

cancer care

THE HEARST CANCER RESOURCE CENTER

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

Ovary Cancer

By Christopher Lutman, M.D.



Dr. Christopher Lutman, MD
Gynecologic Oncologist

September is “Ovarian Cancer Awareness Month.” Ovarian cancer is a relatively rare cancer, statistically speaking. However, it is often called “the silent killer” because its symptoms are often vague and the disease is usually diagnosed at an advanced stage, which renders it difficult to cure in many cases.

Exciting and hopeful research is being conducted, however. Last year, a study from the United Kingdom was published indicating it may be possible to detect ovary cancer earlier before it spreads.

Our understanding of the genetic and molecular basis for ovarian cancer is evolving and improving rapidly. It is now believed that up to 20% of all ovary cancers are “familial” in nature. Genetic testing allows us to identify other family members who may also carry a genetic mutation, which predisposes them to ovary cancer (or other cancers).

HEARST CANCER RESOURCE CENTER

is pleased to invite you to a free lecture

Ovarian Cancer: Evolving Advances in Research and Care

Tuesday, September 19 | 6:00 PM

French Hospital Copeland Health Education Pavilion, Auditorium 3rd floor
1911 Johnson Ave, San Luis Obispo

Please join us as Dr. Lutman shares his knowledge and expertise in risk factors, future progress in screening and genetic testing.

A light meal will be available.
Reservations are required and can be made at 805.542.6234.

Additionally, many physicians are also now routinely examining the “molecular fingerprint” of each patient’s cancer to assist in decision making for therapies that may work better than others.

When I meet a new patient and family affected by ovarian cancer, I often tell them that we are about to take an uphill journey together. With recent developments and ongoing research, I am optimistic that the future is a bit brighter for these courageous women and their families with whom I have been invited to climb with.





September is Also Prostate Cancer Awareness Month

This month is a time to recognize those who have faced prostate cancer and those who work tirelessly to help fight this disease, and a time to bring awareness and education about the facts of prostate cancer.

Here are some facts on prostate cancer:

- About 1 in 7 men will be diagnosed with prostate cancer during his lifetime.
- It is estimated there will be 161,360 new cases of prostate cancer in 2017.
- There are more than 2.9 million survivors of prostate cancer in the United States.
- The risk of getting prostate cancer is higher with a family history of the disease. Having a father or brother with prostate cancer increases the risk to 83 percent.
- Approximately 60 percent of prostate cancer cases are diagnosed in men older than 65.
- PSA tests measure levels of prostate-specific antigen in the prostate, not cancer. Although some data indicates PSA test can save lives, there is an emerging new debate about the effectiveness of the PSA screening. Consult with your primary care physician about whether you should be screened.
- Research has shown certain foods, such as tomato-based foods and fatty fish like salmon and tuna, may help protect against the development of prostate cancer.

Talk to your doctor to know your risk and the correct screening options for you. Consider making lifestyle changes such as eating a healthy diet, exercising regularly and of course, scheduling your regular doctor check-up!



Breast Cancer is the most common cancer for women.

It is reported 1 in 8 women will be diagnosed this year with breast cancer. However, in recent years the death rate from the disease 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 The SLO Noor Clinic, The Center, Planned Parenthood and Paso Robles Public Health Clinic is pleased to offer two free mammogram screening clinics:

Saturday, October 7 and 21, 2017, 11:00 AM to 4:00 PM

How does the screening 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 at Women's Health and Imaging at FHMC. **You must bring the referral form with you for the 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.
- Women with no suspicious findings on a clinic breast exam (i.e. lumps, discharge, etc.).
- Women with no past history of abnormal results on a screening mammogram.

Contact Eloisa Medina, Hearst Cancer Resource Center Lay Patient Navigator, at 805.786.6130 or 805.712.1018 for reservations or questions.

American Cancer Society: Making Strides Against Breast Cancer

October 21, 2017, Mission Plaza, San Luis Obispo



Join us for the American Cancer Society: Making Strides Against Breast Cancer Walk on Saturday, October 21 at Mission Plaza in downtown San Luis Obispo. French Hospital is proud to be a Flagship Sponsor of this annual event.

There is no registration fee and no minimum pledge to participate in the 5K walk. Registration begins at 7:30 AM. The walk begins at 9:00 AM with a route that winds through downtown San Luis Obispo.

For more information, contact the American Cancer Society at 805.644.4237 or visit <http://www.MakingStridesWalk.org/SanLuisObispo>.

TURN TO US FOR ANSWERS ABOUT CANCER

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**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

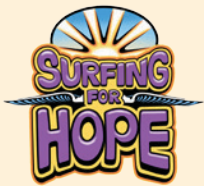
The Wellness Kitchen and Resource Center



French Hospital Medical Center
 1911 Johnson Avenue
 San Luis Obispo, CA 93401

Non-Profit Org
US Postage Paid
PRP Companies
93401

Mark Your Calendar!



Annual Surfing for Hope
 Friday and Saturday
 October 6 and October 7, 2017
 Avila Beach and Pismo Beach

Paddle Out, Longboard Surf Contest, Benefit Reception and the Cancer Resource Fair on the Pismo Pier.

Volunteers are needed to help with the various events. If interested, please contact Bob Voglin at **805.305.5088** or sign up at surfingforhope.org/volunteer.

For reservations or more information, visit www.surfingforhope.org.

The 6th Annual Surfing for Hope event is quickly approaching! Don't miss out on the various exciting events, including the Memorial

HEARST CANCER RESOURCE CENTER

www.dignityhealth.org/frenchhospital

1941 Johnson Avenue, Suite 201
 San Luis Obispo
 805.542.6234

Commission on Cancer Community Cancer Program

**Open Monday–Friday,
 9 AM–4:30 PM**



Grover Beach Police Department Fundraiser for Hearst Cancer Resource Center

The Grover Beach Police Department and the Grover Beach Police Officers' Association are proud to announce their partnership with the Pink Patch Project, a collaborative cancer awareness fundraiser.

The goal of this project is to raise funds to further the research, treatment and care of those who are battling cancer and those who are cancer survivors, as well as education on early detection and prevention of cancer.

The Grover Beach Police have chosen to support the Hearst Cancer Resource Center with the proceeds raised from the sale of their commemorative Pink Grover Beach Police Shoulder Patch and their First Annual Breast Cancer Awareness Golf Tournament on September 9, 2017 at the Pismo State Beach Golf Course.

For more information call 805.473.4511 or visit the department's Facebook page at www.facebook.com/GroverBeachPoliceDepartment.

