

cancer care

JANUARY/FEBRUARY 2019



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 Wish You a Happy New Year!

By Bev Kirkhart & HCRC Staff

For some of us, the New Year means simply changing the calendar. For others, it represents renewing our hopes for a better tomorrow. As director of the Hearst Cancer Resource Center (HCRC), my wish for you is a 2019 filled with optimism, love and caring. The staff at HCRC is dedicated to providing assistance to everyone who has been touched by cancer: including patients, family and friends. **Our programs are free and all are welcome.**

The HCRC offers something for everyone. Join one of our many support groups or meet one-on-one with our Nurse Navigator, Gloria Caine, to help address the physical, emotional and physiological issues associated with a cancer diagnosis. You can schedule an appointment with our registered dietitian to learn about the best nutritional choices for you during treatment and beyond. Our educational seminars funded by the Martin Hulburd Family Cancer Educational Fund will keep you up-to-date on the latest medical discoveries and treatments. We offer meditation, stress reduction, yoga, tai chi chih classes, energy balancing and knitting. Our Appearance Center supplies hats, wigs and make-up tips, to help you look your best.

As a long-term cancer survivor, I know firsthand the importance of support for the mind, body and spirit, during all phases of the disease. A cancer diagnosis touches every aspect of our lives. Here at the HCRC, no one will have to face this disease alone.

Please feel free to drop in weekdays, from 9AM-4:30PM. You'll find resources, information and inspiration—all at no cost to you—from others who have traveled this same road. Let's celebrate the New Year together, with a re-energized spirit and a renewed hope. All of us at the HCRC are looking forward to meeting you.



Left to right: Bev Kirkhart, Director; Cynthia Shade, Event Coordinator; Sally Bradbury, Administrative Assistant; Gloria Caine, RN, Nurse Navigator; Eloisa Medina, Lay Patient Navigator; Lisa Steinbeck, Cancer Registrar

Leave your Legacy— Support HCRC

The New Year always brings along New Year's resolutions. A popular resolution is to get one's estate plans in order.

When you do, consider a gift to support the Hearst Cancer Resource Center at French Hospital.

A bequest is a gift that is given through a will or living trust. It can be for a percentage of the donor's estate, a specific dollar amount or a particular asset. Whatever the gift, a bequest is critical to the Hearst Cancer Resource Center's future and will leave a legacy for cancer patients in our community. The French Hospital Legacy Circle recognizes generous individuals who have made a financial provision to French Hospital in their estate plans.

If you'd like to learn more about planned gifts, including specific language to use in your own estate planning, please visit our planned giving website at supportfrenchhospital.org and click on "Plan Your Legacy."

You can also email legacycircle@dignityhealth.org or call 805.542.6496.

Sea Pines Ladies' Golf Club Raises Funds for HCRC

THINK PINK is an annual golf tournament in October organized by the women golfers of the Sea Pines resort.

They raised more than \$4,000 this year for the HCRC.

Thank you Sea Pines Ladies Golf Club!



Class Spotlight: Guided Meditation

Discover overall wellbeing in 2019!

You are invited to join Gila Zak, Certified Hypnotherapist, as she accompanies you on a journey to improved health, vitality and serenity. Gila will assist you through a guided meditation to help you gain a peaceful state of mind, leaving you feeling refreshed and relaxed!

*Classes meet the first Wednesday of every month, 5-6PM.
No reservations needed.*

Introducing the da Vinci Xi System, the Most Advanced Surgical Technology in Our Region!

French Hospital Medical Center is pleased to announce the recent acquisition of the latest in robotic surgery, the da Vinci Xi Surgical System. This technology is the ONLY one of its kind in San Luis Obispo County. The da Vinci is used for a variety of minimally invasive surgical procedures. The surgeon is 100% in control of the robotic-assisted da Vinci System which translates hand movements into smaller, more precise movements of tiny instruments inside a patient's body. The system also provides a highly magnified view, virtually extending the surgeon's eyes and hands into the patient. The da Vinci Xi Surgical System has been optimized for multi-quadrant surgeries in the areas of gynecology, gynecological oncology, urology, and general surgery.



January is National Cervical Health Awareness Month

Let's Win the Fight Against Cervical Cancer!

Only a few decades ago, cervical cancer was responsible for a high number of deaths among American women each year. Today in the U.S., the number of women diagnosed and have succumbed to this disease has fallen dramatically. This is largely due to a simple test known as a “Pap smear”.

Cervical cancer occurs in the cells of the cervix, which is the lower part of the uterus. Nearly all cervical cancers are caused by a virus called Human Papilloma Virus, or HPV. There are many different types of HPV viruses, transmittable through intimate and sexual contact. HPV is extremely common, and is now also known to cause cancers of the mouth, throat, vagina and penis as well as the cervix.

When a woman is exposed to HPV, her immune system typically prevents the virus from doing harm. However, in some women, the virus can survive for years and may cause some cells on the surface of the cervix to become cancer cells. Risk factors for cervical cancer include:

- Multiple sexual partners
- Early sexual activity
- Other sexually transmitted infections (STDs)
- A weak immune system
- Smoking

Prevention is the key to reduce the risk of cervical cancer, which includes the HPV vaccination and routine Pap tests. HPV associated cancers can be prevented by the vaccine (Gardasil 9) that has been developed for children and young adults under the age of 26, and recently has been updated to include ages 27 through 45. Pap tests have the ability to detect precancerous conditions of the cervix so they can be monitored or treated early, and can actually prevent most cervical cancers. According to the American Cancer Society guidelines for the prevention

and early detection of cervical cancer, all women should begin cervical screening at age 21. As always, a discussion with your medical care provider to determine what screening guidelines are best for you is recommended.

The good news is that cervical cancer, when found early, is one of the most successfully treatable cancers. Reduce your risk by being vaccinated for HPV where appropriate, and follow recommended Pap test screening guidelines.

If you need more information on getting screened or the HPV vaccine contact Gloria Caine, RN, BSN, OCN, CN-BN Oncology Nurse Navigator at 805.542.6234.

Prevention of Cervical Cancer: What every woman and man should know about the importance of HPV

When: *Wednesday, January 23, 2019, 5:30PM*

Speaker: *Elizabeth “Buffy” Ramirez, NP Sert Coordinator*

Where: *Oak Park 2 Community Room
901 30th Street, Paso Robles*

Call: *Hearst Cancer Resource Center
to reserve your seat at 805.786.6130*

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund and is offered as a community service.



Revitalize in 2019 with Cancer Well-fit and HCRC!

Cancer Well-fit, our community-based exercise and wellness program, is designed for people who have become de-conditioned, weak or fatigued from cancer or its treatment. A community partner with the Hearst Cancer Resource Center, Cancer Well-fit increases energy, strength and quality of life for its participants through a variety of strength building exercises in small group format and one-on-one training.

As noted by the American Cancer Society, newer research has shown that exercise is not only safe and possible during cancer treatment, but it can also improve how well you function physically and your quality of life. Too much rest can lead to loss of body function, muscle weakness, and reduced range of motion. Each person's exercise program should be based on what's safe and what works best for them. The physical and psychological effects of exercise, particularly in a small group have proven to:

- Elevate mood through social contact and release of endorphins
- Restore and build muscle strength and endurance
- Provide a sense of control and empowerment by building strength in mind and body
- Reduce anxiety and improve body image, self-esteem and outlook
- Increase energy, balance and function
- Assist in recovery from surgery and treatment through restoring a range of motion and correcting postural deviations or muscle imbalances
- Return patients to their former level of fitness (or better)

The Cancer Well-fit program is 10 weeks long and runs quarterly. Class size is limited and meetings are held three times

per week. Classes are open to all patients within their first year of diagnosis or within 12 months following the end of their first line of treatment. Classes are held at Avila Bay Athletic Club & Spa and at the Paso Robles Sports Club. Advanced registration and a physician's medical release are required.

For more information, please contact Jan Secord at Avila Bay Athletic Club & Spa at 805.595.7600 ext 122, or Kathy Thomas at Paso Robles Sports Club at 805.239.7397. Visit the Cancer Well-fit website at cancerwell-fit.com.

Exercise and Movement Talk and Demonstration

When: *Wednesday, February 20, 2019, 5:30PM*

Speakers & Demonstrators: *Jan Secord and Colby Lindeman, Well-fit; Linda Bauser, HCRC Tai Chi Chah; Colby Lindeman Chair Yoga, Well-fit; Anne Newland, Qigong, HCRC*

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.

Update on Advances Made in Clinical Trials on the Central Coast

Diane De Vos-Schmidt FNP-C, MSN, OCN, Manager of Clinical Research, SLO Oncology and Hematology

Cancer care has made tremendous advances in the past 5 years with the development of new cancer treatments, new molecular targets and new ways to use existing treatment medications. The most publicized advance has been in immunotherapy. There are now 5 different immune treatments that have been FDA approved. The San Luis Obispo Hematology and Oncology office has been involved with immune therapy research from the outset. Patients have benefitted from access to these treatments before FDA approval had been granted, as part of a clinical trial. In addition, molecular targets have been identified in some tumors bringing targeted therapy from the research lab and into everyday use. Here are some examples of the advances made possible by clinical trials that patients in this community had the opportunity to participate in.

- Hodgkin's lymphoma has improved cure rates with fewer side effects due to new treatments.
- Lung cancer has shown that the combination of chemotherapy and immunotherapy leads to better results than ever seen.
- Kidney cancer has shown the combination of two immunotherapies is now the standard of care for first-line therapy.
- Metastatic hormone positive, HER-2 negative breast cancer, a new target has been identified and a targeted treatment developed, CDK 4/6 inhibitors. These have shown to double remission length, and improve life expectancy.
- CLL and non-Hodgkin's lymphoma, an oral targeted therapy has now replaced chemotherapy in many cases.
- Cancers of the head and neck, immunotherapy appears to be more effective than chemotherapy for patients who have recurrence after initial attempt at curative chemoradiation.

It remains critically important to continue to bring high quality clinical research to our local community, and we remain committed to do so.

Contact 805.786.6144 for information or questions regarding clinical trials.



Diane De Vos-Schmidt FNP-C, MSN, OCN



Lori Stone

Ending Cervical Cancer Stigma Through Action and Advocacy

By *Lori Stone*,
Cervical Cancer Survivor
& Cervivor Ambassador

When I moved to a new state back in 2003, it took me a while to find new doctors. Frankly, I felt perfectly healthy... it seemed there was no rush, so I put things off, like many of us do. This included my well-woman exam. Four procrastinated years later, it came as a shock to learn that something was very wrong with my test results.

My Pap test had come back abnormal resulting in a follow-up test for Human Papillomavirus (HPV) which indicated positive for high-risk HPV. I was referred to an oncologist, who ordered a consultation with a surgeon to remove a large portion of my cervix. After surgery I discussed the results with my doctor. It was at this meeting that I first heard the words "...it's cancer." It was invasive endocervical adenocarcinoma, stage 1.

This meant not only a cancer diagnosis at age 30, but loss of fertility and permanent side effects. I was angry, devastated, and worried. A second surgery removed the rest of my cervix and my pelvic lymph nodes.

HPV cancers are connected to sexual health which can create a stigma to patients and survivors facing this disease. Despite my efforts over the past decade in the growing cervical cancer advocacy movement, gynecologic and HPV connected cancers, this disease remains underrepresented in health education, patient care, and community action plans.

I'm now a Cervivor Ambassador, educating and empowering people facing tough questions around sexual health and screenings. Most importantly, we now have a HPV cancer-preventing vaccine. With thousands still dying from HPV cancers worldwide and vaccine rates remaining low, we have a long way to go. I offer my story and subject matter expertise to train other advocates and speak to the media, local groups, medical practitioners, community organizations, legislative leaders, and individuals to empower change.

Cervivor is a community, a learning tool, an advocacy resource, and an online retreat for healing, connecting and thriving. Visit cervivor.org to learn more.

Living with Cancer Support Group

Living with Cancer Support Group creates a safe haven for survivors to find comfort and hope. Meetings are held the first and third Thursdays of the month from 6-7:30PM and are facilitated by Lindsey Levenson, MS, LMFT at Hearst Cancer Resource Center.

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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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
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CLINIC: 805.786.6144

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James Malone III, MD
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Diane De Vos Schmidt, NP
Mary Okimoto, NP
Tim Souchek, PA

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Amy Hidalgo, Clinical Trial Coordinator
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Chair

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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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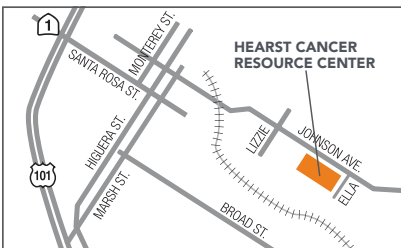


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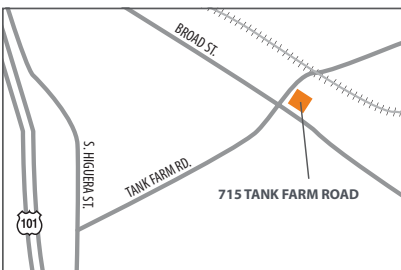
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1911 Johnson Avenue,
San Luis Obispo, CA 93401

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
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Infusion Center of San Luis Obispo
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If you have any questions, comments, or concerns please visit dignityhealth.org/frenchhospital