

About Cancer Care

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

Finding Joy



**Stephanie Rothbauer,
Acute Myeloid Leukemia
Survivor**

It's hard to believe what my life has been like over the past three years. I was 37 years old and working my dream job while raising my three children. My days were jam packed from the second I woke

up in the morning until the minute I laid my head down at night. The very last thing on my mind was cancer. Then my crazy-busy life came to a screeching halt. I was rushed to Stanford Hospital and quickly diagnosed with Acute Myeloid Leukemia. At the time I felt a sense of relief. Finally after weeks of feeling sick and pushing it aside, I had an answer to what was wrong and I was ready to fix it. Little did I know it would be 18 months before I would finally reach remission. After several rounds of chemotherapy, full-body radiation, countless blood and platelet transfusions, months of hospital stays, and finally a bone marrow transplant, I'm thankful to say that today I'm cancer free!

My greatest piece of advice for those facing a cancer diagnosis is to take it one day at a time. It's easy for the anxiety to take over. I remember during the early days I was up late one night tuned to "Dr. Google" for answers and it terrified me. I woke up my husband and we sobbed and held each other tight. We decided at that moment we would only focus our energy on positivity. "Good Vibes Only" became our mantra and it still stands true for us today.

Cancer taught me how incredibly precious life is. I now live each day with gratitude and peace. I push aside the fear and anxiety that cancer left me with and focus only on what brings me joy.

My heart forever belongs to the cancer warriors. Amazing things are just ahead; remember to keep your eye on the prize!



Susan Diaz, RN, OCN—Director of SLO Oncology and Eloisa Medina, Lay Patient Navigator Hearst Cancer Resource Center

Helping Cancer Patients in Other Ways

Our team supports cancer patients in more methods than expected. The teams at Dignity Health care for patients of this community in a variety of ways: nursing, navigation, oncology care, palliative care, Latino programs, educations, transportation, services for the under-insured, and so much more. During these challenging times, many of our frontline team also took time out of their busy schedules to give the gift of blood.

According to Vitalant, our local blood bank, approximately 40 percent of all donated blood goes to help cancer patients. Locally people can give the gift of these blood donations:

- **Whole blood**
- **Red blood cells**
- **Platelets**
- **Plasma**
- **Convalescent plasma (rich with COVID anti-bodies)**

All of these are tremendously helpful to cancer patients.

In addition to blood, there is also a very important need for healthy bone marrow donations and bone marrow registrants to support cancer patients.

According to “Be The Match”—a nonprofit program operated by the National Marrow Donor Program that manages and matches patients with bone marrow donations around the world—a bone marrow transplant may be the best treatment option or potential cure for patients with leukemia, lymphoma, and many other diseases. As the science of transplant continues to advance, new diseases are being treated with transplant. Stephanie, our cover story patient, is thriving after cancer because of a bone marrow match and transplant through this program.

If you are looking for great new ways to support cancer patients, blood, plasma, and bone marrow donations are life-saving gifts for many cancer patients.

For more information about donating blood or plasma, visit [vitalant.org](https://www.vitalant.org). Amazingly helpful information about donating, registering, or receiving bone marrow can be found at [bethematch.org](https://www.bethematch.org).

Summertime Nutrition

Summertime is around the corner! Colorful fruit like berries, apricots, and peaches and vegetables like zucchini, tomatoes, and eggplant are perfect examples of the types of produce available this time of year. Loading up your plate with these delicious types of produce provides you with naturally cancer-protective vitamins, minerals, and phytonutrients—and you get the bonus of filling up on low-calorie, fiber-packed foods.

However, when eating at barbecues, there are concerns about potentially harmful cancer forming compounds.

The American Institute for Cancer Research says, “When meat, poultry, and fish are cooked with high temperatures—especially when well-done or charred—two cancer-causing compounds called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) form. These substances can damage DNA and may increase risk for colon cancer.”

Here are four healthier grilling tips that will reduce the amount of these compounds:

- **Use a low flame. Cook slowly to limit burning and charring. Moving meats to the center of the grill (coals to the perimeter) and cutting off visible fat reduces flare ups. Any charred or burnt meat should be cut off and discarded before eating.**
- **Marinating the meat even for just 30 minutes with herbs and vinegar or lemon juice will reduce the amount of cancer-promoting compounds formed in the meats while barbecuing.**
- **Partially pre-cook meat by using the oven or stove. Finish it off on the grill.**
- **Sizzle veggies or fruit. Cancer-promoting compounds do not form in fruits or veggies that are grilled. Asparagus, onions, mushrooms, zucchini, eggplant, and corn on the cob are favorites—grilling brings out new delightful flavors. Fruit like sliced apples, peaches, and pineapple can be brushed with oil and grilled for a short period. Sprinkle with cinnamon or add a dollop of yogurt for an extra treat.**

Enjoy your summer, focus on increasing your seasonal produce, and, if you enjoy a barbecue, engage in techniques that promote healthy grilling at your next gathering!

Please join us for our upcoming education:

Naturopathic Nutrition Education

WHEN: July 13, 5:30

WHERE: Virtual Zoom presentation

PRESENTED BY: Dr. Heidi Lucas, ND

RSVP to: hcrc@dignityhealth.org

Mindfulness Skills for Resilience and Joy



Mick Malotte, MD

One of my favorite meditation teachers, Jack Kornfield, was once asked what his favorite virtue was. It was joy. He said, “I love being with those who have a joyful heart even though they have considered the facts.”

And the facts are that living a human life is not always so easy. Our life journey includes quite a range of joys and difficulties. There is unspeakable beauty, even in small moments. Watching a child play, the happiness of people being together, and the amazing movement of birds and clouds. And we also encounter difficulties, sometimes extreme, like illness, sadness, and loss.

This raises a big question: How can we be joyful even though we have considered all the facts? How do we live with stability, dignity, and contentment in the midst of all these ups and downs?

This led Jon Kabat-Zinn, in the 1970s, to develop the Mindfulness-Based Stress Reduction program, which started the mindfulness revolution. MBSR is now taught all over the world in diverse fields such as healthcare, education, sports, the military, and even government. For example, 20 percent of members of U.K. Parliament have taken an MBSR course.

MBSR is the most scientifically studied meditation approach. People with this training have measurable changes in their brains. They don't get as perturbed in difficult situations. They settle down and return to a balanced state more quickly. They are less preoccupied and more able to enjoy the present moment. They live in more positive mind states like kindness, joy, and generosity. And they worry less. Research also finds a decrease in markers of inflammation and slower cellular aging.

So, please join us August 4 for Mindfulness for Resilience and Joy. Bring several raisins in a bowl, and a yoga mat or somewhere to lie down for a body scan.

For more information on mindfulness practice in cancer care, see *Being Well Even When You're Sick* by Elana Rosenbaum.

Please join us for our upcoming education:

Mindfulness for Resilience and Joy

WHEN: August 4, 10:00 AM

WHERE: Virtual Zoom presentation

PRESENTED BY: Dr. Mick Malotte

To receive the zoom link please email: hcrc@dignityhealth.org

New Mental Health Services for Cancer Patients



In addition to the physical and medical challenges experienced by patients, a cancer diagnosis brings many strong emotions. For some, this emotional upheaval and stress can progress further, with nearly one in four cancer patients experiencing depression. That is why it is critical for patients to have access to increased emotional support resources.

The Hearst Cancer Resource Center (HCRC) currently offers support groups and patient navigation services, but a gap in mental health services for cancer patients still exists. Thanks to longtime HCRC supporters Steve and Karen Chubon, the HCRC will soon begin to fill that gap with the addition of a dedicated social worker. The HCRC social worker will have the expertise needed to better support each patient's emotional and mental health concerns, connecting them with the resources that will benefit them most.

As a volunteer at the HCRC, Karen has seen firsthand the emotional distress that cancer patients experience. Karen and Steve were also impacted by Karen's mother's cancer journey, which originally inspired their involvement with the HCRC.

"I saw the emotional impact cancer had on my mother and also saw her initial hesitation to attend support groups over concern of how it looked to others," says Karen. "But once she joined one, she saw the tremendous benefits."

"Everyone thinks about the physical implications of a cancer diagnosis, but there is a tremendous emotional turmoil as well," says Steve. "By enhancing mental health services, the HCRC will be able to help connect cancer patients with more of the resources they need in one place."

By helping to make mental health services more easily accessible, the Chubons hope that more HCRC patients will get the additional emotional support they need.

HCRC programs and services are offered free of charge, thanks to the support of donors like the Chubons and community members like you. Donate to support HCRC mental health services and more at supportfrenchhospital.org/hcrc or call 805.542.6496.

Free services include:

- Nurse navigator to guide, advocate and support patients through their journey
- **Support Groups**
 - All Blood Support Group
 - Breast Cancer Support Group
 - Caregiver Support Group
 - Living With Cancer Support Group
 - Prostate Cancer Support Group
 - Spanish Support Group, en Español
 - Young Survivor Support Group
- **Social services, programs, one-on-one, family, and financial insight**
- **Nutritional counseling with our Registered Dietitian**
- **Lay Patient Navigator**
- **Wellness tools to aid in holistic well-being and relaxation**
 - Energy Balancing
 - Guided Meditation
 - Intuitive Collage
 - Lymphedema Evaluation
- **Appearance center with resources for cancer patients to look and feel their best**
- **Exercise and strengthening classes**
 - Pilates
 - Tai Chi Chih
 - Qigong
 - Yoga
- **Educational presentations from local and national experts**
- **Transportation Support**

Turn to us for answers:

HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401
805.542.6234
Monday–Friday
9AM–4:30PM
dignityhealth.org/hcrc
HCRC is temporarily closed to walk-ins.
Please call for assistance.

Thomas Spillane, MD
Medical Director

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

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator
Julie.Neiggemann@dignityhealth.org

Eloisa Medina
Lay Patient Navigator
805.786.6130 - en español
Eloisa.Medina@dignityhealth.org

Angela Fissel, RD
Registered Dietician

DIGNITY CANCER CARE CENTRAL COAST

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

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Katherine M. Guthrie
*Senior Regional Director,
Cancer Services*
CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

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

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577
Infusion Center Front Desk:
805.786.6140

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
Gorgun Akpek, MD, MHS
Diane De Vos Schmidt, FNP-C
J.T. Link, MD
James Malone III, MD
Tim Souchek, PA

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey St #210,
San Luis Obispo, Ca 93401
805.542.9700

FHMC Women's Health and
Imaging Center
1941 Johnson Ave Suite 104,
San Luis Obispo, Ca 93401
805.597.6700

SLO INFUSION CENTER

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

Susan Diaz, RN, DCN
Director

Viridiana Ruiz, RN, DCN
Oncology Counselor

ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH
& HOSPICE
800.549.9609

PALLIATIVE CARE
805.739.3950

COASTAL CANCER PARTNERS

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

17 Strong
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

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

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

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

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

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93401

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Alan Iftiniuk
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FRENCH HOSPITAL MEDICAL CENTER

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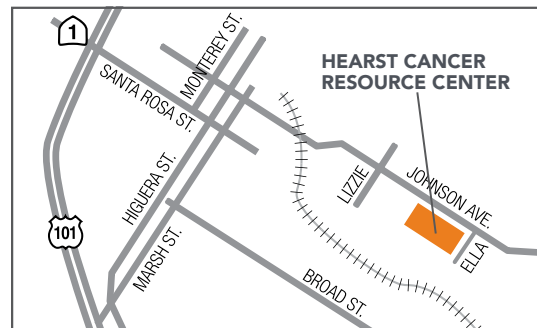
Susan Minker, MD

Don Oberhelman

Thomas Spillane, MD

Jackie Starr

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program
1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234

