

# cancer care

SEPTEMBER/OCTOBER 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.



### Dinner and Lecture: Latest Technology in Breast Cancer Screening

When: *Wednesday, October 10, 2018, 6PM*

Speaker: *Fred Vernacchia, MD*

Where: *FHMC, Copeland Health Education Pavilion Auditorium, 3rd Floor  
1911 Johnson Avenue, San Luis Obispo, CA*

*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.*



Fred Vernacchia, MD

## Latest Technology in Breast Cancer Screening

### *Automated Breast Ultrasound (ABUS)*

Hearst Cancer Resource Center, in conjunction with the Science After Dark, is hosting a presentation on new technology for breast cancer screening.



Dr. Fred Vernacchia, Medical Director of San Luis Diagnostic Center (a Dignity Health facility), is pleased to offer Automated Breast Ultrasound (ABUS). This new technology is designed for screening women with dense breast tissue. Having dense breast tissue is very common and is not abnormal, according to the American Cancer Society. However, dense breast tissue can make it harder to evaluate the results of your mammogram and may be associated with an increased risk of breast cancer. When used in addition to mammography, ABUS can improve breast cancer detection by 55 percent over mammography alone.

San Luis Diagnostic Center uses the GE Invenia ABUS system. Not only does the Invenia ABUS provide increased detection, its unique design provides patient comfort and image reproducibility, making comparison of older studies with newer studies much more reliable for your radiologist and vital for achieving high accuracy screening. The Invenia ABUS uses 3D ultrasound technology, high resolution imaging and gives your radiologist the ability to locate abnormalities in three dimensions. With an imaging device shaped specifically for a woman's breast curvature, the Invenia ABUS allows for a reliable, comfortable exam in approximately 30 minutes. If you have dense breast tissue, ask your health care provider if ABUS is appropriate for you.

## The French Cup Golf Tournament Raises More Than \$80,000 to Support the HCRC

The French Hospital Medical Center Foundation is proud to announce more than \$80,000 was raised during The French Cup, its twelfth annual charity Golf Tournament. Held on June 11, 2018 at the San Luis Obispo Country Club, this year's event broke previous French Cup records with the amount raised. Funds from the event will support the Hearst Cancer Resource Center Endowment.

144 golfers participated in the tournament, which was followed by an awards reception. Local restaurants Ciopinot Seafood Grille, La Esquina, Olde Port Inn and Shell Beach Brewhouse provided golfers with delicious food throughout the course. The winning golf team included Sofie Aagard, Leonard Cohen, Dan Miller and Justin Warthen.

The French Cup was sponsored by Mustangs Sports Properties, with other major sponsors including Pacific Premier Bank, J.W. Design & Construction and French Hospital Medical Center Medical Staff. Since its inception in 2007, The French Cup has generated more than \$650,000 for FHMC's programs and services. The FHMC Foundation hosts a number of fundraising activities such as the annual golf tournament to support hospital programs, including the Hearst Cancer Resource Center. Learn more at [supportfrenchhospital.org](http://supportfrenchhospital.org).



Left to Right:  
Nipool Patel (French Cup Chair),  
John Ronca, Alan Iftiniuk,  
David Stocke



## September is Ovarian Cancer Awareness Month!

*Did you know...*

- Ovarian cancer ranks fifth in cancer groups among women.
- It is more common in Caucasian women than African-American women.
- About half the women who are diagnosed with ovarian cancer are 63 years or older.
- The rate at which women are diagnosed with ovarian cancer has been slowly falling over the past 20 years.
- Research in this area has already led to better ways to detect high risk genes and assess a women's ovarian cancer risk.
- Studies show that regular exercise, a nutritious diet, and maintaining a healthy weight may increase your chances of staying healthy.

*\*Statistics Courtesy of American Cancer Society*



## Announcing Free Mammogram Screening Clinic

*Saturdays, October 13 and 27, 2018, 10AM-3:30PM*

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 no cost screening mammograms.

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

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



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*"If I could normalize the emotions connected with a cancer diagnosis and help people find ways to cope, then I could really make a difference."*

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— Lindsey Levenson, LMFT



## Lindsey's Breast Cancer Story:

### *Finding a Passion in Helping Others*

Juggling chemotherapy, radiation, surgeries, and too many medical appointments to count was not the way I planned to spend my thirties. But, like it or not, that's the position I found myself in. Originally diagnosed in 2012 and then, again, with another cancer in the other breast two years later. I was forced to face the fear, the worry, and the unknown that inevitably accompanies a cancer diagnosis.

As a therapist trained in recognizing and empathizing with the emotions of others, it quickly became clear to me how difficult this diagnosis really was. Not just for me but for those around me. I saw it in the faces of the patients that joined me in the chemo room. I heard it in the stories told by my fellow survivors in the support groups I attended.

It has now become my passion and my purpose to provide the emotional care to those impacted by cancer that I know is a necessary part of our healing. I realized that I possess the unique ability to understand what it feels like to have cancer from a deeply personal place while also having the training and the expertise to help. I thought, "If I could connect to this community. If I could normalize the emotions connected with a cancer diagnosis and help people find ways to cope, then I

could really make a difference. I could really help people in a way that matters. In recognizing this need, I've expanded my practice to provide individual therapy to cancer patients."

Donating my time to Hearst Cancer Center's support groups has been a big part of making that happen. I get to connect with the cancer community. To give support to those grappling with all the emotions that come with cancer and to ease the weight of that burden. It's given my life new meaning and will, hopefully, make a difference to those who, like me, didn't choose this path but are now forced to navigate it's rocky terrain.

Come join Lindsey, as she creates a safe and positive environment for breast cancer survivors to discuss their fears, worries and desires. The Breast Cancer Support group meets at HCRC the first Tuesday of every month at 5:30PM. For more information contact HCRC at **805.542.6234**.

"Blood cancers affect the production and function of blood cells. These cancerous cells prevent the blood from performing many functions, such as fighting infections or preventing serious bleeding."

— Bethanie Mills, MPH



James Malone, MD  
Hematologist/Oncologist

## Informative Talk on Blood Cancer and Recent Treatment Advances



By *Bethanie Mills, MPH*  
*Senior Manager, Patient Access*  
The Leukemia & Lymphoma Society

You're invited to a free community lecture presented by Dr. James Malone on lymphoma, myeloma and myelodysplastic syndromes (MDS). This lecture is offered in collaboration with Hearst Cancer Resource Center and The Leukemia & Lymphoma Society (LLS) Central California Chapter.

Lymphoma, myeloma and myelodysplastic syndromes (MDS) make up about 68% of all blood cancers. Lymphomas develop in the lymphatic system and have two main types: Hodgkin Lymphoma and Non-Hodgkin Lymphoma (NHL). Myeloma begins in the bone marrow in plasma cells and, if left untreated, myeloma cells can grow out of control crowding out healthy cells. MDS is a group of diseases affecting the blood and marrow with varying degrees of severity, treatment needs and life expectancy.

"Disease education is critically important for people with blood cancers because patients who are knowledgeable about their particular disease subtype are better equipped to communicate with their provider and seek out resources and information specific to their needs," says Bethanie Mills, MPH, Patient Access Senior Manager at LLS in Central California. In addition to attending education programs, a great way to obtain information and support is by talking to one of LLS's information specialists, who are all master's level oncology professionals. Patients may call **800.955.4572** 6AM–6PM pacific time, visit [www.lls.org](http://www.lls.org) to start a live chat or email [infocenter@lls.org](mailto:infocenter@lls.org).

You may also choose to attend an All Blood Cancer Support Group offered by Hearst Cancer Resource Center (HCRC) and The Leukemia & Lymphoma Society on the 2nd Wednesday of the month from 1–2PM. For more information, please call HCRC at **805.542.6234**.

Patients, caregivers, and health professionals are invited to attend this informative talk that will include highlighting recent treatment advances for each group of diseases, time for Q & A, and an update on resources and programs available at Hearst Cancer Resource Center and The Leukemia & Lymphoma Society.

### Lymphoma, Myeloma, and Myelodysplastic Syndromes (MDS) Lecture

When: *Tuesday,*  
*September 18, 2018*  
*5:30PM–7:30PM*

Speaker: *James Malone, MD*

Where: *FHMC, 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**. *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.*



# September: Prostate Cancer Awareness Month

According to the American Cancer Society:

- Prostate cancer is the third most common cancer.
- Approximately 165,000 men in America will be diagnosed with prostate cancer in 2018.
- In 2018, approximately 30,000 men will succumb from this cancer.
- One in nine men will develop prostate cancer in his lifetime.



Fred Vernacchia, MD



Christopher W. Johnson, MD

Once we suspect prostate cancer in a patient, our task is sorting out the men who have an indolent form of prostate cancer that require watchful waiting from those cases with an aggressive form that needs treatment. Autopsy reports show that 80% of men at age 80 have prostate cancer but succumbed to another cause. Because of this, we want to avoid over-diagnosing and over-treating this disease.

When a doctor determines a patient has an abnormal PSA (a blood test that measures the prostate specific antigen), he/she will usually refer the patient to an urologist. Based on the patient's history and physical exam, the urologist may choose to biopsy the patient's prostate or refer him for a new exam known as Multiparametric MRI (mpMRI) of the Prostate. Thanks to a grant from the French Hospital Medical Center Foundation, San Luis Diagnostic Center is pleased to offer this technology. This noninvasive, radiation free test gives the urologist more information. Depending on results, the urologist may decide to delay performing a biopsy and closely follow the patient, or use mpMRI results to guide a biopsy, increasing the probability of sampling the suspicious part of the prostate and, in many instances, decreasing the number of biopsy core samples required for diagnosis.

If you would like to learn more about the Multiparametric MRI (mpMRI) and its role in staging and diagnosing prostate cancer, French Hospital Medical Center is holding a complimentary community seminar.

## Prostate Lecture

When: *Thursday, September 13, 2018, 6-7:30PM*

Speakers: *Fred Vernacchia, MD, Medical Director San Luis Diagnostic Center  
Christopher W. Johnson, MD, FACS, Urology Associates of the Central Coast*

Where: *FHMC, 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. 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.*





Grover Beach Police Department and Grover Beach Police Officers' Association invite you to their 2nd Annual Breast Cancer Awareness Golf Tournament to raise funds for the Hearst Cancer Resource Center.



When: *Saturday October 27, 2018*

Where: *Pismo State Beach Golf Course*

What: *9 hole, 5-person team scramble*

Time: *7AM check in / 8AM Shotgun Start*

Cost: *\$50.00 per person. Includes: Continental breakfast, barbeque and raffles*

For information: *Contact Sgt. Celis Rabena 805.473.4511 or email: [crabena@gbpd.org](mailto:crabena@gbpd.org)*

Grover Beach Police Department and Cuesta College Campus Safety Services have once again partnered with the Pink Patch Project to raise funds for the Hearst Cancer Resource Center.

Each organization is selling commemorative pink patches to be worn on the arm of the uniforms during the month of October, which is National Breast Cancer Awareness Month.



## Surfing for Hope

*Saturday Benefit for Cancer, October 6, 2018, Pismo Beach, CA*

The Longboard Surf Contest: *Saturday, October 6, starting at 7AM*

The Cancer Resource Health Fair: *Saturday, October 6, 10AM-2PM*

We will again feature businesses and local groups providing support, education, and help to individuals and their families currently going through the cancer experience. Free food and entertainment by local bands throughout the day.

Benefit Reception: *Saturday, October 6, 4-8PM*

Roof Top Gala atop the new Inn at the Pier in Pismo Beach.

For information and registration, please visit the website at [surfingforhope.org/longboard-surf-contest](http://surfingforhope.org/longboard-surf-contest).



## American Cancer Society Making Strides Against Breast Cancer

*September 29, 2018, Laguna Lake Park, San Luis Obispo*

Join us for the American Cancer Society Making Strides Against Breast Cancer Walk on Saturday, September 29, 2018 at Laguna Lake Park, 504 Madonna Road, San Luis Obispo. French Hospital is proud to be a sponsor of this annual event.

There is no registration fee and no minimum pledge to participate in the 5K walk. Registration begins at 7AM. Walk starts at 8AM with survivors, caregivers, men and women all walking for a passion to save lives from breast cancer.

For more information contact Tony Gonzales at **805.714.4993** with the American Cancer Society, or visit [www.SanLuisObispoCAStrides@cancer.org](http://www.SanLuisObispoCAStrides@cancer.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

### Katherine M. Guthrie

Senior Regional Director, Cancer Services  
CENTRAL COAST SERVICE AREA  
805.346.3434  
Katherine.Guthrie@dignityhealth.org

### Beverly Kirkhart

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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

### Care Providers:

Brian DiCarlo, MD, Medical Oncology  
Director of Clinical Trials  
James Malone III, MD  
Thomas Spillane, MD  
Deborah Villa, MD  
Diane De Vos Schmidt, 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

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### Susan Diaz, RN, OCN

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## HCRC ADVISORY COMMITTEE

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Alan Iftiniuk  
FRENCH HOSPITAL MEDICAL CENTER

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Chief Nursing Executive (CNE)

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FRENCH HOSPITAL MEDICAL CENTER

### Vice President, Philanthropy

Debby Nicklas  
FRENCH HOSPITAL MEDICAL CENTER

## SLO INFUSION CENTER

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### Barbara Hoelle

Billing Supervisor  
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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

### Board Members

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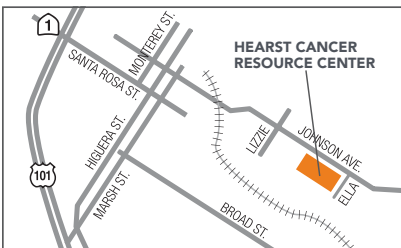


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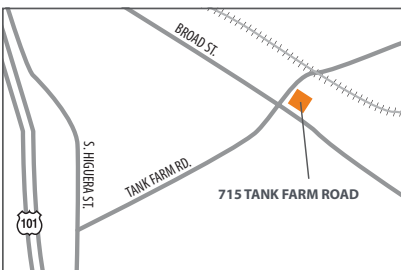
Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

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](http://dignityhealth.org/frenchhospital)