

# St. John's Regional Cancer Center

## 2016 Annual Report



## Awards and Accreditation

The St. John's Regional Cancer Center is a fully accredited comprehensive cancer program, renewing a three-year accreditation in 2013.



St. John's Hospitals is a community based, non-profit, mission driven, acute care hospital system located on two campuses in Ventura County, California. Established in Oxnard, California in 1912 by the Sisters of Mercy, St. John's Regional Medical Center (SJPMC) offers health and wellness programs, acute rehabilitation, cardiac care, cancer care, maternity and childbirth services, orthopedics, neurology, general surgery and is home to the St. John's Regional Cancer Center, St. John's Regional Spine Center, and St. John's Center for Surgical Weight Loss.

St. John's Pleasant Valley Hospital (SJPHVH) was founded in 1974 and has the only 24-hour, hospital-based hyperbaric medicine and wound healing center in western Ventura County and the only hospital-based sub-acute facility in the region.

Together, St. John's not-for-profit hospitals represent the largest acute-care health organization in Ventura County and provide a continuum of health care services spanning more than 50 specialties and enlisting the expertise of nearly 600 physicians. We dedicate our resources to deliver excellent, compassionate, and affordable health services; serve and advocate for our sisters and brothers who are disenfranchised; and partner with others in the community to improve the quality of life in our communities.





## A Message from the Director and Chairman

The St. John's Regional Cancer Center provides cutting-edge cancer technologies for the diagnosis and treatment of cancer in Ventura County. The Cancer Center is dedicated to provide excellent high quality care to all of our patients.

A major focus of the Cancer Center is to provide multidisciplinary treatment in our community. Our team approach takes place through daily interactions of the doctors and through our many cancer case conferences. The multi-disciplinary tumor board conferences are attended by medical and radiation oncologists, surgeons, pathologists, radiologists and other specialists to formulate an individualized treatment care plan for every patient.

Our partners, the medical oncologists at Ventura County Hematology-Oncology Specialists (VCHOS) Medical Group, provide diagnosis, evaluation and advanced treatment options similar to those offered at major tertiary centers including immunotherapy, targeted therapy, biologic therapy and chemotherapy. Our medical oncologists are also involved with promising clinical research treatments provided in the outpatient office setting. Additionally, the services of genetic counseling, testing and cancer risk assessment are offered by a certified genetic counselor.

Our partners at Radiation Oncology Centers of Ventura County provide the most precise radiation-based cancer treatments including the advanced Linear Accelerator Stereotactic System with a 6-D robotic system for image-guided radiation therapy and the breakthrough technology of intensity modulated radiation treatment (IMRT).

Our surgical teams are experts in the most sophisticated surgical equipment including the da Vinci Robotic Surgical System. This cutting-edge system allow our surgeons to achieve the best possible outcomes for lung cancer surgery, gastrointestinal and prostate cancer surgeries.

The Cancer Center provides invaluable resources to our community, both to persons with and without cancer. Community outreach is an ongoing commitment to help educate our community about cancer prevention and early detection. Our patients benefit from a wealth of cancer supportive services. All of our patients have access to our UCLA-trained Oncology Nurse Practitioner who is also a Certified Breast Nurse Navigator. Our rehabilitation program offers a variety of services including physical therapy, speech therapy, and more. Nutritional care is provided to our patients during the various stages of cancer treatment by our oncology certified nutritionist and behavioral counseling is available through our dedicated family therapist.

This 2016 annual report is a product of the efforts of many professionals who have contributed their expertise and energy to the improvement of cancer care in our community. Thank you for your continued support.



A handwritten signature in black ink, appearing to read "Chirag Dalsania".

Chirag Dalsania, MD  
Medical Director, Cancer Program  
St. John's Regional Cancer Center



A handwritten signature in black ink, appearing to read "Timothy O'Connor".

Timothy O'Connor, MD  
Chairperson, Cancer Committee  
St. John's Regional Cancer Center

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## Our Vision

Our Vision at St. John's Hospitals is a vibrant, national health care system known for service, chosen for clinical excellence, standing in partnership with patients, employees, and physicians to improve the health of all communities served.

St. John's Hospitals adhere to the following values:

- Excellence-- Exceeding expectations through teamwork and innovation.
- Dignity-- Respecting the inherent value and worth of each person.
- Collaboration-- Working together with people who support common values and vision to achieve shared goals.
- Justice-- Advocating for social change and acting in ways that promote respect for all persons.
- Stewardship-- Cultivating the resources entrusted to us to promote healing and wholeness.

## St. John's Regional Cancer Center



Kim Spencer, Senior  
Director, Oncology  
Services

When dealing with a cancer diagnosis, we know how hard it can be to coordinate the various aspects of your care. At St. John's Regional (SJR) Cancer Center, we provide you with access to everything you will need during your treatment. We are here to help when you need us most. Our mission is to provide the highest quality cancer care for every patient who walks through our doors. Our whole body and mind approach integrates wellness practices alongside the latest treatments in a unique multidisciplinary approach. So much more than just medicine goes into treating our cancer patients. We are proud to be award-winning leaders in cancer care, providing the latest innovative treatments and follow-up care.

### Our Cancer Services

The St. John's Regional Cancer Center was established in 1996, the first Cancer Center in Ventura County. Our services include:

- Cutting-edge cancer treatments
- Multispecialty certified surgeons
- Certified Oncology Nurse Navigator
- Bilingual education and information
- Oncology nutrition counseling
- Social services and counseling support
- Wig and prosthesis fittings
- Survivorship planning
- Genetic testing, counseling and risk assessment
- Promising clinical trials
- Certified cancer rehabilitation
- Palliative care and pain management
- Advanced imaging technologies
- Innovative molecular testing



Cancer Center Support Staff: Ray Vasquez, Office Manager; June Muller, Data Specialist; Mahnaz Oveisi, Cancer Registrar; Susan Speer, Oncology Nutritionist; Diane Martell, Oncology Counselor; Alicia Zaragoza, Manager and Nurse Navigator.

We are equally committed to educating our community members on the importance of developing life habits that lower the risk of cancer. We provide education and screening opportunities throughout the year to encourage prevention and early detection of cancer for the best treatment outcomes.

Our cancer support office received 5926 visits from the community in 2016.

### Patient-Focused Care

Here at the SJR Cancer Center, cutting-edge medical care goes hand-in-hand with care from people who offer a human connection that is so vital through a cancer journey. The Cancer Center brings together professionals who are informed about the latest in cancer treatment options and who offer healing support through yoga, relaxation therapies, support groups and more. The St. John's Regional Cancer Center provides cancer patients and their families with a unique, patient-centered environment for healing. We believe that supportive care is the essence of compassionate cancer care.

At the St. John's Regional Cancer Center we are committed to providing you with whole person cancer care that empowers you with knowledge and aims to extend and improve your quality of life. We use an integrative approach to all cancer cases.



## Integrated Breast Center



Dr. Lynn Jeffers  
MD, Medical  
Director IBC

The Integrated Breast Center (IBC) at St. John's Regional Cancer Center (SJRCC) provides the highest quality of comprehensive breast cancer care through a range of clinical and support services.

The SJRCC Integrated Breast Center is one of only 35 accredited centers in California. Accreditation by the National Accreditation Program for Breast Centers (NAPBC) recognizes the IBC as having met performance measures for the highest quality breast care established by national health care organizations and administered by the American College of Surgeons. Patients receiving care at an NAPBC-accredited center can be confident that the breast care team includes health professionals from a variety of disciplines who are committed to working together to provide the patient with the best care available throughout the entire course of treatment.

## Integrated Breast Center Services

IBC at the St. John's Cancer Center facilitates collaboration among a multidisciplinary team of physicians, nurses, genetic and research specialists and allied healthcare providers. Together we review and discuss new and recurrent breast cancer cases and develop a plan for personalized treatment and follow-up care. A Certified Oncology Nurse Navigator guides each patient through their own unique treatment process using the latest scientific advances, personalized medicine and mindful lifestyle approaches. The Integrated Breast Center at St. John's Regional Cancer Center provides breast cancer patients with a unique, patient-centered environment for healing.

- Multidisciplinary team of breast specialists
- Advanced diagnostic technologies
- Breast cancer case conferences
- Certified Breast Nurse Navigator to coordinate care
- Personalized care plans
- 1 of 35 centers accredited by the NAPBC in California



A QUALITY PROGRAM  
OF THE AMERICAN  
COLLEGE OF SURGEONS



Integrated Breast Center Team (L to R, back): Dr. Noorbehesht, Radiology; Dr. O'Connor, Radiation Oncology; S. Speer, Oncology Nutrition; Dr. Babashoff, Surgery; Dr. Lum, Radiation Oncology; Dr. Migler, Pathology; Dr. Mortazavi, Medical Oncology; A. Zaragoza, Oncology Nurse Practitioner; (front) M. Oveisi, Cancer Registry; S. Emory, Clinical Trials; J. Muller, Data Specialist (Survivorship); Dr. Jeffers, Medical Director of IBC, Plastic Surgery; Kim Spencer, Senior Director Oncology Services (not pictured).

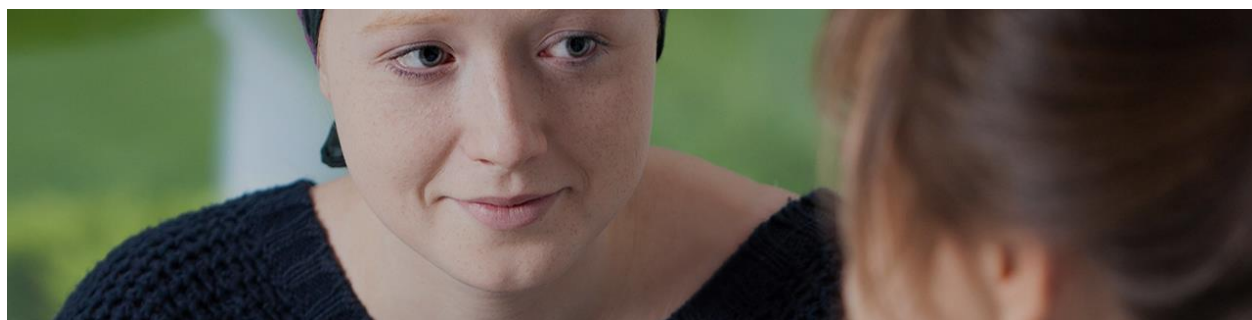
## Advanced Diagnostic and Treatment Options

**daVinci Si Surgical Robotic System** – is designed to perform some of the most complex procedures with unmatched precision through the smallest incisions possible – allowing you to get back on your feet sooner.

**Intensity Modulated Radiation Treatment (IMRT)** – considered to be the most significant technological breakthrough in radiation treatment in the last 30 years, IMRT is a painless, non-surgical treatment that allows the radiation oncologists at the Radiation Oncology Center of Ventura County to precisely target cancer cells while minimizing side effects.

**6 D Robotic Stereotactic Body Radiotherapy (SBRT)** – image-guided radiation therapy of the 21st century, redefines cancer treatment using sophisticated technology to target tumors with high-dose radiation while sparing healthy tissue.

**High Dose Rate (HDR) Brachytherapy** – involves the temporary robotic placement of a powerful radiation source, allowing your radiation oncology team to accurately and quickly deliver treatment directly to the tumor.



**SOMATOM Definition AS+ 128-slice Computed Tomography (CT) Scanner** – a state-of-the-art scanner that has the ability to perform non-invasive, precise imaging to produce the clearest images possible, allowing our experts to diagnose with greater accuracy.

**Toshiba Vantage 3T MRI** – this new and versatile MRI is the only 3T magnet in any acute care hospital in Ventura County, offering patients a more comfortable scan experience while generating extraordinary image quality for the physician.

**Radiofrequency Ablation (RFA) and Microwave Ablation (MFA)** – minimally invasive therapies most frequently performed by our radiologists under imaging (CT) guidance can be highly effective in completely eliminating small liver tumors.

**TACE (transarterial chemoembolization)** – an image-guided, non-surgical procedure that is used to treat malignant lesions in the liver by delivering chemotherapy directly to the tumor while sparing the patient many side effects of traditional chemotherapy that is given to the whole body.

**Infusion Therapy and Chemotherapy** – innovative multimodality therapies including immunotherapy, targeted therapy, biologic therapy and chemotherapy provided by the Ventura County Hematology Oncology group physicians at our three offices and infusion centers in Oxnard, Camarillo and Ventura offer our patients cutting-edge cancer treatment while minimizing side effects of therapy.

## Oncology Nurse Navigator



Alicia Zaragoza, NP-C,  
CN-BN

St. John's Regional Cancer Center is proud to provide all of our cancer patients a full-time, bilingual oncology nurse navigator to assist in managing your cancer care.

Alicia Zaragoza is a trained Oncology Nurse Practitioner and Certified Breast Nurse Navigator. Her primary focus for the last 8 years has been medical oncology and she is experienced working with a variety of cancers including breast, prostate, colon, lung, thyroid, lymphomas, leukemias and others.

Our Nurse Navigator can help guide you through the entire cancer process – from the initial diagnosis to treatment and into survivorship. She has the knowledge and experience to assist you in scheduling your appointments, giving you educational resources and helping you manage any side effects that may occur during cancer treatment. Cancer patients can come to St. John's Regional Cancer Center to see the nurse navigator and to find information and resources in a relaxed and caring atmosphere.

Our oncology nurse navigator works closely with the entire cancer care team and serves as a constant presence for patients during their cancer treatment. Studies have demonstrated that patients who are diagnosed with cancer have improved medical outcomes and better quality of life when a nurse navigator is involved.

In 2016 our Oncology Nurse Navigator guided 452 patients through their treatment.

### Michele's Story: A breast cancer survivor

Diagnosed with breast cancer, Michele turned to the Cancer Center for the help she needed. "You are in a fog. The doctor told me what was in store, but I didn't understand," she explains. "My oncologist then referred me to the Cancer Center at St. John's Regional Medical Center where I met Alicia, who helped me to understand what was going on."

A variety of Cancer Center resources helped Michele through her cancer journey – yoga classes, support groups, nutrition counseling, therapy, Reiki, and most importantly, the support offered by the Cancer Center's Nurse Navigator, Alicia Zaragoza.

"I don't think I would be as strong today if it was not for Alicia. She is an angel from God. She was there after I woke up from my double mastectomy and was a phone call or text away when I needed help during treatment." Michele is grateful for the caring people who helped her and says, "I had great doctors, but the Cancer Center and Alicia are what helped me get through this situation stronger, with my sense of humor intact."



### Breast Surgery Comfort Care Kits

Women in the hospital expecting surgery receive this package especially designed and created by the women of Oxnard's Soroptomists Club to ease anxiety and provide comfort for the post-surgical breast cancer patient.



## Oncology Nutrition Specialist



Susan J. Speer, MS,  
RD, CSO

Maintaining a healthy diet is especially important for the person with cancer. Diet has been shown to affect ability to tolerate cancer treatment, to aid in recovery and even decrease the risk of cancer recurrence. Optimal diet for any person with cancer is not “one-size fits all.” Our certified Oncology Nutritionist provides nutrition screening, individualized assessment, and personalized nutrition care plans to help our patients stay strong and recover well.

Susan J. Speer is a certified specialist in oncology nutrition with a master's degree in human nutrition. She is the 2012 recipient of the Cancer Support Community's Award of Excellence and honored as the Ventura County Allied Health Professional of the Year, 2015. Susan was on the faculty at the Santa Monica Family Practice Residency Program for nearly 20 years and has twice acted as visiting professor in biochemistry at Pepperdine University. She is an expert in medical nutrition therapy as well as a skilled nutrition counselor.

Our nutrition services offer integrated nutritional care, combining sympathetic and medically sound guidance with a holistic approach tailored to your specific needs

In 2016, the Nutrition Counseling Program provided 1172 total contacts to cancer patients, survivors, and their families/caregivers to supply information about diet and nutritional care before, during, and after cancer diagnosis.

In addition to individualized nutritional counseling, nutrition services were provided to 534 participants in 13 group settings including cancer support groups, community access classes, cooking demonstrations, and survivorship and cancer treatment workshops.

## Genetic Counselor



Kathryn Burnham, PA-C

With the field of genetics at the forefront of cancer research and treatment, it is essential to provide current information and counseling to patients and families. Kathryn Burnham, a certified physician assistant, specializes in providing genetic assessment and counseling to those patients who are at risk for, or who have already been diagnosed with, a genetic mutation thought to be related to cancer.

In a detailed counseling appointment, Kathryn assesses a complete family history and calculates the risk for a genetic mutation. For those patients with an elevated risk, the costs, benefits, and limitations of laboratory testing are discussed and pursued if the patient consents. Finally, Kathryn reviews the test results and discusses the options for surveillance and treatment, providing a personalized plan of action.

### Did you know?

- *Over 1 million new cancers are diagnosed every year in the U.S.*
- *5-10% of all cancers are attributed to inherited mutations*
- *58 genes are now linked with inherited cancers*

## Emotional Support and Social Services



A. Diane Martell, LMFT

A cancer diagnosis often comes with social, emotional and psychological changes that can evoke distress in cancer patients and their families. The SJR Cancer Center seeks to assess and address these concerns by offering every Cancer Center participant a distress screening questionnaire that triggers referral to additional services as appropriate. Our licensed therapist is central to the psychosocial assistance we offer. Through our support groups and family or individual counseling we help patients and their families cope with the challenges of a cancer diagnosis, treatment, and beyond.

Individual, couple, family or group counseling sessions are available. In 2016, 296 individuals were provided counseling; a total of 924 contacts were provided in group settings.

### Support Groups Available

- Latino Family Support (Spanish)
- Women with Cancer
- Blood Cancers Support
- Kids & Teens Circle (Bilingual)
- Stage 0, I, II Breast Cancer Support
- Children with Cancer & Their Families



## Smoothing the Transition: Survivorship Care Plans

What happens at the end of cancer treatment? What kinds of screenings should you have in the future? What physician will take care of late treatment effects? How will your primary care doctor fit into your healthcare now? Many patients have these questions, and more, especially after cancer treatment ends.

Survivorship care plans are an essential part of quality cancer care answering many of the questions patients have about the next steps after they finish treatment. The survivorship care plan includes a summary of treatment and a detailed plan for ongoing care, including follow-up schedules for visits and testing, as well as recommendations for early detection and management of treatment-related effects and other health problems.

The St. John's Regional Cancer Center's Survivorship Program collaborates with the cancer care team and other health care providers to provide our patients with comprehensive survivorship plans. We use modern survivorship software to pull together all aspects of a patient's past treatment and outcomes to develop a personalized plan for moving forward.

In 2016 we developed survivorship plans for 93% of eligible breast cancer patients.



June Muller, Data Specialist

## Palliative Care Program

The St. John's Palliative Care Program is patient and family-centered care that optimizes both quality of life and near end-of-life care for hospitalized patients and their loved ones. Palliative care services are an essential component of cancer care and our specialized medical care is appropriate for patients of any age and in all disease stages, including patients undergoing treatment, in survivorship and those nearing end-of-life.

St. John's Palliative Care Services are provided by a specialized team of physicians and registered nurses who work with the patient's primary care physician and other practitioners to provide added support and care to our patients.

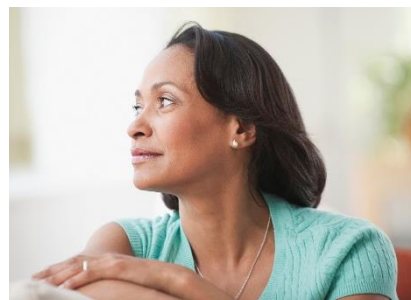
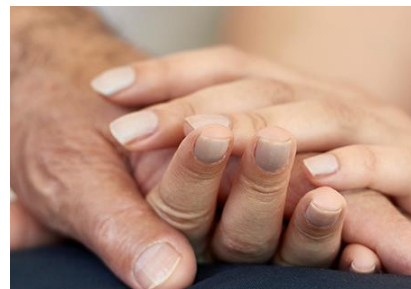
Our services include:

- Pain and symptom management
- Emotional and spiritual support
- Information on advance care planning
- Discussion of your goals for care and treatment options
- Information on end-of-life decision making and available options
- Referrals to community resources
- Coordination of care and communication between families, physicians and other health care providers

In addition, St. John's is the lead organization for the Ventura County Coalition of Compassionate Care of California. This gives our patients access to a diverse group of clinicians and clergy trained to provide bereavement support, as well as to lead difficult conversations about hospice care and to help patients decide goals of care for end of life and options for treatment.

## Oncology Nursing

Our specially-trained cancer nurses are dedicated to deliver compassionate, high-quality care. With the utmost kindness and dignity, the nursing team provides individualized assessments and care plans tailored to meet your needs, comfort and safety. The nursing team stays abreast of the latest treatments and technologies through research, certification, and lifelong learning. Certifications are actively maintained in the implementation of specialized treatments such as chemotherapy, radiation therapy, IV therapy and blood transfusions.



### Comments from our patients:

*Great experience. Private room with plenty of comfortable seating for my family & friends, who were able to visit anytime (no restrictions on visiting hours that we knew of!) which helped me emotionally. Knowing I could have my family there at any time.*



## Other Support Services

**Chapel** – A nurturing and peaceful place for silence, reflection or prayer.

**Electronic Medical Records** – St. John’s Hospitals uses an electronic health record (EHR) system. An EHR helps standardize high quality care and allows easy sharing and transfer of medical information. Our patient portals improve patient and provider communication and timely access to test results.

**Jennifer Diamond Cancer Resource Library** – Located in the Cancer Center, free information is provided on a wide range of cancer topics. Pick out pamphlets or borrow books and CDs. Bilingual staff is available to assist you.

**Wigs and Prosthesis Fittings** – Free wigs and prostheses are available, along with hats and scarfs, many created and knitted by volunteers and cancer survivors. Bilingual staff is available to help you and our nurse navigator can assist with fittings when necessary. This program is supported by the women of the Pacific Corinthian Yacht Club.

**Healing Garden and Labyrinth** – A relaxing place for patients and visitors to sit and enjoy nature, or wander in a beautiful, calming environment.

**Look Good, Feel Better Classes** – Coordinated by the American Cancer Society, these classes aim to improve coping by enhancing cancer patients’ appearance with make-up and wigs



**Social Services** – Provide assistance to cancer patients beyond their physical concerns to include community resources and psychosocial support.

**Spiritual Care** – Our chaplains are here for people of all religious faiths and beliefs and can provide comfort and spiritual support to ease the stress of coping with cancer.

**CancerAware Assessment** – This confidential online test measures your current health status and identifies family, medical or lifestyle conditions that may increase your chances of developing cancer. The assessment can be found on the Dignity Health Cancer Care webpage at: <https://www.dignityhealth.org/cancercare>

**CancerAware Assessments for Breast and Colorectal Cancer** – These confidential online questionnaires evaluate your current health status and identify family, medical or lifestyle conditions that may put you at greater risk for developing breast cancer or colorectal cancer. Find them at: <https://www.dignityhealth.org/cancercare>

## Wellness Programs

Programs that strengthen the body and balance the emotions have been shown to improve overall sense of well-being. These programs can ease the side effects of treatment and the challenges of a cancer diagnosis. All of our programs are available to cancer patients, survivors, and caregivers. A total of 1144 visits were made to Wellness Program activities in 2016.

### Yoga

For many cancer patients and survivors, yoga provides an ideal form of body/mind exercise. Physical yoga practices gently and safely help restore range of motion and regain strength and balance. Yoga breathing and calming practices help reduce anxiety and pain. Audrey Walzer, director of Camarillo Yoga Center, has been teaching at the Cancer Center for 11 years.



### Art Expression

Art therapy classes offer an additional way for cancer patients and caregivers to cope with a cancer diagnosis and the challenge of treatment. Offering coping skills through creative expression includes a calm environment with mindfulness and positive affirmations toward healing. Martha Harris, our instructor, leads the Art Therapy class.



### Relaxation Therapy

We offer an ancient form of "laying on of the hands" to cancer patients and their families provided by specially trained volunteers, many cancer survivors themselves. Patients often report less pain and nausea and are able to sleep better and think more clearly.



### Smoking Cessation

St. John's Regional Medical Center offers smoking cessation education and assists in referral to free smoking cessation classes. Smoking cessation can be an important part of both cancer prevention and cancer treatment.

### Exercise is Wise

This exercise class, specifically designed for breast cancer patients following surgery, is taught by the physical therapy specialists at the St. John's Regional Cancer Rehabilitation Program.



Did you know that staying active during treatment can...

- *Decrease feelings of fatigue.*
- *Improve sense of well-being.*
- *Offset loss of muscle strength.*

## Cancer Rehabilitation

The St. John's Regional Cancer Center Rehabilitation Program (STAR Program) provides patients with comprehensive rehabilitation by a team of certified cancer rehabilitation professionals. Each team member provides expertise, guidance, training and support. Our rehabilitation program is dedicated to integrated care for cancer survivors.

### Your Rehabilitation Plan

As a cancer rehabilitation program patient, you will receive coordinated and comprehensive rehabilitation treatment to help improve the issues that affect your daily life. Your cancer rehabilitation plan will depend on individualized goals that focus on increasing strength and energy, managing pain, and improving your quality of life.

### Cancer Rehabilitation Treats These Symptoms:

- Pain & Joint Stiffness
- Memory and Concentration
- Weakness & Fatigue
- Swallowing & Speech
- Shoulder Discomfort
- Limb Swelling
- Balance & Walking
- Anxiety & Depression
- Urinary Incontinence

### The Gold Standard

Dr. O'Connor at Radiation Oncology of Ventura County was instrumental in bringing an expert cancer rehabilitation program to the Cancer Center.

Dr. O'Connor explains, "We actively sought a program that would systematically identify loss and needs of the cancer patient, and subsequently provide the physical, nutritional, and psychological rehabilitation best suited for an individual."

"Our providers trained with the nationally acclaimed STAR Program (Support, Treat, and Rehabilitate). We have a full team of specialists to choreograph the curative therapies and 'whole person healing' – the ultimate goal of our collective efforts."



## Lymphedema Education and Therapy

Lymphedema is the accumulation of fluid that causes swelling in the tissues of the extremities (like hands, arms, or legs) or the torso (such as the groin area). It can develop for a variety of reasons, but especially may accompany any type of surgery that removes lymph nodes.

Our lymphedema specialists are part of the SJR Cancer Center Rehabilitation Program and are skilled in treating lymphedema using combined decongestive therapy which may include: manual lymph drainage – a gentle, rhythmic massage-like movement, performed with precision by a certified therapist; bandaging and compression garments; skin care; and special exercises.

Our specialists often recommend evaluation both before and after surgery for breast, prostate, or head and neck cancers to learn what you can do to prevent and treat lymphedema.



## Community Events: Cancer Prevention

The St. John's Regional Cancer Center not only provides state-of-the-art cancer treatment, but is equally committed to the prevention and early detection of cancer. Throughout the year we participate in many public outreach events to provide education and screening opportunities to the community as a whole. The SJR Cancer Center actively seek partnerships with other community agencies to extend our resources, increase public awareness, and provide ready access to services for every segment of our community. Improved life habits for cancer prevention, and early detection for timely diagnosis and treatment, provide the best outcomes in cancer care.

Our educational programs focus on everything from cancer risk awareness to preventing negative health habits and encouraging the lifestyle changes – better diet, physical activity, and body weight that can decrease the risk of cancer.

In 2016, St. John's Regional Cancer Center sponsored seven educational symposia for the community that included 180 participants. We also attended twenty community health fairs to offer education and information about cancer and cancer services to 2004 participants. All together we reached 2184 participants to provide education and information on cancer prevention.



### 7th Annual Breast Symposium

One of the Cancer Center's signature events is the St. John's Regional Cancer Center's Breast Symposium. This annual event includes panels of oncology medical experts, breast care specialists and survivors discussing breast cancer prevention, early detection, treatment options, modern reconstructive possibilities and lifestyle management. Ventura County has one of the highest rates of breast cancer in California and our aim is to decrease the number of women diagnosed with breast cancer, especially late stage breast cancer. The 7th Annual Breast Symposium was held on October 1st at the Spanish Hills Country Club in Camarillo. Approximately 203 community members enjoyed empowering speeches, group discussions, exhibitions and healthy food.

"The Annual Breast Symposium exemplifies our hospitals' commitment to providing Ventura County communities with access to the latest information and best possible treatments that medical care has to offer," says Darren Lee, President and CEO of St. John's Regional Medical Center and St. John's Pleasant Valley Hospital.



## Community Outreach: Screening and Early Diagnosis

Throughout the year St. John's Regional Cancer Center provides cancer screening opportunities to the community. These clinics are designed to decrease the number of persons in our community that are diagnosed with late-stage cancers. Each screening program is consistent with evidence-based national guidelines and provides follow-up for all persons with positive findings.

### Lung Cancer Screening Program

Through early detection, our screening program can save the lives of persons at high risk for lung cancer. The St. John's Regional Cancer Center's early detection lung cancer program is accredited by the American College of Radiology and is Ventura County's first lung cancer screening program to receive the Lung Cancer Alliance Screening Center of Excellence designation. Using the latest advances in low-dose high-resolution CT scans, our specialists are able to detect cancer even before symptoms become noticeable. In 2016, 92 high risk persons were provided screening and follow-up.

### Women Under 40 Breast Cancer Screening Program

For over 12 years the St. John's Regional Cancer Center has been one of the only sources of unrestricted funds in Ventura County to provide uninsured women under age 40 with diagnostic mammograms and ultrasounds. We accept uninsured women referred by healthcare providers from all the low-income clinics throughout Ventura County. In 2016, we provided diagnostic breast cancer tests to 56 women.

### Skin Cancer Screenings

Skin cancer rates in Ventura County are higher than the statewide average in California. In an effort to reduce the number of late diagnosed skin cancers, and to provide education on prevention of skin cancers, the St. John's Cancer Center provided free skin cancer screenings and education by our Oncology Nurse Navigator at two locations during 2016. A total of 61 people were screened; two suspicious finding was referred to a specialist for further evaluation.

### Women's Health Screenings

In partnership with the Sathya Sai Baba Organization and other local organizations, the Cancer Center participated in the annual Oxnard Medical Camp on October 16, 2016 at Our Lady of Guadalupe Church. Participants were uninsured residents of Ventura County.

The Cancer Center focused on women's cancer screenings, providing 54 Pap tests and 83 screening mammograms. Of these, 13 cervical cancer screenings were abnormal and no mammogram studies had suspicious findings. All women with positive findings were provided a consultation with the SJR Cancer Center's Oncology Nurse Navigator. In these meetings the Nurse Navigator explained the test results, assisted women in finding healthcare coverage if needed, and helped in making appointments for follow-up tests as appropriate.





## Meet Our Cancer Experts

### Medical Oncologists and Hematologists

Medical oncologists diagnose and treat cancer using chemotherapy, hormonal therapy, and the newer biological therapies such as immunotherapies and targeted therapies. The St. John's Regional Cancer Center partners with Ventura County Hematology-Oncology Specialists (VCHOS) Medical Group to provide the most up-to-date medical treatments and advanced cancer care available anywhere. VCHOS doctors are board-certified in hematology and oncology and work closely with major academic institutions in southern California to bring our community the latest treatments and clinical trials.

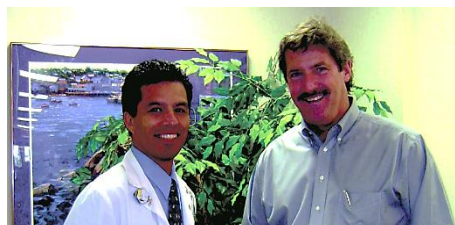


Dr. Kevin Chang MD; Dr. Todd Yates MD; Dr. Lyn Kong MD; Dr. Anne Kelley MD; Dr. Fred Mortazavi MD; Dr. Chirag Dalsania, MD of VCHOS

The VCHOS physicians are active participants and leaders at the St. John's Regional Cancer Center. Dr. Kooros Parsa provides leadership to the regular Tumor Board meetings on the main campus. Dr. Chirag Dalsania serves as Medical Director and Physician Liaison for the Cancer Center.

The St. John's Regional Cancer Center also collaborates with other local medical oncologists including Dr. Keith Eilerman, MD of Camarillo and the Hematology Oncology Specialists Group of Oxnard.

### Radiation Oncologists



Dr. Timothy A. O'Connor MD and Dr. Henry Z. Montes MD of ROCVC

Radiation oncology is a medical specialty that involves the controlled use of radiation to treat cancer. SJR Cancer Center partners with Radiation Oncology Centers of Ventura County (ROCVC) to provide the latest in comprehensive cancer treatments. Award-winning UCLA-trained radiation oncologists Dr. Timothy A. O'Connor and Dr. Henry Z. Montes are regionally recognized in the field of radiation oncology and active participants and leaders at the St. John's Regional Cancer Center.

Dr. O'Connor serves as the Cancer Committee chair and sponsor of the Cancer Rehabilitation (STAR) Program. Dr. Montes is past chair of the Cancer Committee and has a long history of hospital leadership.

St. John's Regional Cancer Center also collaborates with other local radiation oncology groups including Renewed Hope Radiation Oncology.

### Surgeons



Dr. Brian Tuai, MD, Medical Director of Robotic Surgery, SJRMC

Dignity Health St. John's Regional Medical Center provides a wide range of inpatient and outpatient surgical services, combining sophisticated technology with a compassionate touch. Our multi-board specialized surgeons in cardio-thoracics, neurology, breast, gynecology, and reconstructive surgery are skilled in providing our patients with a complete range of options that best suits their individual needs.

Our surgical specialists are dedicated to providing our patients with excellent cancer care and continuously seek to improve outcomes for all cancer patients. Surgeon Lisa Babashoff, MD leads the Integrated Breast Center Tumor Boards and Dr. Neal Dixon, MD leads the St. John's Pleasant Valley (SJPV) Tumor Boards. Dr. Lynn Jeffers, MD, specialist in



reconstructive surgery and Chief Medical Officer at SJPV Hospital, chairs the annual breast cancer symposiums.

## Pathology

The Department of Pathology includes both Anatomic Pathology and the Clinical Laboratory. Our pathologists are board certified in the two specialties of Anatomic Pathology and Clinical Pathology. One has, in addition, subspecialty boards in Cytology. We are a mixture of youth and long experience with broad based training from the Mayo Clinic, University of Southern California, Cedars Sinai Medical Center, and the University of Washington. This spectrum of training allows us to tease out the hidden codes of tumor diagnosis and point to a correct treatment pathway.

Our diagnosis times are rapid, partly due to available in-house immunochemistry testing which is not always present in local hospitals. We have added numerous immunostains in recent years.

Our detailed cancer diagnostic reports include the College of American Pathologists synoptic report criteria which is updated frequently.

### Laboratory Services

- Surgical Pathology, including the use of CAP Cancer Protocols
- Frozen Section Rapid Diagnosis and Cytology
- Automated Hematology and Cytology
- Microbiology and Parasitology
- Breast Immunoprofiles including Estrogen and Progesterone receptors, Ki67, P53, E. cadherin, D2-40
- Lung Tumor Immunoprofiles including CK7, CK20, CDx2, TTF-1, CD56, P63
- 50 Immunostains, including useful tumor markers



## Radiology

St. John's Radiology is nationally recognized by the American College of Radiology for excellence and quality in computed tomography (CT), mammogram, ultrasound and nuclear medicine imaging. Our inpatient and outpatient diagnostic imaging services use the latest technologies and a wide range of state-of-the-art imaging equipment that ensure timely and accurate results. Our board-certified radiologists are highly trained and experienced, providing the same high quality results as found in many academic centers.

### Interventional Radiology

St. John's employs an extraordinary team of highly sub-specialized interventional radiology (IR) physicians who can use minimally-invasive image-guided procedures to diagnose and treat diseases nearly anywhere in the body. Interventional radiology is one of the biggest advances in recent medical practice, offering treatments with less risk and less pain than open surgery. Using breakthrough techniques, IR physicians are able to navigate through blood vessels or a tiny incision to deliver precise, targeted treatments. Our team of Interventional Radiology physicians are some of the most experienced anywhere.

## Clinical Trials-Research: Ventura County Hematology-Oncology Specialists

Cancer patients at St. John's Regional Medical Center receive access to national clinical trials through partnerships with academic and research institutions who are leaders in cancer research.

### What is a clinical trial?

Clinical trials are research studies that involve people who help doctors find new ways to improve treatments and the quality of life. Ventura County Hematology-Oncology Specialists (VCHOS) Medical Group participate in clinical trials that evaluate interventions in the treatment of cancer. The VCHOS team is an integral part of the St. John's Regional Cancer Center.

Clinical trials are regulated by the United States Food and Drug Administration (FDA). The FDA monitors human testing to protect the public from dangerous treatments. Before new treatments can be made available to people, the FDA mandates that these drugs/treatments undergo intensive testing in the laboratory, in animal studies, and then through clinical trials.

There are 4 phases of clinical trials. Phase 1 evaluates the safety of a treatment. Phase 2 measures the effectiveness of a treatment to fight disease. Phase 3 tests the new treatment against the best existing treatment to see which treatment is the most effective. In phase 4, the new treatment has been approved by the FDA, but continues to be evaluated for long term safety and effectiveness.

VCHOS focus mainly on phase 3 and selective phase 2 clinical trials that study cancer treatments. In 2016 we had clinical trials open to patient enrollment for cancer of the breast, colon, prostate, lung, multiple myeloma, melanoma, chronic lymphocytic leukemia, and anemia.

### Should you participate in a clinical trial?

Enrollment in a clinical trial is a personal decision. Learn as much as you can about your disease and the treatments that are available to you. Written information is provided to you prior to any study procedures in the form of a consent



VCHOS Clinical Trials Team from left to right: C. Dalsania, MD; J. Wang, PA, CRC; C. Senour, RN, BSN, OCN, CRC; S. Emory, RN, OCN, CRC

document. The consent explains in detail everything about the clinical trial, treatment and procedures while on the study, and any known side effects. You may discuss this information with your health care team, family, and friends so that you can make the best decision regarding your treatment options.

### Where do I get information about available clinical trials?

Ventura County Hematology-Oncology Specialists has a variety of clinical trials open for enrollment to patients with specific types of cancer. You must meet the specific study criteria to be eligible for participation in a clinical trial. New clinical trials become available on a regular basis, so if you are interested in participating and do not yet meet the criteria for a study, keep watching.

If you have any questions or would like to contact us, we can be reached at:

Email: [research@venturaoncology.com](mailto:research@venturaoncology.com)

Phone: (805) 485-8709 ext: 129

Web Site: [www.venturaoncology.com](http://www.venturaoncology.com)

## Registrars in Action: Improving Public Health

Cancer Registrars are the cornerstone for collecting and reporting cancer data of the highest quality and the nexus between clinical medicine and public health.

Cancer registrars are data information specialists that capture a complete history, diagnosis, treatment, and health status for every cancer patient in the U.S. The anonymous information they collect is reported, by law, to the state and federal government, including the Centers for Disease Control and Prevention (CDC) and the National Cancer Institute.



Mahnaz Oveisi, Cancer Registrar

The data provide essential information to researchers, health-care providers, and public health officials to better monitor and advance cancer treatments, conduct research, and improve cancer prevention and screening programs.

According to the National Institutes of Health, cancer is the second leading cause of death among Americans. Doctors, researchers, and public health officials are working to change this fact by improving cancer prevention and treatment, and ultimately finding a cure. The starting point for this important work is the cancer registrar.

Our top 5 cancer sites in 2016 are:

1. Breast
2. Lung
3. Colon
4. Prostate
5. Lymphoma

The resources cancer registry uses on a daily basis are: California Cancer Registry, National Cancer Registry Association, American College of Surgeon, American Cancer Society, National Institute of Health, and National Cancer Institute.

In 2016, the Cancer Registry at St. John's Regional Cancer Center transmitted 1885 cases to National Cancer Data Base.

## Excellence in Cancer Care

St. John's Regional Cancer Program maintains the highest level of cancer care by continuously monitoring our compliance with the COC (Commission on Cancer) accountability measures. Accountability measures are the highest standards of care derived from evidence-based data, including clinical trial data. These standards represent the optimum in cancer care. Evaluating adherence to these standards ensures continued excellence in care and allows our program to evaluate care within and across disciplines to identify how processes can be improved and to promote evidence-based practice. Reports from the most recent Commission on Cancer data analysis include:

**Breast:** Radiation is administered within one year (365 days) after diagnosis for women under the age of 70 receiving breast conservation surgery for breast cancer. The program maintained 100% adherence in this area in the years 2012, 2013, and 2014 exceeding the benchmark of 90% adherence.

**Breast:** Tamoxifen or third generation aromatase inhibitor is recommended or administered within one year (365 days) of diagnosis for women with AJCC T1c or stage IB-III hormone receptor positive breast cancer. The program maintained 100% adherence in this area in the years 2012, 2013, and 2014 exceeding the benchmark of 90% adherence.

**Colon:** Adjuvant chemotherapy is recommended or administered within 4 months (120 days) after diagnosis for patients under the age of 80 with AJCC stage III (lymph node positive) colon cancer. The program achieved 100% adherence to this performance guideline in the years 2012, 2013, and 2014.



## Oncology Conferences & Tumor Boards

Tumor Board review is a treatment planning approach that brings together cancer specialists of multiple different disciplines: medical oncology, surgical oncology, radiation medicine, pathology, diagnostic imaging as well as support staff from research, rehab, nursing, nutrition, survivorship and registry. The group reviews and discusses a patient's medical history, physical findings, diagnostic results and possible treatment options. The ultimate goal of the tumor board is to find the best possible treatment plan for the specific patient. For each case presented, the conference focuses on pre-treatment evaluation, clinical and pathological staging, new medications, innovative treatments, clinical trials and National Comprehensive Cancer Care Network (NCCN) treatment guidelines.

The St. Johns' Regional Cancer Registry monitors tumor board activity and reports their findings to the Cancer Committee on an annual basis to ensure compliance with the American College of Surgeons' cancer program standards. In 2016, 130 cases were presented at the 50 General tumor board meetings held on the Main Campus. The total number of prospective cases was 130 (100%).

**Integrated Breast Center Case Conference:** Bi-monthly

**St. John's Regional Medical Center, General Tumor Board:** Weekly

**St. John's Pleasant Valley Hospital, General Tumor Board:** Monthly

St. John's Regional Medical Center is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. St. John's Regional Medical Center designates this live activity for a maximum of 1 AMA PRA Category 1 Credit.™

## Clinical Education Activity: Healthcare Providers

Each year the SJRCC Cancer Committee offers a cancer-related educational activity for physicians, nurses, and other allied health professionals.

In 2016, the Cancer Committee sponsored a conference on *Advances in Oncology Care: New treatment options in thoracic surgery and interventional radiology* presented by James G. McPherson, MD and Brain Nadav, MD. This conference included information on the latest thoracic surgical interventions for lung cancer, the latest interventional radiology procedures for oncology patients, AJCC (American Joint Committee on Cancer) staging guidelines for lung and liver cancers, the latest prognostic indicators for lung cancer, and the NCCN (National Comprehensive Cancer Network) guidelines for the work-up, treatment and follow-up of benign and malignant lung and liver findings.



## Cancer Committee Membership 2016

Cancer Committee membership includes physician representatives from the treatment and diagnostic specialties along with representatives from supportive and administrative services involved with the care of cancer patients. The Committee is charged with providing leadership in establishing, implementing and assessing the institution's cancer-related activities, in accordance with the Commission on Cancer requirements for cancer program accreditation, with the overall aim of improving the quality of patient care.

### Physician Members

**Dr. Timothy O'Connor**  
(CHAIR)

Radiation Oncology

**Dr. Chirag Dalsania**

Medical Director

Cancer Liaison Physician

Medical Oncology

**Dr. Lynn Jeffers**

CMO, SJPVH

Plastic Surgery

**Dr. Dean Black**

Interventional Radiology

**Dr. Kevin Chang**

Medical Oncology

**Dr. Calvin Loh**

Surgery

**Dr. Fred Mortazavi**

Medical Oncology

**Dr. Kooros Parsa**

Medical Oncology

Tumor Board Moderator

**Dr. Joseph Eisner**

General Surgery

**Dr. James McPherson**

Cardiothoracic Surgery

**Dr. George Yu**

Pulmonology

**Dr. Sukhpreet Walia**

Gastroenterology

**Dr. Stephen Evans**

Internal Medicine

**Dr. Sheldon Miller**

Pathology

**Dr. Jasjot Kaur**

Palliative Care

### Service Members

**Alicia Zaragoza, NP-C**

Cancer Center Manager

Oncology Nurse Navigator

**Kathryn Burnham, PA-C**

Genetics

**Rich Carvotta**

Pharmacy

**Jane Wang, PA-C**

Clinical Trials

**Cindy Farner**

Risk Manager

**Sunni Emory, RN, OCN**

Clinical Trials

**Valerie Moussou, PharmD,**

**MBA, BCOP**

Dignity Health Infusion Centers  
Manager

**Elizabeth Salazar-Evans, RN**

Oncology Nursing

**Gina Gorgan, RN**

Oncology Nursing

**Gabriel Guillen, MS, RN**

Palliative Care

**Rosie Hernandez, MSW,  
LCSW**

Social Services

**Helen Hou, RN, WOCN**

Wound Care Coordinator

**Sr. Suzanne Krawczyk, RSM,  
RN, CHPN**

Palliative Care

**A. Diane Martell, LMFT**

CSCVV

**Jennifer Ramseyer, RN, BSN,  
PHN, CHPN**

Palliative Care Nurse

**Cheryl Senour, RN**

OCN/CRC

**Susan Speer, RD, CSO, FADA**  
Oncology Nutrition Specialist

**Mark Witman**

Manager, Rehab

### Administrative Members

**Aaron Chang**

COO, RMC

**Dr. Rob Streeter**

CMO, RMC

**Katherine Guthrie**

Central Coast Oncology  
Director

**Kim Spencer**

Oncology Services Line  
Manager

**Mahnaz Oveisi, CTR**

Cancer Registrar

**Debi Klein**

Foundation

**Fiona Kilner**

Medical Staff Coordinator

**Gloria Gammage, RN**

CNOE

**Mike Malotte**

Physician Liaison

**Isabel Nunez**

Community Health

**Renee Shimitz**

Quality Director

**Ray Vasquez**

Cancer Center

**June Muller**

Cancer Center

**Kate Hanna**

American Cancer Society

## with gratitude...

Through letters of support and generous contributions, grateful patients, outstanding local organizations and other community members have joined forces with the St. John's Regional Cancer Center to support cancer patients. Their investment has allowed us to promote educational conferences and preventive cancer screenings and to provide many of our cancer support services free of charge to anyone seeking help, regardless of which medical facility is providing their treatment. We want to express our heartfelt gratitude to all those who make it possible to provide the kind of progressive, cutting-edge cancer treatment that you might find only at a big city center—but at St. John's you can find advanced cancer treatments right here, within the warmth and comfort of our own beautiful community. If you want to help, or to find out more about our cancer programs, please call the Cancer Center at 805.988.2641.

## Partnerships with Outstanding Organizations



American Cancer Society

*Victoria M. O'Connor*

Charitable Fund for  
Academic Excellence &  
Compassionate Care

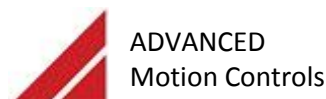


Meadowlark Service League


sientra. Breast Implants



Cancer Support Community



Women Who Do Lunch  
Pacific Corinthian Yacht Club

 agendia® Agendia Mammaprint



Soroptimists International, Oxnard



Plastic Surgery Foundation



Avon Foundation for Women



Breast  
Reconstruction  
Awareness

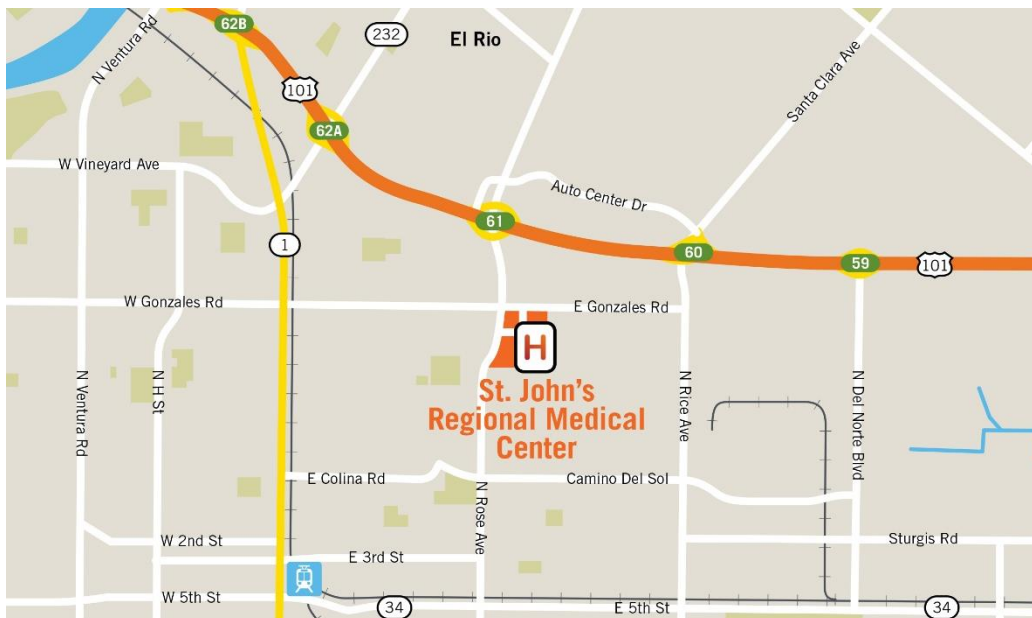


St. John's Healthcare  
Foundation





## St. John's Regional Cancer Center



1700 N. Rose Ave., Suite 380

Oxnard, CA 93030

805-988-2641

