

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!



Save The Date

Hearst Cancer Resource Center
Ten-Year Anniversary Open House

*Copeland Health Education Pavilion,
Auditorium, Third Floor
1911 Johnson Avenue, San Luis Obispo
Thursday, May 24 from 4-6PM*

Where Hope Thrives!

Join us in celebrating 10 years of living life and sharing hope with cancer patients and their families.

Support for People with Oral, Head and Neck Cancer (SPOHNC)

The SPOHNC's purpose is to empower the patient's ability to become better educated and more knowledgeable to be their own best advocate.

This is the focus of the local group of patients and their caregivers in Santa Maria; a group of men and women who have "walked in each other's shoes" as they support one another in coping with some of the debilitating side effects of treatment and surgery.

"My greatest joy is when someone new comes to a meeting, leaves feeling uplifted and proactive..." states Aundie Werner, Santa Maria SPOHNC group facilitator.



Share the Hope

The 11th annual Share the Hope event, benefiting the Hearst Cancer Resource Center, will be on April 21st. Guests will enjoy a champagne reception on a Hearst Castle terrace and a gourmet dinner by Trumpet Vine Catering in the private Hearst Ranch Dairy Barn. This event features live music by Louie Ortega and a live auction with unique items, including a Labradoodle puppy! The proceeds from this year will support the Hearst Cancer Resource Center Endowment. In the past 10 years, Share the Hope has raised more than \$2,990,000. For more information, please contact Tracy Timmons at 805.542.6496 or tracy.timmons@dignityhealth.org or visit www.supportfrenchhospital.org to register.

PUMA Swim Team Raises Funds for Hearst Cancer Resource Center.



The annual PUMA Cancer Awareness Swim Meet held on October 28 and 29, 2017 raised \$6,500 to support the HCRC. This is the 10th year that the event has helped raise funds to support HCRC cancer patients in our community.

Hundreds of swimmers from the Central Coast, Central Valley and Southern California participated in the event. PUMA Swim Team Coach, Jud Clark, believes that swimming for a "cause" helps build strong community support with the young swimmers.

"On behalf of our patients, their families and the staff at the Hearst Cancer Resource Center, I would like to express my heartfelt thanks for the PUMA Swim Team and Jud Clark for selecting HCRC once again as the recipient of this generous donation," says Alan Iftiniuk, French Hospital President and CEO.

Please join the support group for people with Oral, Head and Neck Cancer

Meets the second Monday of the month
5-6:30PM
Mission Hope Cancer Center
Conference Room
1325 East Church Street, Santa Maria

March 12

A patient's Guide to Immuno-Oncology.
Laura Brennan, Immuno-Oncology
Clinical Liaison/Bristol Meyers Squibb

April 9

Update on Current Nutritional
Research for Cancer Patients.
Dhghash Joshi, MD, Family Medicine

For information, please contact group
facilitator Aundie Werner, MS, CCC-SLP
at 805.739.3185 or email at
Aundie.Werner@DignityHealth.org.

"Treatment for head and neck cancer has evolved and continues to progress rapidly as our technology improves, making it possible to cure more people with less toxicity and long term side-effects."

— Thomas Spillane, MD



Modern Approaches to Head and Neck Cancer Care

Thomas Spillane, MD, Oncology, SLO Oncology & Hematology

Head and neck cancer, for the most part, is referring to cancer that is derived from the squamous cells that line the mucosal surfaces inside the mouth, nose and throat. The majority of these cancers occur in tobacco users; though we are seeing more and more cancers that are related to the human papillomavirus (HPV), especially HPV type 16. Often the symptoms of a head and neck cancer are very subtle; therefore patients often are not aware of the cancer until it has become very advanced.

Treatment for head and neck cancer has evolved and continues to progress rapidly as our technology improves such that we can cure more people with less toxicity and long term side-effects. Management always involves a multidisciplinary team that includes an ENT (ear, nose and throat) specialty surgeon, radiation oncologist, medical oncologist, dentist, nutritional/dietary specialist and speech therapist. We coordinate our patient's care through the Hearst Cancer Resource Center with the oversight of a nurse navigator who will also arrange guidance and mentorship through the "Cancer Connection" program.

Early stage cancers, especially in the front of the mouth, can be cured with surgical resection alone. For more advanced cancers that cannot be removed completely with surgery, cure is often still attainable given that these cancers can be very sensitive to the effects of radiation therapy and systemic therapies. The advances in radiation oncology allow for more precise treatment such that

intensity can be increased with less side-effects. Chemotherapy and monoclonal antibody are used to enhance the radiation effects and sterilize the body of stray cancer cells outside of the radiation field.

Exciting advances in the field of immunotherapy are allowing us to treat recurrent/resistant locally advanced or metastatic head and neck cancer with much greater success. This new approach to cancer utilizes treatments referred to as "check point inhibitors" that "uncloak" cancer cells that are invisible to the immune system. When the immune system can recognize cancer cells, long term disease control with a better side-effect profile is possible.

Currently, we work with a local team of the top specialists as well as university treatment centers through the country. We have clinical trials available in our practice that are addressing exciting questions of how to best incorporate newer treatment technologies to achieve our goal of long term cure with the least amount of side-effects.

"We are excited to have a series of clinical trials looking at immunotherapy as a first-line treatment, instead of chemotherapy, for patients with metastatic head and neck cancer."

— Brian DiCarlo, MD



Clinical Trials Update

Brian DiCarlo, MD

Oncology and Director of Clinical Research, SLO Oncology & Hematology

Treatment for head and neck cancer has been evolving rapidly over the past few years. Currently, for most patients, a combination of radiation therapy with either cisplatin or cetuximab remains the standard of care, with some patients treated only with surgery. However, there remains some patients who have recurrence of the disease despite best available therapy, and our need of better treatment options.

The most significant advance in the disease has come with the development of immunotherapy. Many head and neck cancers even evade immune response by expressing a protein called PDL-1 which binds to PD-1 receptors on T lymphocytes of the immune system, and inhibits their activity. Therefore, the immune system cannot recognize the tumor cells as abnormal and attack the cancer cells as they should. The development of immune checkpoint inhibitors, especially antibodies blocking PD-1 or PDL-1 proteins, have been shown to be quite effective in patients with metastatic head and neck cancer. Thus far, several PD-1 inhibitors have been FDA-approved for patients with head and neck cancer who have failed chemotherapy.

We are excited to have a series of clinical trials looking at immunotherapy as a first-line treatment, instead of chemotherapy, for patients with metastatic head and neck cancer. These trials may very well change the standard of care if immunotherapy proves to be safer and more effective than chemotherapy in this setting. In addition, we will be having an early stage head and neck cancer trial looking at the combination of immunotherapy with radiation or radiation and chemotherapy. This is a potentially paradigm-shifting study that hopefully will significantly increase the cure rate for patients with early-stage head and neck cancer.

We will continue to work with our partners at UCLA and Stanford to find additional clinical trials to continue to further outcomes in patients with head and neck cancer.

"Luckily, early and aggressive nutritional interventions and strategies can reduce the degree of malnutrition and slow weight loss."

— Angela Fissell, MS, RDN



Nutritional Concerns of the Head and Neck Cancer Patient

By Angela Fissell, MS, RDN

While many types of cancer and/or its treatment can lend itself to problems with nutritional intake, head and neck cancer (HNC) can be especially problematic. Due to the location of the disease, patients commonly experience symptoms and side effects that interfere with the normal function of eating and drinking. Treatment in the form of radiation therapy, chemotherapy, major dental procedures prior to treatment and surgery to the oral cavity, oropharynx, and larynx may further compromise someone's nutritional status.

Prior to the diagnosis of some types of HNC, patients may already be experiencing some level of malnutrition, while others are at high risk of developing malnutrition during treatment. The rate at which a person burns calories can increase under the burden of cancer and its treatment. This, in turn, increases the need for macronutrients (calories from carbohydrates, fats and proteins) to maintain their nutritional status.

Malnutrition and inadequate oral intake are associated with poor treatment outcomes, reduced quality of life and increased mortality.

Luckily, early and aggressive nutritional interventions and strategies can reduce the degree of malnutrition and slow weight loss.

HCRC provides free consultations with a Registered Dietitian who understands and can address these concerns. If you or a loved one are caring for someone with a HNC diagnoses and find it difficult to get proper nutrition that's needed, please call the Hearst Cancer Resource Center to schedule a free one-on-one consultation at 805.542.6234.

References:

Iannotta J., Wisotsky C., Oncology Times, Nutrition Needs for Patients with Head & Neck Cancer, April 10, 2017; 39(7):25

Reports of Practical Oncology & Radiotherapy 2016; 20(4):249-258



Grover Beach Police Department and Cuesta College Campus Launched the Pink Patch Project to raise funds for HCRC.

The Grover Beach Police Department, the Grover Beach Police Officers' Association and Cuesta College Safety Services partnered with the Pink Patch Project to raise over \$8,000 for the Hearst Cancer Resource Center. Conceptualized in Los Angeles, the Pink Patch Project was founded to raise funds to further research, treatment and care of those who are and have battled cancer, as well as working toward early detection and prevention of cancer.

Each organization sold commemorative pink patches to be worn on the arm of the uniforms during the month of October, which is National Breast Cancer Awareness Month. The Grover Beach Police Department also held a golf tournament in September to raise additional funds.

Don't Miss the Cal Poly Softball's Annual Strike Out Cancer

Held on Saturday, April 21st

Come wear pink and help the Mustangs Strike Out Cancer as Cal Poly Softball raises money for the Hearst Cancer Resource Center! The first 200 fans will get pink wristbands and there will be fun raffle prizes, including autographed pink jerseys.

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

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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

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

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Alan Iftiniuk
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Chief Nursing Executive (CNE)*
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Vice President, Philanthropy
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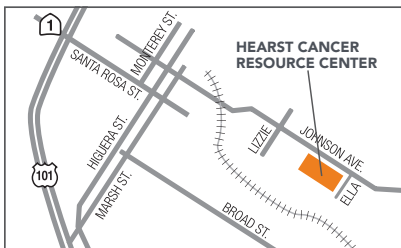


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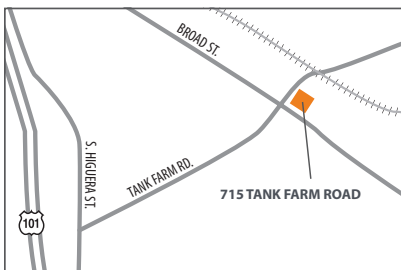
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Dignity Health Cancer Care Centers



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