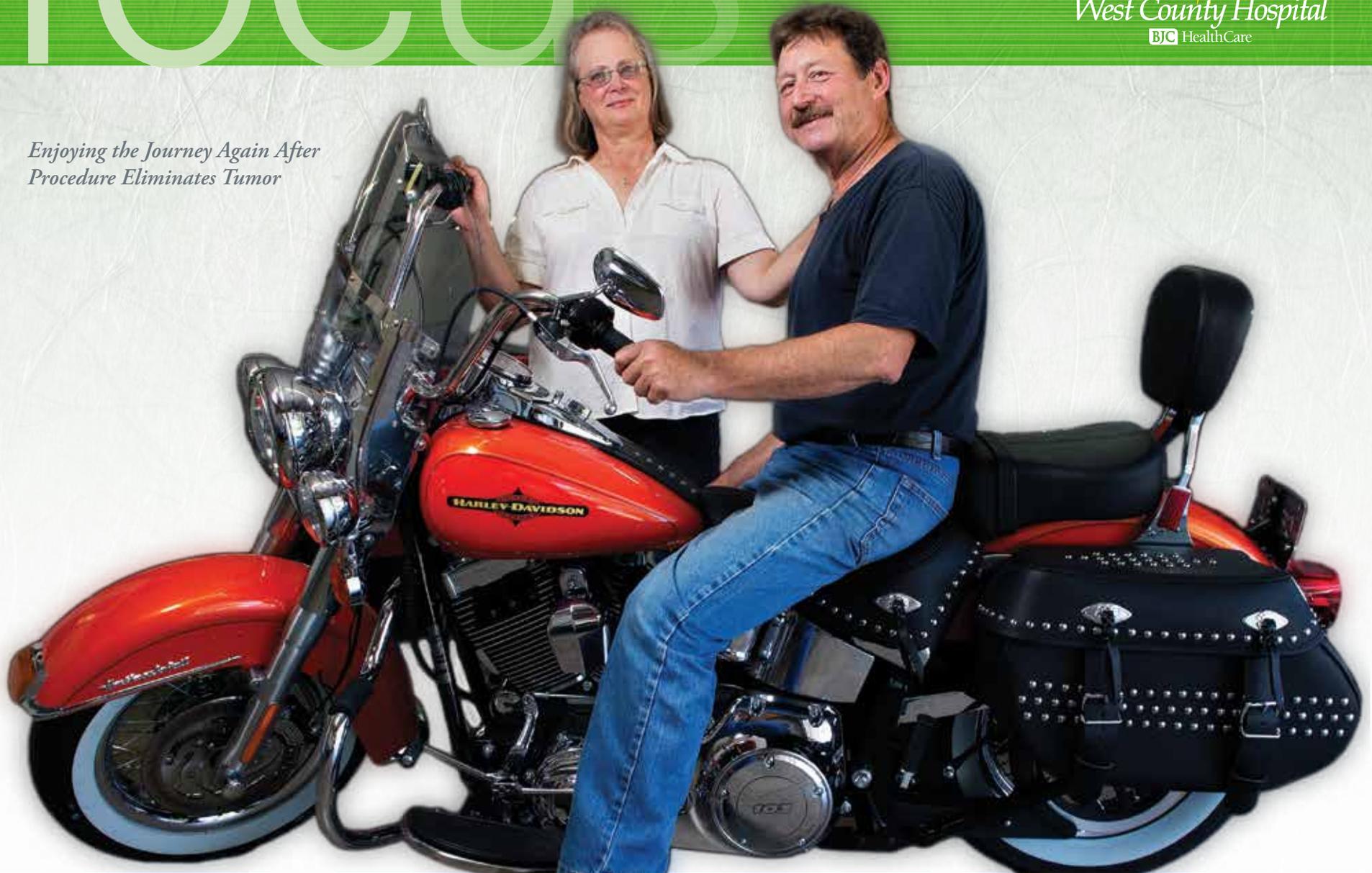


# focus

*Enjoying the Journey Again After  
Procedure Eliminates Tumor*



## INTERVENTIONAL MUSCULOSKELETAL RADIOLOGY

### Procedure Eases Pain for Cancer Patients

Sheila Morris doesn't like the "C" word but dislikes the "M" word even more. In 2002, while living in New York, she received a devastating diagnosis – breast cancer, the "C" word. She was relieved, however, that her diagnosis showed no metastases – the "M" word.

As a registered nurse, Morris was concerned three years later when she developed pain near the back of her left shoulder. The pain persisted. Following a battery of tests, it was discovered that her cancer had metastasized (spread) to her liver.

"The doctor initially couldn't determine the cause of the pain," Morris recalls. "Then they found a problem with my liver. In 2005, my cancer had metastasized." She suffered from a series of setbacks following chemotherapy, including congestive heart failure. She became septic, went into renal failure and was on dialysis. Recovery was long and painful but she was better. Her post-treatment recovery, both mental and physical, included a relocation to the St. Louis area in 2006.

"We thought the quality of life would be better and wanted to settle where Phil could do things he wanted to do without the stress of city," Morris says. "We wanted change after upheaval, to take the future day by day."

Some of that stress relief came in the form of long road trips on their Harley-Davidson exploring the beauty of Missouri and Arkansas. Morris continued with check ups every few months with Peter Weiss, MD, an oncologist at Barnes-Jewish Hospital. Early this year, she started having pain in her right collar bone. And once again, the pain persisted.

"Any time I have pain that doesn't go away, not constant, but pain over time, it's a signal to me that something's going wrong," Morris says. Dr. Weiss discovered a tumor on her right clavicle.

Dr. Weiss referred Morris to Jack Jennings, MD, PhD, a Washington University musculoskeletal radiologist, for a biopsy and tumor ablation. Dr. Jennings, who practices at both Barnes-Jewish Hospital and Barnes-Jewish West County Hospital, specializes in treating metastatic tumors that develop on the bones and muscles that are not responding to chemotherapy or radiation.

Last year, Dr. Jennings traveled to France to study with Afshin Gangi, MD, PhD, a pioneer in the field of minimally-invasive tumor ablation for treating bone tumors. Commonly used to treat tumors of the liver, kidneys and prostate, cryoablation to treat bone tumors is a relatively new procedure.

**"CT-guided cryoablation provides a new option for many patients with metastatic bone disease," Dr. Jennings says. "The tumor can be treated locally and aggressively, and in many cases completely."**



Sheila Morris | Photo: Tim Parker

“Through a tiny probe about the diameter of the tip of pen, argon gas is delivered to freeze and destroy the tumor. We use CT scan to better see the ablation zone and to accurately guide the probe. We also biopsy the tumor if requested by the referring physician.”

Morris was excited knowing that the procedure could very well eliminate the tumor and need for other treatment. “It knocked out the tumor,” she says. “It was wonderful not having to go through other treatments.

**It’s amazing. The tumor is gone.”** *(continued on page 6)*



Photo: Tim Parker

## Interventional Musculoskeletal Oncology Services at Barnes-Jewish West County Hospital

The interventional musculoskeletal (MSK) radiologists at Barnes-Jewish West County Hospital work with referring oncologists, radiation oncologists and surgeons to determine the best course of treatment for a metastatic tumor. With a quick referral and consultation process, an MSK subspecialist typically will see patients within 24 hours of the referral and discussion with the referring physician.

All the MSK radiologists at Barnes-Jewish West County Hospital are resident and fellowship trained at Washington University School of Medicine so patients can be assured of the experience of a strong academic, subspecialty trained MSK radiology department. A new procedure room and full time availability at Barnes-Jewish West County Hospital offers patients a convenient setting.

