

cancer care

THE HEARST CANCER RESOURCE CENTER

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

March is National Colorectal Cancer Awareness Month

Colorectal Cancer Can Be Prevented

By Dr. Brian DiCarlo, M.D.

Patients often ask me, “When will we be able to cure or prevent cancer?” When it comes to colorectal cancer, we actually do have the ability to find early stage disease leading to cure, and can even prevent the development of cancer.

Colorectal cancer is the third most commonly diagnosed cancer and cause of death from cancer in the U.S. In 2017, there will be approximately 135,000 cases of colorectal cancer, diagnosed in the US, with approximately 50,000 deaths. While screening has been shown to lower mortality, the rate of screening in U.S. is only about 50–60%. Barriers to screening include lack of awareness/education, lack of primary care services, and fear/anxiety of screening procedures. Fortunately, there are now several proven options for screening strategies that can work for most individuals.

Colorectal cancer screening is generally recommended for ages of 50 through 75, with individual decision making between the ages of 76 and 85. Screening at younger ages is recommended for patients with a family history of colorectal cancer.

The gold standard for screening remains colonoscopy, which has the benefit of high accuracy and low frequency of testing (every 10 years). It also has the ability to prevent cancer with removal of precancerous polyps.

For patients who are hesitant to undergo an invasive procedure, another option is fecal testing, which has improved over the past few years with the inclusion of molecular testing to increase the accuracy. A positive test would need to be followed by a colonoscopy, but a negative test may eliminate the need for colonoscopy. Testing is generally recommended on an annual basis.

Other options include CT scan colonography and flexible sigmoidoscopy, which are limited by radiation exposure and inability to detect right-sided colon cancer, respectively.

With improved screening rates and technology, we are hopeful that we will prevent or cure the majority of colorectal cancer in the near future.



Brian DiCarlo, M.D. is board-certified and fellowship-trained in hematology and medical oncology. He currently treats people with cancer and hematology disorders at SLO Oncology & Hematology Health Center.





Well-fit™ Program

Cancer Well-fit™, our community-based small group exercise program, is designed for people who have become de-conditioned or chronically fatigued from cancer or its treatment. A community partner with the Hearst Cancer Resource Center, Cancer Well-fit™ increases quality of life for its participants through progressive resistance strength training, specialty strength training, group exercise with one-on-one training, mind/body conditioning, water exercise, and new this year, Aquatic Integration Therapy (AIT).

The physical and psychological effects of exercise, particularly in a small group, have proven to:

- Elevate mood through social contact and release of endorphins
- Restore and build muscle strength and endurance
- Provide a sense of control and empowerment by building strength in mind and body
- Reduce anxiety and improve body image, self-esteem and outlook
- Increase energy, balance and function
- Assist in recovery from surgery and treatment through restoring a range of motion and correcting postural deviations or muscle imbalances
- Return patients to their former level of fitness (or better)

Well-fit™ classes meet two times per week for 10 weeks. Advanced registration and a physician release are required. For information regarding upcoming classes, contact:

Jan or Kate Wels at the Avila Bay Athletic Club and Spa: (805) 595-7600 x122

Kathy Thomas at the Paso Robles Sports Club: (805) 610-6486

New Classes at Hearst Cancer Resource Center

Restorative yoga is a practice focused on four components: support, stillness, breath, and time. The use of bolsters and blankets support the body to allow the benefits of deep passive stretching, providing the opportunity to notice where you hold tension and how to relax into those areas. Therapeutic relaxation can occur when the body is fully supported.

Restorative Yoga can be practiced by anyone at any age. The practice involves only five or six poses while reclined, which can be adapted to accommodate most physical limitations.

Benefits of Restorative Yoga:

- Releases tense muscles
- Relieves joint aches
- Transitions mind and body from stress to calm
- Conscious control of relaxation
- Improves sleep

Please bring a yoga mat, bolsters and blankets are provided.

The yoga mats, bolsters and blankets were donated by Amber Bixler at Elevenses Mind & Body Therapy.

Space is limited please call 805.542.6234 to secure a space.

About Nicki Stephens

Nicki Stephens has been a practitioner of many styles of yoga for 15 years, including Vinyasa Flow, Yin Yoga, Gentle and Restorative Yoga. She is a 200-hour RYT (Registered Yoga Teacher) with Yoga Alliance.

Coloring puts you into a flow-like state. You will be able to put aside your worries for a while and let your creativity flow. You might even find yourself relaxing!

Coloring is an easy way to lower stress and anxiety. It can expel negative thoughts as you take in positive ones, and it can help you focus on the present to help you achieve mindfulness.

All materials are provided and no previous experience is necessary.

Registration is required. Please call Hearst Cancer Resource Center at (805) 542-6234.

About Maureen Segor

Maureen Segor is a retired advertising executive raised in Hawaii where bright colors are embraced. Ms. Segor is a breast cancer survivor who has a passion to help others on their cancer journeys.

Restorative Yoga

2nd and 4th Monday of every month

5:00 PM – 6:00 PM

Hearst Cancer Resource Center

Coloring Your Stress Away

3rd Thursday of every month

11:00 AM – 12:30 PM

Hearst Cancer Resource Center



TURN TO US FOR ANSWERS ABOUT CANCER

ARROYO GRANDE COMMUNITY HOSPITAL

FRENCH HOSPITAL MEDICAL CENTER

MARIAN REGIONAL MEDICAL CENTER

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Robert A. Dichmann, MD
Medical Director

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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

Puma Swim Club Donation

The annual Puma Swim meet on October 22 and 23, 2016 generated \$11,500 through local sponsorships, entry fees and a concession stand. This donation goes toward the free programs and services offered at Hearst Cancer Resource Center for cancer patients and their loved ones, bringing Puma's ninth-year total contribution to the HCRC to \$91,700.



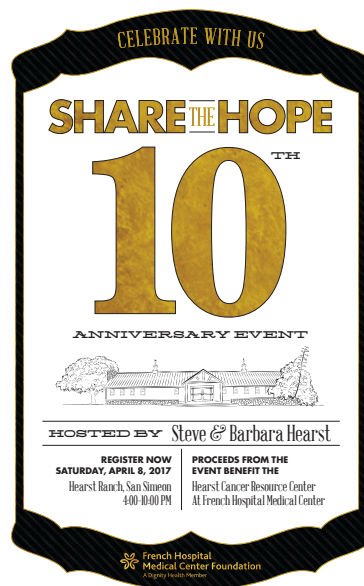
HEARST CANCER RESOURCE CENTER

www.dignityhealth.org/frenchhospital

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San Luis Obispo
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*Commission on Cancer Community
Cancer Program*

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



For reservations and sponsorships, please visit www.supportfrenchhospital.org or call (805) 542-7066.