



## WELCOME TO THE NEW GIBBS CANCER CENTER & RESEARCH INSTITUTE

We are pleased to welcome you to the new, advanced Gibbs Cancer Center & Research Institute expansion at Pelham. Construction began on this 191,000-square-foot facility in early 2018 as part of Spartanburg Regional Healthcare System’s mission to provide excellence in health to the region.

The Spartanburg Regional Foundation and Julian C. Josey Jr., MD, raised more than \$16 million from private donors to help make this new facility possible.

### A new main campus

Since 1999, Gibbs Cancer Center has provided comprehensive, personalized cancer treatment to thousands of individuals in the Upstate and beyond. What began as one facility has now expanded to two Spartanburg locations, as well as facilities in Greer, Gaffney and Union.

The expansion of Gibbs Cancer Center & Research Institute at Pelham balances increasing demands for treatment across the Upstate by investing in the future, while also remaining committed to serving patients in their home communities.

### Supporting our growing community

The community surrounding Pelham Medical Center is one of the fastest-growing areas in the state. With easy access to the I-85 corridor and Greenville-Spartanburg International Airport, this expansion puts Gibbs Cancer Center & Research Institute in an ideal location to meet the increased demands for cancer care locally and regionally.

### Multidisciplinary care

Multidisciplinary care is at the heart of every patient’s treatment plan.

This new location is home to:

- Surgical oncology
- Medical oncology
- Radiation oncology
- Oncology research
- Oncology rehabilitation services
- Patient navigation
- Infusion services
- Centralized laboratory services
- Pharmacy
- Integrative medicine
- CyberKnife®
- Genetic counseling

All of these programs are housed under one roof, making cancer care as seamless and convenient for patients and families as possible.

The expansion of Gibbs Cancer Center & Research Institute at Pelham also allows us to grow our infusion, navigation, clinical research, precision medicine and oncology rehabilitation services to meet the needs of our region.

### Multidisciplinary planning conferences

Gibbs Cancer Center & Research Institute provides care to more than 2,000 patients every year. To ensure that each patient’s treatment is specifically targeted to their individual needs, oncology specialists, along with cancer support teams and additional medical experts, participate in disease-specific multidisciplinary planning conferences.

These conferences are integrated into the design of the new building to enhance treatment and patient satisfaction. Every meeting is streamed via video call to allow off-site physicians to participate. Our new facilities are home to the latest technologies to make communication as efficient as possible.

### Personalized amenities and care

The first floor of Gibbs Cancer Center & Research Institute at Pelham is home to many amenities designed with our patients and families in mind, such as:

- Centralized registration, which allows patients to complete paperwork for all services in one place.
- 126-seat auditorium for community events, lectures and multidisciplinary planning conferences.
- Our cafe, which seats up to 40 people, gives patients and family members a place to relax.
- The outpatient pharmacy, which allows patients to get prescriptions filled on-site.

- A retail shop featuring certified breast prosthesis fitting services, wigs, specialty clothing and other accessories that make life more comfortable during and after treatment.
- A chapel for quiet reflection and prayer.
- A full-service laboratory with seven bays to draw labs and run complex analyses in-house rather than sending labs to the hospital, allowing for quicker results for patients.
- The beautiful, seven-story atrium.

### Integrative medicine and cancer resource library

Our second floor is home to our integrative medicine program, which provides whole-person care, including massage therapy, acupuncture, cooking demonstrations and a survivorship clinic. Also on the second floor is the oncology rehabilitation program that helps patients regain range of motion after surgery, so they can successfully complete radiation therapy and reduce swelling and lymphedema. The program also includes speech-language therapy to help patients regain the ability to eat, drink and speak, if treatment has affected their ability to do so.

Nearby, patients and families can access our free cancer resource library and media center with seating for 24 people. Our cancer center educator helps patients with online research to ensure they are finding information from trusted sources and provides them with additional reading materials.

A climate-controlled connector bridge on the second level joins the cancer center to Pelham Medical Center for safe and comfortable patient transport.

Our radiation oncology services — along with the CyberKnife® Robotic Radiosurgery System and Varian TrueBeam® linear accelerator vaults — remain in the original building directly accessible from the new center.

### Administration and clinical research

The third floor includes administration offices and the clinical research department, which oversees clinical trials. Clinical trials are essential, because they benefit the patients who receive treatment today and can change and improve cancer treatment for generations to come.



## WELCOME TO THE NEW GIBBS CANCER CENTER & RESEARCH INSTITUTE (continued)

### Room to grow

The fourth and fifth floors are currently unoccupied and are ready to give us the space we need to meet the future healthcare needs of our expanding community.

### Clinical services

The sixth floor houses clinical services, including three clinics, each with 12 exam rooms. The exam rooms were designed with patients in mind. We relied heavily on clinician input when designing these rooms with our architects to ensure the best layout for patients, physicians and clinical staff.

This floor also houses physicians and patient navigators. There are more than 10 navigators who guide patients throughout their cancer journeys.

Located in the center of the sixth floor, team rooms were designed to facilitate physician collaboration. Complete with a large center table built for collegial conversation and computers for physician documentation, dictation and chart review, these rooms allow physicians to easily collaborate on patient cases.

### Infusion services

The seventh floor is home to infusion services, which boasts views of the mountains, airport and lush greenery from surrounding forests.

Perhaps most notable, this floor significantly expands infusion services. The previous Pelham facility had five infusion bays; the expansion now has 40. Thirty-two spaces are standard infusion bays with recliners. The remaining eight bays are private with beds, specifically designed for patients who are unable to sit up during infusions.

Dr. Josey envisioned the infusion bays facing the windows, offering a beautiful view for patients while they receive infusions.

In the center of the seventh floor, we have an infusion pharmacy, which gives us the flexibility to adjust doses as needed, rather than having our medications couriered over each morning from our location at Spartanburg Medical Center.

### Designed with patients in mind

Gibbs Cancer Center & Research Institute leadership worked with the clinical team to design each space in the new building. The design process took place over 18 months, with extensive feedback from clinicians who work hands-on with patients.

The result is a cancer center that provides comforting, convenient care to the Upstate and beyond. It's part of our mission to improve cancer care and quality of life for each person who walks through our doors.



## GIBBS HISTORY AND TIMELINE



# PRECISION MEDICINE

## A new era of cancer treatment



Cancer treatment is no longer a one-size-fits-all approach. Precision medicine, also called personalized medicine, is a new way of treating patients. With precision medicine, physicians can consider a patient's genes, lifestyle and environment when developing a personalized treatment plan.

With precision medicine in oncology, physicians look at the genomics of the cancer itself. Genomics refers to how multiple genes in the DNA express themselves, divide and communicate. This helps determine what kind of mutation the cancer has that's causing it to grow and divide.

To do this, clinicians perform biomarker testing, also called genetic testing. As part of biomarker testing, the body's molecules are assessed to:

- Determine who is at risk for cancer
- Detect cancer in its early stages
- Accurately diagnose diseases
- Determine the best treatment approach
- Select the treatments that will cause the fewest side effects
- Monitor treatment progress and results

Testing looks for hereditary gene mutations, such as BRCA1 or BRCA2, which increase the risk of breast and ovarian cancer, and Lynch syndrome, which increases the risk of colorectal cancer.

DNA is obtained through either a tissue biopsy, where a sample of tissue is removed from the body, or liquid biopsy (also called cell-free DNA), where blood is drawn for testing. The biopsy is then sent to a lab, which looks at the DNA of the tumor cells

and provides a report. From there, clinicians identify if there are targeted therapies and clinical trials for which the patient may be eligible.

### Who is a candidate for precision medicine?

Everyone is a candidate for precision medicine in the sense that, for everybody diagnosed with cancer, specific biomarkers can be used to guide staging and treatment.

Gibbs Cancer Center & Research Institute uses more extensive genomic testing with tissue and liquid biopsies for patients who have metastatic disease, or cancer that has spread throughout the body. This directs treatment decisions for better outcomes.

### The precision medicine team

Gibbs Cancer Center & Research Institute has a dedicated precision medicine team that oversees the systemwide initiative to ensure we are testing all patients according to our guidelines to provide the best treatments for the best outcomes.

The precision medicine team also participates in the multidisciplinary planning conferences. At these conferences, a group of specialists from all oncology disciplines discuss new targeted therapies and pathways to treat patients, offering them a personalized plan of care.

Gibbs has introduced new genomic tests through the precision medicine program, allowing our team to determine any new therapies for which patients might be eligible. The precision medicine staff also follows new research and drug indications to look for additional opportunities to provide patients with the best possible care.

# CANCER NAVIGATION SUPPORTS EVERY PATIENT

At Gibbs Cancer Center & Research Institute, our cancer navigation program is part of a robust range of support services for patients. The cancer treatment process can be complex and involve numerous doctor's appointments, tests and treatments. Patient navigators help make the treatment process less confusing and overwhelming.

The cancer navigation team's clinical expertise, teamwork and patient-centered care make all the difference to patients. Our navigators serve as the bridge between patients and their medical team and are available at all Gibbs Cancer Center & Research Institute locations. All cancer navigation services are free of charge and available to every patient.

### Our cancer navigator team

The navigation program, which began when Gibbs Cancer Center & Research Institute opened its doors in 1999 in Spartanburg, is home to 10 cancer navigators who work diligently to provide patients and their families with the resources they need during the cancer journey.

Because the team includes both social workers and nurses, navigators have the opportunity to learn from each other's practices. Nurses learn about psychosocial assessments, active listening and interviewing techniques, while social workers learn about side-effect management and medication issues. This multidisciplinary, collaborative approach benefits patients and families.

Each cancer navigator specializes in a specific cancer site, including:

- Blood
- Brain and central nervous system
- Breast
- Endocrine
- Gastrointestinal
- Genitourinary (kidneys, bladder, prostate)
- Head and neck
- Sarcoma (bone/soft tissue)
- Skin
- Thoracic (lung)
- Women's health (reproductive system)

### Cancer navigation services

Most patients connect with their cancer navigator as soon as they receive a cancer diagnosis. From there, the navigator is available to answer questions that come up during the treatment process.

Our navigators can:

- Help patients take advantage of available programs, such as acupuncture, massage therapy, nutrition services, cooking classes, support groups and the resource library.
- Provide education on cancer diagnosis and treatment.
- Identify and eliminate barriers to care, such as financial concerns or lack of transportation.
- Provide guidance on how to handle treatment side effects.
- Offer counseling and emotional support.
- Serve as a resource that patients can contact if they have questions.
- Participate in our site-specific multidisciplinary planning conferences.
- Help patients find local and national resources for transportation, counseling, health insurance and financial support.

### Benefits of patient navigation

Navigators offer a friendly, familiar face in unfamiliar territory. Being diagnosed with cancer can be a shock to patients and their families. A navigator helps patients make sense of the diagnosis and treatment options.

Benefits of patient navigation include:

- Improved patient experience and satisfaction
- Easier patient transition through all phases of the cancer experience, including diagnosis, treatment and survivorship
- Improved communication between the healthcare team, patients and caregivers

Our goal with this program is to help patients feel like they are not alone. We are there for them every step of the way.



# INTEGRATIVE MEDICINE SUPPORTS HEALING AND WHOLENESS

*Research has found a strong mind-body connection when it comes to disease, stress and recovery. The integrative medicine program at Gibbs Cancer Center & Research Institute, located on the second floor of Gibbs at Pelham, offers evidence-based, research-backed approaches to mind-body wellness.*

*Designed to treat the whole person, our integrative medicine services address not only the medical side of a diagnosis, but also the psychological, social and emotional aspects.*

## What is integrative medicine?

Integrative medicine is not an alternative to traditional or Western medicine; instead, it is a complementary approach to traditional treatments. These research-based methods are often found in Eastern medicine practices. Integrative medicine services include acupuncture, chiropractic therapy, massage therapy, meditation, nutrition and cooking classes, the resource library and our survivorship program, as well as tai chi and yoga classes.

## Acupuncture

Acupuncture originated in China more than 4,000 years ago. Acupuncture may relieve chemotherapy-related vomiting and nausea, according to the National Cancer Institute. Other studies have suggested it may reduce pain after surgery, improve digestion, reduce stress and aid the body's natural healing process. Acupuncture services are provided by trusted contractors.

## Chiropractic therapy

This type of therapy is designed to treat musculoskeletal disorders that affect the bones, joints, muscles and connective tissue. Chiropractic services are provided by trusted contractors.

## Massage therapy

A cornerstone of integrative medicine at Gibbs Cancer Center & Research Institute is the massage therapy program, which we have offered for nearly 20 years. Our licensed massage therapists are trained in medical and therapeutic massage, and services are available to patients, staff and the community. Massage therapy has been shown to reduce pain and muscle tension, relieve stress, and promote healing, blood flow and circulation.

## Meditation

Science suggests that meditation can help relieve anxiety, stress, fatigue and sleep problems in people undergoing cancer treatment.

## Nutrition and cooking classes

In our new demonstration kitchen, we offer classes on cooking, food preparation and nutrition education led by dietitians and local chefs. Many cancer patients lose weight during treatment, so classes will focus on how to prepare healthy, high-calorie and high-protein meals to maintain strength and energy.

## Resource library

The resource library and media center, staffed by our cancer center educator, offers free internet and

computer services and assists patients and families in finding trusted medical resources about their specific condition. The library also provides a restful environment for reading and reflection.

## Survivorship program

After weeks or months of regular appointments and check-ups, many patients report feeling lost after they complete cancer treatment. The survivorship program addresses the unique concerns of cancer survivors and helps them acclimate to their new normal.

The program includes the survivorship clinic and support group meetings focused on health and wellness. A survivorship clinic appointment is an annual clinic visit with a survivorship nurse navigator and survivorship nurse practitioner. During the one-hour visit, the patient and nurse practitioner will discuss:

- Long-term and potential side effects of treatment
- Prevention, fitness and nutrition
- Follow-up care and screenings
- Risks for other chronic diseases
- Referrals to professionals and programs, as needed

We also offer weight management, fitness and health education programs, and support groups for cancer survivors and their caregivers at no charge.

## Tai chi and yoga classes

Designed to improve balance, focus and relaxation, tai chi is a gentle, low-impact workout. Yoga provides mental and physical health benefits, and has been shown to help people manage stress while improving strength, balance and flexibility. Classes are offered free of charge at both the Spartanburg and Pelham locations.

To learn more about integrative medicine services, talk to your physician or patient navigator, or visit our cancer center educator on the second floor of Gibbs at Pelham.

