



# SPOTLIGHT

~ Leonard Henry, MD

## Regional therapy: A new approach to cancer treatment

### COMPREHENSIVE SCREENING. EXPERT CARE.

At Goshen Center for Cancer Care, we use an integrated approach to treat the whole person, not just the cancer.

#### Regional Therapies Team

**Dr. Leonard Henry**  
Medical Director,  
Surgical Oncologist

**Dr. Justin Lightburn**  
Interventional  
Radiologist

**Dr. Hubert Fornalik**  
Gynecologic Oncologist

**Dr. Houman Vaghefi**  
Radiation Oncologist

**Dr. Ashley Hardy**  
Surgical Oncologist

**Dr. LeRoy Weaver**  
Radiologist

#### Other Team Members

**Dr. Nicholas Abel**  
Radiologist

**Dr. Urs von Holzen**  
Director of Surgical  
Oncology

**Dr. Sachin Agarwal**  
Medical Oncologist

**Dr. James Wheeler**  
Radiation Oncologist

**Dr. Fiona Denham**  
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Radiation Oncologist

To refer a patient to Goshen Center for Cancer Care, call (574) 364-2962.

### Regional therapy cancer treatment

Oncologists are continually looking for ways to treat cancer effectively while protecting patients from the unpleasant side effects of chemotherapy and radiation. One approach that is gaining traction among cancer treatment providers is a concept referred to as regional therapy. As the name suggests, regional cancer therapy focuses chemotherapy or radiation therapy in one region of the body or one specific organ. In this way, the rest of the body is effectively protected from the toxicity of high dosage treatments. Regional therapy falls in the middle of the treatment spectrum between local therapy, which involves treating the tumor site, and systemic therapy that treats the entire body.

#### Regional therapies are preferable solutions for certain patients

According to Dr. Leonard Henry, medical director and surgical oncologist at the Goshen Center for Cancer Care, regional treatment of cancer makes a great deal of sense in certain circumstances. "Let's say, for instance, if you give chemotherapy as a systemic treatment, it is not particularly effective in certain parts of the body. That's the case in peritoneal disease.

"There are also regional therapies where it's decidedly more effective if you deliver the chemotherapy to a regional area. Historically, that is the basis behind limb infusional therapy, which is sometimes used to treat melanoma and sarcomas by placing catheters into the blood supply of the limb. That limits the toxicity to the rest of the body because the blood is given heated chemotherapy on the way in and is removed on the way out."

Dr. Henry notes that similar approaches are used for delivering radiation treatment to the entire liver via the arterial blood supply through a catheter placed in the groin. This is known as radioembolization. Another treatment, called transarterial chemoembolization, delivers chemotherapy to the liver in a similar fashion. "These are all significant ways we are employing regional therapy here at Goshen Health. One of the reasons these therapies are so attractive for us is that these modalities are highly complex and not typically available through community cancer centers."

#### HIPEC another evolving application of a regional therapy

In a 2018 issue of Spotlight, Dr. Henry addressed another regional therapy known as HIPEC (hyperthermic intraperitoneal chemotherapy). He noted there have since been some important developments. For example, he referenced that the Cancer Center has recently performed its first laparoscopic HIPEC procedures. "This is a rare event because these aren't typically cancers that are amenable to a minimally invasive approach. We found some patients with such a low volume of disease it's enabled us to address them in this minimally invasive way. Another interesting development has been our gynecology oncologist has started to utilize HIPEC for some patients with ovarian cancer."

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## Regional therapy: An important new approach to cancer treatment

*This publication is for health care providers*

New trends like these regional therapies are important for several reasons. Many patients have a strong aversion to chemotherapy or radiation therapy of any type. Dr. Henry believes that these new treatments can help allay such fears and help inform better treatment decisions. That is one of the reasons he and his colleagues at Goshen Health are committed to being at the forefront of new technologies that will produce better, more patient-focused outcomes than traditional chemotherapy or radiation therapy affecting the whole body.

### Regional Therapies

At Goshen Center for Cancer Care we have the expertise to treat advanced cancers that have spread to vital organs. Instead of exposing the entire body to harmful levels of toxicity, we can target specific organ sites and deliver high doses of radiation or chemotherapy directly to the tumor.

- ▶ **Hyperthermic intraperitoneal chemotherapy (HIPEC)** – HIPEC treats certain advanced cancers of the abdomen, including peritoneal cancer. It delivers a high concentration of heated cancer-fighting drugs directly to the cancerous area. Sometimes called hot chemotherapy or heated chemotherapy, HIPEC minimizes exposure to the rest of the body, reduces side effects of chemotherapy and improves curative efforts.
- ▶ **Chemoembolization** – We can help improve quality of life for cancer patients with inoperable tumors by shrinking tumors with chemoembolization. The therapy delivers cancer-fighting drugs directly into the tumor and blocks the blood vessels that provide essential nutrients and oxygen. This process soaks the tumor in a high concentration of drugs for a prolonged period of time, which eventually causes cells to die. Chemoembolization reduces the exposure of healthy tissue to the drugs and minimizes side effects caused by conventional chemotherapy.
- ▶ **Radioembolization** – Similar to chemoembolization, but with radioembolization, small beads with attached particles that emit radiation are directed into the liver through the main artery supplying the liver. This type of treatment has been particularly effective for neuroendocrine tumors and colorectal cancers that have spread to the liver. This is usually done when surgical removal is not an option.
- ▶ **Isolated limb infusion** – This type of therapy perfuses an extremity (like a leg or arm) with high concentration of chemotherapy, while limiting the rest of the body's exposure to the drug. This type of therapy is typically used when treating melanoma that has progressed into a limb. Sometimes it can also be used successfully for patients with sarcoma of the extremity.

### TO REFER A PATIENT

Goshen Center for Cancer Care provides holistic, complete care for patients. To refer a patient, call (574) 364-2962.

If you would like more information or to meet any of our doctors, please contact **Jenny Rupp, Physician Liaison**, at [jrupp2@goshenhealth.com](mailto:jrupp2@goshenhealth.com) or (574) 364-2978.