



Bermuda  
Cancer and  
Health Centre

| JUNE 2022 |

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# 5 YEARS

OF PROVIDING  
RADIATION THERAPY

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TRUEBEAM

# Congratulations Bermuda Cancer and Health Centre

Dana-Farber Brigham Cancer Center celebrates the 5th anniversary of the **Bermuda Cancer and Health Centre** – Bermuda’s first on-island radiotherapy service. We are proud to collaborate to offer residents of Bermuda the most advanced treatments for cancer care close to home.



YEARS



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# World-class cancer care right here at home

Congratulations to the **Bermuda Cancer and Health Centre** on five years of radiation therapy excellence. As a founding sponsor of the radiation facility, we at BF&M are proud to celebrate this milestone.



## *Bermuda Cancer and Health Centre: The Overview*

**M**any organisations have missions, but few honour them as steadfastly as Bermuda Cancer and Health Centre. With its noble mission “to provide the highest standard of early detection, radiation treatment, support, care and education for cancer and other diseases to all,” Bermuda Cancer and Health Centre is committed to ensuring stellar health service is accessible to all members of our community.

Globally, about one in three people are diagnosed with cancer within their lifetime. Far from being a statistical outlier, Bermuda is estimated to have cancer ratios similar to the United States and slightly higher than the United Kingdom. What’s more, within our close-knit community, the impact of each cancer case ripples so that cancer touches the lives of every one of the Island’s inhabitants.

Unfortunately, before the Centre opened its Radiation Therapy Unit in 2017, many of those cases could not receive treatment because they could not afford the cost of overseas care. Over the past five years, the Centre estimates that 316 patients have received treatment when they would have been unable to afford the same treatment overseas.

Beyond cost savings, there are multiple benefits to enabling residents to remain in Bermuda during their radiation therapy treatments. Many of the Centre’s patients require less than an hour a day for their treatments and are thus able to continue working. They maintain their daily routines, enjoy the comforts of home, and lean on the support of their family and friends, the importance of which cannot be overstated.

The radiation therapy that the Bermuda Cancer and Health Centre provides is world-class, boasting a clinical affiliation with one of the top cancer treatment centres in the United States, Dana-Farber Brigham Cancer Center. Through this working relationship, our local patients receive care of an extremely high calibre.

Staying true to its mission to provide this high standard of care “to all,” Bermuda Cancer and Health Centre continues to perform treatments with absolutely no co-pay. As a result, patients recommended for radiation therapy do not have to worry about how to cover the cost and can instead focus on their health.

This mission extends to those without any insurance at all. The Centre’s community-

driven Equal Access Fund covers medical expenses for the uninsured so that they, too, can receive the care they require. In the past five years, 37 radiation therapy patients have been completely covered by the Equal Access Fund; the community’s generosity has truly changed these 37 lives.

As Bermuda Cancer and Health Centre’s Radiation Therapy Unit heads into the next five years, it is exploring new ways to improve cancer outcomes while fiercely upholding its mission for all.



# Healing with WHOLE FOOD

**Provide your body with the tools it needs to fight and heal.**

Wholesome, nutritious food can go a long way towards easing side effects of radiation therapy, as well as aiding in the fight against cancer itself.

Be sure to chat with your radiation oncology team. They can advise you on foods you should eat, and those to avoid, while undergoing treatment and recovery.



**5 YEARS ANNIVERSARY**

**RADIATION THERAPY**

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*Lindo's Group of Companies takes this opportunity to thank all those caring and dedicated healthcare workers at Bermuda Cancer & Health Center who are committed to the fight against cancer, and the well-being of patients.*

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## Cost Effective, Modern Care for Bermuda

**THE RADIATION THERAPY UNIT PROVIDES MANY BENEFITS TO THE ISLAND**

**S**ince the Radiation Therapy Unit opened at Bermuda Cancer and Health Centre in 2017, it has provided treatments to over 700 patients.

Radiation therapy kills cancer cells by damaging their DNA so that they stop dividing and eventually die. Treatment can take days or weeks, and then the cancer cells continue to die for quite some time after the treatment has ended. Sometimes, radiation therapy is sufficient, but it may also need to be combined with other cancer treatments like surgery or chemotherapy.

The Centre can treat 95% of all cancers that respond to radiation therapy, making it an excellent choice for patients with the most commonly diagnosed types of cancer in Bermuda. Breast, prostate, and skin cancers are just some of the cancers that the Centre's Radiation Unit can treat.

"In Bermuda, our most common treatment sites for radiation therapy are breast and prostate," observes Dr Chris Fosker, medical director and radiation oncologist at Bermuda Cancer and Health Centre. "Breast cancer is the number one cancer affecting women in Bermuda, with one in eight women expected to be diagnosed in their lifetime. In men, prostate cancer is the number one cancer in

Bermuda, with one in six men expected to be diagnosed in their lifetime. At Bermuda Cancer and Health Centre, we have the biopsy services to accurately diagnose these cancers early and the radiation therapy services to effectively treat these patients."

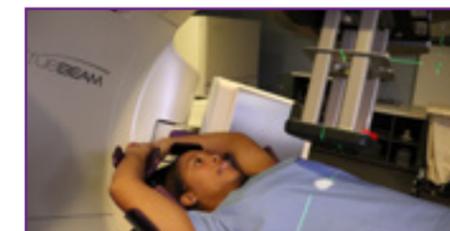
In addition to curative treatments, radiation therapy is also used to alleviate symptoms through palliative treatments. 278 palliative treatments were provided to reduce the tumour burden to ease patients' pain or relief of other symptoms. 27 were emergency treatments, resulting in better patient care and over half a million dollars in cost savings was realized just in air ambulance alone (cost of air ambulance is \$20,000-25,000 one way).

Although curative radiation therapy takes place over days or weeks, the appointments are quite brief. At Bermuda Cancer and Health Centre, the TrueBeam™ linear accelerator delivers the highest radiation dose in shorter sessions. With targeted radiation that spares healthy tissue, this accelerator has the ability to target even the smallest lesions. Each appointment takes about 15 to 30 minutes, which means that many patients can continue with their usual routines while receiving treatment locally.

"Before the Radiation Therapy Unit opened, patients travelled abroad for weeks to receive

15 minutes of treatment per day," stated Lynne Woolridge, Chief Executive Officer. "There is a huge financial cost when you factor in the airfare, accommodations, and other travel expenses, on top of the treatment costs. In addition, depending on the patient, there might be opportunity costs in terms of lost wages or hiring caregivers for children, etc. However, receiving treatment in Bermuda only costs about one third to one half of treatment abroad."

Woolridge continued, "I would argue that the highest cost of overseas treatment is the interruption to the patient's daily life and support system. Evidence suggests that being surrounded by family and friends improves patients' healing and chances of survival; anecdotally, we see it. The ability to stay in Bermuda and receive exceptional cancer treatment while remaining close to the people you love is priceless."





# CONGRATULATIONS

TO THE B.C.H.C RADIATION THERAPY UNIT ON YOUR 5TH ANNIVERSARY OF VALUED SERVICE TO OUR COMMUNITY WE'RE HONOURED TO BE YOUR SERVICE PROVIDER OF CHOICE AND WISH YOU CONTINUED SUCCESS IN THE YEARS AHEAD!

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## Working with World Leaders in Cancer Care

### TREATMENT BY AFFILIATION WITH DANA-FARBER BRIGHAM CANCER CENTER

**B**ermuda Cancer and Health Centre's radiation therapy unit has the honour of being clinically affiliated with Dana-Farber Brigham Cancer Center.

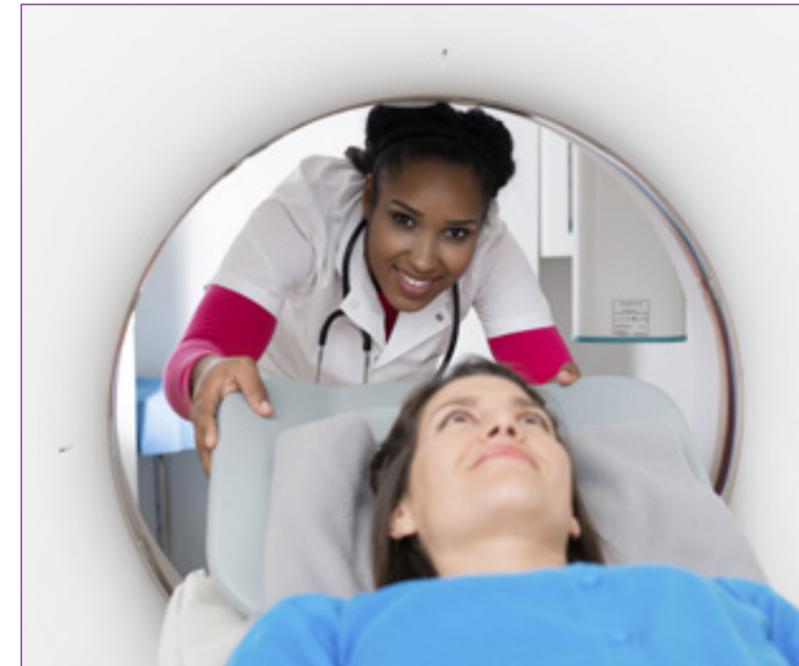
One of the leading cancer centers in the world, Dana-Farber Brigham Cancer Center, is the top cancer centre in New England and is ranked fourth in the entire United States. It is also a Harvard Medical School Teaching Hospital, which allows it to recruit exceptional physicians and researchers.

Dana-Farber Brigham Cancer Center has a history of cancer specialists supporting the local hospital and had long been an overseas choice for many requiring cancer treatments. When Bermuda Cancer and Health Centre began to investigate providing radiation therapy, it became clear that this was an opportunity to move forward together.

"Our clinical affiliation with Dana-Farber Brigham Cancer Center was formalised in 2015 and was instrumental in the design and development of our Radiation Therapy Unit," explains Dr Fosker. "In addition, Dana-Farber Brigham Cancer Center helped us develop our clinical model and provided input on policies and procedures."

Dr Fosker further shared, "One thing that stood out about Dana-Farber Brigham Cancer Center was their ability and willingness to understand Bermuda's idiosyncrasies. They have such a wealth of knowledge, but they still were able to step back and ask, 'Okay, how do we make this work for Bermuda specifically?'"

In practical terms, the clinical affiliation with Dana-Farber Brigham Cancer Center means that Bermuda Cancer and Health Centre can offer its patients the same level of care they would expect to find if they travelled abroad to Dana-Farber Brigham Cancer Center in Boston.



The Bermuda Cancer and Health Centre team collaborates with cancer-specific specialists at Dana-Farber Brigham Cancer Center to develop individualised treatment plans for each patient. In addition, the local Radiation Therapy Unit uses the same treatment systems, software, radiation therapy protocols and quality assurance programmes as Dana-Farber Brigham Cancer Center.

"At any given time, we could have Dana-Farber Brigham Cancer Center members practising here in Bermuda," stated Dr Fosker. "Brigham Senior Technologists provide care in Bermuda on our machines, the top oncologist at Harvard provides locum coverage and sees patients in Bermuda."



*"So, in addition to our local team, our patients have access to multiple medical professionals from one of the world's best cancer centres, all without leaving the Island or even paying a co-pay."*



"There is a lot of knowledge transfer due to our clinical affiliation," indicated Dr Fosker. "Our systems are set up to sync information seamlessly with Dana-Farber Brigham Cancer Center. We conduct regular meetings with their team, and our doctors also have the opportunity to go to Boston to observe (their doctors and procedures) so that we stay current on all the latest developments."

When COVID-19 reached Bermuda in March 2020, Dana-Farber Brigham Cancer Center immediately asked how it could help Bermuda Cancer and Health Centre, its only satellite outside of the Boston area. The local team used knowledge about how the Dana-Farber Brigham Cancer Center was handling COVID-19 procedures and applied that knowledge to Bermuda without missing a day of radiation therapy.

"Our collaboration with Dana-Farber Brigham Cancer Center gives residents of Bermuda access to world-class cancer treatment and the latest advances in radiation therapy," Dr Fosker continued. "This is a model that our patients feel confident in and trust."



# The Impact of Providing Radiation Therapy

On Island Over the Last 5 Years

Bermuda Cancer and Health Centre has spent **\$32.6** million providing radiation therapy in Bermuda in an effort to improve patient outcomes and reduce the cost to the local health care system.

## Improved Access and Accessibility

Since opening in 2017, people in Bermuda...

are **2x** more likely to receive radiation therapy

have **4x** more access to radiation therapy, for HIP and uninsured

have **6x** more access for palliative patients (previously rarely were sent overseas)

**\$7.9M** in treatment costs subsidised by Bermuda Cancer and Health Centre (for under insured & uninsured), reducing the financial burden on patients and the LCCA.

## Reduced Cost to Island's Healthcare System:

**\$35M** Saved by receiving treatment locally vs. overseas

**\$500K** Saved by not having to air ambulance emergency patients overseas

## Local Usage of Radiation Treatment Since 2017

**954** Consults for people referred for radiation therapy

**732** People in Bermuda received radiation therapy

**80** Number of people per year who received treatment overseas before 2017

**279** Number of treatments where the cost was not fully covered by health insurance (HIP & Futurecare)

**37** People treated who had no health insurance

**27** Number of emergency cases where treatment within 24hr was life changing



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## CONGRATULATIONS



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on the 5th Anniversary of the  
Radiation Therapy Unit.



## The Benefits of Palliative Radiation Therapy Locally

HELPING INDIVIDUALS AND OTHER CHARITIES AS WELL

While many people think of radiation therapy as a curative treatment for getting rid of cancer, it can also be used as a palliative treatment. Instead of aiming to cure the patient of cancer, palliative treatment aims to make cancer smaller, slow its growth, or provide relief from some of the symptoms cancer is causing.

Over one-third (278 out of 817) of the radiation therapy treatments provided by Bermuda Cancer and Health Centre over the past five years have been palliative treatments. This is significant because neither H.I.P. nor FutureCare covered the cost of receiving palliative treatment overseas; before the Radiation Therapy Unit opened, these patients and uninsured patients would have had to cover all the expenses of travel and treatment themselves if they could afford to do so. Of the palliative treatments that Bermuda Cancer and Health Centre has provided, about half (132 treatments) would not have had insurance coverage to have care overseas.

"It is shocking how many people had been suffering from symptoms that could have been alleviated with palliative radiation therapy, improving their quality of life, all because they could not afford to go away for treatment," shared Dr Fosker. "With the Radiation Therapy Unit and our Equal Access Fund, we have the ability to give patients a better quality of life, regardless of their ability to pay."

By offering palliative treatment locally, Bermuda Cancer and Health Centre has reduced the burden on another local charity, the Lady Cubitt Compassionate Association (LCCA).

"The LCCA does such amazing work in the community. It assists patients in financial need with accessing overseas medical and surgical treatments unavailable in Bermuda. By offering radiation therapy services in Bermuda without any co-pay and without any charge for the uninsured, we enable LCCA to direct their funds to patients with other needs," declared Dr Fosker.

Even for patients who could afford to travel for palliative treatment, the local option is more appealing.

"We're talking about patients who need treatment because their symptoms are causing them pain and discomfort; these are not ideal conditions for travelling," said Dr Fosker. "With the local treatment option, these patients avoid the stress of travelling in poor condition. Instead, they are able to enjoy the comforts of home and cherish precious time with the people they love."

Family members of patients appreciate the option to better care for their loved ones by staying in Bermuda as well. David Chiappa shared, "My brother, who is physically and mentally challenged, received palliative treatment with thoughtfulness and genuine care. They understand."



Cancer symptoms can become emergency situations when a patient presents with large amounts of bleeding or spinal cord compression.

"We have conducted 27 emergency treatments over the past five years," explained Dr Fosker. "Before the Radiation Therapy Unit opened, these emergency patients would have had to travel in an air ambulance to be treated in the US, not always possible in the 24hr treatment window. Of course, urgent treatment makes a world of difference in an emergency situation. Having the ability to treat emergency patients here has resulted in better patient care as well as cost savings."



## Congratulations

Bermuda Cancer and Health Centre's radiation therapy unit on your five year anniversary of providing this critical service!



Your friends at the St. Baldrick's Foundation are grateful to partner with such an impactful organization in the fight to cure all cancers!

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# Cancer Care Available for Everyone

## THE BENEFITS OF THE EQUAL ACCESS FUND AND HOW YOU CAN HELP



Two tiny words in Bermuda Cancer and Health Centre's mission, "to provide the highest standard of early detection, radiation treatment, support, care and education for cancer and other diseases to all," are the basis for the Equal Access Fund. "To all" means that each and every person should have access to the same high standard of care.

As a registered charity, Bermuda Cancer and Health Centre is able to offer clinical services without charging its patients

a co-pay. When patients come in for mammography, ultrasounds, biopsies or radiation therapy, they pay no out-of-pocket costs. In some cases, the patients have insurance coverage, which helps to offset some of the Centre's costs. In other cases, however, the patients do not have any insurance at all.

The Equal Access Fund subsidises the cost of services at Bermuda Cancer and Health Centre so that every patient can receive recommended diagnostic imaging and radiation therapy treatment.

*"With cancer, timing is so incredibly important," acknowledged Dr Fosker. "Early detection and treatment saves lives. We don't want cost to be a factor in delaying lifesaving cancer services. The Equal Access Fund removes that from the equation so that people know they can get themselves checked without worrying about a bill from the screening appointment."*

If cancer is detected, treatment costs can be astronomical, with some radiation therapy treatments costing up to \$100,000.

"Someone who is concerned about being unable to pay for a screening might think there's no point in getting screened anyway because they certainly couldn't afford cancer treatment," explains Dr Fosker. "But at Bermuda Cancer and Health Centre, we tell our patients up front that they do not have to worry about paying for their treatment with us. We look at each individual case and the team of experts from Dana-Farber Brigham Cancer Center design the best-individualised radiation treatment plan based on the medical evidence and not what the patient can afford to pay."

The Radiation Therapy Unit at Bermuda Cancer and Health Centre allows uninsured patients in Bermuda to receive radiation therapy treatment, all covered by the Equal Access Fund.

"Before the Radiation Therapy Unit opened, we could not provide those services on Island, so patients had to go overseas to receive radiation treatment. Those patients who had insurance were relying on their insurance to cover their medical costs and coming out of pocket for whatever their insurance didn't cover, which could be tens of thousands of dollars," revealed Dr Fosker. "People without insurance were left to cover the entire cost of treatment themselves. Tragically, some people were simply unable to afford this level of expense and died from cancer that could have been treated."

Since the Radiation Therapy Unit opened in 2017, treatments have been provided to over 279 HIP and FutureCare patients, who are usually subject to co-pays, and to 37 patients who had no insurance at all.

Almost immediately, the impact of the Radiation Therapy Unit could be seen. Bermuda Cancer and Health Centre treated about 129 people within the first year. The previous year, King Edward VII Memorial Hospital had only referred 85 people, the majority of whom had major medical insurance for overseas care.

"There wasn't a sudden doubling of cancer patients requiring radiation therapy that year," stated Dr Fosker. "What we saw was the impact of people being able to access and afford treatment. It highlights the number of people who were previously slipping through the cracks. Nor was it a case of overutilization; all of our treatment decisions and plans are peer reviewed by the team at Dana-Farber Brigham Cancer Center."

The Equal Access Fund is possible because of donations from the community. Funds raised from events and donations are pooled into the Equal Access Fund to provide services to people who would otherwise be unable to afford them.



If you would like to contribute to the Equal Access Fund

Please visit [cancer.bm](http://cancer.bm) or call 236-1001 to donate.

"We are extremely grateful to the community for continuing to support Bermuda Cancer and Health Centre and the Equal Access Fund," stated Deborah Titterton Narraway, Chief Marketing Officer. "The majority of our donations come from individual donors, with sponsorship from our corporate donors making our fundraising events possible. It's truly a grassroots effort."

While community fundraising has been able to provide hundreds of treatments to those in need, there is still a gap to fill.

"Realistically, the Equal Access Fund requires about 1.8 million dollars per year," continued Titterton Narraway. "We have a steady base of supporters, but we have been unable to hit that fundraising mark, which means we need more help to close the gap."





**Congratulations to  
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for 5 years of community care and excellence.**

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## The People Testify

### REAL PATIENTS SHARE THEIR STORIES AND EXPERIENCES AT BCHC

**S**itting in my kitchen at 9:45 pm, I'm attempting to find the right words to express the feelings that I'm experiencing now that my treatment is coming to end tomorrow morning.

Never in a million years would I have expected to feel so comforted. This is without doubt the scariest thing I have gone through in my life. All the women on the staff that got me through my radiation treatment are PERFECT, and I hope to God they never leave. I feel so fortunate to have had them there with me. I can't imagine this journey without any of them.

I don't know if Lily, Tracey, Diane, Sarah, or Ellen will ever be able to see this note; for those who will, you will never have a better team, and I am beyond thankful.

The end for me was beyond bittersweet.

Fondly,

Gina Ingham 

**F**rom the moment you enter the building, you are treated as an individual and not a number. The professionalism of the staff is great, friendly and they take care of your needs.

Anthony Spence 

**I** was diagnosed at Bermuda Cancer and Health Centre through my routine annual mammogram. It was the last appointment on a Friday, and by Monday, I was being called back in and diagnosed with breast cancer.

The treatment pathway was one-stop shopping for me, diagnosed in Diagnostic Imaging, a lumpectomy, and radiation therapy. I went to treatment and then to work. I didn't stop working at all.

If you have to go through a cancer journey, I cannot think of a better people to travel that road with than the group at Bermuda Cancer and Health Centre; they were beyond everything you could possibly hope for.

My sister also had breast cancer and her treatments were done overseas. I can absolutely say that Bermuda Cancer and Health Centre is on par, if not superior, in the attention, care, details and follow-up; everything was tremendous.

Phillippa Metschnabel 



**I** am going to be positive from the very beginning. I wasn't that concerned because I go to the doctor all the time, so they must have caught it early.

My radiation treatment was a very good experience. All the ladies there (radiation therapists and nurses) were wonderful, and they made the experience so pleasant that I actually miss them.

I was going to Bermuda Cancer and Health Centre every day for two and a half months for treatment. When you walk in, the atmosphere, warmth, and experience was so nice. They were beautiful, every last one of them.

Life goes on and this is just a little blip in the road to reaching my momma's age of 96. I know I am going to beat this. With their help, I am happy.

Kevin Smith 

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## How we Measure Progress

### TRACKING THE IMPORTANT THINGS IN LIFE

**H**ow does one measure the progress made at Bermuda Cancer and Health Centre's Radiation Therapy Unit over the past five years?

Is it measured by the number of people served? Over 950 new consultations took place (people referred for radiation therapy), with more than 810 courses of treatments provided since 2017. Of the 732 patients who received treatments, 66 patients received multiple courses of treatments.

Perhaps it is measured by the financial impact? On average, local radiation therapy costs less than half of overseas treatment, saving insurers millions of dollars each year. Instead of paying for airfare, hotels, and per diems for food and ground transportation, in addition to the treatment itself, insurers are now only responsible for the radiation therapy treatments. As a result, patients receive internationally acclaimed care with minimal disruption to their lives at a much lower price point.

What if it is measured by the impact of who now has access to care that was previously unavailable to them? Bermuda Cancer and Health Centre has covered the co-pay for 279 courses of treatment and fully covered a further 37 courses of treatments for patients without insurance. In addition, palliative care became an option for 132 patients who were either uninsured or whose insurance did not cover overseas palliative treatments.

"Our presence over the past five years has been hugely impactful," confirmed Dr Fosker. "We have been able to treat hundreds of people, and we can see the stark difference between the number of people who were receiving overseas treatment before there was a local option and the number of people who are now receiving radiation therapy locally. There was a substantial gap, and we have been able to make that gap much smaller."

Qualitatively, progress might be measured by patient feedback. The Radiation Therapy Unit has exceeded its goals for patient satisfaction since its inception. Over the past two years, all except one of the patients surveyed would recommend treatment in Bermuda.

"It's important to note that our local Radiation Therapy Unit is not the last resort for people who have no other options," stated Dr Fosker. "Yes, we treat people who cannot afford it. However, we also treat those who want to be able to go right back to work after their appointments, parents who want to spend time with their kids, and people who want to be close to their support systems during a stressful time. We offer world-class service with a Dana-Farber Brigham Cancer Center clinical affiliation. Our patients are delighted with their service and are happy to receive it in Bermuda."

The team has grown over the past five years, enabling shorter wait times between referrals and initial appointments. In 2021, 90% of new patients received an appointment within two weeks of referral, an impressive feat considering COVID-19. The Radiation Therapy Unit now has one and a half full-time physicians (one physician is shared with Bermuda Hospitals Board), two full-time nurses, four full-time therapists, a medical physicist, and administrative staff.

Another area of progress is the introduction of new treatments. Recently, Bermuda Cancer and Health Centre announced a new treatment option, stereotactic ablative radiotherapy (SABR), which is also known as stereotactic body radiation therapy (SBRT). This advanced treatment is a specialised type of external beam radiation that allows extremely precise delivery of radiation. The technique can be completed in three to five treatments over only one to two weeks by delivering high doses of radiation to tiny targets.

"SABR is effective in the early stages of cancer when the lesions are small," explained Dr Patrick Murray, radiation oncologist. "It has a similar success rate to surgery and could treat an early lung cancer diagnosis in three to five sessions, compared with more than 20 treatments of traditional radiation."

Bermuda Cancer and Health Centre anticipates more progress in the near future, as it stays current with the latest developments in cancer treatment. Soon, the Centre will offer stereotactic radiosurgery (SRS), which delivers high-dose treatments to treat small brain tumours.

"One of the many benefits of our clinical affiliation with Dana-Farber Brigham Cancer Center is that we stay on the cutting edge of medicine," noted Dr Murray. "I am very proud of what our Radiation Therapy Unit has achieved over the past five years, and I am excited to see what we can accomplish in the next five years."



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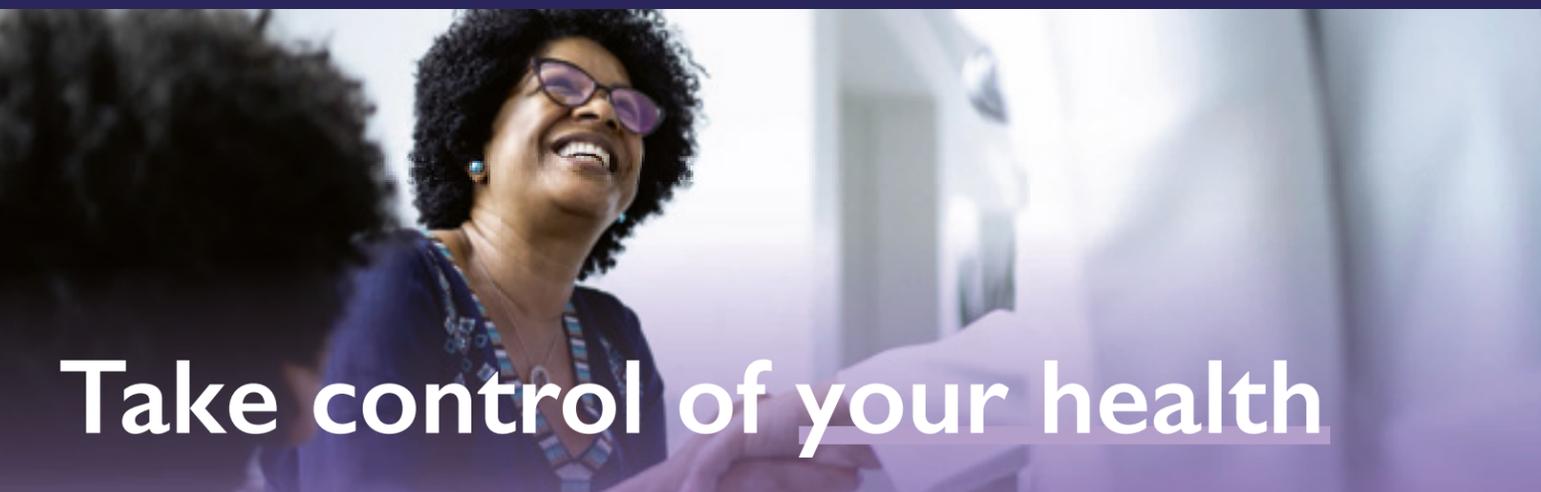
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# Take control of your health

When being referred for clinical services, make sure you are fully informed of your options. Talk with your physician and seek out the highest quality provider for your specific needs.

**Our Centre Provides:**

Mammography | Breast & Prostate Biopsies | Ultrasound  
Bone Densitometry | Radiation Therapy

**Equal Access Fund:**

Everyone has access to our clinical services, insured or not, thanks to the generous support of our community. Our commitment to delivering quality care begins with our dedicated, highly trained staff.



## All on the Same Team

### COLLABORATING ON THE NATIONAL CANCER CONTROL PLAN FOR CANCER CARE IN BERMUDA

**B**ermuda Cancer and Health Centre has the Island's only radiation therapy treatment unit. This does not mean, however, that it operates in a vacuum. In fact, there is an immense amount of collaboration between cancer care services in Bermuda.

Patients are referred for diagnostic imaging by their physicians. Several places offer diagnostic imaging services, including Bermuda Cancer and Health Centre. Once an initial diagnostic mammogram or ultrasound suggests cancer is present, the patient may need a biopsy to confirm the diagnosis.



Additionally, every radiation therapy patient requires a simulation scan conducted at King Edward VII Memorial Hospital (KEMH) by members of the Bermuda Cancer and Health Centre team.

After the diagnostic results have been confirmed, specialists review each case to determine the best course of action. Depending on the type and stage of cancer, the patient may require chemotherapy or surgery, which is conducted at KEMH, or radiation therapy, which is conducted at Bermuda Cancer and Health Centre's Radiation Therapy Unit.

More than 300 people are diagnosed with cancer in Bermuda each year, and roughly two-thirds of those patients would benefit from radiation therapy. The Centre refers patients overseas for specialist treatment in complicated or paediatric cancer cases, but 95% of all cancers that respond to radiation therapy can be treated here in Bermuda. Two-thirds of the radiation therapy treatments performed in Bermuda are curative, while the remaining treatments are palliative.

Dr Chris Fosker, Bermuda Cancer and Health Centre's medical director and radiation oncologist, is also the director of oncology at KEMH and a consultant at Brigham and Women's Hospital in Boston.

Bermuda Cancer and Health Centre works closely with another cancer charity, PALS, which provides quality care for patients and families, primarily in the home setting.

Dr Fosker shares, "We hold meetings every week with the doctors involved in cancer care. It is not a competitive situation; we all work together on providing patients with the best care."

Looking ahead, Dr Fosker anticipates more of a focus on the overarching cancer strategy for the next five to ten years.

*"In 2020, Bermuda Cancer and Health Centre brought on board an award-winning radiation oncologist, Dr Patrick Murray, who will be the primary radiation oncologist, allowing me the opportunity to focus on system change,"*

stated Dr Fosker. "We (all cancer stakeholders, led by Fosker) are creating a National Cancer Control Plan that will identify areas of focus to reduce the cancer burden and improve services for cancer patients and their families. Systematic, equitable, evidence-based strategies for prevention, early detection, diagnosis, treatment and palliation will enable us to maintain the highest level of cancer care."



# The Special People that make up the Bermuda Cancer and Health Centre

TEAMWORK MAKES THE DREAM WORK! ❤️

Radiation Oncology is made up of four unique medical specialties that focus on the treatment of cancer patients with radiation therapy (also known as radiotherapy):

## Radiation Oncologist

A medical doctor who completes training to specialise in the management of cancer patients, specifically using radiation therapy. Radiation Oncologists use cutting-edge technology and work in teams with other doctors to create and deliver radiation therapy to patients.



**Chris Fosker MBChB, BSc, M.R.C.P., F.R.C.R.**  
- Medical Director and Radiation Oncologist

Dr. Fosker is a clinical oncologist. He is the medical director and radiation oncologist at Bermuda Cancer and Health Centre (BCHC), director of oncology at King Edward VII Hospital in Bermuda and a consultant at Brigham and Women's Hospital, Boston.

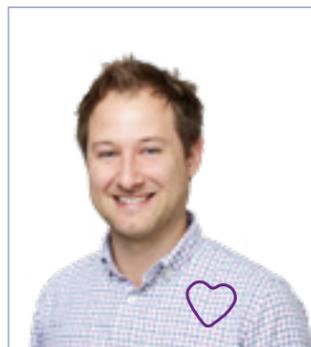


**Patrick Murray MB ChB MD MRCP FRCR**  
- Radiation Oncologist

Dr. Patrick Murray has moved from the U.K., where he worked as a Consultant Clinical Oncologist at Leeds Teaching Hospitals N.H.S. Trust. Patrick brings a focus on high precision radiation techniques such as S.B.R.T. and S.R.S. with a specialisation in head and neck cancer.

## Radiation Oncology Medical Physicist

A scientist who creates, implements, and monitors the delivery of radiation therapy, taking into account the protection and safety of patients and others involved in the treatment process.



**David Serratore MMP DABR**  
- Medical Physicist

David received his Bachelor of Science in Physics at Drexel University and his Master's degree in Medical Physics at the University of Pennsylvania in Philadelphia, Pennsylvania. Prior to his arrival in Bermuda, David was a Medical Physicist at Temple University Hospital and Assistant Professor at the Lewis Katz School of Medicine. David is board certified in Therapeutic Medical Physics by the American Board of Radiology.

*"As the radiation physicist at Bermuda Cancer and Health Centre, I tend to work behind-the-scenes developing and maintaining the technologies which deliver radiation therapy. Sometimes we refer to radiation therapy as 'x-rays in the healing arts'. Radiation can be a scary word, but the truth is it can heal, and it is therapy for so many people suffering from cancer.*

*Over the last five years, I've been witness to how these technologies can change lives. It's been a blessing to work with my colleagues at BCHC in bringing this healing therapy to Bermuda."*

## Radiation Therapists

Health professionals who design, calculate, and provide the radiation dose to patients and are responsible for ongoing patient care and wellbeing of the patient and their family over the length of treatment.

**Amanda Plante – Chief Radiation Therapist**

**Jennifer Grzesik – Radiation Therapist**

**Tracy Hoang – Radiation Therapist**

**Denise Deluz – Locum Radiation Therapist**

**Lillian Ralston – Radiation Therapist**



## Radiation Therapy Nurse

A health professional with a highly specialised knowledge base being able to recognise the risk factors and nursing interventions for the common side effects of treatment.

**Ellen Trueman – Radiation Therapy Nurse Director**

**Melissa Telemaque RN – Radiation Oncology Nurse**

*"In 2017 I was offered the opportunity to join the team at BCHC in setting up the radiation nursing service at the first ever Radiation Centre in Bermuda, and it's fair to say that there was only ever going to be one answer... YES!"*

*Reflecting back on the last 5 years I never imagined that this experience would surpass my expectations... but it has. It has turned out to be one of the most significant and rewarding experiences in my career as a radiation oncology nurse.*

*I am proud to say that I am part of an organisation that truly makes a difference to persons who need to access our services. Being able to provide radiation to everyone who needs it, regardless of insurance status or ability to pay is the essence of equitable and individualised healthcare.*

*I am humbled and privileged to be part of the radiation team and the past 5 years have, without doubt, been life changing, not only for many patients, but also for myself.*

*Thank you to Dr Chris Fosker for giving me this once in a lifetime opportunity".*

**– Ellen Trueman**



## Administrative Team

The radiation clinical team is heavily supported by our compassionate administrative team who coordinate and guide patients through their medical care experience, providing customised service and personal attention every step of the way.



**Michele Hypolite**  
- Clinical Director



**Terran Simmons-Talbot**  
- Radiation Therapy Practice Administrator

*"With over 30 years of nursing experience and the last 20 years being in Bermuda, I was super excited to join the team at BCHC in 2018 where my focus would change from facilitating overseas referrals for radiation treatment to managing an on-island service that would provide care to locals and residents no matter what their insurance coverage.*

*The quality of care that is provided at BCHC is of the highest caliber, meets international standards, and is provided by an amazing team that I would want my family members to be treated by. The commitment and passion of the team is undeniable and is consistently reflected in the patient feedback, with all but one*

*patient in the past 2 years saying they would recommend treatment in Bermuda. The most satisfying part of my job is knowing that patients who were previously unable to receive treatment are not only able to receive the highest quality treatment but can have treatment for their cancer without having to worry about financial burdens or leaving their family.*

*I am so proud of this team and all they have achieved in the past 5 years and look forward to the next 5 years where we continue to reach for the stars and provide the best quality care to all."*

**– Michele Hypolite, Clinical Director**



# Bermuda Cancer and Health Centre History

## THE JOURNEY OF CANCER CARE IN BERMUDA

While the Radiation Therapy Unit is only five years old, Bermuda Cancer and Health Centre has been a pillar of Bermuda's charitable community since 1945. Founded initially as the Bermuda Tuberculosis and Health Association, it is one of Bermuda's oldest non-profit organisations.

Here are some of the milestones on our journey while providing excellent care for all of Bermuda:



### 1945 - 1999

**1945** - Bermuda Tuberculosis and Health Association was founded to assist patients with tuberculosis. All immigrants required chest x-rays to screen for tuberculosis, and the radiologist interpreted the chest x-rays for immigration application.

**1955** - Operated a pharmacy to provide affordable medicines and ostomy supplies in addition to tuberculosis testing. Prior to becoming a separate organisation in 1979, the Bermuda Diabetic Association operated as part of the Bermuda Tuberculosis and Health Association and offered free blood glucose testing.

**1959** - Name changed to Bermuda Tuberculosis Cancer and Health Association. The organisation operated from a small building on Cedar Avenue in Hamilton.

**1982** - A Bermuda Tuberculosis Cancer and Health Association employee was given permission by the Chief Medical Officer to visit cancer patients in the community, in addition to her duties of visiting TB patients. In 1983 the newly formed PALS (founded in 1980) received funding for a full-time community cancer nurse.

**1999** - Became the first facility outside North America to have mammography units accredited by the Canadian Association of Radiologists.

### 2000 - 2010

**2000** - Purchased land to build a new diagnostic imaging and cancer information centre at 46 Point Finger Road, Paget.

**2004** - Purchased a bone densitometer to add bone density scans to its diagnostic services and opened Bermuda's first comprehensive Cancer Resource and Lending Library for patients and their families.

**2005** - Added ultrasound services.

**2007** - Name changed to Bermuda Cancer and Health Centre. Introduced the partnership between Bermuda Cancer and Health Centre, Partners HealthCare, Massachusetts General Hospital, Bermuda Hospitals Board, and Bermuda's Health Insurance Association.

**2008** - Began offering Bermuda's first digital mammography exams.

**2009** - Became a member of the Union for International Cancer Control.

**2010** - Became a member of the International Cancer Information Services Group and developed the Bermuda Cancer Information System.



### 2011 - 2020

**2011** - Achieved Gold Accreditation in Mammography from the American College of Radiology (ACR).

**2012** - Launched breast and prostate biopsies.

**2013** - Designated as a Breast Imaging Centre of Excellence by the American College of Radiology.

**2014** - Achieved Bermuda National Standards Committee (BNSC) certification.

**2015** - Signed a Memorandum of Understanding with Dana-Farber/Brigham and Women's Cancer Center to collaborate on a radiotherapy programme in Bermuda.

**2016** - Capital campaign launched to raise \$10 million for the construction of the Radiation Therapy Unit.

**2017** - Radiation Therapy Unit opens in clinical affiliation with Dana-Farber/Brigham and Women's Cancer Center. Bermuda's first 3D mammography is launched to provide more defined images for patients with dense breast tissue.

**2018** - Became the first international facility to earn American College of Radiology Accreditation for Radiation Therapy.

**2019** - Earned re-accreditation with Bermuda National Standards Committee.

**2020** - COVID-19 global pandemic causes Island to shelter in place, but Radiation Therapy Unit operates as an emergency service without missing a day.

### 2021 - Present

**2021** - Stereotactic body radiation therapy (SBRT) is introduced to allow extremely precise delivery of radiation.

**2022** - Celebrating 5yrs of providing Radiation Therapy service in Bermuda, accessible to all, regardless of their level of health insurance or ability to pay.



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**CONGRATULATIONS**

TO THE  
**Bermuda Cancer & Health Centre**

FOR  
**5 YEARS**  
of Outstanding Service

*We appreciate all that you do.*

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**Congratulations ON YOUR 5th ANNIVERSARY!**

We continue to support your fight for our community!

**From Management & Staff**

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**Gold Standard of Accreditation**

American College of Radiology (ACR) Accreditation is recognised as the gold standard in medical imaging. In 2019, the Centre received ARC Accreditation in Radiation Oncology. It is the only international facility to hold this recognition.

The ACR Accreditation is a voluntary process. Taking on this rigorous process demonstrates the Centre's ongoing commitment to excellence in patient safety and care.

**ACR**

**Bermuda Cancer and Health Centre**  
BERMUDA REGISTERED CHARITY #070

chc.bm info@chc.bm 441-236-1001

# Donate, Volunteer, or Support

THE MANY WAYS YOU CAN HELP BERMUDA CANCER AND HEALTH CENTRE HELP BERMUDA!



Bermuda Cancer and Health Centre provides cancer prevention education, early detection, radiation therapy, and support care to all Bermuda residents, regardless of their insurance coverage or ability to pay. As a non-profit charitable organization, the Centre relies on the community's generosity to fulfil its mission.

There are multiple ways to support Bermuda Cancer and Health Centre; some offer financial support, while others are able to provide their time. Each layer of support is critical to ensuring the Centre can continue to help those affected by cancer.

## Donate

Every donation, no matter the amount, is greatly appreciated. Donations contribute to education, early detection, and treatment funding. Bermuda Cancer and Health Centre is a registered charity (#70) and does not receive Government funding.

It is quick and easy to donate online at [cancer.bm](http://cancer.bm), on the phone at 236-1001 or in person at 46 Point Finger Road, Paget.

You can choose to make a single contribution or sign up for a monthly donation. There are also opportunities to purchase a tile on the Commemorative Tile Wall in the lobby, set up a tribute fund in memory of a loved one, or include a gift to the Centre in your estate planning.

In addition to individual donations, Bermuda Cancer and Health Centre welcomes corporate donations of any amount. For example, some companies offer employee matching programmes to encourage their employees to get involved and double the amount of money raised. Other companies may wish to provide gifts in kind to donate products and prizes for our fundraisers to encourage members of the public to participate.

## Volunteer

Bermuda Cancer and Health Centre employs a multidisciplinary team of radiologists, oncologists, diagnostic imaging technologists, radiation therapy nurses and therapists, patient services staff, community outreach professionals, accountants, and administrative personnel. This dedicated team depends on volunteers to orchestrate the charitable events that allow their work to continue.

There are so many people in our community with unique skills and talents. Volunteering is a fantastic way to apply these skills and gain new ones while making new friends.

The Centre invites anyone interested in volunteering to contact the Volunteer Manager at 236-1001 x 1005.

## Events

The most significant event on Bermuda Cancer and Health Centre's calendar is the annual Relay for Life presented by Liberty Mutual Insurance. Corporate sponsors generously cover all the event costs, allowing all the money raised by individuals to go directly to the Equal Access Fund. Each registration fee and Relay sponsorship makes a difference, with 97% of the funds raised going directly to the Equal Access Fund and 3% funding the American Cancer Society's Global Relay for Life initiatives.

Two other substantial annual events are the Breast Cancer Awareness Walk (sponsored by BF&M), which raises money for breast health education and the Equal Access Fund, and the AXA XL Man on the Run which raises funds for equal access to men's health initiatives.

"Your participation in these events makes an enormous difference," stated Deborah Titterton Narraway, Chief Marketing Officer, "so please encourage your friends to sign up with you, ask for pledges, and have a great time raising money to provide cancer care to all."



## Benefits For People In Bermuda

- 15,000** Treatment days patients have gained back, being able to remain active in their daily lives vs waiting in overseas hotel rooms
- 95%** Of the approximately 200 people referred for radiation treatment per year, can be treated in Bermuda
- \$0** Co-pay regardless of the level (or lack) of health insurance, less worry/stress about how to pay and more time to focus on wellness.
- 360°** Degree approach to cancer care providing continuous care even after treatment ends (specialised radiation nurses, dieticians, and therapist)
- 278** Palliative treatments provided, very few would have received treatment prior to 2017
- 57** People received timely pain management rather than having to wait to travel overseas
- 47** People received treatment for relief of other symptoms
- 27** People received immediate emergency access rather than waiting to arrange overseas transport and appointments, in many cases treatment was required within 24hrs
- 12** People received treatment for non-malignant conditions such as keloid scars



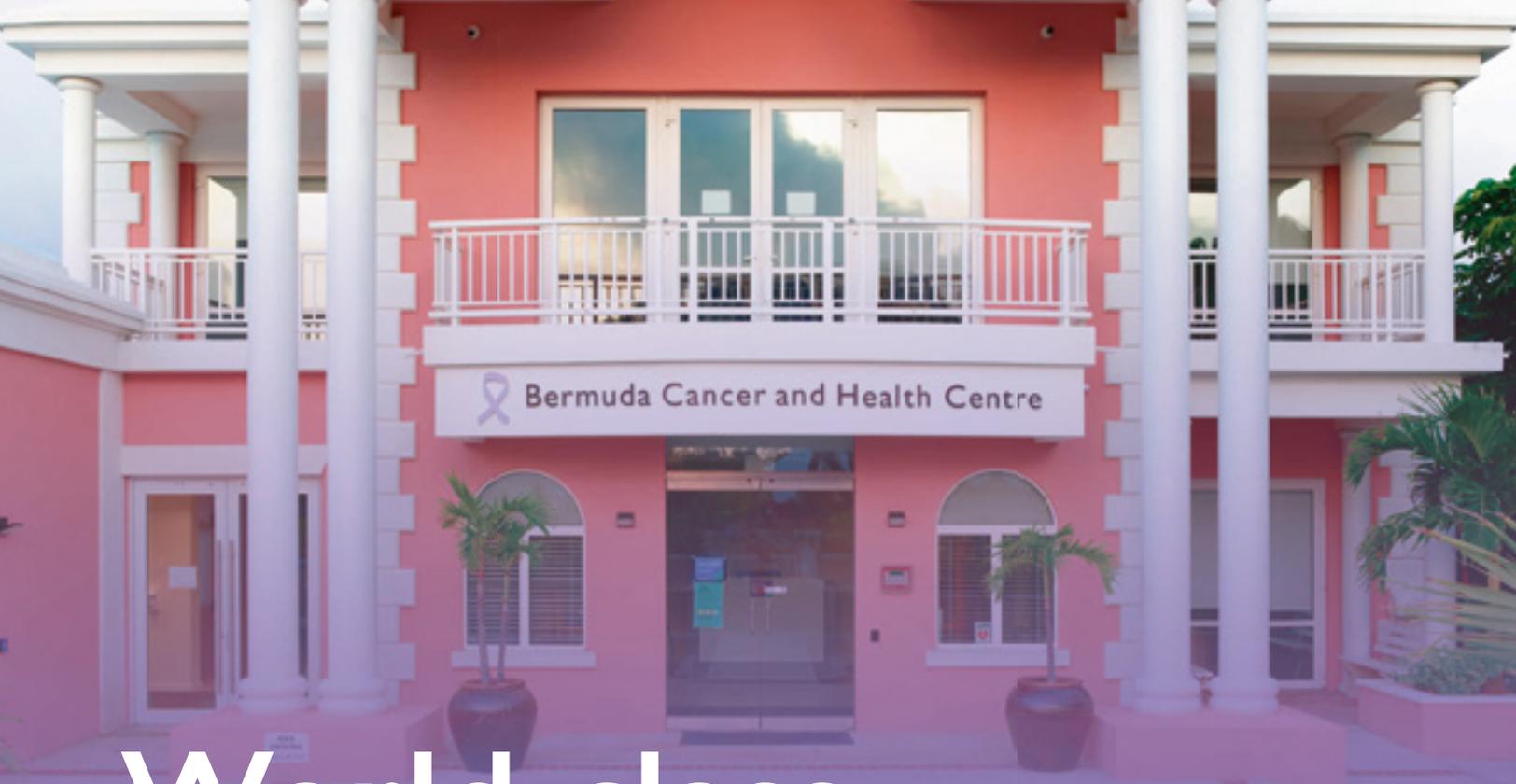
## International Quality Assurance



Ist & only international facility to receive American College of Radiology (ACR) accreditation in radiation therapy.

## Patient Feedback Since First Treating Patients in May 2017





# World-class cancer care, locally

Bermuda Cancer and Health Centre provides clinical services at the highest standard. Our diagnostic imaging services and radiation therapy treatments are conducted by compassionate, highly-trained staff.

As part of our mission to provide cancer care to all, we never charge a co-pay and our Equal Access Fund subsidises costs for the uninsured. You can afford early detection and treatment, no matter who you are.

## Diagnostic Imaging

3D and Digital mammography | Breast and Prostate Biopsies  
Ultrasounds | Bone Densitometry

## Radiation Therapy

We treat 95% of all radiation-treatable cancers  
Dana-Farber Brigham Cancer Center clinical affiliation

 Bermuda  
Cancer and  
Health Centre

providing  
**RADIATION THERAPY**  
in clinical affiliation with

DANA-FARBER/BRIGHAM AND WOMEN'S  
CANCER CENTER 