

cancer care

Hearst Cancer Resource Center



Dignity Health.

French Hospital Medical Center

Hearst Cancer Resource Center

About Cancer Care

Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community and appreciates the generosity of our donors who make it all possible.

CoC Celebrates 100 Years of Advancing Cancer Care

In the coming year, the American College of Surgeons (ACS) Commission on Cancer (CoC) will observe its 100th Anniversary. The yearlong campaign will celebrate this important milestone, honor the dedication and leadership of those who have helped to build and shape the CoC, and identify new opportunities to improve the care of the patient with cancer.

“Over the past century, the organizations and individuals represented in the CoC have consistently and tirelessly advanced the quality and standards of cancer care,” said CoC Chair Timothy Mullett, MD, FACS. “As a result, today there are more than 1,500 CoC-accredited cancer programs in the United States and Puerto Rico, treating more than 70 percent of patients with cancer in this country.”

The CoC’s success in improving the quality of cancer care is directly attributed to the contributions and commitment of participating accredited programs dedicated to providing quality cancer care. This includes the cancer program at the Hearst Cancer Resource Center at French Hospital, which has been accredited by the CoC since 2013.

Established by the ACS in 1922, the CoC is a consortium of professional organizations, dedicated to improving survival and quality of life for cancer patients through standard-setting, prevention, research, education, and

the monitoring of comprehensive quality care. CoC membership is composed of more than 100 individuals who either are surgeons representing the ACS or representatives from the 60 national professional organizations affiliated with the CoC.

“Since 1922 the CoC has been setting standards and accrediting cancer programs to ensure the provision of high-quality cancer care,” said ACS Cancer Programs Medical Director Heidi Nelson, MD, FACS. “While we celebrate the CoC’s proud 100-year history of excellence in the coming year, we also will continue to focus on new, innovative, evidence-based approaches for developing compassionate, standardized care that is coordinated to treat the whole patient.”

Hearst Cancer Resource Center is proud to provide an accredited program to SLO county!

PROUD TO BE A
CoC-Accredited
CANCER
PROGRAM.

COMMISSION ON CANCER
AMERICAN COLLEGE OF SURGEONS



In honor of

Cervical Cancer Awareness Month

Hearst Cancer Resource Center (HCRC) works collaboratively with a group of local organizations and physicians, led by Dr. Tom Spillane to shed new light on HPV (Human Papilloma Virus) in our community. Dr. Spillane is so passionate about the importance of HPV prevention and education that he started a group called HPV Free SLO (HPVFreeSLO.com)

Dr. Spillane shares on the website, “For the first time in history, we have the opportunity to eradicate a specific type of cancer. Currently, there are around 40,000 new cases of HPV-related cancer per year in the United States. A vaccine that can eradicate this type of cancer has been FDA-approved since 2006. This virus is associated with horrendous cancer morbidity and mortality. Herd immunity is estimated to occur if an 80 percent vaccination rate is attained, thus eliminating the virus. A number of countries mandate this vaccine and are eradicating HPV associated cancer with vaccination rates above 80 percent.”

These are exciting times that we have an opportunity to prevent six different types of HPV related cancer with a vaccine. HPV Free SLO works together with HCRC, the American Cancer Society and others to strategize and educate SLO County about the importance of eradicating a virus that can lead to deadly cancer’s in the future.

According to Amanda Szuck, MPH of the American Cancer Society, “These are important strides that are being made in cancer care and prevention! HPV is a community health problem that is prevalent in every county across America. It’s time to start talking about this as more than sexually transmitted infection, but more so as a way to reduce the risk of future cancers in our communities.”

To learn more about HPV Free SLO and the importance of HPV education and vaccination, please visit their websites: cancer.org and HPVFreeSLO.com.

Barriers to improving vaccination rates include misinformation, inconvenience, lack of education, and government hurdles to enforcing mandatory vaccination requirements.
Together we can eradicate HPV Related Cancer.



January is Cervical Cancer Awareness month. This nation-wide initiative aims to increase awareness about cervical cancer, HPV, and the importance of early detection.

The treatment of metastatic prostate cancer continues to improve rapidly with new treatments and technologies, such as PSMA PET scan and radiolabeled targeted therapy.



Brian DiCarlo, MD

Hematology & Medical
Oncology

Updates in Metastatic Prostate Cancer

By Brian DiCarlo, MD

The treatment of metastatic prostate cancer has undergone remarkable changes over the past few years. Historically, treatment was based on suppression of testosterone with what is called androgen deprivation therapy (ADT). Unfortunately, effectiveness may be short-lived, with an average disease-control of about one to two years. Significant scientific

breakthroughs have revealed why the medications may stop working and led to new, oral novel hormonal therapies (NHT). These were initially shown to be effective after disease progression on ADT and became the standard treatment about ten years ago.

More recently, multiple studies have shown that the addition of NHTs such as abiraterone, enzalutamide, apalutamide, or darolutamide, earlier on in treatment (first-line) with ADT, essentially doubles progression-free survival, and improves overall survival. Currently, with very few exceptions, ADT alone is no longer considered the standard of care for the initial treatment of metastatic prostate cancer and should often be combined with one of the NHTs.

Treatment of metastatic prostate cancer benefits from multidisciplinary care. Urology, medical oncology, and radiation oncology all play an important role. Recent data suggest that radiation therapy to the prostate, and sometimes metastases, can improve survival in patients with metastatic prostate cancer, which is a change in paradigm. In addition, we have learned that patients with metastatic prostate cancer should get genetic testing, as mutations in genes, such as BRCA, can influence treatment and prevent cancer in family members.

Overall, the treatment of metastatic prostate cancer continues to improve rapidly with new treatments and technologies, such as PSMA PET scan and radiolabeled targeted therapy against PSMA, which is a protein specifically expressed on prostate cancer cells. This is an exciting time in the field and further advances are going to continue to improve the outcomes and quality of life for all of our patients with metastatic prostate cancer.

If you or a loved one has questions or concerns, please call our office at **805.542.6234** or contact: **hcrc@dignityhealth.org**



Bianca Clayton, L.Ac.
Milkweed & Alchemy

Acupuncture treatments can help reduce nausea, relieve pain, increase energy, and provide a sense of calm while going through surgeries, chemotherapy, and radiation.

Acupuncture and Cancer Care

By Bianca Clayton, Licensed Acupuncturist and Herbalist

Acupuncture is an incredible addition to cancer and palliative care during cancer treatment. Acupuncture treatments can help reduce nausea, relieve pain, increase energy, and provide a sense of calm and relaxation while going through surgeries, chemotherapy, and radiation. At the Hearst Cancer Resource Center, acupuncture is performed in a group setting. Participants have stated that the healing effects of acupuncture with peers is amplified.

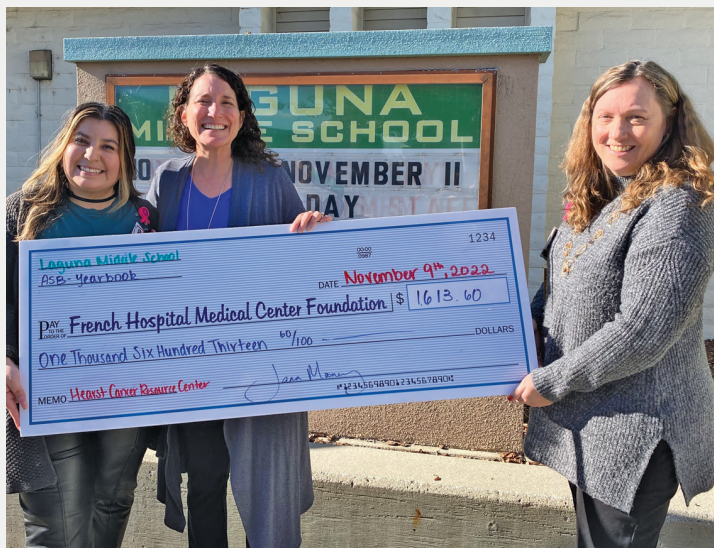
Acupuncture needles are sterile, single use, and hair thin. Most people cannot feel the needle being inserted into the skin. Some people notice that it feels like a tiny bug bite that dissipates after a moment. You then remain still with the needles in for 20-30 min. What comes as a surprise to many first time acupuncture patients is that it can be quite relaxing. It is not uncommon for a patient to fall asleep during treatment! The beauty of acupuncture lies in its ability to provide an overall sense of well-being to all aspects of the human condition: physical, emotional and spiritual.

Throughout our bodies, there are meridians through which Qi (our life force) flows. When the Qi gets stuck, that can cause pain and all sorts of pathologies. Acupuncture helps to unblock and/or strengthen the Qi flow. Some meridians start in the head and end in the feet, that is how sticking a needle in your toe can help a headache.

Typically, if you are suffering from an acute situation, you might need only a few treatments to get back to health. Whereas a patient that has been suffering from multiple chronic conditions for many years might need to come in for several months of consistent treatment. The healing power of acupuncture is cumulative, thus follow up treatments are important to carry out the effects. If the patient is diligent about maintaining their health outside of the treatment room (healthy diet, lifestyle modifications, appropriate exercise), they can expect to see results more quickly.

Bianca Clayton is a Licensed Acupuncturist and Herbalist in San Luis Obispo. Learn about her work at www.milkweedandalchemy.com. See page 9 for class information.

In Gratitude for the “Coins for Cancer” Fundraiser



Throughout the month of October, students at **Laguna Middle School** were encouraged to participate in the “Coins for Cancer” fundraiser that would be donated to the Hearst Cancer Resource Center. **Janna Mooney**, 8th grade math teacher and yearbook advisor, helped lead the charge with these teens in getting involved with their community. Cancer is the second largest cause of health issues for ages one to nineteen, and the rate of teens with a parent who has cancer is one in fifteen. For teens who donated, they felt the need to contribute and add their support to our cancer community. With the help of this donation drive, Laguna Middle School was able to raise over **\$1,600.00** for the Hearst Cancer Resource Center! We are so grateful to have this type of community involvement and to see the next generation of leaders make waves for cancer care.

Advisory Committee

Member Spotlight

Alan Iftiniuk

French Hospital Medical Center President and CEO, retired, and founding committee member

Q: How long have you been a part of this committee and what is something that you are proud of contributing to?

I commissioned the HCRC Advisory Committee as a formal committee of the FHMC Foundation Board back in 2008. I appointed current FHMC VP & CMO Dr. Vendegna as the first Chair of this committee. Dr. Vendegna and I then decided who should sit as members of this non-fiduciary advisory committee. One of the first members I appointed was Steve Hearst. It was important to both Dr. Vendegna and me that the committee membership be composed of local physicians as well as individuals diagnosed with cancer. We were creating something brand new for our community—such a support center had not previously existed in SLO. It was important that this new resource center have instant credibility, sufficient resources, and provide access to all in need.

Q: Why is HCRC important to you and/or this community?

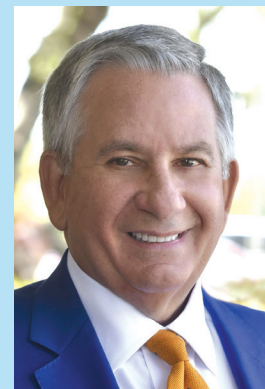
There are few individuals in our community who have not been affected, directly or indirectly, by the devastating diagnosis of cancer. The very word “cancer” brings forth intense feelings of despair, fear and nervous trepidation. Upon diagnosis, the patient and their loved ones are often left with endless questions, doubts and confusion. The Hearst Cancer Resource Center, as originally envisioned by Dr. Vendegna, was to be that patient’s oasis of hope in San Luis Obispo County. A place where trained professionals could answer questions, assist in navigating the complex healthcare bureaucracy, provide training and resources to assist the patient throughout their course of treatment (and afterwards), allow patients to gather in a relaxed and private space with others experiencing similar health or life related issues—ALL AT NO CHARGE TO THE PATIENT! French Hospital Medical Center picked up the gauntlet, answered the call and became home to the HCRC.

My family too has been afflicted by the brutal ravages of cancer: my dear sister Gail was diagnosed with non-Hodgkins lymphoma and passed away at the early age of 40. Over the years too many friends have been diagnosed with this dreaded disease.

Who could not be empathic and supportive of such a mission of “carism” as was envisioned for the Hearst Cancer Resource Center. Now, at the tail end of my very long healthcare career, I proudly consider my involvement in creating this incredible resource center as one of the most important pieces of my professional and personal legacy.

Q: What is something personal that you enjoy and want to share?

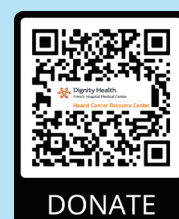
My long career in healthcare has taught me so many lessons, but none more important than the haunting fragility of life and ultimately how to recognize the value of my time. There is *nothing* more important to me at this stage of my life than precious time with my loving family and dear friends. I have been truly blessed!



Alan Iftiniuk

Now at the tail end of my long healthcare career, I proudly consider my involvement in creating this incredible resource center as one of the most important pieces of my professional and personal legacy.

You can support our work by making a donation today.



Turn to us for answers

HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401
805.542.6234
Monday–Friday
9AM–4:30PM
dignityhealth.org/hcrc
Please call for an appointment.

Thomas Spillane, MD
Medical Director

Shannon D'Acquisto
Director, Cancer Survivor
HCRC@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator

Lauren Jermstad, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
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Lay Patient Navigator
805.458.4526—en español

Angela Fissell, RD
Registered Dietitian

Ramie Castilleja
Program Coordinator

Lisa Steinbeck
Cancer Registrar

DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center
1325 East Church Street, Suite 102
Santa Maria, CA 93454
805.219.HOPE (4673)

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Katherine Guthrie
*Senior Regional Director,
Cancer Services*

Kathleen Sullivan, PhD, RN
*Vice President, Post Acute Care and
Health Services Operations*

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
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Robin DiBiase, NP, OCN
James Malone III, MD
Tim Soucek, PA
Lin Soe, MD

SLO INFUSION CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.786.6140
Nurse Line: 805.786.6144

Susan Diaz, RN, OCN
Director

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey Street, #210,
San Luis Obispo, CA 93401
805.542.9700

FHMC Women's Health and
Imaging Center
1941 Johnson Ave., Suite 104,
San Luis Obispo, CA 93401
805.597.6700

ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH
& HOSPICE
800.549.9609

PALLIATIVE CARE
805.739.3950

COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

17 Strong
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionsslo.org

Cancer Support Community
csclslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

Street address:
1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401

HCRC Advisory Committee

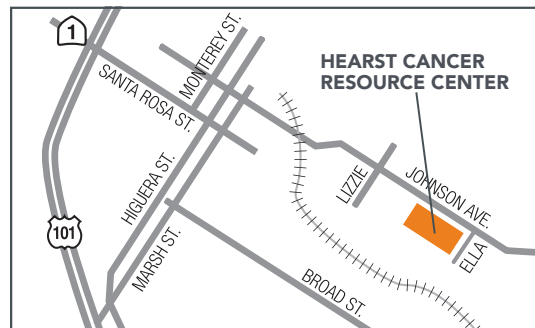
French Hospital Medical Center

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Julia Fogelson, MSN, RN—COO, CNE
Nancy Bussani—INTERIM
VP PHILANTHROPY
Thomas Vendegna, MD—CMO
Debbie Wettlaufer—CFO

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Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

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