

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.



Please join us for a light meal and a conversation:
On Being...In Times of Uncertainty

When: *Thursday, November 8, 2018, 5:30PM*

Speaker: *Flora Washburn, BCC,
Spiritual Care Manager, Central Coast*

Where: *Hearst Cancer Resource Center,
1941 Johnson, Suite 201, SLO*

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.

On Being... In Times of Uncertainty

*By Flora Washburn, BBC
Spiritual Care Manager, Central Coast*

I remember hearing the term “on being” when listening to Christa Tippett, creator of the show “On Being” which airs on NPR radio. That phrase has stuck with me. When I think of “on being,” I think of on being me (and all that means). Think about it. What follows when you say, “On being?” On being cancer free? On being anxious? On being without your partner for the first holiday? On being peaceful in times of uncertainty. On being. This simple statement opens the door to so many expressions about who I am and how I feel. On being grateful, joyful, sad, angry and happy.

On being through uncertainty can deepen our grief and emotions. Recently, I heard the comment, “I’m OK now, but I don’t know how I will feel during the holidays.” The uncertainty was causing her angst now, three months prior! Loss is powerful. The uncertainty was preventing her from being present, enjoying her life and finding joy in everyday life.

When we think about it, uncertainty and the fear it might produce can keep us from enjoying what we have. Generally, we are more aware and in tune with our emotions during the holiday season. Finding courage in the midst of uncertainty can strengthen us so that we find peace and purpose in the midst of what we are going through. We may even be able to find joy and laugh again.



Season of Giving

Most of us have been touched by cancer in some way, whether personally struggling with the disease, caring for a loved one or watching a friend fight for their life.

Amid the turbulent waters of a cancer diagnosis, how do cancer patients find their way? For many, doctor's visits alone may not provide all of the knowledge and resources necessary for patients to navigate their journey. How do they educate themselves and where can they turn for guidance and support?

The Hearst Cancer Resource Center at French Hospital is here to help - an oasis in a chaotic and frightening time. It is a place of hope, strength and empowerment.

The Center focuses on supporting, educating and helping local cancer patients by treating the mind, body and spirit. It offers patient navigation services that are truly invaluable and offered nowhere else in San Luis Obispo County, guiding patients and their families every step of the way during their cancer journey. Classes, programs and support groups are also provided, ranging from guided meditation and art therapy, to restorative yoga and nutrition counseling.

During this season of giving, give hope to a local cancer patient by making a gift to support the Hearst Cancer Resource Center at French Hospital, your not-for-profit community hospital. Your generosity will touch the lives of many cancer patients and their families for years to come. Every dollar of your gift provides comfort, guidance and support.

To make a donation, visit www.supportfrenchhospital.org or call 805.542.6496.



The Hearst Cancer Resource Center is Pleased and Honored to Welcome you to our Annual Holiday Open House!

Join us in a joyous celebration of the season! Mingle with old friends and make new ones as we enjoy delicious hors d'oeuvres and fine Hearst wines. Sing along with holiday carols performed by the SLO Vocal Arts Ensemble as we celebrate a successful 2018 and look forward to a promising 2019!

Tuesday, December 11, 2018
4:30 to 6:30 PM
Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
San Luis Obispo, California

Please call the Hearst Cancer Resource Center at 805.542.6234 for more information.



"Sally" Eileen Bradbury, Administrative Assistant

Welcome Sally

Join us in welcoming Eileen Bradbury, she is HCRC's new administrative assistant!

Eileen, more commonly known as "Sally" after her love of Ford Mustangs, worked as a Registered Nurse for thirty-three years. Throughout her nursing career, Sally worked in a variety of nursing fields, the last ten in oncology. When not at work, she enjoys cooking, spending time with her family, and needlepoint. Sally is honored to be a part of the HCRC team and looks forward to utilizing her nursing experience to assist cancer patients and their families.

Ultimately, my scientific and personal experiences led me to decide to make a career change into medicine.

— J.T. Link, MD, PhD



Welcome Dr. Link

SLO Oncology & Hematology

We are so excited to welcome Dr. J.T. Link, MD, PhD to the SLO Oncology and Hematology Health Center. He provides a great blend of top notch clinical education and knowledge with a strong passion for providing community based care.

Dr. Link comes to the Central Coast from MD Anderson Cancer Center in Texas. He and his wife have both lived throughout California. They enjoy many outdoor activities and were always interested in living in a coastal town, so San Luis Obispo is a perfect fit.

Dr.Link’s graduate studies led to his career as a scientist in the pharmaceutical industry, involved in anticancer natural product synthesis and drug discovery. But his interest grew in oncology as a result of personal and professional roots. A close relative’s diagnoses with Hodgkin’s disease lead him to reflect, “this remarkable individual’s optimistic outlook, strength (physical and mental), patience and perseverance were amazing and changed my outlook on cancer treatment.”

When his relative with Hodgkin’s relapsed, Dr.Link was impressed by the oncologist who was compassionate and helpful, “the roll the oncologist played was inspiring. Ultimately, my scientific and personal experiences led me to decide to make a career change into medicine.”

Dr.Link enjoys a good mystery to read, classical music, 80’s rock and sports including Warrior’s games. He and his wife have a rescue dog that is half Vizsla and half heeler and “100% playful sprinter.” They plan on spending a lot of time at our local dog beaches and “even more time shoveling sand out of our car.” They also have a “tough hombre” of a cat that chases their pup around the house.

Dr.Link is looking forward to working with his new colleagues and joining them in their support of our community, “the San Luis Obispo Oncology & Hematology Group is so impressively active in the community, we are planning to get started by helping them with their ongoing projects.”

We are in the midst of a radical change in how this disease is treated and how patients will ultimately fare.

— Thomas Spillane, MD Oncology



Lung Cancer: New Approaches to Treatment

*By Thomas Spillane, MD
SLO Oncology & Hematology*

Some things change and some things always seem to stay the same. So it is with lung cancer.

World-wide, lung cancer has been the leading cause of cancer deaths for the past 50 years, currently resulting in close to 2 million deaths per year with lower income populations being at highest risk. Tobacco remains the greatest risk factor for lung cancer. Despite heightened awareness and education, tobacco sales continue to surge as each new generation becomes addicted. Early detection continues to be the best way of curing people afflicted with this deadly disease.

Now for some good news! The management of lung cancer is undergoing a huge transformation, especially in the past 2 years with the advent of myriad advances. Starting with early detection, the use of improved imaging technology and screening programs improves the likelihood of finding cancer at an earlier, easier-treated stage. Surgical management of early-stage lung cancer has dramatically improved with the development of robotic surgical techniques. Radiation treatments have become more effective with the improved ability to focus the treatment on the target, decreasing treatment duration and side-effects.

Advanced cancer that has spread, and therefore cannot be cured with surgery or radiation therapy, is treated with medication that can circulate throughout the body, attacking

cancer cells wherever they might be hiding. Chemotherapy has been used for the past 40 to 50 years to battle lung cancer with fairly limited success. Fortunately, (I will pause here for dramatic effect in order to emphasize my excitement) all of this is changing! Now, we are using terms such as: *Personalized Treatment, Targeted Therapy and Immunotherapy*. No longer do we simply blast away at the cancer with toxic chemicals, but rather we have technology that allows us to develop specific treatment algorithms based on the cancer biology through genetic sequencing and specific target identification.

Now for even better news! Here, on the Central Coast of California, we have developed an integrative, ACOS accredited cancer program that rivals that of any large university center. Lung cancer cases are discussed with a multi-disciplinary team and we provide vital support programs such as nurse navigation, nutrition counseling, psychosocial services and financial assistance.

We are in the midst of a radical change in how this disease is treated and how patients will ultimately fare. My take away message: Don't smoke! Get checked early! And, if you or a loved one is diagnosed with lung cancer, don't give up hope, get more information from a local expert!

Intentional Living and Cancer

PHC SLO Oncology and Hematology Health Center

In essence, intentional living is living in accordance with ones values and beliefs. It means having purpose behind ones actions and being intentional and accepting responsibility for ones choices. In this vein, we can be intentional about healing, about choosing health in all three areas: mind (thoughts), body (physically) and soul (spiritually).

From a cancer treatment perspective we have made so many advances in systemic treatment with Targeted therapies, Immunotherapy, Supportive Care and Chemotherapy. We have made advances in the science of understanding cancer progression and overcoming resistance in a tumor. Through clinical trials we have been able to offer cutting edge therapy.

On another frontier, there has been a greater understanding in the role of mindfulness in our overall psychological health and wellbeing. In a word, mindfulness is awareness. It means to pay attention in a particular way, on purpose, in the present moment and non-judgmentally (Kabat-Zinn 1994). Research has shown that mindfulness based practices reduce psychological distress especially in the areas of anxiety and depression (Mindfulness Based Stress Reduction: University of Massachusetts Medical School Kabat Zinn 1990). With this knowledge there are greater tools to live intentionally in this area.

One example and worthy of note, American Society of Clinical Oncology has endorsed guidelines from the Society for Integrative Oncology stating that meditation showed a high certainty of substantial benefit for reducing anxiety, treating mood disturbance and depressive symptoms and improving quality of life.

What is important to remember is that these therapies are complimentary to standard and conventional treatments for cancer and should not replace or supplant them. Thus being intentional in healing means taking what we know from well established research and applying this to all aspects of a person, Mind, Body and Soul.

Wishing you health and flourishing on your journey.

Hearst Cancer Resource Center offers, at no cost, mind, body and soul therapy treatments.

We invite all cancer patients and their loved ones to attend our classes in meditation, music therapy, yoga and many other complimentary

classes listed in HCRC monthly calendar or contact **805.542.6234** for more information.



French Hospital Medical Center Accredited Cancer Program Annual Public Report

FHMC Cancer Accreditation Certificate

French Hospital Medical Center is a fully accredited *Community Cancer Program* as recognized by the American College of Surgeon's Commission on Cancer (CoC). Our program is managed by a cancer committee consisting of physicians, nurses and health care staff who provide comprehensive care to patients as defined by a specific set of patient centered goals and standards.

Each year, the cancer committee is challenged to develop and disseminate a report focused on patient outcomes and/or program outcomes on a specific required CoC standard, and distribute this report to the public. This year the cancer committee has selected colorectal with a focus on colon cancer.

The following are the highlights of our 2018 annual public report:

- Colorectal overview: Facts and Figures
- Colon education, prevention and awareness lecture
- Results from the National Cancer Data Base quality measuring tools
- Monitoring compliance with evidence based guidelines for colon cancer
- Incidence and stage of colon cancers diagnosed at French

To learn more about French Hospital Medical Center's education and outcomes on colon cancers, visit: www.dignityhealth.org/central-coast/locations/frenchhospital/services/hearst-cancer-resource-center

CareMaps – How This Process Can Help Your Caregiving Situation.

By Tina McEvoy,

RN, BSN, Coordinator Care Transitions and Palliative Care

Tens of millions of Americans provide care to parents, siblings, relatives and friends living with cancer and other chronic health conditions. Their contribution to healthcare is critical. Yet, their work is often invisible because family caregiving is an isolated and underappreciated endeavor.

Dignity Health has been working with the Atlas of Caregiving promoting the use of CareMaps as an effective tool for families to view and assess their particular caregiving situation. **Atlas of Caregiving** is a non-profit organization whose mission is to “catalyze a transformative change for family caregiving through innovative research, practical solutions and rich collaboration. CareMaps help you better understand and strengthen your care ecosystem.”

CareMaps uses a human-centered approach to understand the fundamentally human experience of family caregiving. The process of creating your CareMap is centered around the primary caregiver, showing all the people who may be involved with the caregiver or those whom they care for. The process of thinking about and drawing a CareMap helps people build a stronger web of support.

Please join us at the Hearst Cancer Resource Center on Tuesday, November 13 at 4:30 pm as Tina McEvoy discusses how to incorporate a CareMap into your caregiving situation. Call 805.542.6234 to reserve your seat.

Turn to us for answers:

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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Chief Nursing Executive (CNE)
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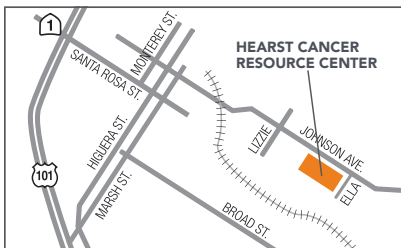


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Dignity Health Cancer Care Centers



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