



February 4, 2020

We meet on Tuesday at 12:30 pm at Fairfield Inn & Suites – Charlotte Uptown, 201 South McDowell St, Charlotte NC 28202

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## DR. JUSTIN FAVARO Oncologist – World Cancer Day



Appropriately, Charlotte Rotary Club's speaker on World Cancer Day 4Feb was Justin P. Favaro, MD, PhD, a board-certified medical oncologist and hematologist. And the message he brought was one of hope. "Cancer survival rates are increasing for most types of cancer."

The Medical University of South Carolina graduate also talked about some new trends among health care providers which portend not only improvements in care but also reductions in cost for cancer care and treatment in the greater Charlotte market.

Dr. Favaro, whose practice is Oncology Specialists of Charlotte at 2630 E 7th St, began his talk comparing how treatment has changed during the past 20 years for two types of cancer – breast and lung.

He began with a 60-year-old woman diagnosed with breast cancer in 2000. First note, he said, that different fields of medicine participate in the diagnosis and treatment: surgery, chemotherapy, and radiation therapy. As a medical oncologist, "I'm referred if she needs chemotherapy."

In 2000, this could mean six months of treatment with chemotherapy. Radiation to the breast and five years of estrogen therapy may also be needed.

Over the last 20 years there have been new developments. There are more targeted therapies. One of those is Oncotype DX, a test that can predict how likely breast cancer is to return and if a patient will benefit from having chemotherapy in addition to hormone therapy. "We have found that many women who received chemo in 2000 did not benefit from it! Research has helped us understand what proteins are mutated in the cancer cell and led to the development of targeted therapy. These drugs have fewer side effects but improve outcomes."

There are new treatments to mitigate hair loss from women receiving chemo. The DigniCap scalp cooling system consists of a computerized cooling unit attached to a cooling cap which reduces hair loss from certain chemotherapy treatments.

In 2020, a 60-year-old with breast cancer faces surgery and radiation but chemo is not always needed because there are new, targeted treatments with fewer side effects. There are two:

Herceptin, a monoclonal antibody, used to treat some types of cancer, either alongside chemotherapy or alone; and Perjeta, an antineoplastic agent and a monoclonal antibody.

“It adds up to increased survival rates and a shorter and better experience for the patients,” said Dr. Favaro, who received his fellowship hematology and oncology training at Duke University Medical Center.

In 2000, a 60-year-old with Stage IV lung cancer faces particularly daunting prospects. Since the cancer already spread, he explained, there was no role for surgery or radiation, just chemotherapy.

There are now more targeted chemotherapy therapies, he noted. The sequencing of the cancer cell genome has identified mutations and the genes. At the same time cancer research has focused on neutralizing these mutate proteins and developed drugs, some oral, which can dramatically improve the cancer treatment through immunotherapy.

One of these is Tarceva, which interferes with the growth of cancer cells and slows their spread in the body. Another is Opdivo, an immunotherapy drug that works with the immune system's T cells to recognize and attack cancer cells.

In 2020, this 60-year-old with the same diagnosis has even more targeted therapies including Opdivo and Tagrisso which treats non-small-cell lung carcinomas with a specific mutation. It is a third-generation epidermal growth factor receptor tyrosine kinase inhibitor and has led to improved quality of life and longer survival, some long term.

‘Today’, he said, “we are at the top of the iceberg. These new treatments have side effects and don’t work for everyone. We must improve our treatments for stage IV cancer patients.’

Dr. Favaro also talked about the costs of some of these therapeutic agents. IV treatment is well covered by most insurance once deductibles are met. The costs for one month of the drugs, not the administration, are as follows: chemotherapy, \$600; Herceptin, \$4500; Biosimilar Herceptin, \$3600; immunotherapy, \$12,500

One factor that goes into the equation for the final bill for cancer care is the site of care, and that led Dr. Favaro to talk about changes to medical practice ownership in Charlotte. Twenty years ago, most physicians owned their practice, he said. In 2000, he noted that he and his former partners who were employed by a hospital left to start their own private practice.

“I joined because I wanted to have control over how the care was delivered, I believe that value-based care with low overhead and emphasis on outpatient was ultimately going to be the dominant model of health care delivery, especially in the setting of the expensive drugs we have just talked about.”

Nationwide, hundreds of oncology clinics have closed since 2008, the Clemson alumnus said. There were many reasons; among them the burden of regulations, hospitals purchasing primary care physician practices, thereby controlling referrals, lucrative insurance contracts that gave hospitals more money and power.

In the Queen City in 2015, more physicians were employed by a hospital system. Large cancer centers were built which offered new services to patients: bone marrow transplant, increased clinical trials.

“I recognize that the addition of services to our patients in Charlotte is a good thing. But I also know that outside of these specialized services, most of cancer treatment can be delivered very well in a physician-owned practice, he said.

Dr Favaro noted that were some negative consequences in terms of cost as the consolidation occurred. The hospitals became networks. Large networks of hospitals and outpatient clinics could negotiate better contracts with insurance companies. Hospitals also could charge more for the same services, he said.

The cost of cancer care is higher in a hospital-owned vs private practice,” the physician said, “and the quality is the same if not better: breast cancer, 66 percent more; lung cancer 48 more; colorectal cancer 56 more, according to an October 2018 article in the Journal of Oncology Practice

Today, the Charlotte market dynamics are shifting back to private practice. It began with primary care when doctors leaving Atrium Health formed the Tryon Medical Group and physicians leaving Novant’s Lakeside Primary Care practice joined the Holston Medical Groups.

“The balance between hospital-based care and the growing sector of non-hospital affiliated practices is more in balance today. The unseen part of the iceberg is our greatest hope, Dr. Favaro said, “the opportunity for business to partner with independent practices. We know how to delivery high quality health care and are motivated to deliver that care at a lower cost. We are low overhead!”

Dr. Favaro also invited Rotarians to take part in the “Sit in My Chair” program sponsored by the Community Oncology Alliance of which his practice is a member. He invited Rotarians “to see firsthand the cancer care that we deliver to the community.” The goal is to provide a greater appreciation of what cancer patients experience when they are diagnosed with and treated for this devastating disease. To participate, go online to [oncologycharlotte.com](http://oncologycharlotte.com).

The program was introduced by Rotarian Jeff Atkinson, a patient of Dr. Favaro, who was diagnosed with stage IV mucosal melanoma and is cancer free today.



**WORLD  
CANCER  
DAY4FEB**



*Reporter:* Henry Bostic; *Head Table:* Bruce Darden, John Lassiter, Jeff Atkinson, Harriman Jett; *Invocation:* Hank Donaghy; *Introduce Visitors:* Colleen Brannan; *Photos:* Sandy Osborne; *Greeters:* Rick Fogle, Tom Turpin, Michael Norton

## CLUB NEWS

**Dal Shefte**, a member of this club since 1965 and the club’s president in 1984-1985, had a stroke in May and is living in the Asbury Skilled Care Facility at Aldersgate, Room 209, 3800 Shamrock Drive (28215). Dal is wheelchair bound and would certainly enjoy a visit or card of encouragement.



## CELEBRATING RALSTON M. POUND, JR.

When [Ralston M. Pound, Jr.](#) joined Charlotte Rotary on February 3, 1948, he was just 27 years old. He was introduced by his father, Ralston M. Pound, Sr. (who was a Charter Member of this club) and has been a member, with perfect attendance, for 72 years. Congratulations Ralston – what an example of Service Above Self.

Morgan Stanley announced that [Jay Westmoreland](#), CFP, a Senior Vice-President and Financial Advisor in the Firm's Charlotte Wealth Management office, has been named to Forbes Magazine's 2020 list of Best-in-State Wealth Advisors.



**District 7680 & Charlotte Rotary Service Project**  
Shuffletown Park  
9500 Bellhaven Blvd  
Charlotte, NC 28214

Saturday February 29, 2020  
9:30AM – 12:00PM

Up to 60 volunteers (Rotarians, family members, Interact/Rotaract clubs) are needed to plant trees at Shuffletown Park. All volunteers will receive an orientation from an arborist – tree experts will be available throughout the morning to guide you. Trees, mulch, t-shirts, tools, water, and snacks provided by TreesCharlotte. Volunteers are asked to bring gloves, wear long sleeve shirts, long pants, and closed toed shoes. Rain or shine event! SMS Catering will provide BBQ lunch.

Register: <https://treescharlotte.org/event/shuffletown-park-treeday/>

Questions may be directed to Phil Volponi, [volponipc@gmail.com](mailto:volponipc@gmail.com)

Rotary Means Business After-Hours: Tuesday, February 11 at Café Monte (SouthPark). Social 4:30pm – 5:00pm; Networking 5:30pm – 6:30pm. RSVP: <https://networkafterhoursfeb11thsouthpark.eventbrite.com>

### [Mark C. Norman](#)

2019 – 2020 Distinguished Rotarian Award

Mark joined the Rotary Club of Charlotte in 1995, has served on the Board of Directors and been involved in committee work. He is interested in many, many things and particularly, those listed below.

*Classroom Central* equips students in need to effectively learn by collecting and distributing free school supplies to their teachers. Teachers and students in nearly 200 schools across six school districts in the Charlotte Region are served by this organization. Mark is a Founding member of the organization and has served on their board, donated school supplies, supports financially, and volunteers at the facility once a month.

*The Salvation Army* is another passion. Mark serves on their board and has



led the club's volunteer effort to ring the bell on the Square over a two week during the holidays for many, many years.

The *Upward Mobility* study really struck a chord with Mark and he has partnered with a friend to do whatever necessary to pull a young man out of poverty. This includes opening his home and providing housing for a 16 year-old that is now on track to graduate from South Mecklenburg in 2020 with hopes of moving out into the world as a self-sufficient man.

Mark has been a host leader at New City Church for 25 years. To know Mark Norman is to know Service Above Self.

## WELCOME NEW MEMBERS [Bill Goodwyn](#), [Kevin Loux](#), and [Bryan Zeiss](#)

[Bill Goodwyn](#) is sponsored by [Edwin Peacock](#), endorsed by [Tony Zeiss](#) and [John Lassiter](#). Bill is Founder and Vice Chairman of Discovery Education, the leading provider of curriculum based digital content and professional development in the US reaching more than half of US K-12 classrooms, 50 million students and 90 countries worldwide. He is a 30-year veteran of Discovery, Inc., and has served in numerous executive leadership roles in digital media, television, and digital education. Bill is from Rocky Mount, NC and holds a B.A. degree in Journalism and Communications from UNC. He and his wife Leigh live in Charlotte with their two children. [bill@discovered.com](mailto:bill@discovered.com).

[Kevin Loux](#) is sponsored by [Pat Millen](#), endorsed by [Edwin Peacock](#) and [Floyd Davis](#). Kevin is Community Impact Director with Leading on Opportunity – Foundation For The Carolinas. He was selected to develop strategic plans supporting economic mobility in Charlotte. He is working on strategy related to social capital, affordable housing, and creating career opportunities for low and moderate income individuals. Kevin is from Powell, OH; he and wife Tammy have a three week son, Clark. He achieved a BSBA in Economics at the University of Central Florida and Juris Doctor from University of Kentucky. [kloux@leadingonopportunity.org](mailto:kloux@leadingonopportunity.org).

[Bryan Zeiss](#) is sponsored by [Tony Zeiss](#), endorsed by [Julie Haack](#) and [Alan Simonini](#). Bryan has provided wealth management and related services to high net worth individuals, families and business owners since 2002. His energetic sales background to both public and private securities has moved him to a new and exciting path to bring the café experience into the workplace with state of the art fully automatic coffee machines and best in class service. Hailing from Australia, Xpresso Delight provides convenient, fresh and delicious premium coffee made with 100 percent Arabica coffee beans. The company will have 150 coffee machines available to businesses and offices in Mecklenburg, Cabarrus, Gaston, Iredell, Lincoln and Union counties in NC, and York county in SC. Needless to say how proud and excited parents, Beth and Tony Zeiss are to see Bryan join Rotary. Bryan and his wife Courtney live in Charlotte. Bryan has a BS/BA in Finance from UNC Charlotte. [Bryan.zeiss@xpressodelight.com](mailto:Bryan.zeiss@xpressodelight.com).

## MEMBERSHIP

07/01/2019	276	<b>New Members:</b> Bill Goodwyn, Kevin Loux, Bryan Zeiss
02/04/2020	270	
Net Increase	-6	<b>Resignations:</b> Dal Shefte

Visitors	27
Club Members	114
Total	141 (50.4%)

Thanks for bringing a guest: Megan Schlernitzauer, guest of [Colleen Brannan](#); Sandy Barnett, Chris Mau and Jason Collett, guest of [Terri DeBoo](#); Victoria Atkinson, Valarie Shepherd and Sherie Bradshaw, guest of [Jeff Atkinson](#); Tripp Pound, guest of [Ralston Pound](#), Travis Hillis, guest of [Jensen Caudle](#); Rod Beard and John Cottee, guest of [Diego Ramon](#); Bob Spence, guest of [Luther Moore](#); Beth Zeiss and Courtney Zeiss, guest of [Tony Zeiss](#); Tim Cloninger, guest of [Ed Kizer](#); Lynn McNeal, guest of [Keith Nowokunski](#); Amy Norman, guest

of Mark Norman; Dr. Temeka Brantley, Meck South Rotary; Jessica Beamer, Sugar Creek Interact Club Advisor; TyJae Rembert, Nyjay Siegle, Shakyah Sherrill, Arlenis Rodriquez, Paola Vasquez, Octavia Blaylock, Seraphine Eury, members of the Sugar Creek Interact Club Members

## CELEBRATIONS

### **BIRTHDAYS (02/12/2020 – 02/19/2020)**

02/14 George Gable  
02/14 Luther Moore  
02/15 Catherine Browning  
02/16 Art Ringwald  
02/17 Ken Poe  
02/19 Warren Kean  
02/19 Clayton Wood

### **WEDDING ANNIVERSARIES (02/12/2020 – 02/19/2020)**

02/13 Meghna & Ranjay Sarda  
02/14 Joanna & Biff Virkler  
02/14 Lee & John Tabor  
02/14 Lu Zhou & Victor Chen

### **ROTARY ANNIVERSARIES (02/12/2020 – 02/19/2020)**

01 year – Chuck Dahlgren  
03 years – Glenn Bouley  
07 years – Todd Arnold  
12 years – Karen Steffens  
17 years – Pender McElroy (in this club)

## UPCOMING PROGRAMS

*(All meetings at the Fairfield Inn & Suites, 201 S. McDowell St., unless otherwise noted)*

02/11 – Warren Cooksey, NC Turnpike Authority – Toll Roads & NCDOT

02/18 – Michael Reddington, Leadership Lessons from the Interrogation Room (***Charlotte Country Club***)

02/25 – Excellence in Leadership Award (***Myers Park Country Club***)

03/03 – How I Got Where I'm At (*Charlie Bones, Mary Grace Lostetter, Bryce Chambliss*)

03/10 – Brent Cagle, Charlotte Douglas International Airport

Photos from our luncheons and other events can be found on Flickr [Click here](#)