

cancer care

JULY/AUGUST 2018



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.



Diet and Cancer

By Tom Spillane MD



"I've been diagnosed with cancer. What should I eat? What about vitamins? What is the connection between diet and cancer"?

As an oncologist, these are the questions that I get daily and there is no short answer. In part, because there is no correct answer. Type "diet and cancer" into Google and you get 276 million hits. Good luck sorting through that. My best short answer is usually, "be careful about searching the internet because

there are many that will take advantage of cancer patients, preying on those who are desperate and offering very expensive, falsely-hyped, 'too good to be true' alternative treatments."

My better answer is, "let's have you meet with an expert." Fortunately, here on the Central Coast of California we have some of top trained specialists to address the dietary question. Through the Hearst Cancer Resource Center, all of our patients have access to free nutritional counseling. Often the most appropriate diet depends on each patient's unique medical situation. Appointments can be made with Angela for her expertise. In addition, we have access to specialty trained naturopathic medicine specialists and therapeutic chefs.

The Hearst Cancer Resource Center is proud to sponsor symposium to address the vast topic of "Diet and Cancer." Featured speakers will include, Heidi Lucas, ND, a naturopathic doctor with subspecialty training in oncology, Nancy Walker, a therapeutic chef and founder of The Wellness Kitchen and Angela Fissell, MS, RDN, a registered dietitian nutritionist at French Hospital Medical Center.

Diet and Cancer lecture

When: *Wednesday, August 29, 2018*

Registration: *5:30PM*

Light meal and program: *6-8PM*

Where: *French Hospital Medical Center,
Copeland Health Education Pavilion
Auditorium, 3rd Floor*

1911 Johnson Avenue, San Luis Obispo, CA

Space is limited, reservations are required.

Call Hearst Cancer Resource Center, to reserve your seat at **805.542.6234**. This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund to the Hearst Cancer Resource Center, and is offered as a community service.

Share the Hope

The French Hospital Medical Center (FHMC) Foundation is proud to announce that the 11th annual “Share the Hope” event, held on Saturday, April 21, 2018 at Hearst Ranch, resulted in more than \$1 million to benefit the Hearst Cancer Resource Center (HCRC) Endowment.

The endowment, initially funded by the Hearst Foundation and Hearst family, provides vital long term support, allowing the HCRC to continue providing comfort, support, and information to cancer patients and their families, all at no charge, for many years to come. The event was instrumental in helping reach the endowment fundraising goal of \$5 million.

The event began with a champagne reception at the famous Hearst Castle for 200 guests, followed by a gourmet dinner at the historic Hearst Ranch Dairy Barn, with an exciting live auction and music. Over the past 11 years, “Share the Hope” has raised nearly \$4 million to benefit HCRC programs and services.

While the endowment has reached its initial goal of \$5 million, it is vital that we continue to generate funding to support the growing needs of the HCRC. To donate, please visit www.supportfrenchhospital.org.



Leslyn Keith, OTD, CLT-LANA has a private practice in lymphedema therapy and is an educator who teaches at the Hearst Cancer Resource Center. See Calendar for dates.

Lymphedema Awareness

By Leslyn Keith, OTD, CLT-LANA

Lymphedema is an accumulation of fluid that causes swelling in the arms and legs. It can result from common treatments for cancer. Lymphedema can cause discomfort, embarrassment and serious infection. It is recommended that people who have had treatment for cancer be screened for lymphedema and receive education on risk reduction practices by a certified lymphedema therapist.

Treatment usually consists of manual lymph drainage (a very gentle massage technique), skin care, compression bandaging, decongestive exercises, compression garments and education/instruction in self-management. If caught early with screening, treatment may be limited to compression garments and education. Although more difficult to treat when the swelling has been present for several years, treatment can still be successful.

The Central Coast is fortunate to have several occupational therapists, physical therapists and massage therapists who have undergone special training in the treatment of lymphedema. These therapists meet regularly to keep each other abreast of current trends in lymphedema treatment and resources available for our patients. These therapists work in private practice, home health, outpatient clinics and hospice. A list with contact information is available at Hearst Cancer Resource Center.



Abel Martinez

Abel Martinez supported the Hearst Cancer Resource Center (HCRC) by walking in the 2018 San Luis Obispo Marathon on April 29. He asked for donations as a tribute in memory of his son Alex Martinez who died in June 2017.

Abel ran his first marathon in 1991 and has finished 18 marathon runs, including the 2008 Boston Marathon. No longer able to do long runs, Abel walked 16 miles of the marathon.

Going through cancer, Abel had six surgeries, radiation, and chemotherapy for abdominal sarcoma cancer masses. He is grateful for the excellent medical care services, supportive family and friends, the power of prayer and faith, and helpful information about cancer provided by the HCRC.

"For many patients, a clinical trial offers an opportunity to receive potentially cutting edge treatments they would not otherwise have access to."

— Diane De Vos-Schmidt



What are Clinical trials and why should I care?

*By Diane De Vos-Schmidt FNP-C, MSN, OCN
Nurse Practitioner/Sub Investigator/Clinical Trials manager*

Clinical trials evaluate the effectiveness and safety of medications and treatments by monitoring their effects on large groups of people. This is done, in order to discover new treatments for diseases like cancer, as well as discover new technologies for diagnosing disease. Clinical trials for cancer are conducted in community cancer centers and clinics as well as large university and hospital based institutions. They are sponsored (paid for) by the National Institute of Health, private pharmaceutical companies and independent researchers.

Patients are all volunteers and are informed of the opportunities to participate in clinical trials by their oncology team, National Cancer Institute website, and Pharmaceutical, university and hospital based websites.

For many patients, a clinical trial offers an opportunity to receive potentially cutting edge treatments they would not otherwise have access to. Local clinical trials programs have participated in the discovery of new treatment regimens for cancers. Patients receiving clinical trials are very closely monitored for safety and comfort.

In Their own words...

“When I was diagnosed with stage 4 breast cancer in July 2013, I decided that I wanted multiple opinions before deciding on my treatment. I decided to be treated locally and enter a clinical trial because I had stage 4 cancer and wanted to increase my chances of living a longer and healthier life, while at the same time, helping to find answers for a future cure of cancer. I feel very lucky that I was diagnosed at the right time to be eligible for this trial. I am convinced I have benefited from the trial because I am doing so well.” JF, Clinical Participant

“I was diagnosed at age 35 with estrogen receptor positive, stage 4 breast cancer. I entered a clinical trial, with my local oncologist, to help prevent my cancer from spreading to more areas of my body. I continue to be stable 6 years later. The trial gives me hope to carry on. How long each person remains stable, no one knows. I am aware one day my treatment will change. If I am eligible for another trial at that time, I will be there. It is crucial to have clinical trials in the local community. Without them patients face a multitude of barriers to both their quality of life and physical health.” DG, Clinical Participant

For more information regarding clinical trial opportunities in this community please call **805.543.5577** and ask for the research office.



How Palliative Care Can Help

By Matt Katics, D.O.

It was the second time a patient had asked if I was an angel...not because of anything great I had done, but because she thought she was dead.

Three days earlier Ms. Sue 86, was taken off a ventilator after an intense but unsuccessful struggle with pneumonia. My colleague, who had cared for her for 15 years, was leaving town for two weeks. She said, "Ms. Sue has had enough. We're stopping

life support and I'll be starting a morphine infusion and sedation. Will you look after her for me, Matt? There's a good chance she will pass away tonight."

Ms. Sue did not pass away that night. We stopped the sedation. The next day we stopped the morphine. On the third day she woke up and asked if I was an angel. I will never forget the profound heartbreak in her eyes when I explained what had happened. Ms. Sue replied: "This is exactly what I didn't want—to be helpless, trapped like this." I reassured her that my hospital team would honor what was important to her. We could take a more gentle/comfort approach or focus on rehabilitation, which would likely be a difficult road with no guarantees. Either way we would do our best to help.

The light returned to her eyes and she methodically and joyously made progress day-by-day, week-by-week. After a month at a skilled nursing rehabilitation center, she made it home. Why did Ms. Sue do so well? There are, perhaps, physiologic and biochemical explanations, but I believe that internal spark, which can't be prescribed, quantified, or bottled, came from a deep sense of empowerment.

Palliative care helps to relieve suffering and improves quality of life at any stage in a serious illness. The work of pal care is team based and includes meticulous symptom management, a deep and practical understanding of the illness and treatment options, assistance with decisions, and attention to the goals of medical care. Although "curing illness" is an assumed goal, the person is always more important than the disease. The ultimate goal is to preserve and enhance quality of life.

Ms. Sue understood her options and their consequences. She knew she would receive care and respect regardless of which path she chose and the guidance to navigate changes in her journey. It was this empowerment that allowed her to thrive.

Palliative Care—Living with Hope, Choosing Quality of Life

When:

*Tuesday, August 21, 2018
5:30-7:30PM*

Program:

Matt Katics, D.O. and Medical professional panel

Where:

*French Hospital Medical Center
Copeland Health Education Pavilion Auditorium, Third Floor
1911 Johnson Avenue, San Luis Obispo, CA*

Call Hearst Cancer Resource Center, to reserve your seat,
at **805.542.6234**.

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"An important choice that a person can make toward healing is one that will change their thinking, thus changing their behavior, thus changing their experience."

— Gila Zak, C.Ht

How Hypnotherapy Can Help Monkey Mind

By Gila Zak, C.Ht (Certified Hypnotherapist)

When most people think of hypnosis, usually what comes to mind is quitting a bad habit, exercising more or losing weight. People usually seek out a hypnotherapist when they have something that is not working in their life and they are (usually) at the end of their rope.

Often, I see clients who are experiencing a chronic health issue, or have experienced a setback in what was an otherwise seemingly progressive course toward healing. An important choice that a person can make toward healing is one that will change their thinking, thus changing their behavior, thus changing their experience.

We have between 60,000 and 70,000 thoughts a day. Almost all are the same as the day before, leading us to create the same behavior and then roughly the same experience as the day before—day after day. Positive thinking only works for a very, very small part of the population—roughly 5 percent. The rest are left feeling like yet another attempt at improving their lives has failed.

Hypnosis and hypnotherapy help you to change your thoughts. You gain direct access to the un-conscious mind where all of your past experiences are stored and used to determine what

to expect in the future. You can change how you feel or think about someone or something, this then alters the un-conscious motivation for our thoughts, feelings and behaviors that we act out, ultimately modifying our behavioral process which will now create a different experience.

Think of your mind as a bus. Now the unconscious mind accounts for 98% of all of our motivations, thoughts, feelings and actions (learned behavior patterns). Our conscious mind—the part responsible for logic, reason and short term memory—only 2%. Ask yourself “Who is driving the bus?” I tell my clients that the monkey is driving the bus—the Monkey Mind that is.

Hypnotherapy is a foundational component for health and healing. It is something that everyone can learn, and with practice we can all take control of the bus and put the monkey mind to rest.



Announcing Free Mammogram Screening Clinic

Wednesday, August 15, 2018 4-7PM

To support individuals who are uninsured, French Hospital Medical Center (FHMC) in collaboration with SLO Public Health (Paso Robles), Noor Clinic, and The Center will offer a free screening mammogram only.

In order to receive a free mammogram, individuals must first visit one of our collaborators to get a referral from a clinical breast exam.

Contact Eloisa Medina, Hearst Cancer Resource Center Lay Patient Navigator, FHMC, at 805.786.6130 or 805.712.1018 with any questions.



Cal Poly Women's Softball annual "Strike Out Cancer," generated \$2,250 for HCRC by selling raffle tickets and pink t-shirts. Since 2007, the Cal Poly Strikeout Cancer Day has raised over \$17,000 for the free programs and services offered at HCRC.

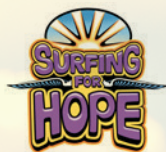
Save The Date



Grover Beach Police Department Breast Cancer Awareness Golf Tournament

Saturday October 27, 2018 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.



Surfing for Hope

October 5-6, 2018 in Avila and Pismo Beach

For more information call 805.305.5088 or visit www.SurfingForHope.org.

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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Eloisa Medina

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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

715-B/C TANK FARM ROAD
SAN LUIS OBISPO, CA 93401
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CLINIC: 805.786.6144

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Deborah Villa, MD
Diane De Vos Schmidt, NP
Mary Okimoto, NP
Tim Soucek, PA
Elizabeth Wolfe, NP

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Alan Iftiniuk
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Chief Operating Officer (COO),

Chief Nursing Executive (CNE)

Julia Fogelson MSN, RN
FRENCH HOSPITAL MEDICAL CENTER

Vice President, Philanthropy

Debby Nicklas
FRENCH HOSPITAL MEDICAL CENTER

SLO INFUSION CENTER

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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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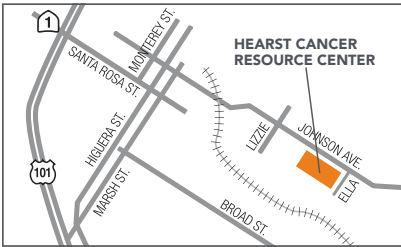


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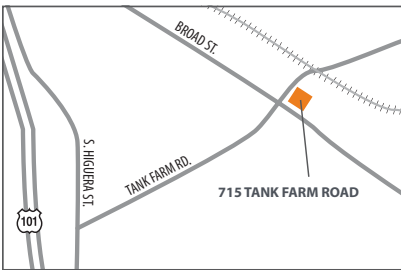
Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

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