

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.



Naturopathic Oncology

Heidi Lucas, ND, FABNO

The goal of naturopathic oncology is to treat the whole person during the cancer process so that patients are better able to tolerate their treatment and have the strength and clarity to thrive. Nutrition can maintain a foundation during chemotherapy, radiation and surgery. Aim for moderate protein, fiber and healthy fats with every meal.

Protein is a crucial nutrient for boosting red and white blood counts. Choose clean proteins: organic hormone free, grass fed meats, wild caught fish, legumes (beans, lentils, soy), nuts and seeds. Marinate your animal protein in citrus, wine or vinegar. This will help with digestion and decrease carcinogenic compounds.

Fiber is also a key element in the form of vegetables, legumes, nuts and seeds which can help regulate bowel movements and create consistent energy.

Healthy fat is a third element for every meal. This includes olive oil, coconut oil and grass fed butter which can support nerve function, mental health and combat fatigue.

There are supplemental interventions that support the nervous system, heal the digestive tract and regulate digestion. For example, omega 3 fatty acids show a benefit in improving cognitive function by decreasing inflammation. Healing foods such as cabbage, turmeric and honey can be used as a GI support.

There is compelling research that regular stress management practices such as abdominal breathing and gentle stretching can improve immune function and increase energy. These practices, combined with regular activity, can increase stamina and inner strength.

Through these research based interventions, patients can improve their vitality and quality of life.

Healing Toolkit: Naturopathic Support for Common Side Effects in Cancer Treatment

When: Wednesday, May 8, 2019; 5:30PM

Speaker: Heidi Lucas, MD, FABNO

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.

Become an Angel

We invite you to support local cancer patients during their time of need with a contribution to the Hearst Cancer Resource Center's (HCRC) Angel of Hope Fund. This special fund provides immediate financial assistance for basic medical needs of cancer patients and their families.

A cancer diagnosis, in addition to being physically and psychologically challenging, can also have a financial impact on patients. Many cancer patients face financial difficulties due to treatment costs and other expenses that are beyond their ability to pay. Financial assistance through the Angel of Hope Fund enables the HCRC clients to continue cancer treatments uninterrupted by helping with day-to-day expenses such as medical supplies, transportation, medical insurance, co-payments and childcare.

Your support of the Angel of Hope Fund truly touches lives in an extraordinary way. Become an Angel and support those struggling with this life-threatening disease.

For more information on how to donate, please contact the French Hospital Medical Center Foundation at **805.542.6496** or visit **supportfrenchhospital.org**.

"Your support of the Angel of Hope Fund truly touches lives in an extraordinary way. Become an Angel and support those struggling with this life-threatening disease."



"Our SLO Infusion Center nurses inspire me every day. They are articulate, bright and caring. They are an amazing team of caregivers."

– Thomas Spillane, MD SLO Oncology & Hematology



May Is Oncology Nurses' Month

Oncology nursing is truly unique—it is the ultimate field in primary care nursing which intrinsically creates a strong patient-nurse relationship. Oncology patients depend on their nurses to be knowledgeable, strong, and compassionate. We've decided to honor

our oncology nurses with the words of some of the people that know them best—their patients! Enjoy the following thoughts of those patients that have experience with our very own SLO Oncology Infusion Center:

- "To all the oncology nurses out there, thank you. Your kindness, compassion and professionalism are so appreciated. When I go in for my chemo, your smiling face is such a comfort. And, you take time to answer my questions and concerns. You help us get through a very difficult time. You are all truly angels."
- "To all the oncology nurses, an emphatic THANK YOU for all that you do. From port flushes with a smile to telling me a joke as you're administering an injection, you provide some light in what is undoubtedly the scariest part of my life. Your kindness and compassion enhances my quality of life."
- "The genuine love and nurturing that is demonstrated to me and all the patients around me are evident at every treatment. I am truly grateful for every one of the oncology nurses. I wouldn't still be here without them! Thank you so much!"
- "Angels in disguise, hearts of gold, overflowing with compassion, a light shining along the path no one would chose to follow, that comforting hand leading me on and out of the dark path, not letting me fall, back to those who my heart longs for in my new normal."

"You help us get through a very difficult time. You are all truly angels."



You're Invited to the Tenth Annual Women's Day Celebration

If you are reading this, then you are resilient! We know this because, in order for you to be right here in this moment, you have overcome many challenges and obstacles. Often, what we have overcome physically we have not moved on from emotionally.

The power of choice: Who do you believe decides how you feel about yourself or your life? Most people will reflexively say "I Do!", but the reality is that our perceptions are shaped by external forces and the internal points of reference that we accumulate throughout our life. True autonomy comes from recognizing that in every experience, there is a moment of choice: How do I want to feel right now?

We can shift states of mind and body very quickly to get the footing we need to truly decide for ourselves. This allows us to create a neutral or positive outcome from an experience that rewards the brain and updates our internal map of how we navigate our world. The next time we encounter a challenge, we feel more confident and empowered. Much like a snowball, this process builds momentum and our inner resource of resiliency grows.

Gila Zak will reveal to you how we cultivate resiliency and, most importantly, how we can build upon it as a resource for life's small and large difficulties. Join us for this engaging, interactive discussion where Gila will cover the following and more:

- How the mind/body connection can work for you or against you

- How to shift stressful states within minutes and access your inner resources
- How to get what you need without giving yourself away

Join us for a light lunch, a complimentary Satin Hands™ hand massage treatment and fun raffle prizes. Attendees can meet the HCRC's Community Partners and learn about their free programs and services.

Admission is free, but reservations are required. Reserve your seat today by calling HCRC at **805.542.6234**. This lecture is made possible through the support of the Martin Hulburd Family Cancer Education Fund and is offered as a community service.

Women's Day Celebration

When: *Wednesday, May 22, 2019 at 12PM*

Where: *Copeland Health Education Pavilion Auditorium, 3rd Floor.*

Speaker: *Gila Zak, C.Ht (Certified Hypnotherapist)*

1 The ABCDEs of Melanoma

What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



One half unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See the ruler below for a guide.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:



Melanoma Risks and Prevention

By Karen Allen, MD, Dermatology & Dermatologic Surgery

The most common skin cancers in the United States are basal cell carcinoma, squamous cell carcinoma and melanoma. Basal and squamous cell carcinomas are highly curable if detected early and treated properly. We call these “non-melanoma skin cancer.”

Melanoma is the most dangerous form of skin cancer, with more than 1 million Americans living with this form of skin cancer.

- It is estimated that melanoma will affect 1 in 27 men and 1 in 40 women in their lifetime.
- Five-year survival rates for melanoma detected and treated before it spreads is 99 percent.
- Five-year survival rates for regional and distant stage melanomas are 64 percent and 23 percent, respectively.

Thankfully, newer immunotherapy treatments are rapidly evolving and we are seeing trends for much longer survival rates already.

Know Your Risk Factors

- Exposure to ultraviolet light.
 - Regular sunscreen use reduces melanoma risk
 - Higher melanoma rates among men may be due to lower rates of sun protection.
- More than 50 moles, atypical moles or large moles
- Family history (two first degree relatives) of melanoma
- Blistering sunburns during childhood
 - One single blistering sunburn can nearly double a person's chance of developing melanoma.
 - Five or more blistering sunburns between ages 15 and 20 increases one's melanoma risk by 80 percent.
- Type 1 skin (burns easily with blond or red hair)
- Weakened immune system
- Prior history of any type of skin cancer

Prevention and Detection

About half of melanomas are self-detected. Because exposure to UV light is the most preventable risk factor, the AAD advises against tanning bed use and sun protection by seeking shade, wearing protective clothing and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Skin warning signs include changes in:

- Size—larger than a pencil eraser
- Color—more than one even color: pink, white, brown or black
- Shape—asymmetrical
- A sore that doesn't heal

Individuals with a history of melanoma should have a full-body exam by a board-certified dermatologist at least once a year and perform regular self-exams. More information is available on the website AAD.org.



In recognition of June: National Cancer Survivors' Month, we would like to honor Roberta Hesser, who shares with us her amazing life's journey with cancer. She agreed to have her story published in hopes this would inspire others.

You've Gotta Accentuate the Positive

By Roberta Hesser, cancer survivor

I have been fighting this fight since 2002. In 2002 I had 2 lumpectomies and then a mastectomy and chemotherapy. In 2003 I had a mastectomy. In 2015 the breast cancer returned to my underarm, I had surgery and radiation. Two weeks after the end of radiation for the 2015 breast cancer recurrence I was diagnosed with a second primary cancer in my bladder (I know I know I'm gifted). After having five tumors removed from my bladder I started BCG treatments for the bladder cancer. It is now 2019 and I am once again fighting breast cancer which is now stage IV Metastatic, having spread to my liver, lung and spine. I have been on assorted chemotherapy treatments with varying side effects, because metastatic means always being on something that will hopefully keep beating the cancer down.

People are always saying that I have a great attitude and I keep saying, "huh?" I am just living as I always have except for the cancer and the chemotherapy side effects which cause certain limitations. Of course all of life's opportunities are no longer possible, but many are and they are the ones I focus on. For instance, I am currently playing my iPod dance play list. I danced standing up until I was tired and then I danced sitting down.

When I'm dancing or just listening to music, life is fabulous and nothing else exists, it is impossible for me to stay depressed or in a bad mood when I'm rocking out. When I put on Eric Clapton's "Sweet Home Chicago" or Bruno Mars' "Uptown Funk," or anything Aretha or Gladys, or Smokey or Motown or Memphis or... well you get the idea, everything but the music disappears for me.

You may not dance or even enjoy music, but there is probably something that you do love. Do it and appreciate that you can still do whatever it is, and if/when you can't do that then you'll find something else. Our cancer is a reality, but it is not everything, so focus on the rest. Don't ruin the good times by focusing on the bad.

I was lucky enough to be born mildly amusing with fabulous rhythm, and gratefully cancer hasn't diminished either gift. Find your gifts or interests and focus on what you can do, not what you can't. Go for it and hopefully you will enjoy most moments of most days. Sending you hugs... one survivor to another.

Puma Swim Club



The Puma Swim Club, for the eleventh year, held their annual swim meet to raise awareness of breast cancer. \$10,000 was raised at the 2018 Puma Swim Club meet once again for HCRC at Arroyo Grande High School. The meet raised money through local sponsorships, entry fees, a silent auction and a concession stand.

Puma Swim Team Coach Jud Clark believes that having swimmers swim for a “cause” helps build strong community support with the young swimmers. Clark and his team recently presented the check to FHMCA President/CEO Alan Iftiniuk and HCRC Director Bev Kirkhart.

Sunset Honda

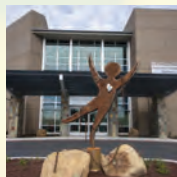


For the last three years Sunset Honda has raised awareness for Breast Cancer in October.

In 2018 Sunset Honda donated \$3,100 from their October sales to the Hearst Cancer Resource Center.

Thank you Sunset Honda!

(Photo left to right) Sally Bradbury, HCRC Administrative Assistant; Bev Kirkhart, HCRC; Gloria Caine, HCRC; David Idell, Sunset Honda; Candi Earl, Sunset Honda; George Peterson, Sunset Honda; Chris Baughman, Sunset Honda.



The New Matthew Will Memorial Center

Dignity Health’s Arroyo Grande Community Hospital is proud to announce the opening of the innovative Matthew Will Memorial Medical Center. Community members are invited to attend the Matthew Will Memorial Medical Center Grand Opening Celebration on Saturday, May 11 from 11:00 a.m. to 2:00 p.m. to enjoy complimentary lunch, wellness booths, games, presentations, tours and more!

The 45,012 square foot building was constructed by the Will family to honor their late son, Matthew Will, who lost his battle with cancer in his early twenties. The building’s third floor will house Mission Hope Cancer Center Arroyo Grande, which includes a cancer resource center, dietitian, social worker, genetic counseling, nurse navigation, appearance consulting, and an expansive rehabilitation area for a variety of wellness classes.

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

715-B/C TANK FARM ROAD
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HCRC ADVISORY COMMITTEE

Chair

Alan Iftiniuk

FRENCH HOSPITAL MEDICAL CENTER

*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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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
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Board Members

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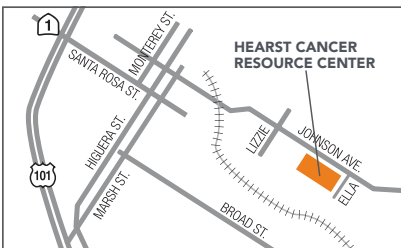


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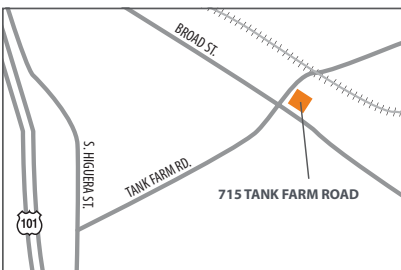
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Street address:
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San Luis Obispo, CA 93401

Dignity Health Cancer Care Centers



Hearst Cancer Resource Center
Commission on Cancer Community Cancer Program
1911 JOHNSON AVENUE
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If you have any questions, comments, or concerns please visit dignityhealth.org/frenchhospital