

# Answers to Your Questions About MESOTHELIOMA

Diagnosis, treatment and patient care

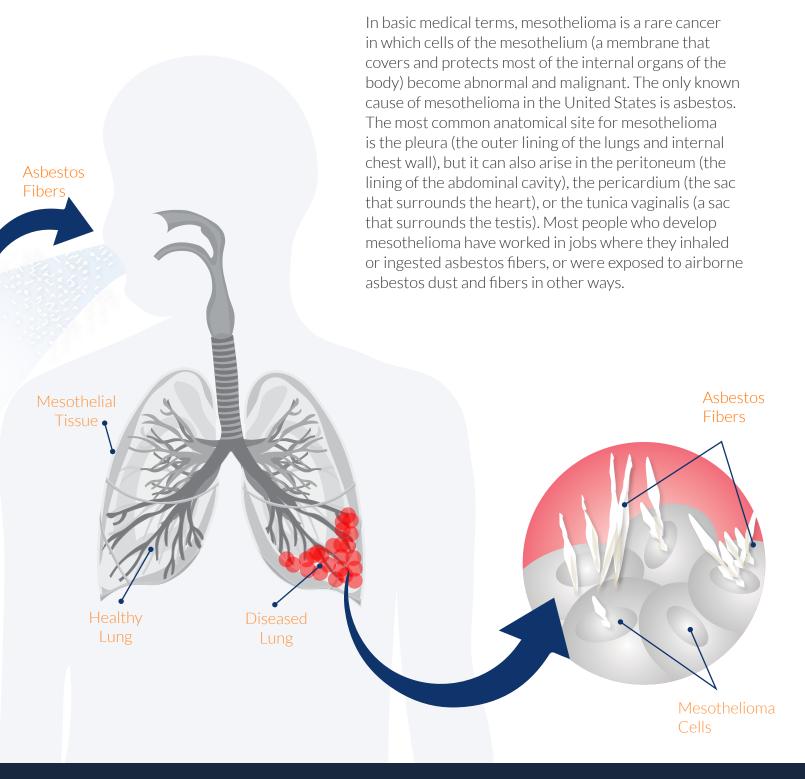
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# What is Mesothelioma?



## What are the Symptoms?

Mesothelioma symptoms may vary from person to person and a number of variables can be involved. Some of the more common asbestosrelated mesothelioma cancer symptoms associated with pleural mesothelioma and other types of mesothelioma as well include:

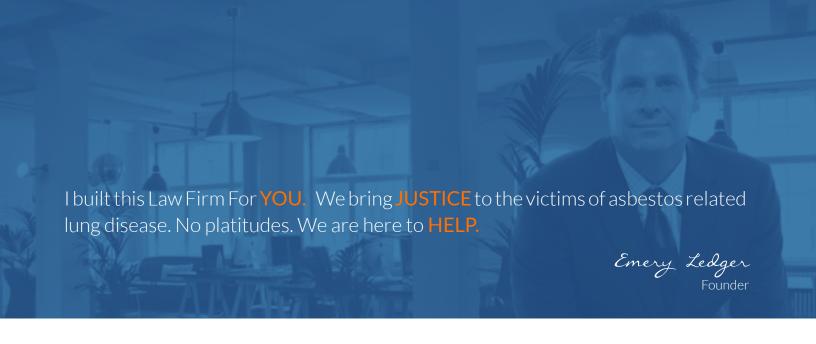
- Shortness of breath, difficulty breathing normally
- Severe coughing, coughing up blood
- Chest pain
- Rapid weight loss
- Impaired bowel function
- Abdominal bloating
- Persistent tiredness, fatigue even with minimal exertion
- Fluid retention in/around lungs

## How is the Disease Diagnosed?

Because the symptoms of mesothelioma are common to a wide range of other illnesses and diseases — the cancer may have progressed to an advanced stage by the time a diagnosis is made.

If you or a family member has symptoms of asbestos disease, especially with a history of exposure, you should seek medical treatment without delay. A family physician is a good start, but he or she will not be able to verify a diagnosis of mesothelioma or lung cancer caused by asbestos.





## However, you can expect some or all of the following:

**Exposure History** — A thorough review of the sources of known or likely exposure to asbestos, past employment, military service or secondary exposure, going back as much as 60 or more years.

**Physical Examination** — Documentation of the patient's symptoms, additional indications such as excess fluid in the chest cavity, general state of health and existing health conditions (comorbidity) that might affect treatment decisions.

In the initial physical exam or follow-up appointments, the doctor may order some or all of the following:

**Breathing Tests** — Blowing into a tube to gauge lung function.

**Blood Work** — Blood samples to obtain a baseline CBC (complete blood count).

Diagnostic Scans — X-ray, CT scan, PET scan or MRI of the pleural cavity (chest) or peritoneal cavity (abdomen) to corroborate a diagnosis and to pinpoint location, size and spread of the tumors.



**Biopsy** — Excision of sample of lung tissue or pleural tissue to verify the diagnosis and identify the type of cancerous cells and stage of the disease. This may be a needle biopsy under local anesthetic or a surgical biopsy in which the patient's chest or abdomen is cut open and samples are taken directly from different areas.

**Bronchoscopy** — Insertion of a flexible tube down the throat to visually inspect the lungs for scarring and fibroid masses (asbestosis) or tumors (cancer). The bronchoscope can also be used for biopsy.

#### Chemical or Microscopic Analysis —

Differentiating between types of cancer is critical to treatment. Advanced techniques allow the oncologist to determine if the biopsied mass is mesothelioma, lung cancer, another cancer or benign (non-cancerous).

All of these tests take a lot of time, especially if doctors have the patient wait for lab results. Plan to spend several hours if not the entire day at the clinic or hospital. Because mesothelioma is usually not diagnosed until the disease is already well established, treatment options may be limited.

# What are the Types of Mesothelioma?

Although it is technically a single membrane, parts of the mesothelium have been given different names in relation to the internal organs they surround. For instance, the membrane surrounding the abdominal cavity is called the peritoneum; the part surrounding the lungs and lines the wall of the chest cavity, the pleura; and the part of the membrane that covers and protects the heart is known as the pericardium. Mesothelioma cancers associated with these parts of the membrane include:

- Pleural mesothelioma (the most common diagnosis)
- Peritoneal mesothelioma (a rarer form)
- Pericardial mesothelioma (very rare)
- Testicular mesothelioma (very rare)

### Pleural Mesothelioma

Pleural mesothelioma affects the pleura, a sac surrounding the lungs that also contains the mesothelium membrane. It is the most common form of mesothelioma, but like all others — diagnoses made before the advanced stages of the disease are rare.

## Ashestos and Pleural Mesothelioma

Asbestos exposure is the most common denominator among individuals diagnosed with mesothelioma. In cases of pleural mesothelioma, asbestos fibers are inhaled and become embedded in the pleura or mesothelium where their naturally jagged shape causes inflammation. Eventually, 20 years or more later, this inflammation can morph into asbestosis, lung cancer caused by asbestos or mesothelioma.

Pleural mesothelioma symptoms include:

- Chest pain
- Persistent cough
- Shortness of breath, difficulty breathing normally
- Fluid build-up around the lungs
- Blood clots
- Loss of appetite/rapid weight loss



# Learning More about Mesothelioma What are the Types of Mesothelioma?

## **Medical Treatment Options**

The fact that mesothelioma is rarely diagnosed before its advanced stages means that treatment options for people diagnosed with pleural mesothelioma are most often limited and ineffective. Because of that, treatment strategies tend to be focused more on improving quality of life rather than on defeating the disease. Generally, treatment will include a combination of radiation therapy and chemotherapy with the specifics of the plan dependent on factors such as age, health, and the location of the tumor.

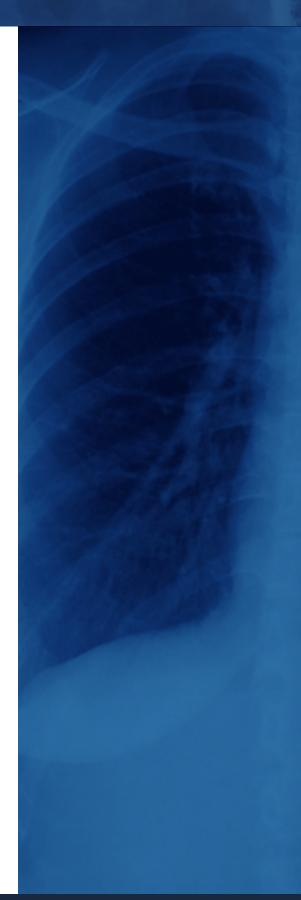
See Treating Mesothelioma on page 21 of this binder.

## Peritoneal Mesothelioma

The abdominal cancer known as peritoneal mesothelioma affects the peritoneum (the area of the mesothelium that surrounds the abdominal cavity). The peritoneum has two layers, the "parietal" or outer layer, and the "visceral" or inner layer. Either layer or both may be affected by peritoneal mesothelioma.

On average, less than 500 new cases of peritoneal mesothelioma are diagnosed in the United States each year — very few of which are given before the disease has reached its advanced stages. Symptoms associated with this rare type of asbestos-related cancer include:

- Abdominal pain
- Swelling of the abdominal cavity
- Loss of appetite/rapid weight loss
- Fever
- Intestinal obstruction/impaired bowel function
- Anemia, general weakness or extreme fatigue



# Learning More about Mesothelioma What are the Types of Mesothelioma?

## Pericardial Mesothelioma

Pericardial mesothelioma develops in the pericardium, a fluid filled lining that surrounds and protects the heart. It is one of the rarest forms of mesothelioma and is generally seen only in patients who have had an extended amount of exposure to asbestos.

Pericardial mesothelioma is strongly associated with long-term asbestos exposure. In these cases, asbestos fibers become embedded in the pericardium. Once there, their naturally jagged shape causes inflammation to occur. Over time, scar tissue builds up from the inflammation and malignant cancer cells may begin to develop — eventually leading to a diagnosis of pericardial mesothelioma.

Associated symptoms of this disease include:

Testicular Mesothelioma

Testicular mesothelioma is the rarest type of asbestosis related cancer, with less than 100 reported cases total. Unfortunately, the rareness of this disease has made it difficult for medical researchers to identify a definitive set of symptoms for diagnostic purposes. In fact, the only recognized sign of the disease is the appearance of testicular lumps. Treatment of testicular mesothelioma is usually removal of testicles, or in some cases, only a portion.



# What are the Causes of Mesothelioma?

Working with asbestos, a mineral fiber that occurs in rock and soil is the major risk factor for mesothelioma. Asbestos has not been banned entirely and is still used in some applications (and labeled accordingly). With its fiber strength and heat resistance, asbestos has been used in a variety of building construction materials for insulation and as a fire retardant. Roofing shingles, textured paint, and ceiling/floor tiles can contain asbestos. It can also be found in paper products, asbestos cement products, and friction products for automobiles (clutch, brake, and transmission parts).

In the United States, asbestos is the only known cause of malignant mesothelioma and the relationship between asbestos and mesothelioma is so strong that many consider mesothelioma a "sentinel" or "signal" tumor. The fibers are generally only released during demolition work, building or home maintenance, repair, and remodeling. In other words, fibers are released into the air only when the asbestos-containing materials are disturbed or damaged. Because many types of building products and insulation materials with asbestos were used until the late 1980's, there is still a risk.

Long-term, repeated exposure to asbestos increases your chances of developing this life-threatening disease. For individuals that also smoke, the chance of developing this form of lung cancer is heightened. It can be difficult to diagnose mesothelioma and doctors often look at a person's complete medical history including their work, cultural, and environmental past.

A small number of mesothelioma cases exist in individuals without any known exposure to asbestos. Additionally, outside of the US, the incidence of environmental mesothelioma is higher in populations living near naturally occurring asbestos. For example, in central Turkey, mesothelioma was causing 50% of all deaths in three small villages there. Recent documentation has found the presence of asbestos fibers in food as well as water, raising the concern about long-term impacts on the general population.

Today, the official position of OSHA and the U.S. EPA is that protections and "permissible exposure limits" required by U.S. regulations, while satisfactory, are not adequate in the complete prevention or protection against asbestosrelated cancers such as mesothelioma. The reasoning? There are no known safe levels of exposure to asbestos as it relates to the increased risk of mesothelioma.



# Prognosis and Staging of Mesothelioma

A confirmation of mesothelioma is not itself surprising at this point. The shock factor is when patients and family members learn how far the disease has spread. Most patients are diagnosed at the later stages when treatments are limited.

**STAGE I:** The tumors are still localized in the mesothelium (chest wall). Surgical removal and all other treatments are viable, and survival rates are relatively good.

**STAGE II:** The disease has spread beyond the mesothelium to the lungs, diaphragm or pericardium (heart sac), but not to the lymph nodes. More radical surgeries may still be an option, and radiation and chemotherapy may be able to halt the progression and extend life.

**STAGE III:** The malignant cells have invaded the fatty tissues and lymph nodes of the chest cavity and abdominal cavity. Radiation and other therapies can slow but not stop the disease.

**STAGE IV:** The cancer has spread to other organs throughout the body and compromised major systems such as the heart, digestive tract and spinal cord. Treatment in this end stage is focused on making the person as comfortable as possible.



## Questions to Ask Your Doctor

Because your life, the diagnosis you've been given, how you feel about it and how it's affecting you and your family are unique — there isn't anyone who can tell you exactly what to do or how to cope from this point forward. The best you can do is to stay focused on the present, avoiding anger or depression, don't try to go it alone and ask your doctor a lot of questions, such as:

What are the treatment options most suitable for my diagnosis?
Has my cancer spread beyond the primary site?
What is the stage of my cancer and type and what does it mean for me?
What is my prognosis?
What do you recommend and why?

# Learning More about Mesothelioma Questions to Ask Your Doctor

How long have you been treating patients with this type of mesothelioma and what success have you had?
Are there any clinical trials available for me to participate in given my diagnosis?
Are there any risks or side effects associated with the treatment plan you suggest?
What are the chances my cancer will recur with this treatment plan? What can I do to prepare for treatment?

No diagnosis is the same so your questions may vary from these examples. A good exercise to perform is to sit down with a loved one and have them brainstorm questions with you prior to seeing your doctor. It is also good idea to take a loved one with you to your appointment so they can take notes and remind you of questions to ask. The more information you can get out of your doctor, the better informed and prepared you will be for treatment.

# Family Members Exposed to Asbestos

The widespread use of asbestos in American industries during the 20th Century posed a danger to the people who worked with it or near it. Equally at risk are the families of these workers who bring asbestos fibers home on their clothing, in their hair, on their tools and in the family car. Often, even the simple act of taking dirty clothes to the laundry room can cause the fibers to become airborne and inhaled. Multiply even that once-a-day act by hundreds or thousands of days — and the risk to spouses, children and others living in the home increases tremendously. This kind of "second-hand" asbestos exposure has been known to cause lung cancer and mesothelioma in family members of the following high-risk workers:

- Shipyard employees
- Asbestos mining and manufacturing workers
- Refinery workers
- Chemical plant employees
- Foundry workers
- Mechanics
- Construction workers involved with insulation work, demolition work, drywall, floor and ceiling tile, and other building related trades
- Mechanics
- Pipe fitters
- Electricians
- Boilermakers
- Power plant workers
- Welders
- Roofers



# Coping With a Mesothelioma Diagnosis or Asbestos-Related Lung Cancer

Your job description never said anything about the health risks associated with asbestos nor "require" you to inhale those small deadly fibers into your lungs — you did just the same, and are now suffering from mesothelioma or another type of asbestos-related disease because of it.

The source? It could have been the drywall you used to install. It could have been the boiler insulation you worked with in the shipyards. It could have come from working near people who were cutting and grinding pipe gaskets.

Or, you might have lived with someone who worked in a high-risk occupation and then carried asbestos fibers into the home on their clothes.

Whenever or however you were exposed, the most important concerns right now are your health and your quality of life.

#### **WHAT WORKS?**

Many people diagnosed with asbestos-related diseases such as mesothelioma have found some coping strategies to be more helpful than others.

Two strategies, in particular, to consider include:

- Stay focused on the present. Being angry or depressed about what happened, or worrying about what might, won't change anything. What they will do is deprive you of the opportunity to enjoy the time you have left with loved ones.
- Don't go it alone. Help is out there but it won't just come to you. Our lawyers can put you in touch with local support groups and other helpful resources, including books and organizations like the Mesothelioma Applied Research Foundation (MARF). We may even be able to recommend leading physicians in your area.

# How Were You Exposed to Asbestos?



Asbestos refers to a set of six naturally occurring fibrous minerals. Asbestos has six primary subclassifications. These are chrysotile, crocidolite, amosite, anthophyllite, tremolite, and actinolite. Among these, chrysotile and amosite asbestos are the most common.

Asbestos fibers are microscopic but extremely durable and resistant to fire and most chemical reactions. For this reason, asbestos was used for many years in a number of different commercial and industrial capacities. Because of its strength and resistance to heat, asbestos was used in roofing shingles, floor tiles, ceiling materials, cement compounds, textile products, and automotive parts. Asbestos is now strictly regulated as asbestos exposure is now associated with a number of lung and respiratory health conditions.

## Why is Asbestos Hazardous?

Asbestos use was discontinued in the 1980's upon being found to be a hazard to human health. Today, asbestos is classified as a known human carcinogen. The durability properties, which made asbestos so desirable to manufacturers, are that which make asbestos hazardous. Because asbestos fibers are microscopic (roughly .02 the diameter of a human hair) they are easily inhaled. Once inhaled, the fibers cling to the respiratory system, including the lining of the lungs and inner cavity tissue. As asbestos fibers are typically quite rigid, they lodge easily in the soft internal tissue of the respiratory system and are not easily expelled or broken-down by the body.

Because asbestos use was so prominent until its hazards became clear, hundreds of thousands of people were exposed to the mineral in some capacity. There is no safe type of asbestos and no safe level of exposure. Nearly all those with exposure history are potentially at risk of serious respiratory health complications.

# Where Exposure Occurs

# Asbestos Exposure in the Workplace

Because asbestos was so widely used during the last century, millions of people worked in places where they were exposed to asbestos fibers. For some, the exposure was minimal. For others working in what we now know are high-risk occupations —asbestos exposure was a routine and pervasive part of daily employment.

People who were routinely exposed to deadly asbestos fibers in the workplace during the product's most widespread period of use include:

- Construction/Remodeling workers
- Electricians
- Welders
- Roofers
- Plumbers and pipe fitters
- Shipyard employees
- Railroad employees
- Auto mechanics
- Maintenance workers
- Boiler mechanics
- Insulation installers
- Chemical plant workers
- Factory workers
- Military personnel and defense contractor employees
- Union workers



## Asbestos in Consumer and Commercial Products

Although its use during the 20th century garners most of the attention —asbestos has been used in various products and in countries around the world for thousands of years.

Considered something of a miracle product, asbestos is strong. It is flexible and easy to work with, resistant to both heat and flame and it does not conduct electricity. For all these reasons, asbestos was in many ways —a builder's and manufacturer's dream come true ... and a nightmare for people diagnosed with lung cancer caused by asbestos and mesotheliomas because they were exposed to its deadly fibers.

# Common Commercial and Industrial Asbestos Products Include:

- Cement and cement products
- Brick and block mortar
- Building insulation
- Roofing shingles
- Flooring tile
- Vinyl flooring
- Floor leveling compound
- Ceiling tile
- Plaster or drywall jointing materials
- Boiler insulation
- Pipe insulation
- Automotive and pipe gaskets
- Fireproofing spray
- Brake shoes
- Welding blankets and screens
- Adhesives and bonding agents

# Asbestos Products That May be Found in the Household Include:

- Hair dryers
- Coffee makers
- Electric blankets
- Heat guns
- Molding clay
- Dry wall patch
- Spray insulation (loose vermiculite)
- Pipe insulation
- Fake fireplace logs

## Exposure at Shipyards

One of the most at-risk groups of workers is that of shipyard workers. As long as there is a ship with asbestos being used or taken apart, the risk will remain for shipyard workers across the United States, including those in California, Washington State, New York, Maine, Boston, Florida, Louisiana and Hawaii.

Asbestos was used in multiple parts of U.S. Navy ships, particularly as insulation. As a result, anyone who was involved in building the ships, operating the ships, renovating the ships or taking apart the ships was placed at risk for asbestos exposure. During the World War II era, tens of thousands of shipyard workers were exposed to dangerous asbestos dust and now run the risk of developing mesothelioma.

# Navy Personnel Exposed to Asbestos

Asbestos is highly toxic to humans, yet the material was widely used at shipyards and naval bases for most of the 20th century. Millions of private sector and U.S. Navy shipbuilders were exposed, as recently as the 1970s and 1980s, at facilities from coast to coast. In fact, the list of shipyards not associated with asbestos exposure would be very short.

Does a family member who served in the Navy or worked in the yards have a diagnosis of mesothelioma or symptoms of asbestos disease? In pursuit of compensation, our attorneys excel at identifying shipyards and duty stations where clients would have been exposed to the poisonous substance.

The Ledger Law Firm has many calls from concerned Asbestos victims on a daily. Many of our potential clients served in the Navy, worked in shipbuilding jobs or both. Many sailors and shipbuilders were later exposed to asbestos again in other high-risk occupations for asbestos exposure.

The U.S. Navy knew of the dangers long before it banned asbestos in shipbuilding.

# American Shipyards and Naval Bases With Documented Asbestos Exposure

#### **ALABAMA**

- Alabama Dry Dock & Shipbuilding Co., Mobile
- Bender Shipbuilding
- Gulf Shipbuilding Corp., Chickasaw
- Ingalls Shipyard

#### **ALASKA**

- Seward Ships Drydock
- Seward Marine Industrial Center

#### **CALIFORNIA**

- Bethlehem Shipyard, San Francisco
- Bethlehem Steel Shipyard, Terminal Island
- Conrad Industries
- Consolidated Steel Shipyards
- Hunters Point Naval Shipyard
- Kaiser Shipyard, Richmond
- Long Beach Naval Shipyard (renamed Terminal Island in 1943)
- Mare Island Naval Shipyard, Vallejo
- Marinship Corp., Sausalito
- Moore Drydock
- NASSCO
- Naval Weapons Station Seal Beach
- Permanente Metals Corp., No. 1 Yard, Richmond
- Permanente Metals Corp., No. 2 Yard, Richmond
- Richmond Shipyard
- Rough & Ready Island Ship Repair
- San Diego Naval Shipyard and Air Station
- San Francisco Drydock
- Southwest Marine Shipyard, Long Beach
- Southwest Marine Shipyard, San Diego
- Terminal Island Naval Operating Base
- Terminal Island Naval Shipyard(aka Long Beach Naval Shipyard)
- Todd Shipyard, Los Angeles
- Todd Shipyard, San Francisco
- Todd Alameda Naval Shipyard
- Todd Shipyard, Oakland
- Todd Shipyard, San Pedro
- Western Shipyard
- Western Pipe & Steel Co. of California, San Pedro

#### CONNECTICUT

- Electric Boat
- Groton Electric Boat Co.
- Naval Submarine Base New London (Groton Naval Base)

#### DISTRICT OF COLUMBIA

Washington Navy Yard

#### **FLORIDA**

- Atlantic Dry Dock
- Gulf Marine Repair Corp.
- J. A. Jones Construction Co., Panama City
- Hendry Corp.
- Mayport Naval Station
- Offshore Shipbuilding Inc.
- Pensacola Naval Air Station
- St. John's River Shipbuilding Co., Jacksonville
- Tampa Bay Shipbuilding

#### **GEORGIA**

- J. A. Jones Construction Co., Brunswick
- Southeastern Shipbuilding Corp., Savannah

#### **ILLINOIS**

- Chicago Bridge & Iron Co., Seneca
- Naval Station Great Lakes, North Chicago

#### **INDIANA**

- Jeffersonville Boat & Machine Co., Jeffersonville
- Missouri Valley Bridge & Iron Co., Evansville

#### **LOUISIANA**

- Avondale Industries
- Bollinger Shipyards
- Conrad Industries
- Delta Shipbuilding Co., New Orleans

#### MAINE

- Bath Iron Works Corp., Bath
- New England Shipbuilding Co., South Portland
- Portsmouth Naval Shipyard, Kittery

#### **MARYLAND**

- Baltimore Marine Industries
- Bethlehem Shipbuilding
- Bethlehem-Fairfield Shipyards Inc., Baltimore
- Curtis Bay Coast Guard Yard
- Ellicott International
- Key Highway Shipyard

#### **MASSACHUSETTS**

- Bethlehem Steel Co., Hingham
- Bethlehem Steel Co., Quincy
- Boston Navy Yard (aka Charlestown Navy Yard, Boston Naval Shipyard)
- Fore River Shipyard
- General Ship Corp.

American Shipyards and Naval Bases With Documented Asbestos Exposure



#### **MICHIGAN**

• Defoe Shipbuilding Co.

#### **MISSISSIPPI**

- Ingalls Shipbuilding
- Naval Station Pascagoula
- Trinity Marine Group

#### **NEW HAMPSHIRE**

• Portsmouth Naval Shipyard

#### **NEW JERSEY**

- Federal Shipbuilding, Newark
- Federal Shipbuilding, Kearny
- Federal Shipbuilding & Dry Dock Co., Port Newark
- New York Shipbuilding, Camden
- Todd Shipyard, Hoboken

#### **NEW YORK**

- Bethlehem Steel Co., Staten Island
- Brooklyn Navy Shipyard(New York Naval Shipyard)
- Caddell Drydock and Repair
- GMD Shipyard
- Todd Shipyard, Brooklyn North Carolina
- North Carolina Shipbuilding Co., Wilmington

#### OHIO

• American Shipbuilding

#### **OREGON**

- Albina Shipyard
- Astoria Voyage Repair Station
- Cascade General
- Commercial Iron & Steel Shipyard Portland

# American Shipyards and Naval Bases With Documented Asbestos Exposure

- Dyer Shipyard
- Floating Marine Ways Shipyard Portland
- Gunderson/FMC Shipyard Portland
- Kaiser Shipyard
- Northwest Marine Ironworks
- Oregon Shipyard (Kaiser)
- Oregon Shipbuilding Co., Portland
- Portland Ship Repair Yard
- South Portland Shipyard
- Swan Island Shipyard
- Tongue Point Naval Shipyard
- Willamette Iron & Steel Corp., Portland
- Zidell's Shipyard, Portland

#### **PENNSYLVANIA**

- American Bridge Co., Pittsburgh
- Bethlehem Shipbuilding Corp.
- Cramp Shipbuilding Co., Philadelphia
- Dravo Corp., Pittsburgh
- Key Highway Shipyard
- Penn Shipbuilding
- Pennsylvania Shipyard, Beaumont
- Philadelphia Naval Shipyard(aka Navy Yard)
- Sun Shipbuilding & Dry Dock Co., Chester

#### **RHODE ISLAND**

Newport Naval Yard (Naval Station Newport)

#### **SOUTH CAROLINA**

- Braswell Services Group
- Carolina Shipping Co.
- Charleston Naval Shipyard (Charleston Navy Yard)
- Detyen's Shipyard

#### **TEXAS**

- American Bridge Shipyard, Orange
- AMFELS, Brownsville
- Barbas Cut Docks
- Bloodworth Bond Shipyard
- Boats of Freeport
- Brown Shipbuilding Co., Houston
- Consolidated Steel Corp., Orange
- Galveston Docks
- Houston Shipyards
- Ingalls Shipbuilding
- Kane Shipbuilding

- Naval Station Ingleside
- Orange Shipbuilding Co.
- Pennsylvania Shipyard, Beaumont
- Port Adams Shipyard
- Todd Shipyard, Houston
- Trinity Marine Group
- USX Shipyard

#### **VIRGINIA**

- Collona's Shipyard
- Little Creek Amphibious Base
- Lyon Shipyard
- Naval Amphibious Base, Little Creek
- Newport News Shipyard (aka Newport News Shipbuilding & Dry Dock Co.)
- Norfolk Naval Shipyard, Portsmouth (aka Norfolk Navy Yard)
- NORSHIPCO
- Phillyship
- Richmond Shipyards

#### **WASHINGTON STATE**

- Associated Shipbuilders Inc., Seattle
- Duwamish Shipyard
- Foss Tug and Launch Co.
- Kaiser Vancouver Shipyard
- Lake Washington Shipyards, Houghton
- Lake Union Drydock
- Lockheed Shipyard
- Masco Shipyard
- Naval Station Everett
- Puget Sound Naval Shipyard (aka Bremerton Navy Yard, Puget Sound Navy Yard)
- Tacoma Drydock
- Strategic Weapons Facility Pacific, Bangor
- Todd Shipyard, Seattle
- Todd Shipyard, Tacoma
- Vancouver Shipyard
- Voyage Repair Station Port Angeles

#### WASHINGTON, D.C.

Washington Navy Yard



# Exploring Surgery and Other Mesothelioma Treatments

Mesothelioma and lung cancer caused by asbestos are considered terminal cancers, particularly in stages III and IV. However, an increasing percentage of patients are still alive five or more years after diagnosis through aggressive, cutting-edge treatment in stages I or II. Even for those in latter stages, medical advances are extending life, alleviating painful symptoms and improving quality of life in their waning months.

Our lawyers and support staff can help you connect to doctors in your area who can provide a prompt and accurate diagnosis of asbestos disease to take full advantage of the remaining treatment options. We also help clients connect with leading medical centers in the U.S. known for their cutting-edge methods in mesothelioma treatment.

Treatment in a specific case depends on the patient's age and health, the type of cancer, the progression of the disease and other factors. Below are brief descriptions of treatment options, often used in combinations of two or more approaches:

Curative surgery— In stages I and II, mesothelioma patients may be candidates for surgical removal of cancerous tissues. Pleurectomy is removal of the pleura, the lining that encases the lungs. Pneumonectomy is removal of all or part of a diseased lung. Extra pleural pneumonectomy removes parts of the lung, pleura and diaphragm. In patients who are healthy enough to withstand these aggressive and invasive procedures surgery has proven effective at stopping the spread of cancer and keeping it at bay for years.

## Exploring Surgery and Other Mesothelioma Treatments

Palliative surgery—In advanced stages, surgery is not an option for fighting the cancer, but it can alleviate the considerable pain. Pleurocentesis is a procedure to drain fluid that builds up in the pleural cavity, causing pain and breathing problems. Talc pleurocentesis is a companion procedure to fill the drained cavity with inert material so that fluid does not build up again.

Radiation—Radiation kills cancer cells and slows the progression. It also alleviates some symptoms, so it has value at any stage of mesothelioma. It is commonly used in conjunction with chemotherapy for maximum effect.

Advances in radiation therapy have improved the ability to target cancerous cells and spare more healthy cells, thus reducing side effects known as radiation sickness. Radiation can be external (similar to an X-ray machine), or internal (through pills, injections or implanted mechanisms).

Chemotherapy—The latest drugs are more effective at killing cancer cells and preventing them from reproducing. Chemotherapy is used to shrink tumors prior to surgery and "clean up" remaining cancer cells not removed in surgery. It is also used in later stages to stop or slow the spread of cancer. Chemicals are commonly used in pairs to increase their effectiveness and in conjunction with radiation and other therapies. Chemotherapy can be delivered via pills or intravenously.

Gene therapy and immunotherapy—These emerging tactics change the genetic structure of cancerous cells, interfering with their ability to divide and spread, or enhance cells' natural immune response to fend off cancer. Clinical trials have shown encouraging results, but genetic therapies are not yet widespread.

Photodynamic therapy—Another cutting-edge treatment, phototherapy uses light to activate photosensitive drugs that kill cancerous cells.

Photodynamic therapy has proven effective, especially for patients who are not candidates for surgery, radiation or chemotherapy, but it is useful only for localized (early stage) tumors.

Alimta®/Cisplatin—In February 2004, U.S. Food and Drug Administration approved Alimta for treating malignant pleural mesothelioma. Until this juncture, finding a proactive drug treatment for mesothelioma has been rather unsuccessful.

Holistic or alternative medicine—Some patients who eschew radiation, chemicals or invasive surgery (or who are not candidates for these therapies), have alleviated symptoms and boosted their immunity through dietary changes and use of supplements, yoga, breathing exercises and other alternatives such as:

- Health Coaching
- Healing and Therapeutic Touch Therapy
- Herbal & Nutritional Supplements
- Homeopathy
- Hypnotherapy
- Lymph Drainage Therapy
- Massage
- Meditation
- Music Therapy
- Naturopathy
- Nutritional Resources
- Osteopathy
- Reiki (relaxation techniques)
- Transcutaneous Electric Nerve Stimulation

# Treatment by Stage

While an absolute cure does not exist for mesothelioma, treatment options are available on various levels. Mesothelioma is a complicated disease; therefore customized treatment plans are available depending on the individual's needs. When determining the best treatment, many things are considered: type of cancer, age, overall health, and aggressiveness of treatment desired. In 1995. the International Mesothelioma Interest Group (IMIG) developed the detailed IMIG staging system. This system is common when gauging the severity of the mesothelioma and deciding treatment.

## Stage I

Most patients with stage I mesothelioma have their cancer surgically removed. They also usually show none or few symptoms, and the prognosis is hopeful. Stage I patients are usually eligible for potentially curative treatments such as surgery, chemotherapy and radiation therapy. Stage I patients, with the various options for treatment, can live for years after the diagnosis.

## Stage II

At this stage, the cancer has begun to spread from the original tumor site, affecting lymph nodes. Often, surgery is still available to Stage Il patients. In most patients, the cancer forms in the lining of the lungs, called the pleura, and only vague or mild symptoms are present. By combining surgery and chemotherapy and/ or radiation, the patient may prolong life

expectancy for up to 16 months. Many patients may also benefit from enrolling in clinical trials that help evaluate the newest and most innovative treatment options available.

## Stage III

Stage III mesothelioma cancer is considered to be a more advanced stage and the prognosis is typically not optimistic for patients. Generally patients feel frequent pain and the emphasis is placed on making them feel more comfortable, although there are still combined methods for extending their life expectancy slightly. Surgery, chemotherapy, and radiation do not cure the mesothelioma; however these options may improve the patient's quality of life, reducing pain, and prolonging life. Today, there are limited amounts of treatment options available for Stage III mesothelioma.

## Stage IV

This is the most advanced stage for mesothelioma. By the time mesothelioma is at Stage IV, tumor growth and symptoms are more severe. This stage carries the poorest prognosis, but resources are available to help patients cope. Doctors may use a mix of palliative radiation therapy and surgical removal of bulk tumors to ease symptoms and potentially extend survival, also combining radiation (which is less invasive). Patients with Stage IV mesothelioma have an average life expectancy of six and a half months after a diagnosis is made.

## Treatment Side Effects

For the most part, cancer patients will often claim that symptoms associated with cancer treatment can be even more difficult to bear than those caused by the cancer itself. Mesothelioma can be an extremely difficult cancer to manage and treatment side effects are often severe. For this reason, we provide the following common side effects associated with certain treatments, as well as resources and community organizations available to assist you throughout your journey.

#### Pain Management & Dependency

Pain management is an important component of a mesothelioma patient care plan. Learn more about assessing, tracking and managing pain as well as how to notice and handle pain medication dependency.

#### **Pain Clinics**

Pain management clinics are located in many of the major cancer centers in the United States. They are designed to help those diagnosed with cancer, like mesothelioma, to learn effective pain management and coping strategies so that they may experience greater comfort and peace of mind.

## Sleep Disorders & Sleep Apnea

Sleep "disturbance" can impede the effectiveness of mesothelioma treatment in asbestos cancer patients. Learn more about sleep disorders and other issues that cancer patients face as well as helpful resources in your area that can assist with treating them.

#### Patient Hair Loss Resources

Hair loss is a common side effect of chemotherapy treatment. Our hair loss

resource directory provides access to companies that specialize in wigs and wig alternatives for cancer patients.

#### Cachexia and Anorexia

Unfortunately, different cancer treatment regimens are associated with loss of appetite and, in severe cases, malnutrition and wasting disorders. Learn to recognize the signs of these disorders and where to find help if you begin experiencing them.

#### Chemo Brain

Chemotherapy is associated with a number of side effects, but lesser known are the effects of chemotherapy regimens on mental capacity-specifically memory. Chemo brain is a memory and cognitive disorder experienced by many patients undergoing chemotherapy.

#### Flu Vaccinations

The immune function can be compromised in mesothelioma cancer patients. For this reason, it is important to take precautions to guard against infections from the flu and other viruses which can exacerbate cancer symptoms. One way to do this is to receive a flu vaccination each year.

## **Cancer Intimacy Issues**

Cancer patients who maintain physical intimacy throughout the diagnosis and treatment phases of the disease can experience significant emotional and physical benefits. Learn about the challenges that cancer patients may face in the area of sexual intimacy and how they can be overcome.

## Clinical Trials

Studies of promising new or experimental treatments in patients are known as clinical trials. During a course of treatment for lung cancer, the doctor may suggest that a patient take part in a clinical trial of a new treatment. A clinical trial is only done when there is some reason to believe that the treatment being studied may be of value to the patient. Enrollment in any trial is completely up to you. Your doctors and nurses will explain the study to you in detail and will give you a form to read and sign indicating your desire to take part. Taking part in a study does not prevent you from getting other medical care you may need and you may leave the study at any time, for any reason. You may talk to your cancer care team about trials available to you.

#### **Current Clinical Trials**

#### Mesothelioma Research at Mayo Clinic

Tragically, mesothelioma continues to claim many new victims each year. This form of cancer is often diagnosed 20-50 years after initial asbestos exposure, and people have suffered exposure in locations that have only recently been identified —such as the taconite mines of northern Minnesota.

These factors and others make the continued efforts of innovative researchers to develop new, more effective treatments vitally important. The Mayo Clinic recently published information on two such research projects — one focused on using a genetically engineered virus to attack cancer cells and the other involving administration of a pharmaceutical drug that has already received FDA approval for treating kidney cancer.

#### Mesothelioma Treatment Deploying a Measles Virus Is Entering Clinical Trials

Applying prior research by Dr. Stephen Russell, M.D., of Mayo Clinic and Robert Kratzke, M.D., of the University of Minnesota, Dr. Kratzke and Tobias Peikert, M.D., have planned a clinical trial set to include 12-36 mesothelioma patients. This trial will explore the effectiveness of using a converted virus called MVNIS — which has shown promise in animal subjects — to attack tumors in the chest cavity.

Information released by Mayo suggests that this treatment has potential for combined use with chemotherapy to provide a "one-two" punch for killing and/or slowing the spread of cancer cells.

# Cancer Drug Pazopanib Has Shown Promise in Lab Studies and Trials

Mayo Clinic oncologist Julian Molina, M.D., Ph.D., is leading a potentially much larger clinical trial to study treatment of mesothelioma with a drug currently marketed by GlaxoSmithKline under the name Votrient. A previous, relatively small-scale clinical trial with human subjects was encouraging according to Dr. Molina, who has noted an increase in some patients' survival by about six months.

Although Dr. Molina cautions against any hope that the drug cures pleural malignant mesothelioma, he is basing the study on the principle that taking this medication orally is a preferred treatment to chemotherapy and may alter the standard of care in positive ways.

#### Other Resources - ClinicalTrials.gov - A service of the U.S. National Institutes of Health

ClinicalTrials.gov is a registry of federally and privately sponsored clinical trials that are currently being conducted in the United States and 173 other countries around the world. The site was developed by the U.S. National Institutes of Health in collaboration with all NIH Institutes and the FDA following the Food and Drug Administration Modernization Act of 1997. ClinicalTrials.gov provides clinical trial information for a wide range of diseases including mesothelioma. The types of data reported on the site include each trial's objective, whether or not participants are being recruited, progress updates, locations, contact information and more.



## Top Hospitals and Clinics for Cutting-Edge Treatment of Mesothelioma

The lawyers at The Ledger Law Firm have assisted victims of asbestos disease in cases throughout the United States Apart from legal claims against those responsible for our clients' exposure to asbestos, our focus is getting clients the best medical care possible

We know that a prompt and verified diagnosis of asbestos cancer is critical to fighting the disease We also know that the choice of treatment regimens and how that care is managed can make a big difference in life expectancy and quality of life for our clients

It has been our pleasure to work with the physicians and support personnel at the following medical facilities We can recommend any of these providers and would be glad to provide additional insights to mesothelioma patients or their family members We can also help locate a quality medical facility closer to you

#### Leading U.S. Treatment Centers for Mesothelioma and Asbestos Disease

#### **ARIZONA**

Mayo Clinic 13400 East Shea Boulevard Scottsdale, AZ 85259

General Number: 480-301-8000

Appointment Office: 800-446-2279 (toll free)

Insurance and Billing Department: 800-603-0558 (toll free)

http://www.mayoclinic.org/arizona/

#### MAYO CLINIC

5777 East Mayo Boulevard Phoenix, AZ 85054

General Number: 480-515-6296

Appointment Office: 800-446-2279 (toll free)

Insurance and Billing Department: 800-603-0558 (toll free)

http://www.mayoclinic.org/mchospital-sct/

#### **FLORIDA**

Mayo Clinic 4500 San Pablo Road Jacksonville, FL 32224

General Number: 904-953-2000 Appointment Office: 904-953-0853

Insurance and Billing Department: 904-953-7058

http://www.mayoclinic.org/jacksonville/

#### **MINNESOTA**

Mayo Clinic 200 First Street SW. Rochester, MN 55905

General Number: 507-284-2511 Appointment Office: 507-538-3270

Insurance and Billing Department: 507-266-5670

http://www.mayoclinic.org/rochester/

Rochester Methodist Hospital 201 West Center Street Rochester, MN 55902

General Number: 507-266-7890

http://www.mayoclinic.org/methodisthospital

Saint Mary's Hospital 1216 Second Street SW. Rochester, MN 55902

General Number: 507-255-5123

http://www.mayoclinic.org/saintmaryshospital

#### **MASSACHUSETTS**

David Sugarbaker, M.D. Dana-Farber Cancer Institute 75 Francis Street Boston, MA 02115

General Number: 617-732-6824 http://www.dana-farber.org

#### **TEXAS**

University of Texas MD Anderson Cancer Center 1515 Holcombe Blvd. Houston, TX 77030

General Number: 713-792-2121 Ask MD Anderson: 877-632-6789 http://www.mdanderson.org

# Listing of Some of the Top Mesothelioma Specialists

#### **ARIZONA**

#### Dr. Jonathan Daniel

University of Arizona Cancer Center North Campus 3838 N. Campbell Ave. Tucson, AZ 85719 (520) 626-6339

#### Dr. Linda L. Garland

University of Arizona Cancer Center North Campus 3838 N. Campbell Ave. Tucson, AZ 85719 (520) 626-3434

#### **CALIFORNIA**

#### Dr. Robert B. Cameron

University of California Los Angeles Medical Center 10780 Santa Monica Boulevard, Suite 100 Los Angeles, CA 90024 (310) 267-4612

#### Dr. Mark R. Cullen

Stanford School of Medicine 1265 Welch Rd Stanford, CA 94305 (650) 721-6296

#### Dr. David M. Jablons

UCSF Medical Center at Mount Zion Helen Diller Family Comprehensive Cancer Center 1600 Divisadero Street, Fourth Floor San Francisco, CA 94143 (415) 885-3882

#### Dr. Thierry Marie Jahan

UCSF Medical Center at Mount Zion Helen Diller Family Comprehensive Cancer Center 1600 Divisadero St., Fourth Floor San Francisco, CA 94143 (415) 885-3882

#### Dr. Mark W. Lischner

Pulmonary Medicine Associates 5 Medical Plaza Drive, Suite 190 Roseville, CA 95661 (916) 786-7498

#### COLORADO

#### Dr. Paul A. Bunn

University of Colorado Cancer Center 13001 E. 17th Place Aurora, CO 80045 (303) 724-4499

#### CONNECTICUT

#### Dr. Frank C. Detterbeck

Smilow Cancer Hospital at Yale-New Haven 333 Cedar Street, WWW 205 New Haven, CT 06520 (203) 200-5864

#### Dr. Jack A. Elias

Smilow Cancer Hospital at Yale-New Haven Yale Internal Medicine 20 York Street New Haven, CT 06510 (203) 785-4119

#### Dr. Michael R. Grey

The Hospital of Central Connecticut 100 Grand Street New Britain, CT 06050 (860) 224-5661

#### Dr. Michael Kashgarian

Yale Cancer Center 310 Cedar Street, LH B20 New Haven, CT 06520 (203) 785-2750

#### Dr. Carrie Redlich

Yale School of Medicine 135 College Street, 3rd floor New Haven, CT 06510 (203) 737-2817

#### **FLORIDA**

#### Dr. Lary Robinson

H. Lee Moffitt Cancer Center & Research Institute 12902 Magnolia Drive Tampa, FL 33612 (813) 745-8412

#### **GEORGIA**

#### Dr. Daniel L. Miller

Winship Cancer Institute of **Emory University** 1365 Clifton Road NE Atlanta, GA 30322 (404) 778-3755

#### **ILLINOIS**

#### Dr. Philip D. Bonomi

Rush University Cancer Center Section of Medical Oncology 1725 W. Harrison Street, Suite 1010 Chicago, IL 60612 (312) 942-5904

#### Dr. Hedy Lee Kindler

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#### **INDIANA**

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#### Dr. Anita Conte

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#### Dr. Randall Trowbridge

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#### **KENTUCKY**

#### Dr. Timothy W. Mullett

University of Kentucky College of Medicine 138 Leader Avenue Lexington, KY 40506 (859) 323-6494

#### Dr. Edward R. Setser

**UK North Fork Valley Community** Health Center 750 Morton Blvd. Hazard, KY 41701 (606) 439-1559

#### **MARYLAND**

#### Dr. Stephen C. Yang

Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins 600 N. Wolfe Street Blalock 240 Baltimore, MD 21287 (410) 614-3891

#### **MASSACHUSETTS**

#### Dr. Raphael Bueno

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#### Dr. Michael Y. Chang

Brigham and Women's Hospital 75 Francis Street Boston, MA 02115 (617) 732-2853

#### Dr. Pasi A. Janne

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#### Dr. Scott Swanson

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#### **MICHIGAN**

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#### Dr. Michael Harbut

Barbara Ann Karmanos Cancer Institute 4100 John R Street Detroit, MI 48201 (800) 527-6266

#### **NEW HAMPSHIRE**

#### Dr. Cherie P. Erkmen

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#### **NEW JERSEY**

#### Dr. Bruce G. Haffty

The Cancer Institute of New Jersey 195 Little Albany Street New Brunswick, NJ 08903 (732) 235-3939

#### **NEW MEXICO**

#### Dr. Claire Verschraegen

University of New Mexico Cancer Center 900 Camino De Salud NE Albuquerque, NM 87131 (505) 272-6760

#### **NEW YORK**

#### Dr. John D. Allendorf

New York-Presbyterian Columbia University Medical Center Herbert Irving Pavilion, Suite 820 161 Fort Washington Avenue New York, NY 10032 (212) 305-6514

#### Dr. Shahriyour Andaz

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#### Dr. Harvey Pass

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#### Dr. Roman Perez-Soler

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#### Dr. Valerie Rusch

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#### Dr. Stephen Rush

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#### Dr. Robert N. Taub

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#### **NORTH CAROLINA**

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#### Dr. Amit N. Patel

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