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**2019 French Hospital Medical Center Cancer Committee  
Public Report:**

# Breast Cancer



French Hospital Medical Center (FHMC) is a fully accredited Community Cancer Center recognized by the American College of Surgeon's Commission on Cancer since 2016. The multidisciplinary cancer committee at FHMC is responsible for developing and disseminating an annual report on a specific cancer type to demonstrate the outcomes of patients and programs.

We hope you find valuable information in this Annual Cancer Public Report with our focus this year on Breast Cancer. This report shares outcomes for our various endeavors with breast cancer. Through education, screening, data collection, local and national trends, FHMC continuously monitors, evaluates and improves the quality of care we provide to our patients.



French Hospital Medical Center

# Community Cancer Center

## THE PROGRAM

French Hospital Medical Center, for the past six years has been a fully accredited Community Cancer Center recognized by the American College of Surgeon's Commission on Cancer (CoC). This accreditation acknowledges FHMC as a provider of a full range of diagnostic and treatment services to cancer patients and their families. Rehabilitation, support, resources and cancer-related clinical research are among the services we offer.

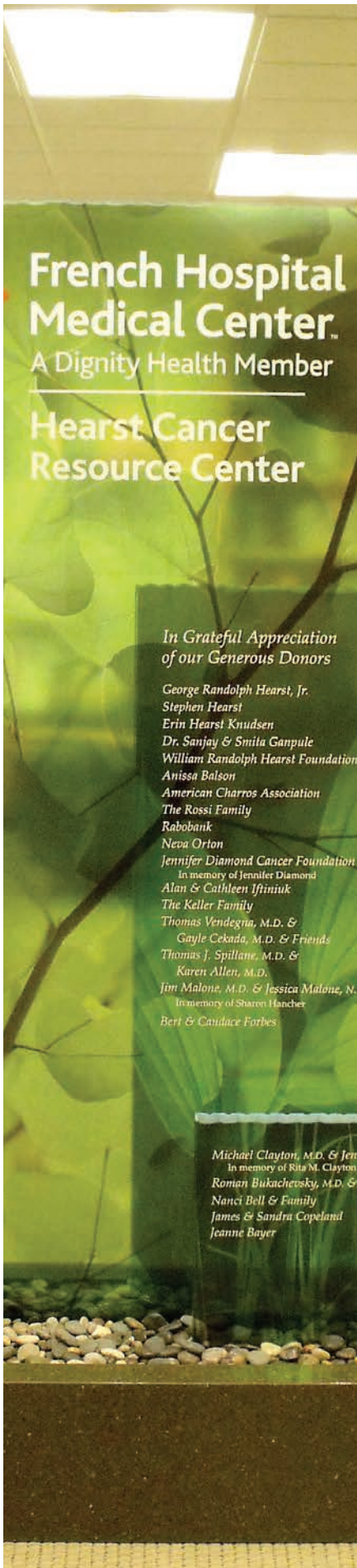
The accreditation is based on a rigorous evaluation process which reviews the cancer program's performance as it relates to cancer prevention, early diagnosis, pretreatment evaluations, measuring and monitoring the quality of care with national benchmarks, and a host of other important facets of a cancer program. Information about new treatment options and ongoing follow up are among the measured criteria. In order to maintain this designation, FHMC must offer advanced, comprehensive care using the latest technology and organized approach to treatment.

"We provide our patients with a high quality, community cancer program," says Eddie Hayashi, MD, and French Hospital Medical Center Cancer Committee Chairman. "We are honored that our program has been recognized in this capacity. This accreditation speaks to the dedication of our physicians, nurses and health care staff and our collaborative approach to cancer care."

Through this collaboration approach to cancer care, FHMC has demonstrated results in successful prevention, screening, diagnosis, treatment, survivorship, end-of-life and community education outreach.

**"We are honored that our program has been recognized in this capacity. This accreditation speaks to the dedication of our physicians, nurses and health care staff and our collaborative approach to cancer care."**

— Eddie Hayashi, MD  
French Hospital Medical Center Cancer Committee Chairman



# Overview of Breast Cancer:

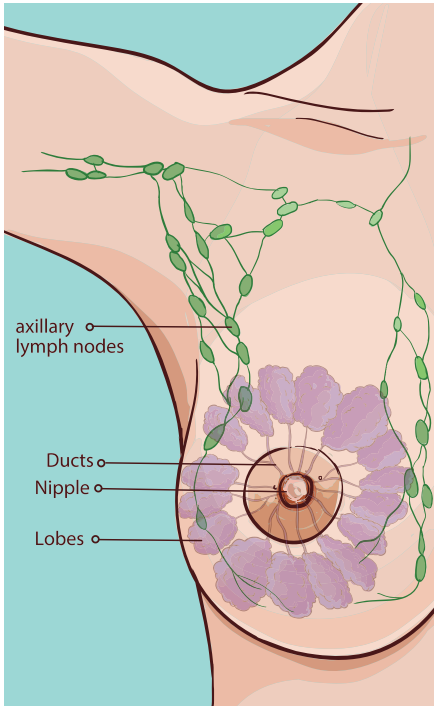
## What is Breast Cancer?

Simply put, breast cancer is a disease in which breast tissue cells start growing abnormally and uncontrollably. The most common form of breast cancer is ductal carcinoma, in which the cancer begins in the breast ducts (tubes that carry breast milk to the nipple). Less common forms of breast cancer are lobular carcinoma, which begins in the lobules (tissues that make breast milk), and inflammatory breast cancer, which causes the breast to become swollen, red, and abnormally warm. There are also rare types of breast cancer that begin in other types of cells, such as lymph/blood vessels, or connective tissues within the breast. Patients may also be diagnosed with ductal carcinoma in situ (DCIS) or lobular carcinoma in situ (LCIS). Both of these conditions have cells that have undergone cancerous changes but are confined within the breast duct or lobule. DCIS and LCIS are also known as pre-cancers or “Stage 0 Breast Cancer.”

## Fast Facts

- Breast cancer is the most commonly diagnosed cancer in women
- Breast cancer is the second leading cause of cancer among women
- One in eight women in the United States will be diagnosed with breast cancer in her lifetime
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer, and more than 40,500 will die
- Breast cancer in men is rare. Men’s risk of breast cancer is much lower than in women
- The lifetime risk of getting breast cancer is about 1 in 833 for men in the United States compared to 1 in 8 for American women
- Over 3.3 million breast cancer survivors are alive in the United States today

The positive news is that many women and men will survive breast cancer, especially if it’s found early when it’s easier to treat. Knowing early detection saves lives, French Hospital Medical Center offers this report and has developed many screening and prevention programs for those concerned about or at high risk for breast cancer.



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Although we can't change gender, age, family history, or ethnic background, we can modify and control our lifestyle choices.

## Reducing the Risks: Awareness and Prevention

Current studies suggest that lifestyle modifications play an increasingly larger role in the fight against breast cancer. Although we can't change gender, age, family history, or ethnic background, we can modify and control our lifestyle choices. The following seven steps may help you reduce your risk of breast cancer.

### 1. Know Your Family History

Men and women with a family history of breast cancer, especially in a first-degree relative such as a parent, child, or sibling, are at an increased risk for breast cancer. Inherited genetic mutations, such as the BRACA1, BRACA2, or PALB2 genes, are linked to as many as 10% of breast cancer cases. It is important to note that the majority of women with one or more affected first-degree relatives will not develop breast cancer, and that most women who do develop breast cancer do not have a family history of the disease. A family history of ovarian cancer is also associated with an increased risk of breast cancer. Since a family history of breast or ovarian cancer may signal the presence of a genetic predisposition to cancer, it is important to discuss this with a physician or genetic counselor.

### 2. Schedule and Keep Your Mammogram Appointments

The American College of Radiology recommends that women with an average risk of breast cancer should undergo regular screening mammography starting at age 40 years with a screening mammography annually. Women who are regularly screened increase their chances of being diagnosed with breast cancer in its early stages, before it has spread. With an early detection of breast cancer by mammography, a greater range of treatment options, including less extensive surgery (e.g. breast conserving surgery such as lumpectomy versus mastectomy) may be possible.

### 3. Maintain a Healthy Weight

The risk of postmenopausal breast cancer is about 1.5 times higher in women who are overweight, and about 2 times higher in obese women than in lean women. This is due, in part, because fat tissue is the largest source of estrogen in postmenopausal women, which leads to higher levels of estrogen in the body. Higher levels of insulin in obese women increase their risk factor of developing type II diabetes, which has also been linked to an increased risk for postmenopausal breast cancer.

### 4. Be Physically Active

Women who practice a regular physical activity routine have a 10% to 20% lower risk of breast cancer compared to women who are inactive. Per the American Cancer Society, a greater reduction in risk is associated with increasing amounts of exercise and more vigorous activity. However, even a smaller amount of exercise, such as a 30 minute walk five days a week, is beneficial. Physical activity has a positive effect on systemic inflammation, energy balance, and hormones.





There is growing evidence that a diet high in levels of fruit, and/or vegetables may reduce the risk of breast cancer.

Women who practice a regular physical activity routine have a lower risk of breast cancer compared to women who are inactive.

## 5. Watch What You Eat

The effect of diet on breast cancer risk continues to be an active area of research. A combination of fresh, nutritional foods such as vegetables, fruits, whole grains, fish, and healthy fats is optimal for overall body health. There is growing evidence that a diet high in levels of fruit, and/or vegetables may reduce the risk of breast cancer. Limit or avoid fast foods, refined sugars, and processed meats, and use portion control at mealtimes to help maintain an appropriate body weight.

## 6. Limit Alcohol Intake

Studies have confirmed that alcohol consumption increases the risk of breast cancer in women by about 7-10% for roughly one drink of alcohol consumed per day on average. The risk increases to 20% with women who consume 2 to 3 drinks a day, as compared to non-drinkers. Alcohol increases the risk of breast cancer by raising estrogen and androgen levels in the body.

## 7. No Tobacco Products

On-going research continues to indicate that smoking may increase breast cancer risk, particularly women who are long term, heavy smokers, and those who started smoking at a young age. New studies suggest that secondhand smoke may also increase risk, especially for premenopausal breast cancer.





French Hospital Medical Center offers free diagnostic exams for the underinsured and uninsured population as support in the patient's continuum of breast care.

# Screening, Support and Educational Programs

## Community Health Needs Assessments

Every three years the French Hospital Medical Center (FHMC) has a requirement that a not-for-profit hospital conduct a Community Health Needs Assessment (CHNA) to identify and prioritize significant health needs of the community served by FHMC.

As outlined in the FHMC 2016 and 2019 Community Health Implementation Strategy, FHMC will continue to work with community-based organizations, community health clinics and other community partners that provide services and activities such as health fairs, free health screenings and health educational programs. This collaboration with our community health partners will help link the gap between services and the underserved population.

In 2015 FHMC identified a significant gap in the breast cancer services offered to San Luis Obispo County's low income and underserved population. In an effort to ensure that breast cancer outreach, screening, diagnostic testing and navigation services were offered to this population, the FHMC received grant funds for The Breast Cancer Outreach and Navigation Program.

## Mammogram Screenings and Diagnostic Exams

Since the beginning of the Mammography Screening clinics in 2016 FHMC has had a robust breast cancer outreach and screening program.

The Women's Health and Imaging Center at FHMC in collaboration with our community-health based organization now offers eight free 3-D mammogram screening clinics per year to the most vulnerable population. For a patient who is uninsured or underinsured, they must have a clinical breast exam and an order from their physician to receive a free screening mammogram at the Women's Health and Imaging Center.

The outcome for these screenings has seen an increase of 176% (from 2016 to October 30, 2019), with 2 women diagnosed at an early stage breast cancer.

The effectiveness of the screening clinic is due to the increased growing number of women actively participating in these free screening clinics. The increase is a direct result of outreach and collaboration with our health-community partners, and the local partnership with the Spanish radio station.

FHMC, as part of The Breast Cancer Outreach and Navigation Program, also offers free diagnostic exams for the underinsured and uninsured population as support in the patient's continuum of breast care.



Active engagement in a support group can improve the impact of three major stressors associated with cancer:

- Loneliness
- Loss of control
- Loss of hope

## Breast Cancer Support Groups

Expansive research shows that active engagement in a support group can improve the impact of three major stressors associated with cancer: loneliness, loss of control and loss of hope. Many survivors have expressed finding support groups to be extremely helpful because there is comfort in knowing others can relate to the feeling of fear, uncertainty and loneliness.

Hearst Cancer Resource Center offers two monthly breast cancer support groups in English and Spanish. The Spanish group supports FHMC north county service area where many Hispanics reside. It has grown over the last year, due to collaboration with our community health partners in Paso Robles, with an average attendance of 6 people per month.

The breast cancer support group at the Hearst Cancer Resource Center has always been strongly attended with women sharing their individual journey whether they are newly diagnosed, in treatment or beyond. Led by a professional therapist and breast cancer survivor, Lindsey is passionate about helping others navigate cancer's rocky terrain. The Breast Cancer Support Group in English meets at HCRC the first Tuesday of every month at 5:30 p.m.

## Educational Outreach

Besides our strong breast cancer support groups, HCRC/FHMC has offered numerous education programs addressing the latest technology in breast cancer screening, new treatment discoveries, and the future of this constantly-evolving field of breast cancer.

In celebrating October Breast Cancer Awareness Month, the HCRC offered a community educational program titled, Breast Cancer: New Discoveries, New Future, with a panel of local physicians and health care staff. There were a total of 64 attendees from across the San Luis Obispo County ranging from breast cancer survivors to caregivers to medical professionals. This program was made possible through the support of the Martin Hulburt Family Cancer Education Fund and was offered as a community service.

The Lay Patient Navigator has seen a substantial growth in requests for lectures and community presentations. In 2018 more than 700 Spanish speaking individuals attended numerous breast cancer awareness and prevention talks.

## Did you know?

**Hearst Cancer Resource Center offers two monthly breast cancer support groups: one in English and one in Spanish.**





## What are the National Comprehensive Cancer Network (NCCN) Clinical Practice Guidelines?

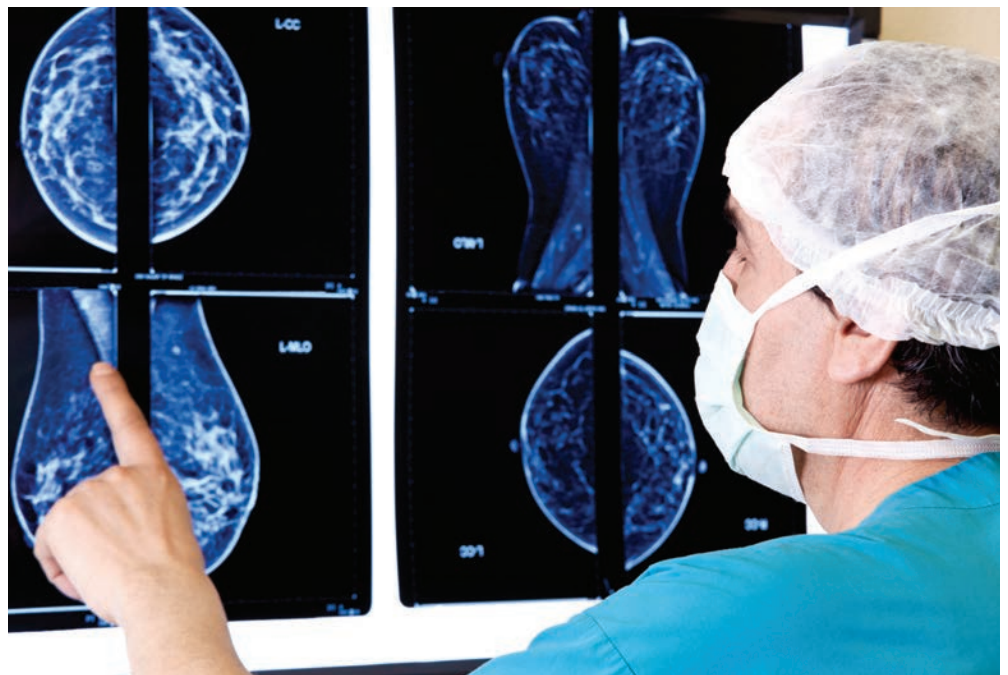
- They are the most detailed and most frequently updated clinical practice guidelines available in any area of medicine.
- They are decision tools that are created by doctors to explain a disease and determine the best way to treat a patient depending on their diagnosis, disease stage, and other factors, such as age.
- They help doctors make decisions by explaining the pros and cons of each treatment option.
- They are updated on a continual basis, and are developed through explicit review of evidence (clinical trials, existing treatment protocols) integrated with expert medical judgment.

# National Guidelines and Staging

## National Guidelines for Breast Cancer

**The National Comprehensive Cancer Network (NCCN)** is a not-for-profit alliance of 27 leading cancer centers. Experts from the NCCN have written treatment guidelines for doctors who treat cancer. These treatment guidelines suggest what the best practice is for cancer care. As an accredited cancer program, French Hospital's Cancer Committee must designate a physician member to complete an in-depth analysis to assess and verify that cancer program patients are evaluated and treated according to evidence-based national treatment guidelines, such as those suggested by the NCCN.

**Outcome:** In 2018, there were 16 cases of stage 0 (DCIS) breast cancer diagnosed and/or treated at FHMC that were evaluated for compliance with NCCN guidelines for treatment after diagnosis. Cases were reviewed for appropriateness of radiation therapy after surgery which included 11 criteria items and a determination of low risk factors per the Radiation Therapy Oncology Group guidelines. Physician analysis determined 100% of the treatment decisions for the cases reviewed followed NCCN guidelines.



French Hospital Medical Center is a fully accredited Community Cancer Center recognized by the American College of Surgeon's Commission on Cancer. This accreditation acknowledges FHMC as a provider of a full range of diagnostic and treatment services to cancer patients and their families.





## National Guidelines for Breast Cancer, continued

**The National Cancer Data Base (NCDB)** is a resource jointly sponsored by the American College of Surgeons and the American Cancer Society. This data base contains information on 10 selected cancer sites from more than 1,500 accredited cancer programs across the nation. As an accredited cancer program, FHMC participates in data submission to the NCDB each year. In return, online reporting tools with comparative benchmarks are available to the Cancer Committee at French Hospital for comparison to other facilities of similar size throughout the state, the region, and the country.

**Outcome:** Using a tool called the Cancer Program Practice Profile Report (CP3R), data from the most recent year submitted to the NCDB (2016) is shown below. For cases diagnosed and/or treated at French Hospital, patients were above benchmarks for receiving standard of care therapies. Patients can be assured of continuous practice improvement dedicated to quality of patient care at the local level and in comparison to other facilities.

### Cancer Program Practice Profile Reports (CP<sup>3</sup>R) Breast Cancer

**Diagnosed 2016** French Hospital Medical Center, San Luis Obispo, California

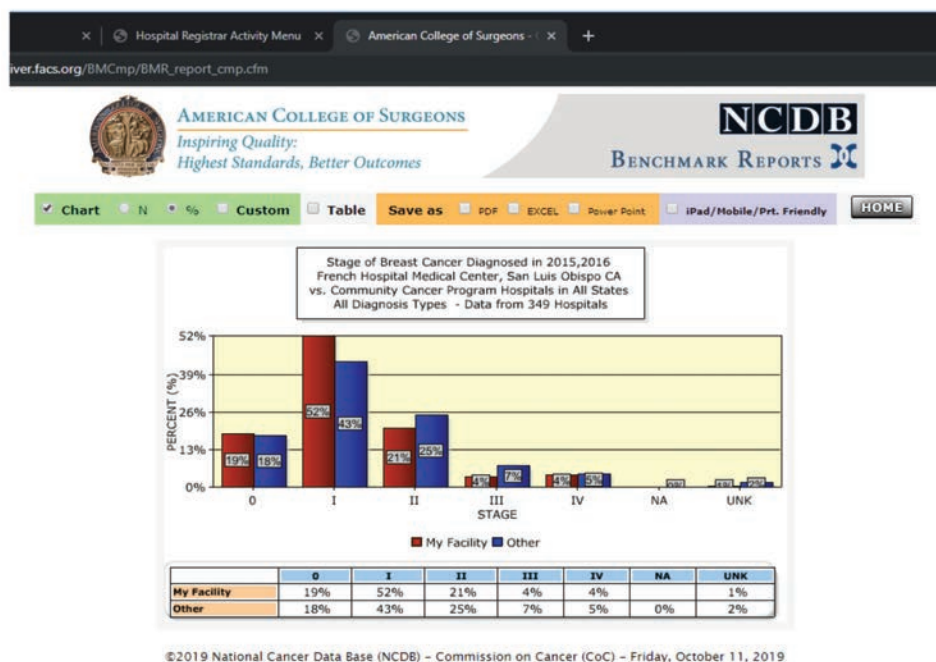
#### Select Measures: Breast

	Measure	CoC Std/%	Estimated Performance Rates (%)
Radiation therapy is recommended or administered following any mastectomy w/in one year of diagnosis of breast cancer for women w/ >= 4 positive regional lymph nodes (accountability)	MASTRT	90%	100.00
Combination chemotherapy is recommended or administered within 4 months of diagnosis for women under 70 with AJCC T1cN0, or stage IB-III hormone receptor negative breast cancer (accountability)	MAC	Not Applicable	100.00
Tamoxifen or third generation aromatase inhibitor is recommended or administered w/ 1 year of diagnosis women with AJCC T1c or stage IB-III hormone receptor positive breast cancer (accountability)	HT	90%	92.30

## French Hospital Medical Center Cancer Community Program Comparison by Stages to Similar National Cancer Community Programs

Benchmarks for comparison are necessary to provide meaningful use of staging data. As a benefit of being an accredited cancer program, French Hospital outcomes are included in the National Cancer Data Base's (NCDB) Hospital Comparison Benchmark Reports.

The following graph represents NCDB stage distribution data from 349 hospitals (of similar size to French) in all stages for 2015 and 2016, compared to stage distribution at French Hospital. Early stage breast cancer (stage 0, stage 1) was above the national average and late stage breast cancer (stage IV) was below the national average.



**Questions or concerns?  
Contact us.**

**Gloria Caine, RN, BSN, OCN,  
CN-BN**

NURSE NAVIGATOR, HCRC

**805.542.6234**

Gloria.Caine@Dignityhealth.org

**Eloisa Medina**

BILINGUAL LAY PATIENT  
NAVIGATOR, HCRC

**805.786.6130**

Eloisa.Medina@Dignityhealth.org

**Lisa Steinbeck**

CANCER REGISTRAR, HCRC

**805.975.7515**

Lisa.Steinbeck@Dignityhealth.org

**Beverly Kirkhart**

DIRECTOR, HCRC

**805.542.6269**

Beverly.Kirkhart@Dignityhealth.org

## Working Together to Provide Quality Care

French Hospital Medical Center's Cancer Committee strives to provide top-notch programs and services to the cancer patients in San Luis Obispo County.

We could not accomplish the goal of increasing our outreach, education and screening programs without the assistance of our caring community, medical staff, employees, administration and volunteers. Together we continue to deliver the highest quality care for our most vulnerable population.

If you would like more information or have questions or concerns, we invite you to call Hearst Cancer Resource Center at 805.542.6234 or visit our website at [www.Dignityhealth.org/frenchhospital](http://www.Dignityhealth.org/frenchhospital).

**French Hospital Medical Center**

1911 Johnson Avenue, San Luis Obispo, California | 805.543.5353