

## 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.

### What to Expect, What is Normal and how to Manage Fear and Anxiety

**PRESENTERS:** Lindsey Levenson, MS, LMFT, HCRC support group facilitator & cancer survivor; Molly Kehoe, MSW, ASW, LCSW & Marian Family Caregiver Support Program Social Worker

**WHEN:** Wednesday, March 11; 5:30-7:30PM;  
Registration and dinner: 5PM

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

### Finding Ways to Cope and Feel a Sense of Meaning

**PRESENTERS:** Lindsey Levenson, MS, LMFT, HCRC support group facilitator & cancer survivor; Kathleen McKinnon, cancer survivor, HCRC Vision Collage facilitator & HCRC Wings of Hope artist and creator

**WHEN:** Wednesday, March 11; 5:30-7:30PM;  
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Reservations are required for both lectures. Please call Hearst Cancer Resource Center at **805.542.6234**.

These programs are made possible through the support of the Martin Hulburd Family Cancer Education fund and are offered as a community service.



Lindsey Levenson (left), Kathleen McKinnon (middle) and Molly Kehoe (right) will be giving lectures this month at HCRC.

## Emotional Wellness Through a Cancer Diagnosis

In our first session, Lindsey will share her knowledge on common emotions experienced during cancer; from time of diagnosis to living beyond cancer. You'll discover tools on how to manage your fear and anxiety. Caregivers are also impacted by the diagnosis. Guest speaker Molly Kehoe, MSW, ASW, LCSW and Social Worker, will specifically discuss common caregiver experiences and identify ways the caregiver can create a healthy support system.

For the second session, Lindsey and guest speaker, Kathleen McKinnon, HCRC Vision Collage facilitator, HCRC Wings of Hope artist creator and survivor, will discuss how to find positive ways to cope with a cancer diagnosis, what that looks like, and strategies to help manage cancer-related stressors.



## Share the Hope 2020

*Supporting the Hearst Cancer Resource Center*

Join us for the thirteenth annual Share the Hope event on April 18, 2020, benefiting the Hearst Cancer Resource Center (HCRC) Endowment. The HCRC Endowment was established to create a permanent source of funds to ensure that future cancer patients and their families have access to the crucial free services offered at the HCRC.

This memorable evening is hosted by Steve and Barbara Hearst who, along with other Hearst family members, helped to establish the HCRC in 2008 which provides vital resources and support for cancer patients and their caregivers at French Hospital.

The evening begins with a special champagne reception and scenic views at the famous Neptune Pool at Hearst Castle. Guests then enjoy a three-course gourmet dinner prepared by Trumpet Vine Catering featuring grass-fed Hearst Ranch Beef and award-winning Hearst Ranch wines at the historic Hearst Ranch Dairy Barn. Following dinner, enjoy an exciting live auction by celebrity auctioneer Sean Hunter of Storage Hunters and live music by Grammy Award winner Louie Ortega and friends. Certain to be a night you won't forget!

Registration is now open for this very special event and seating is limited! Sponsorship opportunities are also available. Register or learn more:

[SupportFrenchHospital.org](http://SupportFrenchHospital.org)  
805.542.6496  
[Danica.Alvarez@dignityhealth.org](mailto:Danica.Alvarez@dignityhealth.org)

## Support for Your Journey

At the HCRC, we're firm believers that the best way to face a tough diagnosis is to arm yourself with resources. Support groups are an integral part of those resources. Sharing thoughts and concerns with people you can relate to help manage the physical, emotional, and practical challenges that a cancer diagnosis brings. We invite you to join one or more of our support groups. For information, please call 805.542.6234.

### All Blood Cancer Support Group

Patients living with any type of blood cancer are invited to come and share their experiences. Facilitator Deirdre Feigen is a multiple myeloma survivor, and eager to welcome you! March is Multiple Myeloma Awareness Month—there will be refreshments at the March 11 meeting!

**Join us on the second Wednesday of each month, 1-2pm.**

### Living with Cancer Support Group

Problems can feel more manageable when you talk about them with others who understand. Lindsey Levenson, a cancer survivor herself, facilitates a safe place to share and work through feelings and challenges.

**Join us on the first and third Thursday of each month, 6-7:30pm.**

### Lymphedema Education

An unfortunate side effect resulting from lymph node removal and/or radiation therapy, lymphedema can be successfully managed. Jamie Cinotti, DPT, CWS, CLT-LANA is an expert on lymphatic health and lymphedema risk reduction practices.

**Join us on the third Tuesday of each month, 1-2pm.**

### Caregiver Support Group

Wondering how to care for a loved one on the cancer journey? Join Ellen Sheffer, Caregiver Support Group facilitator, to learn ways to manage the practical aspects of caring for a person with a serious illness.

**Join us on the first and third Thursday of each month, 6-7:30pm.**

### Prostate Cancer Support Group

This support group provides a forum promoting open discussion for men to learn about prostate cancer and treatment options.

**Join us on the third Monday of each month, 6:30pm.**

### Breast Cancer Support Group

Come join our new facilitator, Linda Cannon, as she creates a nurturing and positive environment for breast cancer survivors to discuss their needs and receive support from other survivors.

**Join us on the first Tuesday of each month, 5:30pm.**





## The Lymphedema Treatment Act

By Leslyn Keith, OTD, CLT-LANA

Lymphedema is swelling in a body part as a result of an impairment in the lymphatic system and can be a result of the treatment of cancer as a consequence of lymph node removal and radiation therapy. Although there is no cure for lymphedema, specialized treatment can successfully reduce and manage the swelling.

In later stages, lymphedema can be a chronic life-long condition requiring time-consuming and expensive treatment and supplies. Successful management necessitates the use of essential compression therapy products including bandages, garments and pneumatic pumps. Unfortunately, these vital supplies are costly and may not be covered by insurance. Even when supplies are a covered benefit, high deductibles may be an insurmountable barrier. Although California has a state law that improves coverage for lymphedema supplies, this may not be enough.

The Lymphedema Treatment Act (LTA), a bill first introduced to Congress in 2010, may change all of that. According to one advocacy organization, the LTA “will improve coverage for the treatment of lymphedema from any cause by amending Medicare statute to allow for coverage of compression supplies. Although this legislation relates specifically to a

change in Medicare law, it would set a precedent for Medicaid and private insurers to follow.”(1) According to one analysis, California may have the most Medicare beneficiaries of any state that will benefit from the LTA when it becomes law (35,482 people).(2) A 10-year review of the mandate passed by the state of Virginia for coverage of compression supplies by private insurance and Medicaid found significant cost savings from reduced medical provider visits and hospital stays.(3) In the final weeks of 2019, the LTA was passed in the House of Representatives and has now moved on to the Senate for consideration.

To find out more information, or how you can support this bill becoming law, go to: [lymphedematreatmentact.org](http://lymphedematreatmentact.org).

### References

1. [lymphedematreatmentact.org/about-the-bill/current-status/](http://lymphedematreatmentact.org/about-the-bill/current-status/)
2. [kff.org/medicare/state-indicator/total-medicare-beneficiaries](http://kff.org/medicare/state-indicator/total-medicare-beneficiaries)
3. Weiss, R. (2016) *Cost of a lymphedema treatment mandate-10 years of experience in the Commonwealth of Virginia*. *Health Econ Rev*, 6, 42.





## Central Coast Support for People with Oral Head and Neck Cancer (SPOHNC)

By Gina Rotondo, MS, CCC-SLP

Head and neck cancer (HNC) makes up around 3% of all cancers, affecting approximately 63,000 people in the US annually. HNC impacts a survivor both functionally and aesthetically. Effects from radiation or surgery may negatively impact a person's ability to eat and drink due to decreased ability to open the mouth, poor saliva production, inability to chew well, and changes in taste. Complications can also include changes in vocal quality, impaired speech clarity, and anatomical changes to the face and neck. While the survival rate for HNC is rising, the list of long-term side effects can be overwhelming at any point from diagnosis to treatment to remission. The importance of having a support system amid navigating these issues unique to HNC patients can positively impact recovery. A support group can assist in meeting psychosocial needs of patients, provide education and awareness to patients and family members specific to HNC needs, and promote physical and emotional health to patients, caregivers, and family.

I am excited to be a part of the Mission Hope family at the new facility in Arroyo Grande. As a speech-language pathologist, I have a special interest in the HNC population. I was honored when asked to help facilitate a new support group in Arroyo Grande. Since September, we have hosted a monthly HNC support group, affiliated with Support for People with Oral Head and Neck Cancer (SPOHNC) that, so far, has reached patients from Paso Robles to South County.

Our SPOHNC group meets every third Tuesday at 3:30pm on the 3rd floor of the beautiful new Matthew Will Building located at 850 Fair Oaks Avenue in Arroyo Grande. Any and all HNC patients, family members, and friends are welcome.

### SPOHNC Upcoming Meetings

**TOPIC:** Yoga for People with Head and Neck Cancer

**PRESENTER:** Gina Rotondo, MS, CCC-SLP with special guest, Mia Leeper, MS, CCC-SLP

**WHEN:** Tuesday, March 17; 3:30PM

**WHERE:** Mission Hope – Arroyo Grande, 3rd floor, 850 Oaks Ave

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**TOPIC:** Meet and greet open forum

**PRESENTER:** Gina Rotondo, MS, CCC-SLP

**WHEN:** Tuesday, April 21; 3:30PM

**WHERE:** Mission Hope – Arroyo Grande, 3rd floor, 850 Oaks Ave

*Any and all HNC patients, family members, and friends are welcome.*





# Preventing and Treating Colorectal Cancer

By Gorgun Akpek, MD, MHS, SLO Oncology & Hematology

*Dr. Akpek specializes in cancer care and is triple board certified in Medical Oncology, Hematology and Internal Medicine. To schedule an appointment call: 805.543.5577*

## Understanding our anatomy

The colon and rectum play an important role in the body's ability to process waste. Colorectal cancer begins when normal cells in the inner lining of the colon and rectum grow out of control. This cell growth can be in a noncancerous polyp that could become a cancerous tumor over time.

## How common and how deadly?

Colorectal cancer is the fourth most common type of cancer diagnosed in the United States affecting approximately 135,000 patients in the United States every year. Among all cancers, it is the second leading cause of death in the United States, affecting both men and women equally. In the past decade, there has been a decrease in colorectal cancer deaths in the U.S.

## Either sporadic (spontaneous) or familial inheritance

Mostly sporadic. The most common inherited forms of colorectal cancer are HNPCC (hereditary non-polyposis colon cancer – Lynch syndrome) and the familial adenomatous polyposis (FAP) syndrome. Familial form is suspected if a patient younger than age 50 is diagnosed with colon cancer.

## Risk Factors

Potential risk factors for colorectal cancer include inflammatory bowel disease, prior polyps or prior colon cancer, first-degree family history of colon cancer diagnosed before the age of 50, diet, alcohol, sedentary life style, obesity and diabetes. Regular use of anti-inflammatory medication, such as aspirin and celecoxib, may protect against colorectal cancer.

## Early diagnosis = Cure

Screening for colorectal cancer can significantly reduce the mortality rate of this disease. The most common screening recommendation from various organizations is for a colonoscopy to be performed every 5 to 10 years for a patient with average risk, starting at age 50.

## What are the symptoms?

Patients with colorectal cancer may present with fatigue, iron deficiency anemia, change in stool pattern, constipation or diarrhea, abdominal pain, bloating, weight loss, or blood in stool.

## Diagnosis of colorectal cancer

It is diagnosed by biopsy of the suspicious lesion or polyp found during colonoscopy. The majority of this type of cancer is histologically classified as adenocarcinoma.

## Staging

The stage is a way of describing where the cancer is located and how much it spread from initial site to local extension or distant part of the body. There are 4 stages of colorectal cancer: About 15% of patients present in Stage I (early stage), 25% stage II, 35% stage III (lymph node involvement) and 25% stage IV. Stage 4 is defined as the cancer has spread to other organs like the liver or lungs.

## Treatment Options

The treatment depends on the location and extent of the tumor, whether the cancer has spread, and the patients overall health. If the cancer hasn't spread, surgery is the initial treatment for most patients. Chemotherapy and radiation therapy are given before surgery in Stage II and III. Additional treatments may be given to lower the risks of recurrence. Patients with stage IV, advanced colorectal cancer, without specific therapy have a poor median survival of 5 to 6 months. In advanced colorectal cancer the prognosis for patients with new and advanced chemotherapy there is an improvement in the survival rate.

## Summary

Colorectal cancer, a deadly form of human cancer, can be identified in the early stages with colonoscopy screening and treated with surgery with or without adjuvant chemotherapy with more than 75% cure rate overall. Life expectancy is doubled in advanced stage colorectal cancer using modern chemotherapy combinations, targeted biologics, and immunotherapy.



## Heartfelt Thanks!

The Hearst Cancer Resource Center is made possible by the generous ongoing donor support it receives from community organizations and private individuals such as PUMA Swim Team, Sunset Honda and Skip Parks.



## PUMA Aquatic Club

In late 2019, the PUMA Aquatic Club raised \$12,000 for the Hearst Cancer Resource Center at its 12th annual swim meet at Cuesta College. The club raised money through local sponsorships, entry fees, a silent auction and a concession stand.

This recent donation brings PUMA's total contribution to the HCRC to \$120,000! PUMA Swim Team coach Jud Clark believes having young athletes swim for a cause helps build a strong sense of community involvement.

## Sunset Honda

For the last four years, Sunset Honda has raised awareness for breast cancer in October. In 2019, Sunset Honda donated \$3,000 from their October sales to the Hearst Cancer Resource Center. This recent donation brings Sunset Honda's total contribution to \$13,675 since 2015. Thank you Sunset Honda for your continued support!



In the picture, from left to right: Ellen MacDonald, Gloria Caine, Bev Kirkhart, David Idell, Rosey Parks, Frank Moreno, Candi Earl, and Chris Baughman.



## No-Shave November

Skip Parks once again put down the razor and started his own No-Shave November fundraising page. He surpassed his goal and raised \$5,200 for the HCRC Angel of Hope fund.

Skip—You're awesome!

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

**Beverly Kirkhart**  
*Director*  
HEARST CANCER RESOURCE CENTER  
805.542.6269  
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*Medical Director*  
HEARST CANCER RESOURCE CENTER

**Gloria Caine, RN, BSN, OCN, CN-BN**  
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*Lay Patient Navigator*  
805.786.6130  
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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  
SAN LUIS OBISPO, CA 93401  
DIRECT: 805.542.6500 EXT: \*1470  
CLINIC: 805.786.6144

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**Diane De Vos Schmidt, FNP-C**  
**J.T. Link, MD**  
**James Malone III, MD**  
**Tim Soucek, PA**

*Clinical Research:*  
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**Nathania Boutet**, *Clinical Trial*  
*Regulatory Coordinator*  
**Amy Hidalgo**, *Clinical Trial Coordinator*  
**Lee Walton**, *Clinical Trial Coordinator*

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## HCRC ADVISORY COMMITTEE

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*President and CEO*  
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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



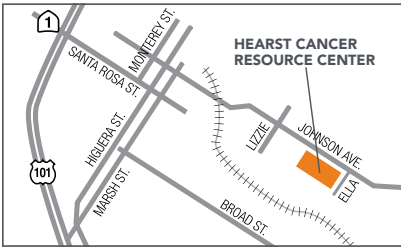


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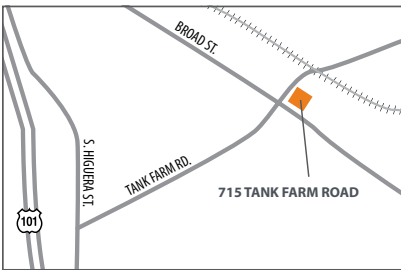
Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

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  
DIRECT: 805.542.6500 EXT: \*1470

**Infusion Center of San Luis Obispo**  
715 TANK FARM ROAD, SUITE B  
SAN LUIS OBISPO, CA 93401  
DIRECT: 805.542.6500 EXT: \*1470

If you have any questions, comments, or concerns please visit [dignityhealth.org/frenchhospital](http://dignityhealth.org/frenchhospital)