed with cancer, there are so many questions. The Patient Resource Room can provide answers to those questions. Open to patients, families, and the public.

In order to provide information and education regarding cancer diagnoses a number of resources are available to individuals. Materials available include:

- Books
- Videos
- Internet Access
- Pamphlets

You may check out materials to take home, view, or read with your family or support persons.

**Patient Resource Room**

IU Health Ball Memorial Cancer Center at Forest Ridge
Monday through Friday,
8 am - 4:30 pm
Closed Holidays
765.593.2960
Local Resources.

Cancer Society of Henry County .......................................................... 765.455.9905
Cancer Services of East Central Indiana/Little Red Door
   Henry County .................................................................................... 765.521.4200
   Muncie Office .................................................................................... 765.284.9063
American Cancer Society, Great Lakes Division ..................................... 812.376.6781

National Resources.

American Cancer Society—National Office ........................................... 765.455.9905
............................................................................................ or toll free 888.635.9260
Cancer Information Services (CIS) ..................................................... 800.422.6237
Cancer Care ..................................................................................... 800.813.4673
Cancer.Net ....................................................................................... 888.651.3038
National Coalition for Cancer Survivorship ........................................ 888.650.9127
Leukemia/Lymphoma Society ............................................................. 800.955.4572
Susan G. Komen Foundation ............................................................... 800.465.6636
Y-ME of Central Indiana National Hotline ........................................... 800.221.2141

Local Internet Resources.

IU Health Ball Memorial Cancer Center
   iuhealth.org/ball-memorial/cancer
Henry County Memorial Hospital
   hcmhcareds.org
IU Health Ball Memorial Hospital
   iuhealth.org/ball-memorial
   littlereddooreci.org
Cancer Services of East Central Indiana/Little Red Door

National Internet Resources.

American Cancer Society cancer.org
CancerCare cancercare.org
Cancer.Net cancer.net
National Cancer Institute cancer.gov