

cancer care

THE HEARST CANCER RESOURCE CENTER

A place for information, support and peace of mind. All at no charge.

Naturopathic Approaches in Cancer Support

HEIDI LUCAS, ND, FABNO
SUMMER 2016



Dr. Heidi Lucas ND, FABNO, practices in SLO, specializes in Integrated Naturopathic Oncology, supporting patients in navigating treatment choices in their cancer journey, bridging natural and conventional medicine.

Integrated Naturopathic Oncology in cancer care uses targeted therapies before, during and after conventional treatments including clinical nutrition, mind body therapy and botanical medicines.

The ideal nutrition for cancer prevention and treatment is anti-inflammatory, immune stimulating, and hormone and blood sugar balancing. Some studies show high blood sugar and in turn high insulin levels increase growth of abnormal cells. A basic method to stabilize blood sugar is to always have protein, fiber and healthy fats with every meal and snack. Foods such as cruciferous vegetables, berries, green tea, onions, garlic, ginger, mushrooms and turmeric can stimulate immune function and decrease inflammation.

Mind Body Medicine interventions can affect a positive change in the immune system, mental clarity and energy. Studies confirm the benefit of exercising five days a week, 30-60 minutes and creating a meaningful "personal practice," such as meditation, prayer, a walk in the woods or on the beach. Melatonin, a hormone that is immune stimulating, stress relieving and hormone balancing is higher in those who meditate on a regular basis. Studies demonstrate mindful abdominal breathing 10

HEARST CANCER RESOURCE CENTER

Is Pleased to Invite You to a Free Lecture

NATUROPATHIC APPROACHES IN CANCER SUPPORT

Presented by Heidi Lucas, ND, FABNO

Tuesday, October 11, 2016
5:30-6:30 PM

French Hospital Copeland Health Education
Pavilion Room 101 on the 1st Floor
1911 Johnson Ave, San Luis Obispo

Light meal will be served.

*To register or for more information,
please call 805.542.6234.*

minutes, twice a day decreases cortisol, the stress hormone which increases blood sugar and depresses immune function. These are affordable, effective and powerful interventions that everyone can access.

Targeted supplements play a role in working with conventional treatments to decrease potential short and long term side effects of surgery, radiation and chemotherapy. Supplementation with herbs and vitamins can correct nutrient deficiencies, such as Vitamin D, B12 and Zinc. Through research-based interventions, patients can improve their vitality and well-being. It is important to work with your physician to ensure safe use of any supplements during treatment.

Naturopathic interventions assist in changing those factors we have control over in the cancer journey. This support is nourishing, empowering and healing for patients and their families.



You're Invited: Open House at Hearst Cancer Resource Center

We are thrilled to announce that construction on the HCRC is complete and we are ready to share with you the newly remodeled HCRC.

Open House

Wednesday, September 14, 2016
4–6 p.m.

An open house will be held for the community to tour the expanded facility and our beautiful upgraded furnishings.

The newly remodeled center will feature an expanded multipurpose room for movement classes, art therapy classes, community education programs and lectures, and private offices for our Nurse Navigator and Lay Patient Navigator.

This remodel expansion project was made possible by the generous donations from the annual HCRC Share the Hope event. Light refreshments will be served.



September is National Cancer Awareness Month for Prostate and Ovarian Cancers and October is National Breast Cancer Awareness Month

During these months let us remember those who have lost their lives to this disease and honor those survivors who are newly diagnosed, in treatment, in recovery and beyond.

A new report by the American Cancer Society – in collaboration with the National Cancer Institute – estimates there are more than 15.5 million cancer survivors alive in the U.S. today, and that number will grow to more than 20 million by 2026. This is due partly to improved treatments that help people with cancer live longer, improvements in early detection that allow doctors to find cancer earlier when it is easier to treat, and a growing and aging population.

A few prostate, ovarian and breast cancer facts:

- 2.9 million men live with prostate cancer in the U.S.
- 80% of all localized prostate cancer patients survive if the disease is detected and treated before it spreads to other sites.
- The rate at which women are diagnosed with ovarian cancer has been slowly falling over the past 20 years.
- When diagnosed with and treated for ovarian cancer at the earliest stages there is a five-year survival rate of more than 90%.
- In 2016, there are more than 2.8 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- 99% of all localized breast cancer patients survive if the disease is detected and treated early-on.

Talk to your doctor to know your risk and the correct screening options for you. Consider making life style changes such as eating a healthy diet, exercising regularly and schedule your annual doctor check-up!

Free Mammogram Screening Clinics

Breast cancer is the most common cancer in women. However, in recent years the death rate from breast cancer has steadily gone down because of a variety of factors, including early detection.

To support individuals who are uninsured, French Hospital Medical Center (FHMC) in collaboration with SLO Noor Clinic, The Center, Planned Parenthood and Paso Robles Public Health Clinic are pleased to offer two free mammogram screening clinics.

Saturday, October 1 and 14, 2016 from 11:00 a.m. to 4:00 p.m.

How does this work?

- Call any one of our above mentioned partners for an appointment for a clinical breast exam.
- At this appointment you'll receive a referral for a free mammogram screening.

Who qualifies for the screening?

- Women who do not qualify for any local, state or federal program to cover the cost of a screening mammogram.
- No suspicious findings on a clinic breast exam (i.e. lumps, discharge, etc.).
- No past history of abnormal results on a screening mammogram.



Contact Eloisa Medina, Hearst Cancer Resource Center Lay Patient Navigator, FHMC at 805.786.6130 or 805.712.1016 with questions.

TURN TO US FOR ANSWERS ABOUT CANCER

ARROYO GRANDE COMMUNITY HOSPITAL

FRENCH HOSPITAL MEDICAL CENTER

MARIAN REGIONAL MEDICAL CENTER

Edwin Hayashi, MD, FACS
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COASTAL CANCER CARE CENTER

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HCRC ADVISORY COMMITTEE

Chair

Thomas Vendegna, MD

French Hospital Medical Center President and CEO

Alan Iftiniuk

French Hospital Medical Center Chief Operations Officer (COO), Chief Nursing Executive (CNE)

Julia Fogelson, RN

French Hospital Medical Center Vice President, Philanthropy

Debby Nicklas

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Stephen Hilty, MD
Stephen Holtzman, MD
Katie Lichtig
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Susan Minker, MD
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Thomas Spillane, MD
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Carol Thom

Hearst Cancer Resource Center Director

Bev Kirkhart

COMMUNITY PARTNERS

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

American Cancer Society

Cancer Connections

Cancer Support Community

Cancer Well-fit Program

Jack's Helping Hand

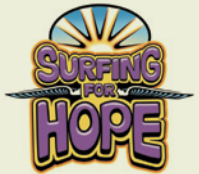
Central Coast Dragon Boat Association –

Central Coast SurviveOars

The Wellness Kitchen and Resource Center

Mark Your Calendar

Surfing for Hope



Friday and Saturday,
September 30 and October 1, 2016
Avila Beach and Pismo Beach

The 5th Annual Surfing for Hope event
is fast approaching.

Don't miss out on the various exciting events including the Memorial Paddle Out, Longboard Surf Contest, Benefit Reception and Family Fun Fair. For reservations or more information visit www.surfingforhope.org.

We are also seeking volunteers to help with the various events.

*If interested, please contact Bob Voglin at 805.305.5088
or visit www.surfingforhope.org.*

Making Strides Against Breast Cancer



Saturday, October 22, 2016 at 9:00 AM
Mission Plaza in downtown San Luis Obispo

The American Cancer Society's Making Strides Against Breast Cancer Walk is an opportunity to raise awareness as you participate in a 5K walk through beautiful downtown San Luis Obispo.

To create a team, for reservations or information, visit makingstrideswalk.org/sanluisobispo or call 1.800.227.2345.

HEARST CANCER RESOURCE CENTER

www.dignityhealth.org/frenchhospital

1941 Johnson Avenue, Suite 201A,
San Luis Obispo
805.542.6234

*Commission on Cancer Community
Cancer Program*

**Open Monday–Friday,
9 a.m.–4:30 p.m.**

Cancer Connections Donates \$1,174 to Angel of Hope Fund



Cancer Connections celebrated its 10th birthday by donating to the HCRC's Angel of Hope Fund. Cancer Connections provides one-on-one support for those diagnosed with cancer and their caregivers. Please call 805.235.2997 for assistance or to volunteer. There is no cost for this confidential service. Speak to someone who has been there!

