

cancer care

THE HEARST CANCER RESOURCE CENTER

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

Cervical Cancer Awareness Month: Screening Saves Lives

BY CHRISTOPHER LUTMAN, MD
 GYNECOLOGIC ONCOLOGIST



January is “National Cervical Health Awareness Month.” Are you aware?

Only seven or eight decades ago, cervical cancer caused a high number of deaths among American women every year. Now, in the U.S., fewer than 12,000 women are diagnosed

with invasive cervical cancer and fewer than 5,000 women will die from this disease every year. This dramatic decrease is largely attributed to the simple test that has become known as a “Pap smear.”

Globally, however, cervical cancer is the fourth leading cause of cancer death worldwide. More than 500,000 women are diagnosed with cervical cancer and nearly 300,000 women still die from this disease every year. Why is this?

Simply put, when women are not screened regularly, they are at higher risk of death from cervical cancer. This reality disproportionately impacts populations in parts of our world that are already deeply affected by war, malnutrition, economic disadvantage, and HIV/AIDS.

We now understand that nearly all cervical cancers are caused by a virus called Human Papilloma Virus or HPV. There are many different types of HPV viruses, and nearly all human beings on the planet are exposed to HPV during their lives through intimate and sexual contact.

UNDERSTANDING AND PREVENTING CERVICAL CANCER TALK

Wednesday, January 18, 2017
5:30 PM

French Hospital Medical Center
 Pavilion Auditorium, 3rd floor
 1911 Johnson Ave, San Luis Obispo

Dr. Lutman will be sharing his expertise on the topic of cervical cancer. During this time, we will discuss what cervical cancer is, how it can be prevented, and the effectiveness of the vaccines.

Reservations are required. Please call Hearst Cancer Resource Center to reserve your seat at 805.542.6234.

A light meal will be available.

HPV-associated cancers can be prevented by vaccines that have been developed for children and young adults under age 25. In countries where these vaccination programs have seen widespread acceptance, the rate of HPV-related cancers has plummeted. In the United States, however, we have not seen the same acceptance of these programs by many people in our society.

Cervical cancer is preventable, but the fight continues. We have seen incredible progress but still have a long way to go to eradicate this and all HPV-related diseases from our human family.



Hearst Cancer Resource Center is Your Cancer Center

The Hearst Cancer Resource Center (HCRC) offers patients, their families and their friends a safe place to land. We are here for anyone going through any stage of a cancer journey – newly diagnosed, in treatment, or living beyond.

At HCRC, you can find resources to help you move through and beyond your treatment. Our staff helps to navigate difficult situations by providing emotional support, numerous complementary therapy programs, and a place to find other survivors – those who know what it feels like to be told, “You have cancer.”

Every survivor faces his or her cancer journey differently, and this is why we offer more than 20 free mind-body programs, including support groups and one-on-one consulting with oncology trained nurse navigators and registered dietitians.

As we start this new year, take the time to renew, refocus, and re-energize! We invite you to schedule an appointment with our nurse navigator or drop in for a meditation class, art therapy session, or cancer support group. Check our listing of programs on the following pages.

We look forward to serving you!



The New Year: A Time to Renew, Refocus, Reaffirm

Wherever you are on your cancer journey – newly diagnosed, in the sea of treatments or living beyond cancer – the start of a new year is a time for many of us to refocus and reaffirm our commitments for a healthier lifestyle.

How does having cancer, or having a loved one who has cancer, impact how we approach the new year? Let’s consider this question for patients in each of the three stages of cancer: diagnosis, treatment, and survivorship.

Diagnosis:

If you have recently been diagnosed, this might be a time to re-evaluate your goals and make a plan to positively support these goals. For example, if your goal is to have a strong immune system, what changes in your diet or sleep can you make to bolster your immune system to better tolerate treatment?

“I resolved to consume Swiss Chard, broccoli, and other greens to boost my immune system.”

– Tony, cancer survivor

Treatment:

Many who are in the middle of treatment find it difficult to think about anything else, and understandably so. Treatment, tests and doctors’ appointments call for the reorganization of schedules and priorities. However, if you’re in treatment, consider scheduling other activities that are therapeutic for you. The Hearst Cancer Resource Center (HCRC) offers an array of support groups, relaxing and stress reduction therapies. Doctors treat the tumor, but the HCRC treats the mind, body, and spirit.

“The more I participate in HCRC classes, the better for the body and for the mind.” – Judy, cancer survivor

Survivorship:

Those who have had cancer know that it is a life-altering event that may raise big questions about how to live both during and after. Some find a new passion or life purpose that redirects their priorities. Surviving cancer is often accompanied by a desire to live life to the fullest, and to adapt a sense of what is important and what is just trivial.

“I’ve learned to love more, listen more and laugh more!” – Karen, cancer survivor

It is never too late to renew, refocus, and reaffirm your commitment for a healthier you, and the staff at the HCRC is here to help you do so.



(Left to Right) Gloria Caine, Nurse Navigator; Eloisa Medina, Lay Patient Navigator; Bev Kirkhart, Director; Lisa Steinbeck, Cancer Registrar

TURN TO US FOR ANSWERS ABOUT CANCER

ARROYO GRANDE COMMUNITY HOSPITAL

FRENCH HOSPITAL MEDICAL CENTER

MARIAN REGIONAL MEDICAL CENTER

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HCRC ADVISORY COMMITTEE

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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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Jackie Starr
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

Hearst Cancer Resource Center is grateful for generous community support:

Comevo, Inc.



Each year, local company Comevo, Inc., selects three nonprofits to support through using a portion of their profits. In 2016, the Hearst Cancer Resource Center was grateful to be one of the selected recipients. On October 5, employees from Comevo visited the HCRC to see how their contributions were making a difference being used.

“Many don’t know of the great resources we have here in SLO. The services they offer are amazing.” – Leslie Coe, Vice President of Operations.

Sunset Honda

For the second year in a row, during the month of October, Sunset Honda raised breast cancer awareness by donating \$2,000 each year from their October sales to the Hearst Cancer Resource Center.



(Left to right): George Peterson, Sunset Co-Owner; Bev Kirkhart, HCRC Director; Chris Baughman, Sunset Honda Co-Owner; Candi Earl, Sunset Honda Office Manger

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.**

Surfing for Hope



(Left to Right) Dr. Tom Spillane, Brian Metcalf, Bob Vouglin, Gloria Caine, Dr. Karen Allen, Alan Iftiniuk, Bev Kirkhart, Debby Nicklas

In November, the Surfing for Hope Foundation presented the HCRC with a donation of \$26,209 from proceeds of the successful Surfing for Hope event held on September 30 and October 1, 2016.

