

cancer care

MAY/JUNE 2020



Hearst Cancer Resource Center | SLO Infusion Center | SLO Oncology & Hematology

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.



POSTPONED: 11th annual Women's Day Celebration

Jessica Peacock Nichols is a fifth-generation farmer who grew up on a small farm in the San Joaquin Valley of California. She graduated in 2000 from Cal Poly, SLO with a degree in Agricultural Business and Marketing. Jessica now resides in Arroyo Grande with her husband and two young children. She and her husband, Logan, own and operate a boutique winery and farm that specializes in small quantities of exceptional wine and fresh produce.

In 2010, Jessica was diagnosed with breast cancer. After undergoing several surgeries and months of treatment, she unfortunately experienced a re-occurrence in 2014. Now a young, two-time cancer survivor, Jessica finds true joy and passion in sharing her story of encouragement and perseverance with others in hopes to help them cope during their own battles.

Finding Joy in the Journey

In her future talk, Jessica Peacock Nichols will unpack what it looks like to find "joy in the journey." A happy heart is good medicine and a cheerful mind brings healing. Lack of joy is many times why we give up when we should endure. Jessica believes that the presence of joy in our lives gives us the endurance to outlast negativity, overcome our unfortunate circumstances and ultimately have an abundant life! It all begins with one tiny seed. Jessica will show us what it looks like to plant that tiny seed of affirmation and joy in our lives, nourish it and watch it grow as we embark on the unexpected cancer journey.

During this unprecedented time, please review class, lecture, and support group dates and times carefully. **Many will be available via phone or Zoom, while others May be canceled.** Please call Hearst Cancer Resource Center for more information: **805.542.6234** or visit: dignityhealth.org/central-coast/locations/frenchhospital/services/hearst-cancer-resource-center/resources-and-testimonials



Dear Friends of the Hearst Cancer Resource Center,

HCRC is only a phone call away!

The COVID-19 pandemic is an unfamiliar situation that none of us have ever navigated before. We are faced with the fear of the unknown and are challenged to deal with this daily. What we do know is that we are all in this together and the HCRC staff is here to remind you that you are not alone!

We are continuing to provide innovative and compassionate care through Zoom (a digital platform), emails and telephone consultation. We promise to ensure that support groups, navigation services, referral resources and educational offerings are available to anyone in need.

We are grateful to have the opportunity to serve you during this difficult time. In order to help you during this unprecedented crisis, we have compiled information on HCRC support groups and other programs to keep you moving forward on a daily basis.

- Our services, referral resources, and educational offerings are now available through video conferencing, email, and telephone consultation.
- Phone consultations are available during our business hours with Gloria Caine, Nurse Navigator, and specific days and times with Angela Fissell, Registered Dietitian.
- HCRC is temporarily closed to in-person visits, but the HCRC staff is here to answer your calls. We are here to serve you, support you and listen to your needs and wants. Please call us at 805.542.6234 for any of the above needs.
- If you would like more information about COVID-19, please visit: dignityhealth.org/central-coast/locations/frenchhospital/coronavirus

Stay well,

Bev Kirkhart, Director and HCRC staff
805.542.6234



French Hospital Medical Center earns full accreditation for cancer program by American College of Surgeons Commission on Cancer



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS

The American College of Surgeons Commission on Cancer (COC) accreditation is the hallmark of excellence awarded to cancer care programs that have shown high-quality, comprehensive, multidisciplinary, patient-centered care demonstrated through compliance with the COC accreditation standards. This award is based on cancer programs meeting the COC’s 34 rigorous, quality patient care standards and maintaining a high level of excellence in patient-center care when being evaluated every three years through a survey process.

As an awarded Community Cancer Program by COC, French Hospital Medical Center takes a multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, and pathologists, as well as nurses, social workers, and other medical professionals involved in cancer care.

“We are proud to provide patients with a high-quality community cancer program,” FHMC Cancer Committee Chairman Dr. Eddie Hayashi, M.D., said. “We are honored that our program has been recognized in this capacity. This accreditation speaks to the dedication of our physicians, nurses, and health care staff, and our collaborative approach to cancer care.”

The COC Accreditation Program provides the framework for FHMC to continue providing quality care through various cancer-related programs that focus on prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease, and end-of-life care. When patients receive care at FHMC’s accredited cancer program they can be assured they are getting the “best of the best” in cancer care.



What is Skin Cancer?

*By Dr. Johanna B. Moore,
dermatopathologist,
French Hospital Medical Center and
Arroyo Grande Community Hospital*

After my last presentation, an older man came up to me and took off his hat to ask me what I thought of a spot on his hairline. Rising out of his fine white hairs was a large tumor with translucent pearly borders and blood vessels coursing through it. It was a skin cancer. I was dismayed to have to be the one to tell him, but he seemed almost relieved when I told him, like he had suspected as much for a while. I wondered how long it had been there and if he could have caught it on his own if he was armed with a little more information.

Skin cancer is an abnormal growth of cells from the skin that occurs because of a mutation or an abnormal pattern in the cells' instructions. They can be categorized into non-melanoma skin cancers and melanoma. Non-melanoma skin cancers are common—particularly squamous cell carcinoma and basal cell carcinoma—and many are curable. However, if left to grow large, these cancers may become disfiguring or costly to treat. Melanomas are less common but more dangerous, causing more deaths. Squamous cell carcinoma is usually red, crusty, and painful. Basal cell carcinoma is more of a translucent pearly consistency and commonly ulcerates. Melanoma is usually, but not always, pigmented. The features to consider when determining whether it's melanoma can be remembered with the mnemonic device ABCDE:

- A. Is the lesion asymmetric?
- B. Is the border or outline irregular?
- C. Is the color irregular, is there more than one color, is there a deep, blue-black hue?
- D. Is the mark larger than 6 mm, or the size of a pencil eraser?
- E. Evolution: Has the area of concern changed over time or recently popped up out of nowhere?

If you become aware of any of these features for non-melanoma or melanoma skin cancer, consult your doctor for expert evaluation.

“What is Skin Cancer?” talk has been POSTPONED. We look forward to rescheduling a new date for this invaluable lecture to help you learn more about what causes skin cancer, how to protect yourself, and what to do if you or a loved one might have it.

For questions or information please contact Hearst Cancer Resource Center at **805.542.6234**.



HPV-Related Cancers: Myths and Misunderstandings

By Dr. Tom Spillane, M.D., Oncology

Currently, it is hard not to be thinking about the impact that viruses have on our lives. While the world works hard to find an effective vaccine for COVID-19, I would like to bring attention to an available, effective, safe vaccine that is proven to save lives. For the first time in history, we have the opportunity to eradicate a specific type of cancer. Currently, there are around 40,000 new cases of HPV-related cancer per year in the United States. A vaccine that can eradicate this type of cancer has been FDA-approved since 2006. Gardasil 9 is recommended for males and females age 9 to 45. Extensive testing and evaluation of the safety and effectiveness of the therapy has been ongoing for the past 20 years. Approximately 300 million doses have been given worldwide. There have been NO significant adverse side effects. This virus is associated with horrendous cancer morbidity and mortality. Herd immunity is estimated to occur if an 80 percent vaccination rate is attained, thus eliminating the virus. A number of countries mandate this vaccine and are eradicating HPV-associated cancer with vaccination rates above 80 percent.

Why then do we only complete vaccinations in San Luis Obispo at a rate of 34 percent? Primarily, this is because of a campaign of Internet hysteria and ignorance. Barriers to improving vaccination rates include misinformation, inconvenience, lack of education, and government hurdles to enforcing mandatory vaccination requirements.

Join us for an informative talk to raise awareness about this simple, safe, and effective way to save millions (yes, millions!) of lives.

HPV-Related Cancers: Myths and Misunderstandings

PRESENTERS: Tom Spillane, M.D., Oncology, and a panel of community medical experts

WHEN: Tuesday, June 23
Registration and dinner: 5:30PM
Program: 6-8PM

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

Reservations are necessary to determine if talk will be held in-person (lecture style) or on a virtual platform. Call HCRC 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.

If you cannot attend, please visit HPVFreeSLO.com or any of the following websites referenced by the American Cancer Society and Centers for Disease Control and Prevention:

cdc.gov/hpv/parents/vaccine/six-reasons.html

hpvfreeslo.com

cancer.org/healthy/hpv-vaccine

cdc.gov



Eating in Survivorship

By Angela Fissell, MS, RD.

After surviving cancer and treatment, many people want to put the disease behind them and start back on their normal life and routines. This is a great time to renew healthy habits and evaluate the ones that aren't serving you well. If habits like eating fast food or being sedentary were part of your normal routine, it may be time to take charge of your health and focus on wellness!

Eating well provides us with many benefits. However, current data is mixed on whether diet

alone can prevent certain cancers from returning. Even so, there are studies that strongly suggest people who eat diets rich in vegetables, fruits, whole grains, beans, and nuts, and low in both meat and animal fats, have lower rates of some of the most common cancers, including breast, colon, lung, and stomach cancer.

A plant-based diet provides the body with powerful natural antioxidants, phytochemicals, and certain vitamins and minerals that help with protecting cells from free radicals (unstable molecules that damage healthy cells and are linked to aging and disease) and help cells block the development of cancer.

Keeping and maintaining a healthy weight is also important for potentially reducing chances of cancer recurrence, especially for breast and prostate cancer. Regular physical exercise, coupled with a healthy diet, can help with weight loss. Consulting with the Registered Dietitian at the Hearst Cancer Resource Center may help you develop a diet and activity plan specially customized to your specific situation.

Sources: National Comprehensive Cancer Network

Strawberry Chia Smoothie

Ingredients

- 3/4 cup skim milk
- 4 tsp. chia seeds
- 1 cup strawberries
- 1 Tbsp. strawberry fruit spread
- 2 tsp. orange zest
- 1/2 tsp. chopped fresh ginger
- 1/2 tsp. vanilla extract

Directions

1. Put milk and chia seeds in a blender. Let sit.
2. Add strawberries, preserves, orange zest, ginger, and vanilla to blender. Whirl on high speed until smoothie is creamy and well blended, about 1 minute. Enjoy!

Makes 1 cup: 130 calories, 3.5 g total fat (0 g saturated fat), 0 mg cholesterol, 20 g carbohydrates, 6 g protein, 6 g fiber, 14 g sugar, 0 g added sugar



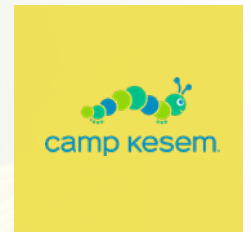
Pure Stoke Youth Surf Camp

The Surfing for Hope Foundation is proud to offer its Pure Stoke Youth Program again this year. Providing a safe, fun environment and the healing energy of the beach and ocean to help young people deal with the stress of having a family member with cancer. This monthly day-long program includes surf lessons with all necessary equipment, ocean and marine biology education, and fun beach activities in a non-intimidating environment supervised by supportive instructors provided by Shell Beach Surf Shop. Tentative surf camp dates:

*May 16, June 20, July 18, Aug. 15, Sept. 19, Oct. 3.
Also, SFH Foundation's Cancer Benefit Weekend), and Nov. 2.*

Camp Kesem

A place of happiness and fun, Camp Kesem offers a respite to children ages 6 to 18 that have lost a parent to cancer, have a parent undergoing cancer treatment, or have a parent who is a cancer survivor. This free, week-long summer camp encourages children to make new friends who can relate to their experiences of having a parent with cancer. Summer camp activities help children increase their confidence and self-esteem, returning home stronger, more connected, and more hopeful.



Camp Kesem is a nationwide community driven by passionate college student leaders. Camp Kesem Cal Poly, San Luis Obispo is now accepting applications for the week of July 12 to 18, 2020 at Camp Whittier in Santa Barbara.

*Please contact calpolyslo@campkesem.org,
or call 805.316.0510 to make reservations.*

Share the Hope Postponed

In response to the current COVID-19 pandemic, the French Hospital Foundation postponed its annual Share the Hope event benefiting the Hearst Cancer Resource Center. Originally scheduled for April 18, Share the Hope will be rescheduled once COVID-19 concerns have subsided. For questions about Share the Hope, please call the Foundation at 805.542.6496.

In the meantime, the Foundation continues to raise funds to support the Hearst Cancer Resource Center. To make a donation, please visit SupportFrenchHospital.org or call 805.542.6496.

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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FHMC SAN LUIS DIAGNOSTIC CENTER
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805.542.9700

FHMC WOMEN'S HEALTH AND IMAGING CENTER
1941 JOHNSON AVE SUITE 104,
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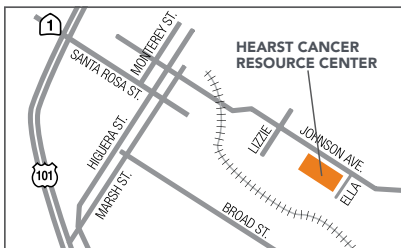


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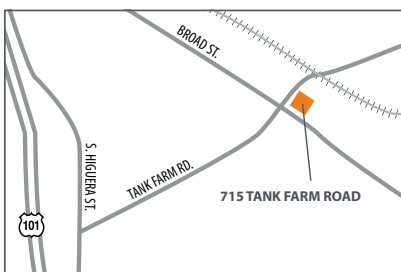
Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

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
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Infusion Center of San Luis Obispo
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If you have any questions, comments, or concerns please visit dignityhealth.org/frenchhospital