



# Radiation Oncology Newsletter

*"Dedicated to providing the latest information on new developments in the research and treatment of cancer."*

**MOUNTAINSIDE**  
HOSPITAL

1 Bay Avenue, Montclair, New Jersey ♦ 973-429-6096 ♦ Vol. II, No. 13

December 2009



**The 2nd Annual  
Virginia Hawkness Sawtelle  
Department of Radiation  
Oncology Lecture:  
"Breast and Ovarian Cancer  
Awareness"**

**With Special Guest Speaker  
Kristen Dalton  
Miss USA 2009**

**December 16, 2009  
12 Noon**

**Mountainside Hospital Auditorium**

Mountainside Hospital is delighted to welcome *Miss USA 2009, Miss Kristen Dalton*, to present an educational lecture addressing "Breast and Ovarian Cancer Awareness." One of the official causes of MISS USA®, breast and ovarian cancer is a platform that is close to Miss Dalton's heart. Serving as a spokesperson for breast and ovarian cancer education, research and legislation, she looks forward to traveling nationwide as an advocate for the Ovarian Cancer Research Coalition, the Susan G. Komen Breast Cancer Foundation and Gilda's Club.

Miss Dalton, now 22 years old, dreamed and shaped her goals since the age of three around the prospect of someday bearing the coveted title of MISS USA® and wearing the crown and sash. On April 19, 2009 at the Planet Hollywood Resort and Casino Theatre for the Performing Arts in Las Vegas, Nevada, as a world-wide audience of millions watched, that dream became a reality.

A native of North Carolina, Ms. Dalton majored in Psychology with a minor in Spanish at East Carolina University. She has traveled extensively throughout Spain and Guatemala during the past year and has taken the initiative to both educate herself and volunteer. She plans to resume pursuing her degree at the conclusion of her reign.

An accomplished singer, actor and dancer, Miss Dalton had the opportunity to sing the National Anthem at numerous sporting events, most notably at a Duke University-North Carolina college basketball game. She has appeared on hit television shows including "One Tree Hill." Her future goals include becoming a motivational talk show host, an Ambassador to the United Nations and continuing her passion of traveling worldwide.

Please join us for this special and free event.



## Total Mesorectal Excision

by  
**Robert Barbalinardo, M.D.**  
Attending Surgeon

Over the last twenty years, the treatment of rectal cancer has evolved to follow a well-accepted algorithm. As with most other forms of cancer,

treatment is based upon stage of disease.

Preoperative staging requires colonoscopy to identify mucosal disease, CT scan to rule out metastatic disease and either MRI or endorectal ultrasound to evaluate depth of penetration and pelvic adenopathy. Endorectal ultrasound may be a more user-dependent exam with some difficulty traversing bulky tumors, but in the right hands it can be very accurate for staging. MRI should be done with a rectal coil and, as such, is a very reproducible means of assessing tumor depth and pelvic nodes.

Surgery is still the primary treatment for rectal cancer. Patients with superficial tumors (T1 and T2) and no sign of pelvic adenopathy or distant metastatic disease should have surgical resection initially. When tumor depth increases (T3 or T4), or when pelvic adenopathy is identified, survival is improved with neoadjuvant pelvic radiation and chemotherapy followed by surgery.

The type of surgery done for rectal cancer has evolved considerably during the last twenty years. The pioneering work of Mr. Bill Heald in Basingstoke, UK, demonstrated beyond a doubt that most of the pelvic recurrences seen after surgery were due to incomplete removal of pelvic lymphatics. He developed the technique of Total Mesorectal Excision (TME) in which the mesorectum, an encapsulated fat pad containing virtually all of the perirectal lymphatics, is removed completely along with the rectal tumor at the time of surgery. His pelvic recurrence rates were less than half of that seen previously. This type of rectal cancer surgery has become the standard of care around the world and is available at Mountainside Hospital.