

cancer care

Hearst Cancer Resource Center



Dignity Health.
French Hospital Medical Center

Hearst Cancer Resource Center

About Cancer Care

Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community, at no charge, and appreciates the generosity of our donors, who make it all possible.

Pre-Hab and Rehab for Cancer Care



**Jamie Cinotto, DPT, CWS,
CLT-LANA, ONC**
*Certified Lymphedema Therapist
Certified Wound Specialist
Board-Certified Specialist in
Oncology*

The National Cancer Institute estimates that cancer affects one in two men and one in three women in the United States. Those statistics are astonishing;

however, the good news is that the survival rates for cancer are approaching 70%. That means that most people treated for cancer will survive with currently around 17 million cancer survivors in the United States. The bad news is that more than 60% of those survivors will experience some type of impairment that limits them from completing their daily activities and nearly 1/3 will have a permanent deficiency.

Just like any other surgery or invasive medical treatment, cancer treatments and their side effects can greatly impact physical function. However, seeking treatment by a licensed rehabilitation therapist can greatly reduce the degree of physical and functional decline from treatments. In fact, some statistics show that individuals receiving rehabilitation during and after treatment recover their full function. There has even been a push for “Pre-hab”, which is rehabilitation treatment *prior to*

starting cancer treatments. Similar to joint replacements, getting in better physical functioning prior to cancer treatments have shown better outcomes and less side effects from treatment.

Cancer treatment commonly involves one or a combination of the following: surgery, radiation, chemotherapy, immunotherapy, and/or hormone blocking medication. Your medical oncology team has the momentous task of determining what treatment strategy is best for your individual cancer characteristics. Unfortunately, all of the above have their own set of side effects that can cause reduced physical function and pain. The side effects also take an emotional toll on the patient, their families, and caregivers.

A licensed rehabilitation therapist can help with the following conditions resulting from cancer treatments, such as: lymphedema, scar tissue formation, cancer fatigue syndrome, nerve damage, axillary web syndrome, and radiation fibrosis. All these conditions can have an impact on a person's daily living and quality of life.

The American Physical Therapy Association has recognized the importance of rehabilitation for the oncology population and has added an oncology specialty to their Board certifications. Speak with your oncology team if you feel that you would benefit from an assessment and treatment of potential side effects.

Osteoporosis: Risk Factors and You

Deneen DiCarlo, MD, Internal Medicine/Rheumatology

Osteoporosis is a disease which makes our bones weak and fragile. Weak bones greatly increase the risk of having a fracture even after a minor fall or bump. Fractures can be life altering, causing disability, chronic pain and loss of independence. This is why osteoporosis prevention and treatment is so important.

What causes osteoporosis? Bone is a living tissue that our body continues to make as long as we are living. Our bones are in a constant state of regeneration and renewal: as new bone is laid down, the old bone is simultaneously broken down. During our youth, our body makes bone a lot faster than it breaks it down, but by the age of 30 we will have attained our peak bone mass. As we continue to age, we tend to break down bone a lot faster than it can be created. This imbalance is what causes the brittle bone disease called osteoporosis.

Risk Factors: A number of these risk factors are out of your control. This would include: the increased risk of being a woman especially after menopause, increasing age for both men and women, race, family genetics, and your body frame. Other risk factors that can sometimes be managed would include: certain hormones levels (like thyroid, estrogen, testosterone), medical conditions including certain cancers, some medications including aromatase inhibitors and glucocorticoids, dietary factors, lifestyle choices and alcohol and/or tobacco use.

Prevention: Calcium and vitamin D, along with regular weight bearing exercise are essential for your body's ability to continuously form healthy new bone and thereby prevent excessive bone turnover causing osteoporosis. There are dietary sources for these as well as supplements. Exercise, especially weight-bearing exercise such as: walking, jogging, running, stair climbing, or skipping rope, is essential in signaling the body to continue making new strong bone. Exercise in general will also help to slow down bone loss and is especially helpful in fall prevention.

Diagnosis and Treatment: We diagnose osteoporosis by measuring your bone density with an x-ray machine called a DEXA scan or a quantitative CT scan. The information we get from the DEXA scan helps us to determine whether or not a patient is likely to benefit from a medication to treat osteoporosis. We have several medications that can directly slow down the speed of the body's bone loss (decrease

resorption). For those with severe osteoporosis, we may start medication that stimulates the body to build bone faster (increase bone formation).

It's important to recognize your own risk factors in developing osteoporosis and consider discussing prevention or earlier assessment with your doctors. We are fortunate that we have several good therapies that have proven to help treat osteoporosis and give patients an extended and elevated quality of life.

Bone Health After Cancer

WHEN: Thursday, July 14 • 5:30 pm

WHERE: Zoom

PRESENTED BY: Deneen DiCarlo, MD

To RSVP, contact: hcrc@dignityhealth.org
or call 805.542.6234

The Role of Nutrition in Secondary Cancer Prevention



Angela Fissell, MS, RD
Clinical Registered Dietitian

You have survived cancer: amazing words to hear! With treatment behind you, it's no doubt you want to put cancer behind and start back on your normal life and routines. This can be a perfect time to renew some healthy habits and evaluate those that aren't serving you well, but where do you start?

When it comes to influencing cancer, some factors are modifiable; these include things such as your eating habits, activity levels and choosing if you smoke or drink alcohol. While there are many benefits to eating well, the data is mixed on whether diet alone can prevent certain cancers from reoccurring. Research seems to point again and again to the best formula for staving off another bout of cancer may be found in combining proper nutrition with weight management and exercise.

In an upcoming lecture scheduled for August 25, 2022, our very own Registered Dietitian Nutritionist, Angela Fissell, MS, RD, will be presenting on Nutrition's Role in Secondary Cancer Prevention to help you navigate the myriad of diet suggestions, lifestyle habits and exercise recommendations as is supported by large, cancer research organizations. She will review the "strength of the evidence" for several foods/food groups, health habits and weight status goals that will help get you on a clear path during survivorship to aid in keeping cancer at bay.

Angela Fissell has been practicing as a Registered Dietitian Nutritionist for over 20 years and has been a part of the Heart Cancer Resource Center since its inception. She strives to provide compassionate, yet knowledgeable nutritional care and advice to people that are facing cancer. Join us as you learn more about what you can do to affect the risk of recurrence at your very next meal.

The Role of Nutrition in Secondary Cancer Prevention

WHEN: Thursday, August 25 • 5:30 pm

WHERE: Zoom

PRESENTED BY: Angela Fissell, MS, RD

To RSVP, contact: hcrc@dignityhealth.org or call 805.542.6234



Ten Daily Tips on Maintaining your Mental Health:

1. Start the day with a positive intention and if negative feelings come up for you throughout the day, recite your positive intention.
2. Write down at least one thing you are grateful for every day.
3. Take time every few hours daily to focus on your breath for a few minutes.
4. Maintain self-care daily; eat, drink water, and exercise.
5. Spend time outdoors at least once a day, even if it's brief.
6. Talk to another friendly human every day.
7. Do one thing that brings you joy every day!
8. Try to laugh at least once a day.
9. Disconnect from media when you can.
10. Practice meditation and mindfulness for a few minutes every day.

By Lauren Jermstad, LCSW
Licensed Clinical Social Worker

Lauren's work includes supporting patients with psychosocial, social, emotional and spiritual issues

Survivors' Collection

Basic Starter Kit Ideas for Cancer Care and Chemo

- Ginger chews, hard candies or mints
- Long phone charger
- Headphones
- Ear plugs
- Eye mask for naps
- Roller ball for massage
- Fannie pack
- Sun hat
- Tear off calendar for appointment tracking
- Small notebook
- Colorful pens
- Straws
- Altoids (for the taste that may be associated with port flushes)
- Soft or electric blanket for cold days
- Soft beanie or head wrap for bald head
- Pill organizer
- Zip up hoodie with pockets
- Sweatpants (loose, with pockets)
- Popsicles for mouth sores
- Pedialyte or Gatorade
- Ginger ale
- Sparkling water
- Ginger Lemon or other light flavored tea
- Light easy snack, like granola bar or fig newtons
- Vitamin water
- Good chapstick or Aquaphor
- Water bottle
- Warm socks
- Neck pillow
- Protein drinks
- Hand lotion or massage oil for hands and feet to keep the blood circulating
- Biotene for dry mouth
- Light reading material
- Great music playlist
- Silk or soft pillowcase for after hair loss
- Moisturizing eye drops
- Bone broth
- Ice cream
- Tissues for the hair loss in your nose
- Lint roller for head, when hair is falling out or starting to regrow



Hearst Cancer Resource Center Endowment Receives Generous Gift

The French Hospital Foundation is pleased to announce that a significant gift to the Hearst Cancer Resource Center (HCRC) Endowment was recently made by local resident **Diana Beaudry**.



HCRC thanks Diana Beaudry for her recent generous donation in support of our work.

This significant gift will provide the HCRC with critical support through the Endowment, which provides long term funding for HCRC programs and services, ensuring that the center will continue to be an oasis for cancer patients for years to come.

During a recent tour of French Hospital, Diana had the opportunity to visit the HCRC and learn about the programs and services offered to local cancer patients and their families. “I was immediately impressed by the beautiful, calming environment and the warmth of the staff,” says Diana. “As I learned about the breadth of services that the HCRC provides for patients, all

for no charge, I knew in my heart that this was something I wanted to support. A cancer diagnosis can be a frightening time, both emotionally and financially, so helping to provide cancer patients with these services at no cost is very important to me.”

“Diana’s gift to the Endowment has a true impact on our patients,” says Shannon D’Acquisto, Director of the HCRC. “Her generosity and that of other donors make it possible for all of the services we provide to be offered at no charge, which is vital for many of our patients.”

In addition to her HCRC Endowment gift, Diana also made a significant gift to the Beyond Health campaign, naming the Beaudry Wing in the new Neonatal Intensive Care Unit that will be built as part of Your New French Hospital.

Additional HCRC Endowment funding is still needed to support the long term efforts of the HCRC. To donate, please visit supportfrenchhospital.org/hcrc or contact the Foundation at 805.542.6496.



Advisory Committee Member Spotlight

Stephen Hilty, MD

Q: How long have you been a part of this committee?

I have served on the HCRC Advisory Board since the HCRC was created. As a fan of Tom Vendegna, MD, I was happy to support his goal of creating a cancer resource center in SLO County and it is mind-boggling to see what his vision has created! The HCRC is a fantastic resource for our local community. I have also enjoyed participating in a number of educational events for the HCRC.

Q: Why is HCRC important to this community?

I have never seen or heard of a cancer resource center like the HCRC. We are so fortunate to have a center that provides high quality information, education and support to people and families in our community that have been touched by cancer—all funded by generous donations.

Q: Tell us a fun fact about yourself.

I am a yoga addict. I love what I do but my workdays are often mentally and emotionally demanding so it is wonderful how rejuvenating and healing my yoga practice can be.

Turn to us for answers

HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401
805.542.6234
Monday–Friday
9AM–4:30PM
dignityhealth.org/hcrc

Please call for an appointment.

Thomas Spillane, MD
Medical Director

Shannon D'Acquisto
Director, Cancer Survivor
HCRC@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator

Lauren Jermstad, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Teresa Fernandez
Lay Patient Navigator
805.458.4526—en español

Angela Fissell, RD
Registered Dietitian

DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center
1325 East Church Street, Suite 102
Santa Maria, CA 93454
805.219.HOPE (4673)

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Katherine Guthrie
*Senior Regional Director,
Cancer Services*

Kathleen Sullivan, PhD, RN
*Vice President, Post Acute Care and
Health Services Operations*

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*

Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
James Malone III, MD
Tim Soucek, PA
Lin Soe, MD

SLO INFUSION CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.786.6140
Nurse Line: 805.786.6144

Susan Diaz, RN, OCN
Director

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey Street, #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

ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH
& HOSPICE
800.549.9609

PALLIATIVE CARE
805.739.3950

COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

17 Strong
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdaba.org

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

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

Street address:
1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401

HCRC Advisory Committee

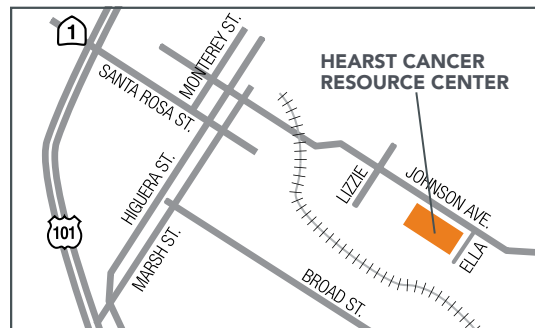
French Hospital Medical Center

Alan Iftiniuk—PRESIDENT AND CEO
Julia Fogelson, MSN, RN—COO, CNE
Debby Nicklas—VP PHILANTHROPY
Thomas Vendegna, MD—CMO

Board Members

Sandy Dunn—CHAIR
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Stephen Hearst
Stephen Hilty, MD
Robert Johnson, MD
Noreen Martin
Susan Minker, MD
Don Oberhelman
Colleen Russell, DPT
Thomas Spillane, MD
Jackie Starr
Christine Williams

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
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