

## 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.

## Summer Time Barbeque!

By Angela Fissell, MS, RDN

Summer time is around the corner! Colorful fruit like berries and peaches, and vegetables like zucchini and eggplant are perfect examples of produce available this time of year. Loading up your plate with these delicious types of produce provides you with natural cancer protective vitamins, minerals and phytonutrients. Plus, you get the bonus of filling up on low calorie, fiber-packed foods.

With BBQs, there are concerns about potentially harmful cancer forming compounds. The American Institute for Cancer Research says:

“When meat, poultry and fish are cooked with high temperatures—especially when well-done or charred—two cancer-causing compounds called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) form. These substances can damage DNA and may increase risk for colon cancer.”

Here are 4 “safer” grilling tips that will reduce the amount of these compounds:

- Use a low flame. Cook slowly to limit burning and charring. Moving meats to the center of the grill (coals to the perimeter) and cutting off visible fat reduces flare-ups. Any charred or burnt meat should be cut off before eating.
- Marinating the meat, even for just 30 minutes, with herbs and vinegar/lemon juice will reduce the amount of cancer promoting compounds formed in the meats while BBQ'ing.
- Partially pre-cook meat by using the oven or stove. “Finish” off on the grill.



*Angela Fissell is available to address your specific dietary questions and concerns. Call HCRC to schedule a one-on-one consultation at 805.542.6234.*

- Sizzle veggies or fruit. Cancer promoting compounds do not form in fruits/veggies that are grilled. Asparagus, onions, mushrooms, zucchini, eggplant and corn on the cob are favorites—grilling brings out new delightful flavors. Fruit like sliced apples, peaches, pears and pineapple can be brushed with a touch of oil, and grilled for a short period. Serve as is, with a sprinkle of cinnamon or a dollop of yogurt.

Enjoy your summer, focus on increasing your seasonal produce, and if you enjoy a BBQ, engage in techniques that promote healthy grilling at your next gathering!

## Give Thanks for Extraordinary Care

French Hospital Medical Center is proud of our many team members who are dedicated to providing compassionate care to our patients. They know humankindness is the best medicine and practice it on a daily basis. They are our Guardian Angels.

Has a French Hospital physician, nurse, staff member or volunteer touched your life? Have you experienced the power of humankindness while at the hospital or Hearst Cancer Resource Center? The Guardian Angel program provides grateful patients and their loved ones the opportunity to thank caregivers and other team members who made a difference during their visit or stay by making a donation to the hospital in their name.

When you make your gift to the French Hospital Medical Center Foundation, your Guardian Angel will receive a letter informing him or her of your thoughtful gift in their honor. No gift amount will be mentioned. In addition, they will also be recognized among their colleagues.

*To make a gift go to [SupportFrenchHospital.org](http://SupportFrenchHospital.org) or call 805.542.6496. Your gift can be designated to the Hearst Cancer Resource Center.*

## Share the Hope

The 12th annual “Share the Hope” event was held on April 6<sup>th</sup> at the historic Hearst Ranch and Hearst Castle. Thanks to our sponsors, contributors and guests the event raised more than \$469,000 to support the Hearst Cancer Resource Center (HCRC) Endowment. The HCRC Endowment provides long-term support for the Center, ensuring that essential programs and services will continue to deliver comfort, encouragement and information to our clients, all at no charge, for years to come.

A special thank you to Steve and Barbara Hearst for hosting the event. We also greatly appreciate all of our sponsors, contributors, guests and volunteers.



## Announcing Free Mammogram Screening Clinic

*Wednesday, August 21, 2019 4-7PM*

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 a free screening mammogram only.

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

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

## Breast Cancer Support Group

Come join Lindsey Levenson, LMFT, as she creates a safe and positive environment for breast cancer survivors to discuss their fears, worries and desires. It's a wonderful opportunity to receive support from other breast cancer survivors in the community.

The group meets on the First Tuesday of every month at 5:30PM at the Hearst Cancer Resource Center.

*Walk-ins are welcome! If you have any question please call HCRC at 805.542.6234.*





Viridiana (Virid) Ruiz, SLO Oncology & Hematology Health Center; Gloria Caine, RN, BSN, OCN, CN-BN, HCRC; Eloisa Medina, HCRC

## Patient Navigation in San Luis Obispo County

By Gloria Caine, RN, BSN, OCN, CN-BN

I am honored to be a member of the incredible Cancer Care team on the Central Coast serving in the role of patient navigator at the Hearst Cancer Resource Center. Caring for patients with cancer and their loved ones is a passion I have developed over the past 25 years working as an oncology nurse. I first served as an inpatient nurse caring for those hospitalized for treatment, then as an outpatient chemotherapy nurse administering infusions, and now as a nurse navigator supporting and advocating for cancer patients and families. I admire and respect the countless inspiring patients and caregivers I have met who display strength of character, kindness and perseverance during the most difficult time in their lives. The relationships I have formed are sacred to me. I am honored and privileged to have witnessed the power of the human spirit to hold on to love, life and hope.

In addition to the services I provide, we are proud to expand our Patient Navigation Program with Eloisa Medina, the Spanish-speaking Lay Patient Navigator at the Hearst Cancer Resource Center, and Viridiana Ruiz, a Spanish speaking oncology counselor at the SLO Oncology & Hematology Health Center. Eloisa and Viridiana offer translation services, cultural insights, education and resources for the Hispanic population in the office and out in the community. These two specially trained individuals have added access to services to a population previously lacking such invaluable support.

Our Patient Navigation Program provides education on cancer in general, treatment, risk factors, screenings, genetic counseling and understanding the complicated health

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*The Central Coast Patient Navigators can bring hope by providing needed information, actively listening to concerns and getting to know our patients personally.*

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system. You can learn how cancer is treated according to evidence based national guidelines and about how care is delivered on the Central Coast. As patient navigators, we are often able to communicate with your doctor's office, diagnostic centers and treatment centers in an effort to ease the burden of waiting and worrying for scheduling.

Many patients and their caregivers express fear, worry and confusion which commonly accompany a cancer diagnosis. The Central Coast Patient Navigators can bring hope by providing needed information, actively listening to concerns and getting to know our patients personally.

Whether you are newly diagnosed, in the middle of treatment or recovering, you are invited to reach out to our patient navigators. No doctor referral or insurance authorization is required. All of our services are at no cost to you. We would be honored to be a member of your Cancer Care team!





## Acupuncture: How it Works, Uses and Benefits

By Bianca Clayton, L.Ac

*A licensed acupuncturist and herbalist*

Stress, poor diet, climate, ancestral health, external diseases, toxins and trauma can alter our bodies' natural state of equilibrium. Acupuncture helps bring the body back to a state of balance.

Acupuncture is well known for its incredible ability to help relieve pain. What most people do not realize is that acupuncture can help treat every condition and disease that affects the human body. The beauty of acupuncture lies in its ability to provide an overall sense of well-being to all aspects of the human condition: physical, emotional and spiritual.

Acupuncture is an incredible addition to palliative care during cancer treatment. Acupuncture treatments can help reduce nausea, relieve pain, increase energy, and provide a sense of calm and relaxation while going through surgeries, chemotherapy, and radiation. At the Hearst Cancer Resource Center, acupuncture is performed in a group setting. Participants have stated that the healing effects of acupuncture with peers is amplified.

Acupuncture needles are sterile, single use, and hair thin. Most people cannot feel the needle being inserted into the skin. Some people notice that it feels like a tiny bug bite that dissipates after a moment. You then remain still with the needles in for 20–30 minutes. What comes as a surprise to many first time acupuncture patients is that it can be quite relaxing. It is not uncommon for a patient to fall asleep during treatment!

Throughout our bodies, there are meridians through which Qi (our life force) flows. When the Qi gets stuck, that can cause pain and all sorts of pathologies. Acupuncture helps to unblock and/or strengthen the Qi flow.

If you are suffering from an acute situation, you may only need a few treatments to relieve your symptoms, whereas a patient with a chronic condition may need to come in for several consistent treatments to gain relief. The healing power of acupuncture is cumulative, thus follow up treatments are important to carry out the effects. If the patient is diligent about maintaining their health outside of the treatment room (healthy diet, lifestyle modifications, appropriate exercise), they can expect to see results more quickly.

Bianca Clayton is a Licensed Acupuncturist and Herbalist. She offers, at no cost, community acupuncture treatments for cancer patients on the Fourth Monday of every month, 1:30 to 2:30PM at HCRC.

For more information on acupuncture visit the website at [milkweedandalchemy.com](http://milkweedandalchemy.com)

### HCRC Living Room Chat: Benefits of Acupuncture and Chinese Medicine

When:

*Monday, July 29, 2019 from 5–6PM*

With:

*Bianca Clayton, L.Ac, a licensed Acupuncturist and Herbalist*

Where:

*Hearst Cancer Resource Center*

*Seating is limited, please call to reserve your space at 805.542.6234*





## Bladder Cancer Awareness Month

By J.T. Link, Md, PhD

*SLO Oncology & Hematology*

What do singer Frank Sinatra, actors Telly Savalas and Jack Lemmon, NBA star Maurice Lucas, Grateful Dead bassist Phil Lesh, vice president Hubert Humphrey and baseball star Ron Santo have in common? Unfortunately, the answer is bladder cancer, and it affects many people in our own community as well. The fourth most common cancer in men, bladder cancer is expected to affect roughly 80,470 men and women in the United States in 2019. 90% of bladder cancer patients are older than 55 with the lifetime risk for men about 1 in 27. Risk factors include smoking and exposure to organic chemical toxins in the workplace and home.

The most common symptom of bladder cancer is blood in the urine. Other symptoms include urinary frequency, pain/burning with urination, urgency, weak stream and the urge to urinate despite an empty bladder. Patients with advanced disease often present with back pain, weight loss, poor appetite, swelling in the feet, bone pain and inability to urinate. Studies that help diagnose bladder cancer include a CT scan, evaluation of the urine and cystoscopy performed by a urologist. Cystoscopy is an endoscopic procedure utilizing a small camera to carefully examine the urethra and bladder. Biopsies may be obtained during this procedure. Your primary care provider often works in conjunction with a urologist and a medical oncologist to diagnose and determine the extent of disease if found.

Multiple types of bladder cancer can arise from the bladder including the ureters (the tubes that connect the kidneys to the bladder) and parts of the kidneys. Urothelial carcinoma, formerly called transitional cell carcinoma, accounts for 90 to 95% of cases, and arises from the innermost lining of the bladder. Less common varieties include squamous cell carcinoma, adenocarcinoma, small cell carcinoma and sarcoma. Patients with bladder cancers that have not penetrated into the muscular wall of the bladder, known as non-invasive cancer, are initially cared for by urologists. Medical care often involves infusing treatments into the bladder and surveillance. For tumors that have invaded the muscular bladder wall, an oncologist, chemotherapy and surgery may be involved.

With advances in immunotherapy and targeted therapy, as well as bladder conserving treatment, patients are living longer with bladder cancer, and many are cured when it is caught early. If you are a person with risk factors or concerning symptoms, please discuss what you are experiencing with your primary care provider.



## Caring for Our Kids

Camp Kesem offers a free, week-long summer camp for children ages 6 to 18 years old who have been impacted by a parent's cancer.

Kesem is a nationwide community, driven by passionate college student leaders, with a mission to provide friendship, understanding, education and a lasting community for children who have lost a parent to cancer, have a parent undergoing cancer treatment or whose parent is a cancer survivor.



Camp Kesem Cal Poly counselors and campers

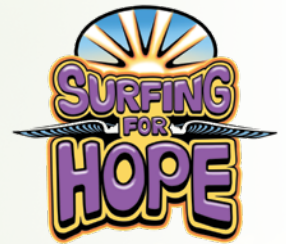
*Camp Kesem, Cal Poly, San Luis Obispo is accepting applications now! July 14-20, 2019 at Camp Whittier, Santa Barbara, California*  
Contact: [calpolyslo.outreach@campkesem.org](mailto:calpolyslo.outreach@campkesem.org) or [campkesem.org/cal-poly](http://campkesem.org/cal-poly) or call 805.316.0510.

## Pure Stoke Surf Camp

The goal of Pure Stoke Surf Camp is to recognize and provide support to adolescent and teenage children whose family members are going through the cancer fight.

The day includes surf lessons and all equipment, ocean and marine biology education and "fun" beach activities in a non-intimidating environment staffed by supportive instructors and counselors.

*To have your children participate in this exciting program, you may send in an application or for information visit our website at [surfingforhope.org/pure-stoke-surf-camp](http://surfingforhope.org/pure-stoke-surf-camp).*



### Upcoming Dates:

- July 20, 2019
- Aug 17, 2019
- Sept 21, 2019
- Oct 5, 2019

## Pink Patch Project

The Grover Beach Police Department and Cuesta College Police and College Safety Services are once again coming together in October to support the Hearst Cancer Resource Center by selling commemorative Grover Beach and Cuesta College Police pink shoulder patches and hats for breast cancer awareness.



In addition to the pink shoulder patches and hats, Grover Beach Police will host their annual Breast Cancer Awareness Golf Tournament on Saturday, Oct 26, 2019 at the Pismo State Beach Golf Course.

*For more information on the Grover Beach Police golf tournament call 805.473.4511. Cuesta Collage Pink Shoulder Patch email [bryan\\_millare@cuesta.edu](mailto:bryan_millare@cuesta.edu).*

# 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

### Katherine M. Guthrie

*Senior Regional Director, Cancer Services*  
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### Beverly Kirkhart

*Director*  
HEARST CANCER RESOURCE CENTER  
805.542.6269  
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### Thomas Spillane, MD

*Medical Director*  
HEARST CANCER RESOURCE CENTER

### Gloria Caine, RN, BSN, OCN, CN-BN

*Nurse Navigator*  
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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  
DIRECT: 805.542.6500 EXT 1470  
CLINIC: 805.786.6144

### Care Providers:

Thomas Spillane, MD, *Medical Oncology Director of Clinical Trials*  
Ira Felman, MD  
J.T. Link, MD  
James Malone III, MD  
Diane De Vos Schmidt, NP  
Mary Okimoto, NP  
Tim Soucek, PA

### Clinical Research:

Thomas Spillane, MD  
Diane De Vos Schmidt, NP  
Amy Hidalgo, *Clinical Trial Coordinator*  
Lee Walton, *Clinical Trial Coordinator*

### Pediatric Oncology:

Mary Okimoto, NP

### Susan Diaz, RN, OCN

*Manager of Oncology Operations*  
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Susan.Diaz@dignityhealth.org

## 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

715-B/C TANK FARM ROAD  
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### Barbara Hoelle

*Billing Supervisor*  
Barbara.Hoelle@dignityhealth.org

## 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

Sandy Dunn  
Stephen Hearst  
Stephen Hilty, MD  
Stephen Holtzman, MD  
Noreen Martin  
Susan Minker, MD  
Don Oberhelman  
Thomas Spillane, MD  
Jackie Starr  
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Thomas Vendegna, MD



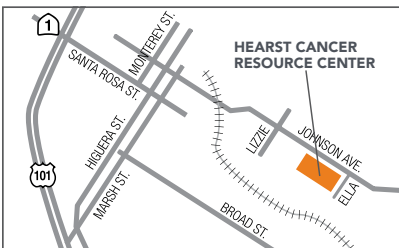


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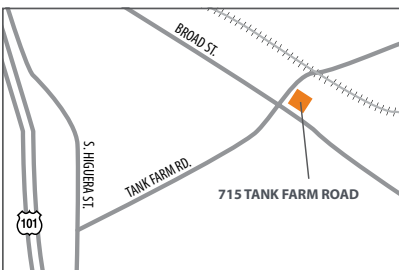
Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

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)