

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.

Life Lessons Learned from a Cancer Survivor

February 13, 2016, was a day that changed my life forever. I am a four-time Granulosa Cell Tumor (GCT) ovarian cancer survivor, born and raised on the Central Coast.



By Monica Stephenson

*My cancer story...*After three years of going to the doctor for weight gain, headaches, hot flashes, lower back pain, heartburn, feeling full, change in bowel movements and many other symptoms, I ended up in the most excruciating pain that landed me in emergency surgery. I had a ruptured tumor on my

ovary, and I was bleeding internally.

On February 16, 2016, at the Gynecologist's office, he sat me down and said, "You have a rare cancer." He didn't sugar coat it. I remember it was like the voice on Charlie Brown *blah blah blah* and I thought okay, thank you...I got this...GCT Ovarian Cancer. No family history of Ovarian Cancer. In four years' time, I had a total of seven surgeries, a port placement, six months of heavy chemotherapy, followed by oral chemo after my second reoccurrence. I still get labs every three months, but have been cancer free for three years.

Cancer has been a life lesson for my family, close friends and me. Cancer affects the ones you love most. Cancer has taught me to live each day to its fullest, not to take

things for granted, especially your strength to get out of bed. It's a time when you learn so many things about yourself and life. I just embraced it and found that to get through each day I needed to stay focused, have a positive mindset and to be honest with how I felt.

*My tribe...*Through my cancer journey I have found that it opened a beautiful place in my heart and soul that has blessed me with some brave, beautiful survivor friends. It has shown me that through darkness there is always something beautiful in life. Our bond is beautiful and healing. They understand when "ehhhh" is my answer to "How are you feeling?"—no further explanation needed. I never feel alone when I know that someone is facing the challenges with me. I often say: there was a knock on my door, but I was too busy with life to listen. Cancer knocked me to my knees and I had to prove that if I wanted to live, I had to fight for it.

*My truth...*Cancer doesn't always have to be dark and lonely, if you realize it's your time to fight and together with your tribe, you can do it. I am thankful for the support I continue to get from my friends, because learning my new normal is one day at a time. My mother made a sign for me which says, "Today is a good day to have a good day." Each day I wake up I read that and it helps remind me to smile, appreciate, stay focused and think positive. You can do it!

Community-Based Palliative Care

Palliative care is person-centered care aimed at improving quality of life for those facing serious illness including cancer. Palliative Care is offered as a hospital



**Jemely R. Villegas,
MSN, FNP-C**

Dignity Health
Community-Based
Palliative Care

inpatient program, as well as an outpatient service. Our teams work together to help offer continuity of care in and out of the hospital. Palliative care exists in the belief that through appropriate care and promotion of a caring community, patients, family, and caregivers are able to experience an improved quality of life.

Community-Based Palliative Care (CBPC) is designed to provide important care to patients and their families in the comfort and security of their homes. Our trained medical staff consists of Registered Nurses, a Nurse Practitioner, and Medical Director. Registered Nurses and Nurse Practitioner are assigned patients to ensure continuity of care and will continue to follow them until their treatment goals are met. Other members of our team include a Social Worker and Chaplain in order to be able to care for the whole person, emotionally and spiritually. Our multi-disciplinary team meets weekly to collaborate about new patients to the program and ways to best support our existing patients. Our goals are to educate patients and families regarding disease processes, care planning, treatment choices, assist with pain and symptom management, optimize functional status, promote highest quality of life for each patient and family, be an advocate for patient's and/or family's needs, and facilitate timely access to care.

Oncology is a passion I've had since the start of my career. I was a Registered Nurse, who discovered oncology early on, so I then decided to enhance my career by becoming a Nurse Practitioner in oncology. Changing my focus by pursuing a career in palliative care allows me to use my expertise in oncology to help patients in palliative care. I want to be able to educate the community on the tremendous benefits of CBPC and eliminate any fears that may turn people away from this great program.

Palliative Care and Cancer

The important role that palliative care can play in cancer treatment and recovery will be discussed. Question and answer session included.

WHEN: Tuesday, September 20 • 5:30 pm

WHERE: Virtual/Zoom, SLO

PRESENTED BY: Jemely R. Villegas, MSN, FNP-C

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

Breast Cancer Facts and Targeted Treatment



Tom Spillane, MD

Hematology & Medical
Oncology

SLO Oncology & Hematology

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

- Breast cancer is the most common cancer in American women as one in eight women in the United States will develop breast cancer in her lifetime.
- Female breast cancer represents 15.2% of all new cancer cases in the United States.
- 62% of breast cancer cases are diagnosed at a localized stage, for which the five year survival rate is 99%.
- Although rare, men get breast cancer too. The lifetime risk for American men is about one in 1,000.
- There are over 3.5 million breast cancer survivors in the United States today.

In recent years, there has been a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

Targeted therapy additions have greatly increase the arsenal of medication options for the treatment of breast cancer. 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 to the patient as a whole. 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 today. 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 mutations. These targeted therapies are changing the way we are treating breast cancer, resulting in longer survival with fewer toxicities.

Breast Cancer Update and Lymphedema Education

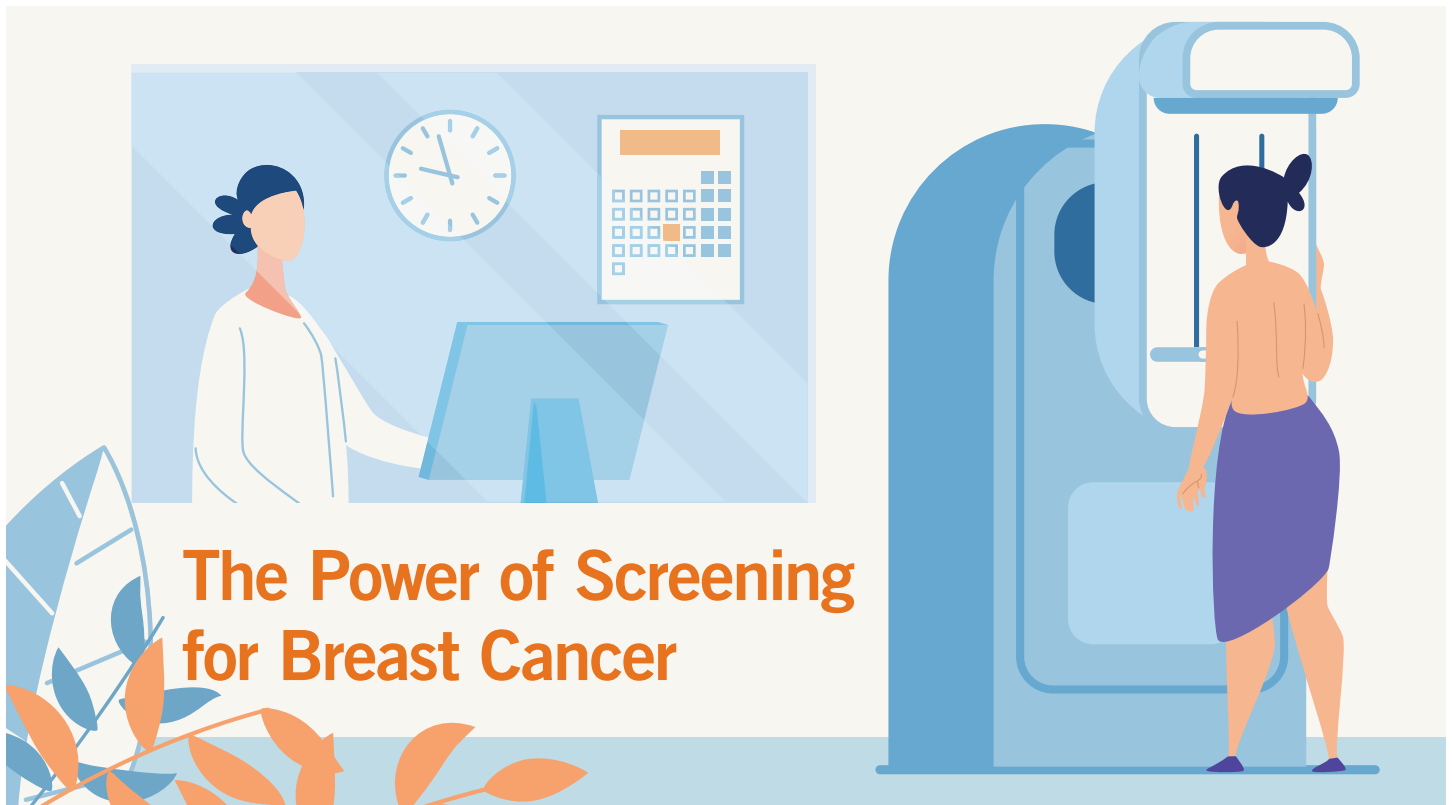
Learn about advances in the science of breast cancer care and about the importance of screening and treating lymphedema’s symptoms.

WHEN: Tuesday, October 11 • 5:30 pm

WHERE: Virtual/Zoom, SLO

PRESENTED BY: Tom Spillane, MD, and Jamie Cinotto, DPT, CWS, CLT-LANA

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



The Power of Screening for Breast Cancer

October is Breast Cancer Awareness Month and along with helping patients through a breast cancer diagnosis, the Hearst Cancer Resource Center and French Hospital Women's Health & Imaging are paving the way for breast health for the whole community through mammogram screenings for the underserved. Our bilingual Patient Navigators, Eloisa Medina and Teresa Fernandez, have built relationships with local medical centers that provide care for our uninsured, undocumented, and underserved communities here in San Luis Obispo County, through the Every Woman Counts Program. This program was designed to reduce medical disparities in women's health care.

"It's important to understand the risk factors for breast cancer. American Cancer Society suggests that all women should get a mammogram every year beginning at age 40, or sooner, if you begin showing symptoms earlier than age 40. We want patients to advocate for themselves and help schedule these important appointments, as soon as possible," noted Eloisa Medina, Patient Navigator.

With the help of French Hospital Medical Center's Women's Health & Imaging Department, we are able to assist patients to receive these potential lifesaving mammogram screenings to help ensure quality care. "I'm grateful to have this program that helps those

who are struggling. This program helps provide care for the underserved community and I'm so pleased to be a part of this program," says Teresa Fernandez, Lay Patient Navigator. After a patient receives their mammogram, our bilingual Patient Navigators follow

up and continue with any wraparound support that may be needed. Our bilingual Patient Navigators help with scheduling appointments, and attending appointments, if necessary.

Breast cancer screenings can be invaluable by providing opportunity for early detection and therefore early intervention. Continuing to offer these programs for our at-risk communities is not only vital for them, but also vital to all of us in San Luis Obispo County. One patient who received care recalled how important this program was to them, "I'm so happy for the accessible mammograms and assistance with any questions that I have. This helps empower me to take charge of my health." The Hearst Cancer Resource Center, SLO Noor Foundation, SLO Public Health, The Center and CHC are proud to work together on this breast cancer screening program and continuing to bring equitable cancer care locally.

If you are concerned about your breast health and need to schedule a mammogram, please call French Hospital Women's Health and Imaging at **805.597.6700**.

Share Hope and Gratitude by Supporting the Hearst Cancer Resource Center

Please consider making a gift to the Hearst Cancer Resource Center as part of the French Hospital Foundation's 2022 Drive to Change Lives.

The fall season is often a time that we reflect back on what we are grateful for in our lives—people, places and experiences that have impacted us in some way. Many people and companies choose to express their gratitude by making a gift to support organizations with causes near to their heart. This year, we hope that you will consider making a gift to the Hearst Cancer Resource Center (HCRC) as part of the French Hospital Foundation's 2022 Drive to Change Lives.

Thanks to support from people like you, this unique center is able to provide all programs and services at no charge to cancer patients and their families, ensuring that all local cancer patients have access to the vital resources that the HCRC provides.

You can help make sure that free services are always available to those who need them by donating to the HCRC today. 100% of every gift goes directly to support the HCRC.

To make a gift, visit SupportFrenchHospital.org/HCRC, call the French Hospital Medical Center Foundation at 805.542.6496 or mail your gift to the Foundation at 1911 Johnson Avenue, San Luis Obispo, CA 93401.



Maria Osegueda, breast cancer survivor, expresses her gratitude for the services available at HCRC.

“The HCRC gave me hope I didn't have before. I wish I had the words to express how important it is to cancer patients like me to have the HCRC and all of the services it offers. Cancer doesn't stop, so it's critical for people without means to have access to these services for free. I'm so grateful for the HCRC and I hope that our community will continue to support the HCRC and local cancer patients.”

1. Focus your phone camera
2. Click the link
3. Make a difference today!



DONATE



Jackie Starr
Advisory
Committee
Member

Advisory Committee Member Spotlight

Q: How long have you been a part of this committee and what is something that you are proud of contributing to?

My first introduction to the HCRC was when I was hired to do the interior design for a new Cancer Resource Center funded by the Hearst family, Hearst Foundation and French Hospital. My job was to create a serene, healing environment where people could come to receive support, education, services and guidance through their cancer journey. In 2014 I was asked to join the Advisory Committee as an advocate and fundraiser for the HCRC.

Q: Why is HCRC important to this community?

I have seen how hard and confusing it can be to navigate this disease and how beneficial centers like the HCRC can be to patients and their families.

Q: What is something personal that you enjoy and want to share?

I love art and using art in a very practical way. By collaborating with amazing local artists, a beautiful set of angel wings were created to benefit the HCRC. These were auctioned off and later donated back to the hospital, now displayed in the HCRC auditorium for all to enjoy as a symbol of love and healing.

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

Ramie Castilleja
Program Coordinator

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
csclslo.org

Cancer Well-Fit Program
cancerwell-fit.com

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

Hats for Hope
hatsforhope.com

Jack’s Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

SabesWings
SabesWings.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

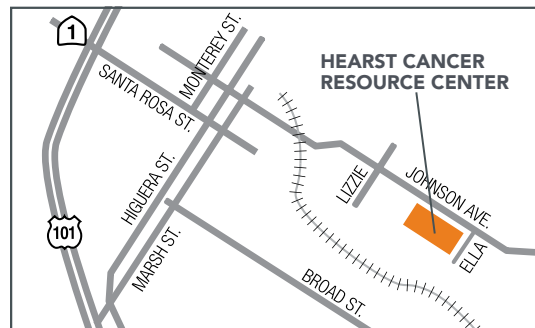
French Hospital Medical Center

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Julia Fogelson, MSN, RN—COO, CNE
Debby Nicklas—VP PHILANTHROPY
Thomas Vendegna, MD—CMO
Debbie Wettlaufer—CFO

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Christine Williams

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234

