

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 at no charge, and appreciates the generosity of our donors who make it all possible.

“The Art of Misfortune” ...A Survivor’s Story

As told by Jake Rodrigues

For years, Mom would tell me, “You need to get that checked out.” It was in my early 30’s, I was naïve and unafraid of much of anything, let alone cancer. However, buried within my right sideburn was the teeniest mole that one day would change my life forever. At 34, I finally got it checked out and the biopsy came back “Melanoma.” I received my handy pamphlet, set a future appointment for removal and “no big deal,” it seemed.



Two years later, at 36, I had a grand mal seizure. There were no warning signs, for all I knew I was a healthy guy who had a random stroke. Just 48 hours after admission and numerous tests, scans, biopsies and labs, my wife, mother and I were told in my hospital room that I had “Stage IV Malignant Melanoma” with three tumors in the brain and one the size of an apricot in my lung. We were speechless, and at that moment the world just went black.

We needed a team—fast. Within one week, countless calls and chasing referrals from my Oncologist and others on

Nobody said the battle would be easy, but I can tell you it certainly was worth it. **Key takeaway: When in doubt, get it checked out!** It very well could save your life.

my team, I felt confident that together we would beat this disease.

I had Gamma Knife Radiosurgery, immunotherapy infusions, lymph node extraction, brain surgery and dozens of tests and scans. I changed my diet, sought out holistic treatments for anxiety, rest, lots of prayer and meditation. Finally, in May 2019, I received confirmation that I exhibited No Evidence of Disease (NED). This May for skin cancer awareness month I will be four years NED!

It’s been a long, and difficult road (for many) to get here. Cancer does not discriminate; it reveals your truest family, friends, and supporters, and it rallies communities while it also shakes families to their core. The lessons learned, the gratitude for every new day, the survivors I have met along the way and the friends I have lost and will never forget. Because of this, I feel there is an ironic beauty in all this misfortune, telling us we will not let cancer win over our spirits and determination. The #1 rule when you are battling cancer is to advocate for yourself, always!

I hope my story gives hope to many who feel scared, as I was. Nobody said the battle would be easy, but I can tell you it certainly was worth it. When in doubt, get it checked out: it very well could save your life.

Protect Yourself From the Sun

Practice Safe Sun!

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer. Here's how to protect yourself from the sun:



Seek shade. The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.



Wear sun-protective clothing, such as a lightweight, long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective protection, choose clothing with an ultraviolet protection factor (UPF) number on the label.



Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Use extra caution near water, snow, and sand, as they reflect and intensify the damaging rays of the sun, which can increase your chance of skin cancer.



Avoid tanning beds. If you want to look tan, consider using a self-tanning product, but continue to use sun protection outdoors.

If you find any new or suspicious spots on your skin, or any spots that are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist.



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To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit SpotSkinCancer.org.

Updates in Skin Cancer Prevention and Treatment

The average rate of invasive melanoma in San Luis Obispo County is almost twice as high as the rest of the state. Join Dr. Allen on Zoom as she updates the audience on important information about the prevention of skin cancer as well as the newest treatments available. Question and answer session included.

WHEN: Tuesday, May 16 • 5:30 pm

WHERE: Virtual/Zoom, SLO

PRESENTED BY: Karen Allen, MD, Dermatology

To RSVP, contact: hcrc@dignityhealth.org or call **805.542.6234**

FIRST ANNUAL
CANCER SURVIVORSHIP CELEBRATION AND SPEAKERS PANEL

The Hearst Cancer Resource Center is pleased to present

Celebrating
Cancer Survivors and Thrivers!



Tom Spillane, MD
Oncology and
Hematology



Hayley Townley
Cancer Survivor,
Author and Speaker



Priscilla Kiessig, LCSW
Cancer Survivor,
Licensed Clinical Social Worker

Please join us to celebrate the cancer survivors and thrivers among us. Our speakers panel will bring the wisdom accrued from many years of surviving and/or treating cancer patients as well as the latest updates in cancer survivorship medical care, mental health and personal stories. The event will offer practical guidance for staying well, improving quality of life and maintaining hope through your cancer journey and beyond.

Tuesday, June 13, 2023 • 5:30 to 7:30 p.m.

Wacker Family Auditorium

(in the Copeland Health Education Pavilion at French Hospital)

1911 Johnson Avenue, San Luis Obispo

Space is limited; reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

Come at 5:00 p.m. to meet our Community Cancer Partners:

- 17 Strong • American Cancer Society • Camp Kesem Cal Poly
- Cancer Connections • Cancer Support Community • Cancer Well-Fit Program • CCDBA–SurviveOars • Hats for Hope • Jack’s Helping Hand
- Leukemia and Lymphoma Society • SabesWings • Surfing for Hope
- Teddy Bear Foundation



EMAIL US



Lisa Steinbeck
Certified Cancer Registrar

Cancer registrars are data information specialists that capture a complete history, diagnosis, treatment, and health status for every cancer patient in the United States.

Ask the Registrar

The Hearst Cancer Resource Center and French Hospital are certified by the Commission on Cancer, which is mostly handled through our Cancer Registrar, Lisa Steinbeck. She offers her insight of how her role helps the HCRC create robust programs for patients:

How long have you been a cancer registrar?

“I’ve been a Cancer Registrar for 37 years and I’ve been a part of the HCRC for almost a decade.”

What is your main role as the Cancer Registrar?

“My role at French Hospital and the HCRC is multi-faceted. I help maintain accreditation through the Commission on Cancer. I also make sure that French Hospital and HCRC are in compliance with state requirements for data reporting for cancer cases in our community.”

What should people know about your role and how you better our cancer center?

“High quality data collection has an impact on research and ensures that standards of care are upheld. Being in this role with the HCRC is such a wonderful experience.”

JUNE IS NATIONAL CANCER SURVIVOR MONTH

Honoring Survivorship Month!

We honor those who are living with a history of cancer for their strength and courage.

Here are a few events that are happening locally for local cancer survivors:



Surfing for Hope Survivorship Camp

Saturday, May 20 • 9:00 a.m.

Join Surfing for Hope for their annual survivorship camp. A day of yoga, beginner surf instruction, and a gourmet luncheon will be provided free of charge. The Surfing for Hope team will lead a brief discussion on survivorship as well as updates on local cancer resources. To register: surfingforhope.org/surf-camps

French Hospital sponsors in honor of Hearst Cancer Resource Center:

Blues Baseball Game

Sunday, May 28 • 4:00 p.m.

Join us to watch the Blues Baseball start their season. The HCRC is the charity partner for this game and featuring a local cancer survivor throwing out the first pitch! If you are interested in joining us, we have a limited number of tickets available for free. Please call 805.542.6234 or email HCRC@dignityhealth.org to reserve your tickets. Additional tickets are available for purchase the day of, at the venue.



Share the Hope

The French Hospital Medical Center Foundation is pleased to announce that Share the Hope, a fundraising event held on April 1, 2023, raised more than \$450,000 to benefit the Hearst Cancer Resource Center (HCRC) Endowment.



Maria Osegueda, breast cancer survivor, (left) is a grateful recipient of the services of HCRC. She is pictured above with Steve Hearst and Eloisa Medina.

The endowment, initially funded by The Hearst Foundation, provides vital long term support, allowing the HCRC to continue providing comfort, support, and information to cancer patients and their families for many years to come.

Share the Hope has been held annually since 2008, raising crucial funds to support the HCRC. This year, event guests were excited to be back at the famous Neptune Pool at Hearst Castle for a champagne

reception for the first time since the onset of the COVID-19 pandemic. The reception was followed by a gourmet dinner at the historic Hearst Ranch Dairy Barn with an exciting live auction and music. More than 175 guests attended.

Additional endowment funding is still needed to support the long term efforts of the HCRC and provide local cancer patients with critical services and resources. To donate, please visit supportfrenchhospital.org

You can support our work by making a donation today.

Please visit SupportFrenchHospital.org/HCRC, call the French Hospital Medical Center Foundation at 805.542.6496, or mail your gift to the Foundation at 1911 Johnson Avenue, San Luis Obispo, CA 93401.



Advisory Committee Member Spotlight

Robert Johnson, MD

Radiation Oncologist

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

I have been part of the HCRC advisory board for one year. I am proud of the social support, financial support, education, language interpretation, and other resources the HCRC provides to patients.

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

HCRC is important to our community because it provides comprehensive resources to patients with cancer (and their family/friends) that help them overcome barriers to receiving care.

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

I grew up on a fruit farm in San Diego County. I enjoy growing/tending to fruit trees in my spare time.



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

Kiersten Arnaudin, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Angela Fissell, RD
Registered Dietitian

Ramie Castilleja
Program Coordinator

Lisa Steinbeck
Cancer Registrar

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

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*

Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
Daniel Lewis, MD
James Malone III, MD
Lin Soe, MD
Tim Soucek, PA

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

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*

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
cancerconnectionslo.org

Cancer Support Community
cscslo.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

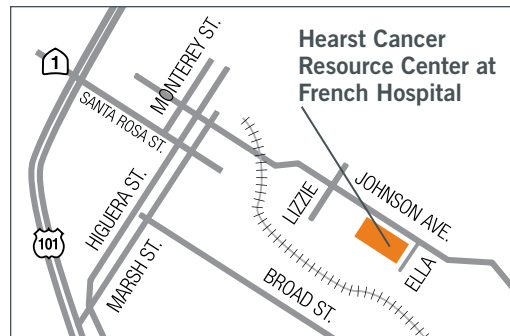
French Hospital Medical Center

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

Committee Members

Sandy Dunn—CHAIR
Gayle Cekada, MD
Edwin Hayashi, MD
Jack Hearst
Stephen Hearst
Stephen Hilty, MD
Robert Johnson, MD
Noreen Martin
Susan Minker, MD
Don Oberhelman
Colleen Russell, DPT
Thomas Spillane, MD
Jackie Starr
Christine Williams

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234

