

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 compassionate 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.

Clinical Trials: From Protocol to Practice

Susan Diaz, RN. OCN

Director of SLO Oncology & Hematology Health Center

Community Oncology Clinical Trials are flourishing, bringing the most current advances in medical technology to our community. In an effort to bring the best and most personalized care to our patients, SLO Oncology and Hematology Health Center has been participating in clinical trials for the past 7 years.

The SLO Oncology and Hematology Health Center was a participant in a clinical trial for the treatment of chronic lymphocytic leukemia (CLL). The E1912 study was a large phase 3 clinical trial for patients 70 years old or younger with previously untreated CLL.

It is very exciting to report that the study proves that the novel treatment of ibrutinib and Rituxan is superior to chemotherapy for these CLL patients 70 years of age or younger. The trial proved that this new combination improves a patient's progression free and overall survival.

Patients on the ibrutinib and Rituxan arm of the study were also less likely to experience serious side effects than those patients treated with the standard chemotherapy. This positive data was released immediately given its significance to public health.

ClinicalTrials.gov is an amazing resource as a data base of privately and publicly funded clinical studies conducted around the world. When the site first opened in February 2000 it listed 1,255 open studies. As of January 6, 2019 it lists 293,392 open studies! To see more details on this clinical trial go to ClinicalTrials.gov and search for NCT# NCT02048813.

For more information regarding clinical trials please call 805.543.5577 or email amy.hidalgo@dignityhealth.org.



Join Us for These Exciting New Classes at Hearst Cancer Resource Center

MARY KAY THE BEAUTY OF YOU!

Mary Kay® products offer you so many ways to enhance your beauty and well-being. Innovative skin care! On-trend color! Pampering bath and body products and so much more!



Casey Canino



Kathleen McKinnon, M.Ed.

Beauty and You!...Learn how to apply makeup, skin products and wigs!

Being diagnosed with cancer can make you feel as though you've lost control over your life. Regain a renewed sense of self, strength and confidence with our Beauty and You! Program.

Hearst Cancer Resource Center is pleased to partner with Jennifer Olaiz, a Mary Kay Beauty Consultant for 22 years, and our estheticians Lucinda, Bonnie and Nancy for a day of pampering! Classes are held the first Wednesday of the month at 10AM and are complimentary.

Reservations are required, please call us at 805.542.6234 to enroll!

PILATES: An hour of low impact exercise, stretching and breath work

Pilates is a corrective exercise method designed to connect you towards your core musculature and posture, with special attention to the rehabilitative needs of those in the midst of cancer. You will discover Pilates to be a wonderful tool to find strength and stability again.

Casey Canino is an instructor at Pilates Collective SLO and is pleased to bring this complementary program to the Hearst Cancer Resource Center. Classes meet the 2nd Thursday of each month from 2-3PM, and participants will need to bring a mat.

Please call 805.542.6234 to reserve your spot!

Visioning Collage: Discover your passions

Has cancer changed your perspective on life? Are you struggling? Are you soaring? Find out how collage can speak to your heart!

Using colorful pictures, meaningful words and phrases that appeal to you in a personal way, you will explore ideas and dreams. Your collage will speak, inspire and motivate you in creative ways.

Gift yourself a one and a half hour of rest and refection with Kathleen McKinnon, M.Ed., who is a teacher, artist and cancer survivor. Classes held the second Thursday of each month, 4:30-6PM.

Please call 805.542.6234 for more information.



Nutritional Management of the Head and Neck Cancer Patient

By Angela Fissell, MS, RDN

While many types of cancer and 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.

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 these concerns and can help address the particular needs of someone diagnosed with HNC.

Please call the Hearst Cancer Resource Center to schedule a free one-on-one consultation for your dietary needs 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

Early and aggressive nutritional interventions and strategies can reduce the degree of malnutrition and slow weight loss.

— Angela Fissell, MS, RDN

What is SPOHNC?

SPOHNC stands for Support for People with Oral, Head and Neck Cancer. We are fortunate to have an active chapter, for over 9 years, at the Mission Hope Santa Maria campus. The focus of the group is to provide education and assistance regarding the special needs of the patient and their family during treatment and recovery.

Meetings are held the second Monday of each month and alternate between member-to-member sharing and presentations by area healthcare professionals.

Please Join the Support Group for People with Oral, Head and Neck Cancer

When: *Meets the 2nd Monday of the month from 5-6:30 PM*

Where:

Mission Hope Cancer Center, Conference Room, 1325 East Church Street, Santa Maria, CA

Call: 805.739.3185

Email: Aundie.Werner@DignityHealth.org

Upcoming Topics:

March 11th: *Caring and sharing*

April 8th: *"The Benefits of Acupuncture for Head and Neck Cancer Patients" presented by Heidi Lee.*

The key to “beating cancer is in our blood.”

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



James Malone, MD, Hematologist/Oncologist

What’s New in the Treatment of Myeloma?

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

Today, an estimated 118,273 people are living with or in remission from myeloma. In 2018 an estimated 30,770 new cases of myeloma were expected to be diagnosed. The following is an excerpt from the Leukemia & Lymphoma Society’s “Updated Data on Blood Cancers 2017-2018”:

“Myeloma is a cancer of the plasma cells (a type of white blood cell). Plasma cells are found primarily in the bone marrow. About 90 percent of people with myeloma have disease involving multiple sites at the time of diagnosis. Some individuals have myeloma that progresses very slowly (sometimes referred to as smoldering or indolent myeloma).

In myeloma, a B lymphocyte (the cell type that forms plasma cells) becomes malignant. Eventually, malignant plasma cells (myeloma cells) amass in the marrow and sometimes in other sites in the body. The myeloma cells disrupt normal blood production, destroy normal bone tissue and cause pain. Healthy plasma cells produce immunoglobulins (antibodies) that protect the body against certain types of infection. The onset of myeloma interferes with antibody production, making people with myeloma susceptible to infection and other serious complications.”

The Leukemia & Lymphoma Society (LLS) declares that the key to “beating cancer is in our blood.” In the early sixties the relative survival rate for myeloma was 12% compared with 51% from 2007 to 2013. We have seen great progress since then. In November of 2014 alone four new therapies were approved for myeloma and in the last two years alone, thirty-nine new drugs

to treat different types of blood cancers have been approved by the FDA.

March is Myeloma Awareness month, and the Hearst Cancer Resource Center is teaming up with LLS and hosting a myeloma lecture with James Malone, MD, local oncologist and hematologist. LLS also partners with the Hearst Cancer Resource Center to offer the All Blood Cancer Support Group.

You are invited to participate in the All Blood Support Group. Drop-ins are welcome.

When: 2nd Wednesday of each month, 1-2PM

Where: Hearst Cancer Resource Center, 1941 Johnson Avenue Suite 201

What’s New in the Treatment of Myeloma

When: Wednesday, March 27, 2019, 5:30PM

Speaker: Dr. Malone

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.

Colorectal: Update on Detection, Treatment and Prevention

By *J.T. Link, MD, PhD*
SLO Oncology & Hematology

Colorectal cancer is a common malignancy that is being impacted by new developments in detection and treatment that are preventing cases and more effectively treating disease. Colorectal cancer is the third most common cancer amongst men and women in the United States with a lifetime risk of 1 in 22 (4.49%) in men and 1 in 24 (4.15%) in women. In 2019, there are predicted to be 101,420 new cases of colon cancer and 44,180 cases of rectal cancer in the US. Screening for an average risk patient starts at age 50 and can be performed by stool tests and traditional colonoscopy.

With the advent of widespread noninvasive screening it is easier for more people to get tested, so see your primary care doctor to learn more. If you have developed symptoms such as rectal bleeding, change in bowel habits (narrowing of the stool, constipation, diarrhea), the feeling that you need to have a bowel movement not relieved by having one, abdominal pain/cramping, weakness/fatigue, and/or weight loss see your doctor as soon as possible.

If you are diagnosed with colorectal cancer, there are many specialists ready to assist you including medical oncologists, surgeons, gastroenterologists, and radiation oncologists depending upon your disease. Through improving treatments patients are living longer and better with the disease and many are cured if it is caught early enough. Changes to the treatment of the disease include the use of targeted therapy. Newer medications affect the tumor blood supply as well as specific receptors and offer more easily tolerated systemic treatment options. Immunotherapy is also playing a role in the roughly 15% of cases with impaired DNA repair processes called microsatellite instable tumors. Efforts to extend this treatment to the remainder of cases is being watched with great interest.



J.T. Link, MD, PhD
SLO Oncology & Hematology



Pure Stoke Surf Camp for Kids Program

By Thomas Spillane, MD
SLO Oncology & Hematology

Pure Stoke Surf Camp is a unique support group that was started here on the Central Coast of California. Now going into its third year, the program was developed to provide support for an often overlooked group of cancer victims: children and teenagers whose family members are going through the cancer fight.

The majority of the children and young adults are living with a parent who is fighting cancer. Often the parent without cancer has difficulty communicating with their children, struggling to explain what is happening. These young secondary victims frequently report that they do not feel “part of the team”. They can have a sense of helplessness as they see the pain and suffering of their parent going through the cancer battle.

The Pure Stoke Surf Camp was created to provide a fun, safe environment utilizing the healing energy of the beach and ocean. Our program involves a day at the beach with other youth who are facing similar situations. The day includes surf lessons along with marine biology education and other fun beach activities. All equipment is provided. Repeat sessions are encouraged.

For more information, please go to: surfingforhope.org and click on “Pure Stoke Surf Camp.”

Share the Hope

Please join us on April 6th at Hearst Ranch and Hearst Castle for Share the Hope! This event is an annual fundraiser for the Hearst Cancer Resource Center. You will begin your evening at Hearst Castle for a champagne reception on a beautiful terrace. You will continue your night at the Hearst Ranch Dairy Barn with a gourmet dinner by Trumpet Vine Catering, an exciting live auction featuring unique items and live music by Louie Ortega. Enjoy an evening filled with inspiration and hope!

For more information, email Tracy.Timmons@dignityhealth.org or call the French Hospital Foundation at 805.542.6496.

Heartfelt Thanks!

Grover Beach Police Department and the Grover Beach Police Officers’ Association partnered with Pink Patch Project once again to raise \$8,500 for the Hearst Cancer Resource Center. Money was raised from the sales of commemorative pink patches to be worn on the arm of police uniforms during the month of October, which is Breast Cancer Awareness Month. Also Grover Beach Police held a golf tournament in September to raise additional funds.



Pictured from left to right: Deborah Smith-Cooke, HCRC volunteer; Sergeant Celis Rabena; Bev Kirkhart, HCRC Director; Gloria Caine, HCRC Nurse Navigator; Rosey Parks, FHMC Foundation; Chief John Peters; Officer Trainee Joshua Ruiz and Officer Trainee Jared Allegranza

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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Chair

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Chief Nursing Executive (CNE)*
Julia Fogelson MSN, RN
FRENCH HOSPITAL MEDICAL CENTER

Vice President, Philanthropy
Debby Nicklas
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FHMC WOMEN'S HEALTH AND IMAGING CENTER
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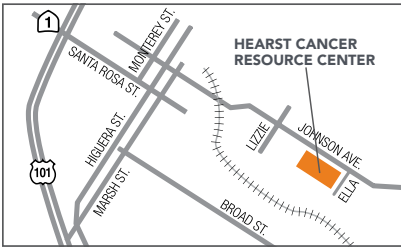


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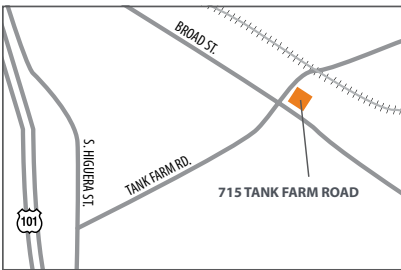
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Dignity Health Cancer Care Centers



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