

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

February and March 2016



Revisiting Resolutions of 2016

New Year's resolutions are the ongoing effort of members of the human race to reinvent and better themselves. Many of us start out the New Year setting goals at the perfect time with the best intentions. Wharton Business School professor Katherine Milkman found that "people redouble their efforts at the beginning of every week, every month, and following a birthday or anniversary." There is a reason for local gyms running the greatest specials in the month of January. However, according to a poll, 45% of all Americans make New Year's resolutions—but of those, only 8% succeed.

Why is this happening when we start off with the best intentions? For one thing, it seems that the majority of goals are based on past failures, such as reducing debt (when we have been spending too much), or losing weight (because we failed to make lifestyle changes in 2015). What if we choose a different approach this year? Research has shown that habitual behavior is sustained by thinking patterns that create new neural pathways and memories. What if we worked on changing our thinking first? What would it look like if we focused on participation rather than performance?

Change can happen if we focus on progress rather than perfection. Maybe you have not been able to organize your whole house, but you succeeded in decluttering your garage. Remember perfection is unattainable, no matter how hard you try! Instead, put your effort into setting attainable goals for yourself and writing them down. Wanting to lose one pound by the end of the week is good, but ingesting less than 2000 calories today is better.

Pick goals that are important, interesting, or enjoyable to you. Then check in with yourself: why is this important to me? Next, break your goals into smaller milestones. Make those milestones immediate and specific: maybe your goal is to run a 10K at the end of the year. Then you

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Prevention Month

March is Multiple
Myeloma & Colorectal
Awareness Month



Dignity Health™
Cancer Institute
of Greater Sacramento

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could decide to walk a mile every week, starting today with walking around the block. In case you notice that your initial goals cannot be reached (for whatever reason), simply adjust the action steps but keep your goals. For example, if walking around the block seems too much, then maybe you can start with walking to your mailbox today.

Be kind to yourself. Treat yourself like you would treat your best friend—with encouragement, not judgment. Keep in mind that Socrates' words of wisdom apply to all of us: "The secret of change is to focus all of your energy not on fighting the old, but on building the new."

Eva Lukas
Oncology Therapist

The Power of Food: Focus on Fiber

Current recommendations for daily fiber in the diet are 25 grams for women and 38 grams for men. Fiber serves a number of functions—such as keeping your GI tract healthy, reducing serum cholesterol, and increasing insulin sensitivity. But how does it actually work?

Fiber consists both of dietary and functional fiber. Dietary fiber is a type of complex carbohydrate in the food you eat while functional fiber has been extracted and manufactured into food, beverages or supplements. The digestive enzymes in the stomach and small intestine are unable to break down fiber into simple sugars so it passes through to the large intestine. In the colon, bacteria ferment some of the fiber (mainly soluble fiber) into carbon dioxide, methane gas, and short chain fatty acids—good for colon health, reduced production of cholesterol, increased water absorption, and slowed intestinal transit time (relieving diarrhea). Fiber that is unable to be fermented or fermented very slowly (mainly insoluble fiber) helps to increase good bacteria, fecal bulk and water in the colon, helping with laxation and speeding up of intestinal transit time (relieving constipation). Both types of fiber are found in whole grains, fruits and vegetables, beans, nuts, and seeds.

Foods with more soluble fiber include oatmeal, flax/chia seeds, ripe bananas, berries, prunes, barley, lentils, sweet potatoes, and soy beans. Psyllium and inulin are both functional soluble fibers.

Foods with more insoluble fiber include wheat bran, whole wheat, corn, cruciferous vegetables (broccoli, cauliflower, cabbage), potato and apple skins, avocado, and spinach.



Remember to go slow when adding fiber to the diet and drink plenty of fluids, especially water.

Ten tasty ways to add more fiber to your diet:

- Add shredded or chopped vegetables to meatloaf, lasagna, casseroles, or egg dishes
- Stir in 1–2 tablespoons ground flax into oatmeal, yogurt, or smoothies
- Try a lentil/barley pilaf as a high protein/fiber change from brown rice
- Try roasting broccoli and cauliflower in the oven (spray with olive oil) to bring out the sweetness of these high fiber veggies
- Have apple slices (with the skin) with nut butter for a snack or dessert
- Use a whole grain hot cereal mix in place of half the flour in a muffin recipe
- Eat edamame (soy beans) for a snack or high protein/high fiber appetizer
- Add pureed beans to recipes (meatloaf, brownies, muffins) to increase protein and fiber
- Puree frozen berries and bananas in a blender for a tasty, high fiber sorbet

Susan Liebert, MS, RD, CNSC, CDE
Clinical Dietitian



Exercise and Cancer Prevention

There is convincing evidence that physical activity is associated with a reduced risk of cancers of the colon, lung, breast, endometrium, and prostate. The following recommendations for exercise and risk reduction are summarized. What steps can you take to lower your risk?

Type of Cancer	Recommended Exercise	% Cancer Risk Reduction	Possible Mechanism of Action
Breast Cancer (73 studies)	30-60 minutes/day of moderate-to-high intensity physical activity	30–40%	↓ hormone levels ↓ insulin levels ↓ insulin-like growth factor ↓ body mass ↓ excess body fat
Colon Cancer (52 studies)	30-60 minutes/day of moderate-to-high intensity physical activity	30–40%	Role in energy balance Hormone metabolism Insulin regulation ↓ time the colon is exposed to carcinogens ↓ inflammation/immune factors
Prostate Cancer (42 studies)	150 minutes/week of moderate intensity or 75 minutes/week of high intensity physical activity	9%	Changes in hormones, energy balance, insulin-like growth factors, immunity, and antioxidant defense mechanisms
Endometrial Cancer (25 studies)	30-60 minutes/day of moderate-to-high intensity physical activity	20–40%	↓ body mass ↓ excess body fat ↓ estrogen levels Changes in metabolism
Lung Cancer (21 studies)	30-60 minutes/day of moderate-to-high intensity physical activity	20% Lower reduction for women who are nonsmokers	↓ carcinogenic agents in lungs ↓ inflammation ↑ DNA repair capacity ↑ improve pulmonary function ↑ or enhance immune function Possible gene-physical activity interactions

Moderate-intensity Activity = Bicycling 10-20 mph

High-intensity Activity = Walking 3 mph; Running >5 mph; Bicycling > 20 mph

Julia Stedifor, ACSM Registered Clinical Exercise Physiologist, BS, RCEP

Recap: Helping Young People Cope with Grief

The Dignity Health Cancer Institute offered a counseling discussion on January 25 at Mercy San Juan Medical Center to educate patients, parents, and guardians about ways to maintain a sense of normalcy in the face of loss. The event featured certified Grief Recovery Method® Specialist Eva Lukas, MA, and special guest speaker and child specialist April Garr, MFTI.

The speakers discussed:

- Ways to support grieving children and teenagers
- How to start the conversation
- What to say and what not to say
- How children and teenagers understand and react to death



- Common beliefs demystified
- The difference between grief and depression
- The cost of grief to society

Sierra Nevada Memorial Hospital Cancer Center Resources

Cancer Support Group with Linda Meyers

Wednesdays, 3 to 4:30 p.m.

Contact Linda: 530.478.1273

Care Support Group with Jeanine Bryant, MS

For family and friends of cancer patients

Wednesdays, 3 to 4:30 p.m.

Contact Jeanine: 530.274.6654

Woman to Woman: Sharing the Cancer Experience with Jeanine Bryant, MS

Wednesdays, 9:30 to 11 a.m.

Contact Jeanine: 530.274.6654

Prostate Discussion Group

Fourth Thursday of each month, 4:30 to 6 p.m.

Contact Virginia Wyman, NP: 530.346.6680

Head and Neck Cancer Help Group

First Saturday monthly, 10:30 to 11:30 a.m.

Contact Jim Vardon: 530.432.3022

Ovarian Cancer Group

Third Sunday of each month, 1 to 3 p.m.

Contact Rebecca Parsons: 530.274.6656

G.A.T.E.: Grieving and Transitioning Emotionally

Support for those who have lost a loved one to cancer

Tuesdays, 3:30 to 5 p.m.

Contact Jeanine: 530.274.6654

Kidscope: For Children Impacted by Cancer

Contact Jeanine Bryant: 530.274.6654

Writing to Heal with Molly Fisk

Creative writing class, 8 weekly classes

Thursdays, 2:30 to 4:30 p.m.

Contact Molly: 530.265.8751

Transformational Wholeness with Nanci Shandera, PhD

Tuesdays, 10 a.m. to 12:30 p.m.

Contact Nanci Shandera, PhD: 530.265.9097,

drnanci@earthspiritcenter.com or

EarthSpiritCenter.com

Harp Classes with Lisa Stine

Twelve weekly classes on Fridays

Contact Lisa Stine: 530.265.5599

For information on any of the groups below (where another number is not given), call Rebecca Parsons 530.274.6656



MERCY FOUNDATION

Inspiring philanthropy. Changing lives.

FROM 1954 UNTIL THE END OF NEED

For over six decades, Mercy Foundation has partnered with the community to further the mission of the Sisters of Mercy. Together, we help feed the hungry, shelter the homeless, educate the underserved, and care for the sick at local Dignity Health hospitals and clinics.

Introducing: Laura Westbrook, MS, LCGC



Laura Westbrook, MS, LCGC, is a licensed genetic counselor, specializing in cancer genetics and hereditary cancer syndromes. She has worked in prenatal, pediatric, and cancer genetic settings at UC Davis and Sutter; and has a particular

interest in cancer genetic counseling and cancer survivorship for young adults.

Laura offers genetic counseling services for cancer patients or survivors who have either been diagnosed with certain types of cancer, cancer at a young age (less than 50), or who have a family history of cancer. As a genetic counselor, she reviews a person's medical history and family history and can determine if genetic testing is appropriate. If genetic testing is recommended, she will discuss the results in detail and can recommend additional screening, medical management, and referrals to other specialists if indicated.

If interested in speaking with a genetic counselor, patients can contact their oncologist to make a referral for genetic counseling. Dignity Health Cancer Institute Genetic Counseling Phone: 916.556.3186, Fax: 916.536.3044.

Medical Decisions When They Count Most: Advance Health Care Planning Workshop

- Are you concerned about a loved one's declining health, but unsure how to talk about what lies ahead?
- Does your doctor know what treatments you do or do not want?
- Who will decide your healthcare if you can't?
- Are you confident that people close to you know your treatment preferences?
- Have your wishes been written down and are they easily accessible?

This free, informational 90 minute class will help you answer all the questions above. Dignity Health nurse educator Chris Evans will discuss two important documents in the advance care planning process, the Advance Health Care Directive (AHCD) and Physician Orders for Life-Sustaining Treatment (POLST).

Each participant will receive a packet of helpful materials.

Dates for 2016:

April 13, September 21, November 16
10 to 11:30 a.m.

Dignity Health Collaborative Learning Center
1700 Tribute Road, Suite 100
Sacramento, CA 95815
916.733.6330

Calendar of Events

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Guided Imagery Mercy San Juan 8:45 to 9:15 a.m. Gentle Conditioning Mercy San Juan 9:15 to 9:45 a.m. Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	3 Legacy Cancer Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m. Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	4 Yoga Mercy Cancer Center 5:30 to 6:30 p.m. Breast Cancer Support Group Mercy Cancer Center 6:30 to 8 p.m.	5	6 Ostomy Support Group Mercy San Juan 10 a.m. to Noon Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon
7	8 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	9 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Caregiver's Support Group Yolo Adult Day Center 6:30 to 8:30 p.m.	10 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	11 Gentle Conditioning* Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	12	13
14 HAPPY VALENTINE'S DAY!	15 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	16 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.	17 Caregiver's Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m. Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	18 Prostate Support Group UC Davis 1:30 to 3:30 p.m. Yoga Mercy San Juan 3:30 to 4:30 p.m. Breast Cancer Support Group Mercy San Juan 4:30 to 6 p.m.	19	20
21	22 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	23 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	24 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	25 Gentle Conditioning* Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	26	27
28	29 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.					

Calendar of Events

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	2 Legacy Cancer Support Group Mercy San Juan 11 a.m. to 12:30 p.m. Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	3 Yoga Mercy Cancer Center 5:30 to 6:30 p.m. Breast Cancer Support Group Mercy Cancer Center 6:30 to 7:30 p.m.	4	5 Ostomy Support Group Mercy San Juan 10 a.m. to Noon Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon
6	7 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	8 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.	9 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	10 Gentle Conditioning* Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	11	12
13	14 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	15 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.	16 Caregiver's Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m. Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	17 Prostate Support Group Mercy San Juan 1:30 to 3:30 p.m. Yoga Mercy San Juan 3:30 to 4:30 p.m. Breast Cancer Support Group Mercy San Juan 4:30 to 6 p.m. HAPPY ST. PATRICK'S DAY!	18	19
20	21 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	22 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	23 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	24 Gentle Conditioning* Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	25	26
27	28 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	29 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	30 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	31		* Gentle Conditioning/ Exercise has a new space —classes at Mercy San Juan are now held at 6401 Coyle Ave., Suite 112.

Calendar of Events

Blood Cancer Support Group

Mercy San Juan Medical Center
Conference Room 2/Russell Tower
(next to cafeteria)

Breast Cancer Support and Education Group

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Suite 140

Cancer Support Group

Mercy Hospital of Folsom
Call 916.390.2661 for location

Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Plaza
6401 Coyle Ave, Suite 112

Legacy Support Group

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Call 855.637.2962 for location

Living with Cancer Support Group

Woodland Memorial Hospital Cafeteria

Multiple Myeloma Support Group

Mercy San Juan Medical Plaza
Lukens Auditorium



Nutrition Class

Mercy Cancer Center—Sacramento
Large Conference Room

Ostomy Support Group

Mercy San Juan Medical Center
Conference Room 2 (next to cafeteria)

Prostate Cancer Support Group

Mercy San Juan Medical Plaza
UC Davis Medical Center
Cancer Center Auditorium

Smoking Cessation Classes

Mercy San Juan Medical Plaza—
916.537.5299

Mercy General Cardiopulmonary
Rehab Department—
916.453.4268

Yoga

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Room 145

Locations

Mercy Cancer Center—Sacramento

3301 C Street # 550
Sacramento, CA 95816
916.556.3200

Mercy Cancer Center—Carmichael

6511 Coyle Avenue
Carmichael, CA 95608
916.863.8700

Mercy General Hospital

4001 J Street
Sacramento, CA 95819
916.453.4545

Mercy Hospital of Folsom

1650 Creekside Drive
Folsom, CA 95630
916.983.7410

Mercy San Juan Medical Center

6501 Coyle Avenue
Carmichael, CA 95608
916.537.3000

Mercy San Juan Medical Plaza

6555 Coyle Avenue
Carmichael, CA 95608
916.537.3000

Sierra Nevada Memorial Hospital

155 Glasson Way
Grass Valley, CA 95945
530.274.6000

UC Davis Medical Center

4501 X Street
Sacramento, CA 95817
916.734.5810

Woodland Healthcare

Woodland Memorial Hospital

1325 Cottonwood Street
Woodland, CA 95695
530.662.3961

Yolo Adult Day Health Center

20 N. Cottonwood Street
Woodland, CA 95695
530.666.8828