



St. John's Regional Cancer Center

2018 Annual Report



Awards and Accreditation

The St. John's Regional Cancer Center is a fully accredited comprehensive cancer program, renewing accreditation in 2013 and 2016 with commendations.



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 (SJPVH) 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

In 2018 St. John's Regional Medical Center continues the highly anticipated modernization and expansion project. As part of our ongoing mission to provide the latest medical technologies and world-class services, these significant developments will dramatically enhance our capacity to meet the future health needs of cancer patients and their families.

St. John's Regional Medical Center (SJPMC) now offers our community the most advanced robotic surgical technology available today, the da Vinci Xi®. This surgical system is the next frontier for minimally invasive surgery optimized for highly complex surgeries such as those for colon and prostate cancer, gynecological cancers, and lung resection. The SJPMC robotic surgical team has been performing state-of-the-art minimally invasive robotic surgery for more than five years and recently reached its 1,000 milestone case. The 1000th case was performed by cardiothoracic surgeon, James McPherson, MD, lead organizer of the Thoracic Oncology Case Conference at SJPMC.

St. John's cancer care is also distinguished by an extraordinary team of highly sub-specialized interventional radiology physicians. Interventional radiology is one of the biggest advances in recent medical practice. Interventional radiologists provide targeted, minimally invasive therapies that can enhance quality-of-life and overall survival for patients with difficult-to-treat cancers. Our team of Interventional Radiology physicians are some of the most experienced anywhere.

Ventura County has one of the highest rates of breast cancer in California and now SJPMC can offer 3D mammography, leading-edge technology for the most accurate mammograms available. Research shows that 3D mammography can detect breast cancer earlier compared to 2D mammography and is especially helpful for women with dense breast tissue, which can make cancer harder to detect. Greater accuracy means better breast cancer detection and more lives saved. SJPMC is a designated Breast Imaging Center of Excellence by the American College of Radiology.

The Integrated Breast Center (IBC) at St. John's Regional Medical Center is an award-winning leader in cancer care, providing the latest innovative treatments. Established in 2014, the St. John's IBC is the first accredited center in West Ventura County to be recognized by the National Accreditation Program for Breast Centers (NAPBC), a Quality program of the American College of Surgeons. The IBC is the recipient of many local and national grant awards and this year received a \$30,000 grant from Sientra FULL CIRCLE. This recognition is only awarded to eight programs in the nation and we are honored to see our commitment to patient and quality care being recognized. Grant funds will be used to expand current Integrated Breast Center outreach and help launch the program at St. John's Pleasant Valley Hospital (SJPVH) in Camarillo.

The innovative, comprehensive and compassionate cancer care found at the St. John's Regional Cancer Center 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. This report reflects our activities for 2018. 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 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. We look forward to expanding our services to our mid-county neighbors through our satellite center at St. John's Pleasant Valley Hospital in Camarillo.

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 Staff: Ray Vasquez, Office Manager; June Muller, Data Specialist; Kim Spencer, Senior Director; Susan Speer, Oncology Nutritionist; Diane Martell, Oncology Counselor; Mahnaz Oveisi, Cancer Registrar; 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 5177 visits from the community in 2018.

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 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
- Designated Breast Imaging Center of Excellence
- 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 Xi Surgical Robotic System – this next generation 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.

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 9 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 during cancer treatment.

Cancer patients can come to St. John's Regional Cancer Center to see the nurse navigator and receive 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 2018 our Oncology Nurse Navigator guided 338 patients through their treatment.

Community Organizations at Work: Helping Hands



Beanies and Socks

When going through cancer treatment, some patients suffer hair loss and fluctuating body temperature. That can be hard to deal with, especially when the weather is cold. Knowing first-hand the challenges that patients face, Kay Fletcher, cancer survivor (pictured) donated over 50 hand-crocheted beanies and socks for our Cancer Center. Her labor of love makes a big difference in the lives of those undergoing cancer treatment.



Wigs and Protheseses

Free wigs and prostheses available in the Cancer Center are made possible in part by the women of the Pacific Corinthian Yacht Club, Oxnard. Every year the PCYC hosts a special fund-raiser: *Bras for a Cause*. Local groups decorate bras and auction them to attendees, along with other donated services and products. It's a great party and a great cause! (Registrar Mahnaz Oveisi and Nurse Navigator Alicia Zaragoza pictured.)



Breast Surgery Comfort Care Kits:

Members of Soroptomist International of Oxnard (Sonya Knapp and Pamela Cady pictured) design and create a special kit to ease anxiety and provide comfort for breast cancer patients. Every woman in St. John's Hospitals who is expecting breast cancer surgery receives a lovingly produced and donated kit that includes a hand-made bed jacket with special interior drain pockets, pampering products, a comfy pillow and more.

Oncology Nutrition Specialist



Susan Speer, MS, RD,
CDE, CSO, FADA

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 2018, the Nutrition Counseling Program provided 969 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 421 participants in six group settings including cancer support groups, community access classes, cooking demonstrations, and survivorship and cancer treatment workshops.

Genetic Counselor



Kathryn Burnham, PA-C
Certified Genetic Counselor

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. Genetic assessment can help guide your treatment and determine follow up and screening guidelines. In addition, knowing your genetic risk for cancer can help other family members decide on testing which may help decrease future cancer risk.

Our genetic counselor, Kathryn Burnham, is a certified physician assistant who 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. Kathryn has a Master's degree in Medical Science, is certified in Genomic Cancer Risk Assessment through the University of Southern California (USC) and is a member of the Clinical Genomics Community of Practice Group.

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.

Deciding on the right lab for testing, and determining insurance coverage, is part of our Genetic Counseling Service. Of the one million new cancers diagnosed every year in the U.S., 5-10% are attributed to inherited mutations and 58 genes are now linked with inherited cancers.

Finally, when test results are available, Kathryn can review and help interpret the information. Options for surveillance and treatment are discussed and a personalized plan of action is developed.

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, couples, family or group counseling sessions are available. In 2018, 345 individuals and 41 couples were provided counseling; a total of 1833 contacts were provided in group settings.

Support Groups Available

- Latinas All Cancers Support (Spanish)
- Blood Cancers Support Group
- Kids & Teens Circle (Bilingual)
- Stage 0, I, II Breast Cancer Support
- Caregivers Group (St John's PV)*
- All Cancers Group (St John's PV)*
- Children with Cancer & Their Families

*St. John's Pleasant Valley Hospital in Camarillo



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.



June Muller, Data Specialist

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.

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 2018, twenty percent of the total patients seen on the palliative care service had a cancer diagnosis including 207 patients at the main campus, and 38 patients at SJ Pleasant Valley Hospital. Of the total patients seen in 2018, goals were clarified in 82.4% of patients, diagnostic tests were reduced in 37% of patients, medication reconciliation was achieved for 32% of patient, end-of-life planning was initiated in 14.3% and support for the patient and family was provided to 68.2% of patients.



Palliative Care Team (L to R): Erin Serrano, PCRN Coordinator; Margaret Cortese, Volunteer; Dr. Kaur, Medical Director; Suzanne Krawsyck, Palliative Care Director; Jennifer Giacchetti Ramseyer, PCRN Coordinator; Gabriel Guillen, PCRN Coordinator (not shown).

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.



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: DignityHealth.org/cancercare

CancerAware Assessments for Breast Cancer – A confidential online questionnaire evaluates your current health status and identifies family, medical or lifestyle conditions that may put you at greater risk for developing breast cancer. Find it at: DignityHealth.org/cancercare

CancerAware Assessments for Colorectal Cancer – A confidential online questionnaire evaluates your current health status and identifies family, medical or lifestyle conditions that may put you at greater risk for developing colorectal cancer. Find it at: 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 1323 visits were made to Wellness Program activities in 2018.

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 13 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. Our instructor, Martha Harris, has been leading the Art Therapy class for three years.



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.



Tai Chi

Tai chi is a "moving meditation" in which participants perform a series of slow, graceful motions while concentrating on deep breathing and precise posture, which helps to relax the mind and strengthen the body. New to the Cancer Center this year, classes are taught by our tai chi instructor, Judy Suzuki.



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.



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
- Swallowing & Speech
- Balance & Walking
- Memory and Concentration
- Shoulder Discomfort
- Anxiety & Depression
- Weakness & Fatigue
- Limb Swelling
- 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 Program 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 seeks 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.

In 2018, St. John's Regional Cancer Center participated in nineteen community education events that included a total of 1206 participants.

In addition, up to 30,000 Ventura County residents learned about the importance of cancer prevention and treatment in two televised information segments, *Weekly Checkup*. In one segment, Susan Speer, Cancer Center Nutritionist, discusses the importance of nutrition in the prevention and treatment of cancer.

In a second segment, Dr. Joe Eisner, MD, discusses the surgical treatment of colon cancer. These 90 second community health education programs aired on the local ABC affiliate KEYT for one week each during the morning and evening news in January and July, 2018 respectively. These segments were also widely distributed on social media and remain available on the SJRMC webpages.



9th 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 9th Annual Breast Symposium was held on October 27th at the Serra Center in Camarillo. Approximately 200 community members enjoyed empowering speeches, group discussions, exhibitions and healthy food.



Community Outreach: Screening and Early Diagnosis

Throughout the year St. John's Regional Cancer Program 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 2018, 79 high risk persons received lung cancer screening and follow-up. Two were found to have early stage lung cancer.



Women Under 40 Breast Cancer Screening Program

For nearly 15 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.



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 21, 2018 at Our Lady of Guadalupe Church. Participants were uninsured residents of Ventura County.

The Cancer Center focused on women's cancer screenings, providing 26 Pap tests and 35 screening mammograms. Of these, five cervical cancer screenings were abnormal and no mammogram studies had suspicious findings. All women with positive findings were offered a consultation with the Cancer Center's Oncology Nurse Navigator to: explain the test results, assist women in finding healthcare coverage if needed, and make appointments for follow-up tests and diagnostic mammograms 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 Medical Group (VCHOS) 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.

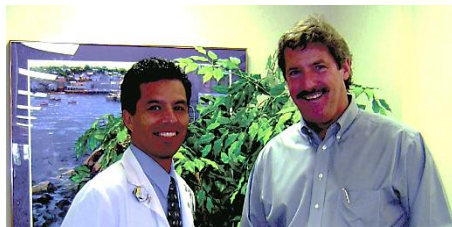


Dr. Kevin Chang MD; Dr. Todd Yates MD; Dr. Lyn Kong MD; Dr. Anne Kelley MD; Dr. Fred Mortazavi MD; Dr. Chirag Dalsania, MD of VCHOS

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 oncology groups including Hematology Oncology Specialists of Oxnard and Dr. Keith Eilerman, MD of the Dignity Health Medical Group, Ventura County.

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

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

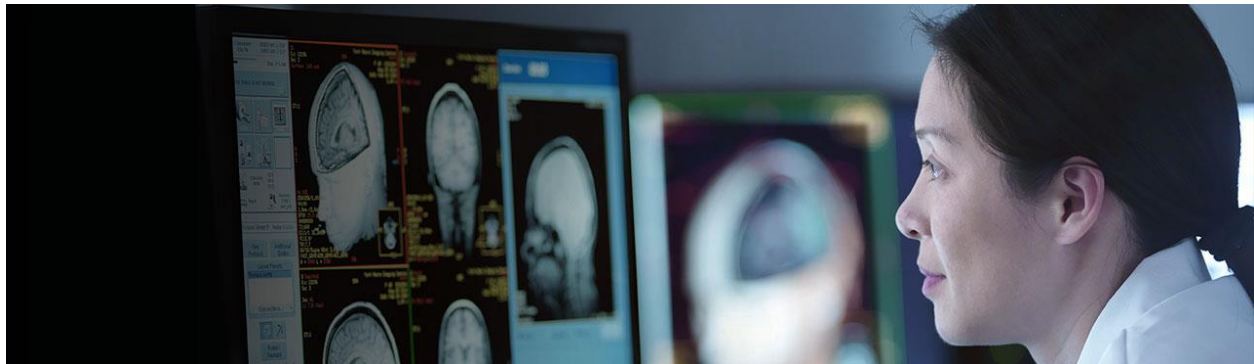
The Department of Pathology includes both Anatomic Pathology and the Clinical Laboratory. Our pathologists are board certified in the two specialties of Anatomic Pathology and Clinical Pathology. One has, in addition, subspecialty boards in Cytology. We are a mixture of youth and long experience with 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 Medical Group (VCHOS) 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 2017 and 2018, we had clinical trials open to patient enrollment for cancer of the breast, colon, prostate, lung, multiple myeloma, and chronic lymphocytic leukemia.

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: J. Wang, PA; C. Dalsania, MD; C. Senour, RN, BSN, 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

Phone: (805) 485-8709 ext: 129

Web Site: 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.

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 five cancer sites according to most recent data (2017) 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 2018, the Cancer Registry at St. John's Regional Cancer Center transmitted 4075 cases to National Cancer Data Base.



Mahnaz Oveisi, Cancer Registrar

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. These standards represent the optimum in cancer care. Our cancer program met benchmark performance in all applicable areas according to the most recent data from the COC analysis:

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. In 2016 the program met the performance guideline, exceeding the benchmark of 90%, achieving 96% adherence.

Breast: Radiation therapy is recommended or administered following any mastectomy within one year (365 days) of diagnosis of breast cancer for women with ≥ 4 positive regional lymph nodes. In 2016 the program met the performance guideline, exceeding the benchmark of 90%, achieving 100% 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. In 2016 the program met the performance guideline, exceeding the benchmark of 90%, achieving 100% 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. In 2016 the program achieved 100% adherence to this performance guideline.

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 2018, 129 cases were presented at the 46 General tumor board meetings held on the Main Campus. The total number of prospective cases was 129 (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, Thoracic 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. TM

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 2018, the Cancer Committee sponsored a conference on *Advances in Biomarker-Driven Immune Checkpoint Blockade for Selected Types of Breast Solid Tumors*. This conference included information on the latest immune checkpoint inhibitors used in selected types of solid tumor and their impact on survival, use of AJCC staging for breast cancer in clinical practice, the latest prognostic indicators available, and evidence based guidelines (NCCN) for the work-up, treatment and follow-up of breast cancer.



Cancer Committee Membership 2018

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

Dele Akao, PharmD, MBA, BCPS
Director, Pharmacy Services

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

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, MA, BSN, PHN, CHPN
Palliative Care

Cheryl Senour, RN, OCN, CRC
Oncology Nursing

Lydia Kreil
Manager, Community Health

Deborah Kahn, MSN, RN
Manager, Infusion Centers

Susan Speer, RD, CSO, FADA
Oncology Nutrition Specialist

Melissa Dalton, MPT, MSN
Manager, Rehab

Administrative Members

Aaron Chang, COO, RMC
Chief Operating Officer

Dr. Robert Streeter, CMO, RMC
Chief Medical Officer

Katherine Guthrie
Central Coast Oncology
Director

Kim Spencer
Oncology Services Line
Manager

Mahnaz Oveisi, CTR
Cancer Registrar

Debi Klein
Foundation

Fiona Kilner
Med Staff Coordinator

Gloria Gammage, RN, CNOE, RMC
Chief Nurse Executive Officer

Mike Malotte
Physician Liaison

Renee Shimitz
Quality Director

Ray Vasquez
Cancer Center

June Muller
Cancer Center

George West
Mission Integration

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

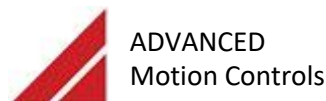


Meadowlark Service League

sientra. Breast Implants



Cancer Support Community



Women Who Do Lunch
Pacific Corinthian Yacht Club



Agendia Mammaprint



Soroptimists International, Oxnard



Plastic Surgery Foundation



Avon Foundation for Women



Breast
Reconstruction
Awareness

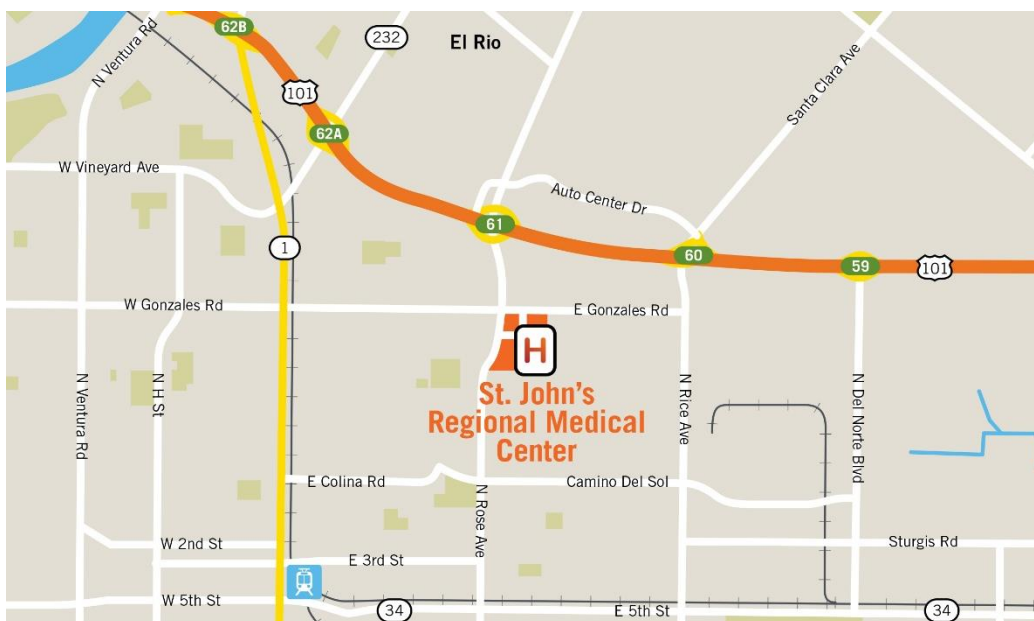


St. John's
Healthcare Foundation.
A Dignity Health Member

St. John's Healthcare
Foundation



St. John's Regional Cancer Center



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805-988-2641

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