

cancer care



Hearst Cancer Resource Center

SLO Infusion Center

SLO Oncology & Hematology

About Cancer Care

Cancer Care is a collaborative partnership between the SLO Oncology & Hematology Health Center, Dignity Health Infusion Center of San Luis Obispo, and the Hearst Cancer Resource Center at French Hospital Medical Center, offering comprehensive cancer care services to San Luis Obispo County residents. As a cohesive oncology treatment program, Cancer Care features innovative technological advancements and expert health care professionals from the nation's top medical training programs. The culmination of these centers provides a personalized, multidisciplinary approach to oncology treatment, clinical trials, pediatric oncology, infusion services, support programs, and resources to promote healing.

We've expanded the Hearst Cancer Resource Center newsletter to share with you the depth and knowledge of this collaborative partnership that is available to our San Luis Obispo community for cancer services. Together we continue to provide the highest quality of care for our community.

We hope you enjoy our new look!



Looking to reduce your stress?

Hearst Cancer Resource Center is here to help you create peace in the New Year.

Most of us experience some stress in our busy lives, but hearing the word "cancer" can trigger the most stressful time you may ever endure. Research has shown that roughly half of all cancer patients struggle with some form of stress.

Here at HCRC we offer many free classes that can help you relieve stress. The following are just a few example classes. *(For a full listing of classes, please refer to page 4).*

- 1. Practice Yoga or Meditation.** Our yoga classes combine breathing exercises with stretching, balancing postures, and relaxing poses which help you learn to relax your mind and create an inner sense of calm.
- 2. Treat Yourself to Energy Balancing.** Let our certified practitioners help you relieve stress and promote relaxation. You might even find yourself so relaxed you can't get off the table.
- 3. Try Soul Collage, Art Therapy or Singing.** Our art therapy sessions use a variety of materials and techniques that can boost your well-being. Singing for Hope is a healing way to come together with others and share in the joy of singing.
- 4. Keep Active with Gentle Movement Exercise.** Our Tai Chi Chih blends slow gestures with deep breathing and mental focus. The Qigong class involves gentle, repetitive flowing movements that coordinate with your breath and foster relaxation.

Wherever you are on your cancer journey, the start of a new year is a time for many to commit to a healthier lifestyle, and the free classes at HCRC are here to help you!

Support the Future of the Hearst Cancer Resource Center

The Hearst Cancer Resource Center (HCRC) is a one-of-a-kind resource, where all services are offered at no charge. The goal of the HCRC is to help those with cancer learn about the disease, recognize opportunities for improved health, build a personal support system and gain a sense of extended family.

The HCRC provides more than 20 monthly educational programs and therapy classes. A nurse navigator, lay patient navigator and dietitian are all available for individual appointments.

The HCRC is working to ensure that all future cancer patients will continue to have free access to the same vital services we have available today by building an endowment. Gifts to endowments remain intact and are invested to generate interest income, ensuring funds are available well into the future.

You can help make sure that free services are always available by donating to the HCRC Endowment Fund. 100% of every gift goes directly to support the HCRC. For more information or to discuss a gift, please contact Rosey Parks at the French Hospital Medical Center Foundation at 805.542.6489 or email rosey.parks@dignityhealth.org.

Share the Passion: Leave Your Legacy for the Hearst Cancer Resource Center.

"I've experienced firsthand how the Hearst Cancer Resource impacts lives. They gave me a sense of hope and a feeling that I wasn't alone on my cancer journey."

— Marsha Bollinger, Cancer Survivor



Welcome Viridiana, SLO Oncology & Hematology

Please join us in welcoming, Viridiana (Viri) Ruiz, Oncology Counselor, to the SLO Oncology & Hematology family. We are convinced that she will add another layer of needed services for our patients.

Viri has worked in social services since graduating from college, most recently with California Children's Services in Santa Barbara. That experience makes her uniquely qualified to help us with the needs of our pediatric patients, and she has already found many resources that will help with the needs of our adult patients also.

Since starting with us Viri has been helping our patients get access to resources for transportation, food, clothing, medication, medical bills and many other needs.

Viri has met with her counterparts within Dignity Health to create new tools and resource lists that will benefit all our patients.

We are very lucky that she has decided to join our team.

"Be the light that helps others see."

— Anonymous



Left to right: Tracy Timmons, Tom Vendegna, MD, Bev Kirkhart, Barbara & Steve Hearst, Bob Voglin and Tom Spillane, MD
Back row: Karen Allen, MD and Gloria Caine

Surfing for Hope

The Surfing for Hope Foundation in November presented the HCRC with a donation of \$40,000 for the HCRC Endowment Fund. Funds raised at the SFH Foundation's annual benefit weekend were generously matched personally by Steve and Barbara Hearst.

"For the most common US cancers, close to one third of cases are preventable through healthy diet, being physically active and maintaining a healthy weight."

— Angela Fissell, MS, RD



An Ounce of Prevention: One Bite at a Time

by Angela Fissell, MS, RD

By now you know, a healthy diet may reduce the incidence of cancer and the risk of cancer progression or recurrence. We know that improved nutrition also enhances overall quality of life. Numerous studies continue to be underway to further understand the connection between diet and cancer prevention. For the most common US cancers, close to one third of cases are preventable through a healthy diet, being physically active and maintaining a healthy weight. And did you know, you can lower your cancer risk at your next meal?

Experts recommend that our diets revolve around a varied diet of plant based foods, such as vegetables, fruits, whole grains and beans. The added bonus is that these foods tend to be low in calorie density. That means they provide fewer calories but because they're full of fiber and water — they help keep us feeling fuller for a longer time.

Eating from a predominately plant-based approach also helps incorporate a wide range of nutrients, vitamins and minerals that our bodies need, as well as several phytochemicals — naturally occurring compounds in plants, that have potentially health promoting effects and help orchestrate a symphony of health.

When it's time to plan your next meal, favor brightly colored or strongly flavored vegetables and fruits, which are often the best sources of phytochemicals. Try to stick to real food sources as the phytochemicals found in supplement form may not be as easily absorbed as those from food.

If you want to learn about the ways to help prevent some of the most common cancers in the US, join us as we present on Nutrition's Role in Preventing Cancer on Wednesday Feb 21, 2018.

Above article partially adopted from AICR.

Nutrition's Role in Preventing Cancer lecture

Learn how you can make healthy nutritional choices to help decrease your risk of cancer.

Presenters: Angela Fissell and Nancy Walker, founder of The Wellness Kitchen, who will provide a cooking demonstration.

Wednesday, FEB 21, 2018; 5–6:30PM

Light meal will be provided.

Reservations are necessary, please call 805.542.6234.

*Copeland Pavilion Auditorium, Third Floor,
1911 Johnson Avenue,
San Luis Obispo*

Clinical Trials Update



*Brian DiCarlo, MD
Oncology and Director of
Clinical Research, SLO
Oncology & Hematology*

We undoubtedly are in the most promising era of the "war on cancer" — but we still have much work to do.

Our work starts with bringing access to the most promising new cancer therapies available

to patients in the community, and not just in large cities served by academic medical centers. Therein lies the goal of SLO Oncology & Hematology's clinical research program: to bring the best, most cutting edge novel therapies to our patients on the Central Coast dealing with cancer, decreasing the need to travel outside our county.

We are also here to educate our patients about clinical trials. There is often a stigma that comes with "Clinical Trials," patients feel as though trials are unsafe, or a last resort, which is not the case. Principal Investigator Brian DiCarlo, MD has built a long standing relationship with the UCLA Jonsson Comprehensive Cancer Center, UCLA's TRIO Network, Stanford University Cancer Institute, as well as the Eastern Cooperative Oncology Group of the National Cancer Institute (NCI). Over the years SLO Oncology's clinical trial program has participated in many ground breaking studies leading to the FDA approval of new treatments for Chronic lymphocytic leukemia, Lung, Breast, Ovarian Cancer, and many others.

Our trial menu is continuously evolving, offering the most promising treatments to our patients. At this time our site is participating in four early stage disease immunotherapy trials, which seek to answer the all-important question of whether or not harnessing the immune system in early-stage cancer can significantly increase the cure rates for these diseases. Presently, we offer trials treating different stages and types of Breast Cancer, Renal Cancer, Lymphomas, Colorectal Cancer, Ovarian Cancer, Multiple Myeloma, Lung Cancer, Bladder Cancer, Cancers of the head and neck, as well as Pancreatic Cancer.

For information on specific trial details visit our website at integrativecancercareofslo.com or call and speak with one of our Research Coordinators Amy Hidalgo or Lee Walton at 805.543.5577.

"Our trial menu is continuously evolving, offering the most promising treatments to our patients."

— Brian DiCarlo, MD

"Many patients and caregivers say they feel overwhelmed by their lack of knowledge about cancer and its treatment as well as dealing with the healthcare system. That's where I come in!"

— Gloria Caine, RN, BSN, OCN, CN-BN



Patient Navigation Program at Hearst Cancer Resource Center

By Gloria Caine, RN, BSN, OCN, CN-BN

As part of the continuum of care for cancer patients on the Central Coast, I am honored to be a member of our incredible medical professional team in the role of patient navigator at the Hearst Cancer Resource Center. Caring for patients with cancer and their loved ones is a passion of mine. Maybe it's because my mother and my sister are cancer survivors while my father was not, maybe it's because I know that by providing information, active listening, and kindness I offer hope, but I think mostly it's because of all the wonderful relationships I have made with the many cancer patients and families I have admired over the years. Please allow me to introduce you to the services I provide as an oncology trained nurse navigator.

Throughout my 20 plus years in oncology, first as a chemotherapy nurse and now in my role as a patient navigator, I have witnessed the fear, worry, shock, and confusion that often accompany a cancer diagnosis. Many patients and caregivers say they feel overwhelmed by their lack of knowledge about cancer and its treatment as well as dealing with the healthcare system. That's where I come in!

Come see me for education on cancer in general, risk factors, screenings, genetic counseling and testing. Learn how cancer

is treated according to evidence based national guidelines. Learn about cancer care on the central coast. Find out why you might see a surgeon, a medical oncologist, and a radiation oncologist, why some people need a PET scan and others may not. We will discuss collaboration among our local providers and I can help improve communication with your doctors, diagnostic centers and treatment centers.

When you meet with me we will spend time reviewing your needs and identifying available resources. Many patients and families have voiced concerns about the financial burden of cancer, insurance coverage, nutrition, emotional support and their lack of reliable transportation. Options are available that we can access together. Whether you are newly diagnosed, in the middle of treatment or recovering during the survivorship phase, you are invited to reach out to me at the Hearst Cancer Resource Center. No doctor referral or insurance authorization is required; all of our services are at no cost to you. I have time for you, time to listen, time to encourage and support, time to care for you and your loved ones. I would be honored to be a member of your cancer care team!

Fight Against Cervical Cancer



*Christopher Lutman, MD
Gynecologic Oncologist*

The Congress of the United States has designated January as Cervical Health Awareness Month. Each year in the US nearly 13,000 women will be diagnosed with cervical cancer and approximately 4,000 women will die from this disease.

Cervical cancer is usually caused by a virus called Human Papilloma Virus (HPV). There are also some rarer forms of cervical cancer that are not caused by HPV. Cervical cancer

is generally thought to be a “preventable disease” for several reasons, mainly because the biology of this cancer is now well understood.

There is a good screening test for cervical changes that occur before cancer develops (a Pap test) and now there is a vaccination program for young people in this country to inoculate them against the different types of HPV that cause most cervix cancers. The uterine cervix is the lowest portion of the uterus that is connected to the upper vagina. The Pap smear screening test for cervical cancer was developed in the 1950s in the United States by a pathologist called George Papanicolaou.

Since the development of this simple technique to sample cervical cells for cancer and precancerous changes, areas of the world where women get screened have seen death rates from cervix cancer fall dramatically. Unfortunately, in areas of the world where screening is not widely available due to poor health care infrastructure, poverty, war, population ignorance and social structures that disadvantage women, cervical cancer is still a leading cause of death. Worldwide, every year approximately 500,000 women are diagnosed with cervical cancer and over 300,000 women die from this “preventable disease.” In parts of the world deeply affected by the AIDS epidemic, cervical cancer is particularly lethal.

Earlier this year, researchers in the US published their work on population trends for cervical cancer death rates here. These authors analyzed data on cervical cancer from a large national database to evaluate whether or not previous observations about cervical cancer in the US were accurate. One of the seminal observations in this report was that African-American women have a risk of death from cervix cancer that is much higher than white women. In fact, the death rate from cervical cancer in the US for African-Americans was similar to the high death rate observed in Africa. This report signals a distinct alarm to us.

As citizens, we owe it to each other to spread the word and communicate about these issues until the day when all women in our country have similar outcomes regardless of race.

"Cervical cancer is generally thought to be a 'preventable disease' for several reasons, mainly because the biology of this cancer is now well understood."

— Christopher Lutman, MD

Turn to us for answers about cancer

HEARST CANCER RESOURCE CENTER

1941 JOHNSON AVENUE, SUITE 201,
SAN LUIS OBISPO, CA 93401
805.542.6234
OPEN MONDAY – FRIDAY
9AM – 4:30PM

Katherine M. Guthrie
Cancer Services Regional Director
DIGNITY HEALTH CENTRAL COAST
805.346.3434
Katherine.Guthrie@dignityhealth.org

Beverly Kirkhart
Director
HEARST CANCER RESOURCE CENTER
805.542.6269
Beverly.Kirkhart@dignityhealth.org

Thomas Spillane, MD
Medical Director
HEARST CANCER RESOURCE CENTER

Gloria Caine, RN, BSN, OCN, CN-BN
Nurse Navigator
HEARST CANCER RESOURCE CENTER
805.542.6234
Gloria.Caine@dignityhealth.org

Eloisa Medina
Lay Patient Navigator
805.786.6130
Eloisa.Medina@dignityhealth.org

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

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C TANK FARM ROAD
SAN LUIS OBISPO, CA 93401
DIRECT: 805.542.6500 EXT *1470
CLINIC: 805.786.6144

Pediatric Oncology:
Mary Okimoto, NP

Care Providers:
Brian DiCarlo, MD
James Malone III, MD
Thomas Spillane, MD
Deborah Villa, MD
Diane De Vos Schmidt, NP
Susan Moon, NP
Mary Okimoto, NP
Tim Soucek, PA
Elizabeth Wolfe, NP

Clinical Research:
Brian DiCarlo, MD
Diane De Vos Schmidt, NP
Amy Hidalgo, Clinical Trial Coordinator
Lee Walton, Clinical Trial Coordinator

Pediatric Oncology:
Mary Okimoto, NP

Kristen Winter
Site Coordinator
Kristen.Winter@dignityhealth.org

Susan Diaz, RN, OCN
Manager of Oncology Operations
805.786.6144
Susan.Diaz@dignityhealth.org

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SLO INFUSION CENTER

715-B/C TANK FARM ROAD
SAN LUIS OBISPO, CA 93401
DIRECT: 805.542.6500 EXT *1470
CLINIC: 805.786.6144

Viridiana Ruiz
Oncology Counselor
805.542.6500 EXT *1491
Viridiana.Ruiz@dignityhealth.org

Susan Diaz RN, OCN
Manager of Oncology Operations
805.786.6144
Susan.Diaz@dignityhealth.org

Linda Cannon RN, OCN
Patient Education
Linda.Cannon@dignityhealth.org

Lonnie Hirabayashi Pharm D
Pharmacy Manager
Lonnie.Hirabayashi@dignityhealth.org

Barbara Hoelle
Billing Supervisor
Barbara.Hoelle@dignityhealth.org

IMAGING CENTERS

FHMC SAN LUIS DIAGNOSTIC CENTER
1100 MONTEREY ST #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

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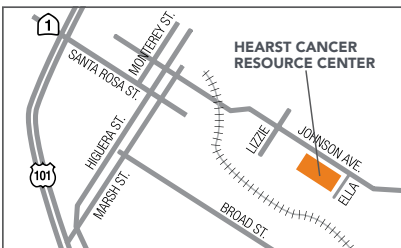


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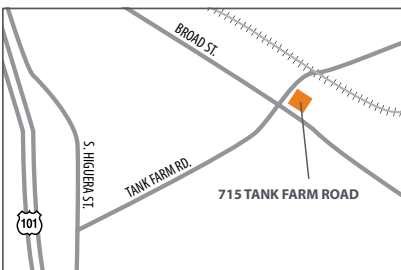
Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

Street address:
1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401

Dignity Health Cancer Care Centers



Hearst Cancer Resource Center
Commission on Cancer Community Cancer Program
1911 JOHNSON AVENUE
SAN LUIS OBISPO, CA, 93401
805.542.6234



SLO Oncology & Hematology
715 TANK FARM ROAD, SUITE C
SAN LUIS OBISPO, CA 93401
805.543.5577

Infusion Center of San Luis Obispo
715 TANK FARM ROAD, SUITE B
SAN LUIS OBISPO, CA 93401
805.786.6140

If you have any questions, comments, or concerns please visit dignityhealth.org/frenchhospital