

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.



Breast Cancer Targeted Therapy

By *Thomas Spillane, MD,*
SLO Oncology & Hematology

Targeted therapy is, in theory, the ideal method of treating cancer. A targeted therapy is one that takes advantage of a unique feature of a malignant cell and kills the cancer by targeting its "Achilles heel." A targeted therapy can be a "silver bullet" that leaves normal cells untouched and therefore has less toxicity. Breast cancer was one of the first malignancies to take advantage of targeted therapies when tamoxifen was developed in 1962. This drug, which blocks estrogen receptors, is still used to this day. Trastuzumab came on line in 1998 and is a drug that targets the Her-2-neu receptor. Targeted therapies were then developed that target the VEGF receptor and the mTOR pathway. More recently, drugs have been developed that target CDK4/6, PARP and the PIK3CA mutation. These targeted therapies are changing the way we are treating breast cancer resulting in longer survival with fewer toxicities.

*In honor of Breast Cancer Awareness Month,
Hearst Cancer Resource Center invites you to attend:*

New Discoveries, New Future: Symposium on Breast Cancer

WHEN: Thursday, October 10, 2019; 6:00PM

REGISTRATION AND DINNER: 5:30PM

WHERE: FHMC, Copeland Health Education Pavilion Auditorium, 3rd Floor; 1911 Johnson Avenue, San Luis Obispo

Reservations are required. Please call Hearst Cancer Resource Center at **805.542.6234**.

LOCAL SPEAKERS

Gloria Caine, RN, BSN, OCN, CN-BN,
HCRC Nurse Navigator

Edwin Hayashi, MD, *General Surgery*

Kristen Kieley, MD, *Radiology*

J.T. Link, MD, *Oncology & Hematology*

Lauren Tait, MD, *Radiation Oncology*

This program is made possible through the support of the Martin Hulburd Family Cancer Education fund 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. A recent client states it best:

"...increasing medical bills due to my cancer diagnosis have been devastating. But with your generous financial gifts from the Angel of Hope it has made a real difference to my limited budget..."

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**.



Announcing Free Mammogram Screening Clinic

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.



Welcome Dr. Gorgun Akpek!

Please join us in welcoming our newest Cancer Care Specialist Gorgun Akpek, MD. He is an Oncologist and Hematologist who is coming to us from Delaware and will be joining the team at SLO Oncology & Hematology. Dr. Akpek is triple board certified in Medical Oncology, Hematology and Internal Medicine. He received fellowship training in

Medical Oncology, Hematology and Bone Marrow Transplantation at Boston University Medical Center and Johns Hopkins University. Dr. Akpek is fluent in English and Turkish.

Dr. Akpek specializes in:

- Chemotherapy
- Intrathecal Chemotherapy
- Targeted Therapy
- Immunotherapy
- Bone Marrow Transplantation
- Stem Cell Transplantation
- Cell Therapy

"Medicine is not static. We witness new discoveries and advances in the treatment of many cancers every single day."

— Gorgun Akpek, MD, MHS

For more information call SLO Oncology & Hematology Health Center at **805.543.5577**.

Understanding Ovarian Cancer

By Christopher V. Lutman, MD, FACOG



Ovarian cancer affects approximately 23,000 women per year in the United States. Nearly 15,000 women die annually each year from this disease. Most women diagnosed with ovarian cancer are over the age of 50. Presently, there appears to be no effective screening program for ovarian cancer. The early symptoms are often vague abdominal and pelvic discomfort, bloating, a

sense of fullness and urinary frequency. Unfortunately, most cases present at an advanced stage, making it a very difficult disease to cure.

In spite of these facts, the mortality rate for ovarian cancer in the US has fallen by 33% over the past 40 years. This has been due to serious advances in the surgical, medical and supportive care of women with ovarian cancer. It is now clear that many cases of ovarian cancer likely emanate from the nearby fallopian tubes. Removing the fallopian tubes as a prevention strategy is now a standard choice for women.

It appears that nearly 20% of ovarian cancer cases are familial, or genetic, in nature. All women in the US diagnosed with ovarian cancer should be offered genetic testing to detect different cancer causing mutations.

Prevention strategies such as prophylactic removal of the ovaries and fallopian tubes are used to reduce ovarian cancer risk in affected families.

Cancer medicine has undergone a rapid revolution. Patients with cancer are now often treated with different targeted therapies. These novel drugs exploit particular biological or molecular targets in cancer cells. They work quite differently from conventional chemotherapy and in many studies have shown significant advantages.

Recently, a large study revealed that women with one particular familial form of ovarian cancer had significant improvement in survival when treated by a novel class of drugs called PARP inhibitors. Furthermore, studies of immunotherapy agents and vaccines (medical strategies that harness the immune system to treat cancer) are underway in ovarian cancer.

Women affected by ovarian cancer have a much better prognosis when their care is managed by a gynecologic oncologist. These are expert gynecologists with advanced certification in the comprehensive care of women affected by gynecologic cancer. Most importantly, gynecologic oncology programs and practices are unique in the world of oncology in that they offer “one stop” comprehensive care for women and families affected by ovarian cancer.

Ovarian cancer continues to represent a significant challenge. Today, there is ample reason for hope as we continue to improve our understanding of ovarian cancer and improve the lives of the people we serve who are affected by it.



Hearst Cancer Resource Center is pleased to invite you to a free lecture:

Understanding Ovarian Cancer

Presented by Gynecologic Oncologist Christopher Lutman, MD

WHEN: September 26, 2019; 6PM

WHERE: French Hospital Medical Center Copeland Health Education, Pavilion Auditorium, Third Floor, 1911 Johnson Ave, San Luis Obispo

A light meal will be served. Reservations required, please call to reserve your space at **805.542.6234**.

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



Take Charge of your Health and Wellbeing with Lifestyle Modifications!

Current studies suggest that lifestyle modifications play an increasingly larger role in the fight against breast cancer. Although we can't change age, family history, or ethnic background (nonmodifiable changes) we *can* modify and control our lifestyle choices! A wonderful benefit of a healthy lifestyle is an enhanced sense of wellbeing, so you feel and perform better in your day to day activities. The following aspects of lifestyle modifications may help you in your fight against breast cancer:

Maintain a healthy weight – an emphasis on overall body composition (losing body fat and gaining muscle) for optimum fitness. Work with your oncologist to help determine what your goal body weight should be.

Physical Activity – implement a daily exercise routine (such as walking) and build up your endurance. Aim for at least 30 minutes of moderately paced physical activity five days a week. Strength training with light weights can be added to retain muscle mass.

Balanced Diet – A combination of fresh, nutritional foods such as vegetables, fruits, whole grains, fish, and healthy fats is optimal. Avoid fast foods, refined sugars, and processed meats.

Alcoholic Beverages – Drinking alcohol increases the risk of several types of cancer. The amount of alcohol you drink matters, and the more you drink, the higher the risk. Limit yourself to one drink a day.

As always, it is important to consult with your oncologist and/or nutritionist before making dietary or physical activity changes to your lifestyle.

Breast Cancer Support Group



Lindsey Levenson, MS, LMFT, was originally diagnosed in 2012 and then again with another cancer in the other breast two years later. As a therapist trained in recognizing and empathizing with the emotions of others, Lindsey creates a safe and positive environment for breast cancer patients to discuss their fears, worries and desires.

Come join Lindsey at the Breast Cancer Support group held on the first Tuesday of the month at 5:30PM. Drop-ins welcome! Meeting held at Hearst Cancer Resource Center. For more information call **805.542.6234**.



Dr. Johanna B. Moore and her family.

Skin Cancer Mindfulness

By Dr. Johanna B. Moore, Dermatopathologist at French Hospital Medical Center and Arroyo Grande Community Hospital

Joshua J. Marine said, “Challenges are what makes life interesting and overcoming them is what makes life meaningful.” You can live a fulfilling life, no matter what comes next. You have overcome challenges, be it cancer or not, you have the right frame of mind and you know how to figure out the best action plan.

If not identified at an early stage, melanoma has a high rate of morbidity and mortality. The mainstay of surgical intervention and the newest immunotherapeutic innovations in oncology are improving the fight. Nonetheless, the easiest way to live a life free of malignant melanoma is to never have it. The next best scenario is to catch it at its infancy. In many cases, each and every one of us has the power to make that happen.

Skin cancer mindfulness begins with knowing your risk factors and how to avoid them. The most important example of avoiding a risk factor is protection from ultraviolet (UV) light. The problem with sun prevention is that we live in San Luis Obispo County and we love being outside!

For this reason and others, San Luis Obispo County is a hot spot for melanoma, even compared to the rest of California. According to the California Cancer Registry, the average rate of invasive melanoma in San Luis Obispo County is almost twice as high as the rest of the state, and in Santa Barbara County one and a half times as high.

The good news is my colleagues and I are here to help. Over the past ten years, I have reviewed and diagnosed more than 100,000 skin slides, helping your treating physician give you the truest course towards peace of mind. In the next ten years my vision involves launching a skin cancer mindfulness initiative that includes a plan of education, prevention and mindfulness that aims to decrease melanoma statistics in our community while still enjoying the amazing place we live in. Your job is to protect and watch over your own body. I am here to help you find the clarity and inspiration to do it.

Hearst Cancer Resource Center is pleased to invite you to a free lecture:

Skin Cancer Mindfulness

Presented by French Hospital Medical Center Pathologist, Johanna B. Moore, MD

WHEN: October 16, 2019; 5:30PM

WHERE: French Hospital Medical Center Copeland Health Education, Pavilion Auditorium, Third Floor, 1911 Johnson Ave, San Luis Obispo

A light meal will be served. Reservations required, please call to reserve your space at **805.542.6234**.

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

Annual Strikeout Cancer Day

This year the annual Cal Poly Softball event, *Strikeout Cancer*, generated \$2,208 for HCRC by selling raffle tickets and signed team T-shirts.

A big thank you to the women on the Cal Poly softball team!

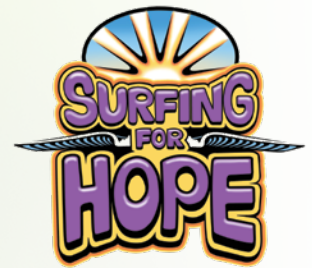


Left to right: Sally Bradbury, HCRC Administrative Assistant; Bev Kirkhart, HCRC Director; Rosey Parks, FHMC Manager of Philanthropy; Gloria Caine, HCRC Nurse Navigator; Gina Vecchione, Softball Associate Head Coach

Surfing for Hope Foundation's 8th Annual Weekend Benefit for Cancer

October 11-12, 2019

Presented by French Hospital Medical Center



THE MEMORIAL PADDLE OUT

Friday October 11; 5PM in Avila Beach will honor Peaches Olson among others

THE LONGBOARD SURF CONTEST

Saturday October 12; 7AM in Pismo Beach

THE CANCER RESOURCE HEALTH FAIR

Saturday October 12; 10AM-2PM on Pismo Pier

BENEFIT DINNER

Saturday October 12; 5-8PM at the new Vespera On Ocean hotel, just steps from the Pismo Beach Pier

During the Month of October, Sunset Honda will Raise Funds for Hearst Cancer Resource Center

Sunset Honda, family owned since 1977, has always supported the local community. And while they've accomplished a lot over the years, there's still more work to be done. That's why they are teaming up yet again with the Hearst Cancer Resource Center. This year Sunset Honda will focus their attention on the Angel of Hope Fund, which provides immediate financial assistance to our local community dealing with cancer. For every vehicle sold – new or used – during the month of October Honda will donate proceeds of the sale to Angel of Hope.

Thank you Honda for your support!

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
CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

Beverly Kirkhart

Director
HEARST CANCER RESOURCE CENTER
805.542.6269
Beverly.Kirkhart@dignityhealth.org

Thomas Spillane, MD

Medical Director
HEARST CANCER RESOURCE CENTER

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

Nurse Navigator
HEARST CANCER RESOURCE CENTER
805.542.6234
Gloria.Caine@dignityhealth.org

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
Gorgun Akpek, MD, MHS
Ira Felman, MD
J.T. Link, MD
James Malone III, MD
Tim Soucek, PA

Clinical Research:

Thomas Spillane, MD
Nathania Boutet, *Clinical Trial*
Regulatory Coordinator
Amy Hidalgo, *Clinical Trial Coordinator*
Lee Walton, *Clinical Trial Coordinator*

Susan Diaz RN, OCN

Director of SLO Oncology
805.786.6144
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
SAN LUIS OBISPO, CA 93401
DIRECT: 805.542.6500 EXT 1470
CLINIC: 805.786.6144

Susan Diaz RN, OCN

Director of SLO Oncology
805.786.6144
Susan.Diaz@dignityhealth.org

Lonnie Hirabayashi Pharm D

Pharmacy Manager
Lonnie.Hirabayashi@dignityhealth.org

Viridiana Ruiz

Oncology Counselor
805.542.6500 EXT 1491
Viridiana.Ruiz@dignityhealth.org

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
Carol Thom
Thomas Vendegna, MD

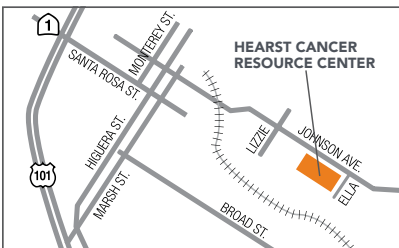


Non-Profit Org
US Postage Paid
Poor Richard's Press
93401

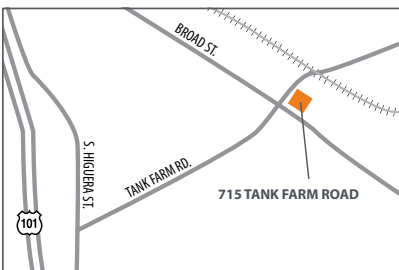
Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

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