

# Journeys

News and inspiration for  
Dignity Health Cancer Institute  
patients and family

December 2015 and January 2016



## Public Reporting of Outcomes: Screening and Prevention

Each year the Dignity Health Cancer Institute of Greater Sacramento sponsors both a free prevention and a free screening event for the public. Cancer prevention programs identify risk factors and use multiple strategies to change behaviors that reduce the chance of developing cancer. Similar to prevention, cancer screening programs apply guidelines to detect cancer at an early stage, improving the likelihood of effective treatment and increased survival.

### Prevention

As published in California Cancer Facts & Figures 2014, colorectal cancer is the third most common cancer in California among both men and women, and it is the third most common cause of cancer-related death for each sex. The five-year survival rate for colon and rectum cancer is 69%, compared to 92% and nearly 100% for breast and prostate cancers, respectively. The poorer prognosis is related to detection at a later stage. When colorectal cancers are detected at an early, localized stage, the five-year survival is 95%; however, only 45% of colorectal cancers are diagnosed at this stage, in part due to the underuse of screening.

The Dignity Health Cancer Institute was awarded a \$1,750 grant from the American Cancer Society to develop a community educational event in Yolo County regarding colon cancer awareness, stressing the importance of early detection and prevention strategies and focusing on: (1) the importance of colon cancer screening, (2) risk factors for colon cancer including genetics, and (3) lifestyle and nutritional choices that help prevent colon cancer. Thirty-six individuals attended the event held in April 2015. The event was well received and in post-event evaluations, 85% of the participants strongly agreed that they understand the

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**Dignity Health™**  
Cancer Institute  
of Greater Sacramento

Public Reporting of Outcomes: Screening and Prevention,  
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importance of screening and were willing to make one or more lifestyle changes.

### Screening

In January 2015 the Dignity Health Cancer Institute partnered with Mercy Imaging Centers to offer a free lung cancer screening event. Lung cancer screening is recommended for high risk individuals who meet the following criteria:

- Asymptomatic adult
- History of  $\geq 30$  “pack years” of smoking
- Current smoker or quit within past 15 years
- Age 55–77
- Ability and willingness to undergo curative treatment

Nine individuals were scanned using low dose helical CT (LDCT) at the Mercy Cancer Center.

All participants and their primary care physicians received a letter with the screening results and recommended follow-up. Patients with positive or suspicious results were also referred to nurse navigation for coordination of follow-up treatment. As a result of screening, one Stage 1B lung cancer was found and treated with surgery, one individual was recommended for six-month follow-up and the remaining seven were recommended for 12-month follow-up.

The Cancer Institute is also committed to promoting smoking cessation. Nurse navigators collaborated with the No Ifs, Ands or Butts™ smoking cessation program coordinators to put a standardized process in place for referring patients who smoke. This quality improvement effort helped increase referrals from zero in 2014 to 16 in 2015 and will be an ongoing focus of improvement in the coming year.

Nancy Mueller  
Commission on Cancer Accreditation Manager

## Get Screened: January is Cervical Health Awareness Month

Each year an estimated 12,000 women are diagnosed with cervical cancer, and of those, about one-third will die as a result of the cancer. But cervical cancer is also a highly preventable and treatable cancer, thanks to improved screening and vaccination. Today, detection tools and inoculations make cervical cancer a condition that is relatively easy to prevent and treat. In women who are not vaccinated and not screened regularly, cervical cancer can still be a serious, even fatal illness.

Cervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change was the increased use of screening tests. Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early—in its most curable stage.

Another way to prevent cervical cancer is to get vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer. The HPV vaccine, which must be given in three doses, can protect women against four HPV types—the two most common high-risk strains (HPV 16 and 18) and the two most common low-risk types (HPV 6 and 11). The vaccine should be given before an infection occurs, ideally before a woman becomes sexually active.

According to the National Institutes of Health, cervical cancer develops slowly, starting as a precancerous condition known as dysplasia. These abnormal cells are easily detected through a Pap test and can be treated effectively. There is also an HPV test that, when combined with a Pap test in women over age 30, can help identify women at risk for developing cervical cancer. If left undetected, dysplasia can turn into cervical cancer, which can potentially spread to the bladder, intestines, lungs and liver. Moreover, women may not suspect cervical cancer until it has become advanced or metastasized, a fact which underscores

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## Sierra Nevada Memorial Hospital Cancer Center Resources

These services are offered at no cost to cancer patients, family members, and caregivers. A cancer diagnosis impacts not only the patient, but family and loved ones as well. Therefore, families and other interested parties are fully welcome to utilize these 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

### **Yoga for Cancer Survivors**

Grass Valley yoga meets weekly  
Call Janet Rankin: 530.401.0484

### **Rebecca Parsons, LCSW, OSW-C Oncology Social Worker**

Referrals to community resources, individual and family counseling  
530.274.6656

### **Nurse Navigator for Breast Cancer Patients**

Contact Linda Aeschliman, RN:  
530.274.6657

### **Nutritional Consultations**

Kelley Kull, RD, CDE  
Available for appointment  
530.274.6600

### **Clinical Trials Coordinator**

Linda Aeschliman, RN  
530.274.6635

### **Cancer Center Lending Library**

530.274.6656

### **Comfort Cuisine Meals**

Delicious, nutritious, homemade meals for patients and caregivers  
Frozen, individual portions, ready to reheat  
Pick up in the Cancer Center  
530.274.6656

## Community Resources

### **Cancer Aid Thrift Shop**

Provides financial assistance, equipment, etc.  
530.273.2365

### **Hope Bearers**

Christ-centered Cancer and Chronic Illness Support Group  
Third Saturday of each month, 11 a.m.  
Foothill Church  
Contact Amy & Wayne at 530.432.2101 or Sally at 530.273.1468

### **Blessed by Cancer Support Group for Women Dealing with Cancer**

First and third Mondays, 6:30 to 8:30 p.m.  
ilovesunshine@att.net

Get Screened: January is Cervical Health Awareness Month, Continued from page 2

the importance of regular Pap tests. Talk to your health care provider about what screening tests you need and how often you need them.

### Signs and Symptoms of Cervical Cancer

Women with early cervical cancers and pre-cancers usually have no symptoms. Symptoms often do not begin until the cancer becomes invasive and grows into nearby tissue. When this happens, the most common symptoms are:

- Abnormal vaginal bleeding, such as bleeding after vaginal intercourse, bleeding after menopause, bleeding and spotting between periods, and having menstrual periods that are longer or heavier than usual. Bleeding after douching or after a pelvic exam may also occur.

- An unusual discharge from the vagina—the discharge may contain some blood and may occur between your periods or after menopause.

- Pain during intercourse.

These signs and symptoms can also be caused by conditions other than cervical cancer. For example, an infection can cause pain or bleeding. Still, if you have any of these signs or other suspicious symptoms, you should see your health care professional right away. Ignoring symptoms may allow the cancer to progress to a more advanced stage and lower your chance for effective treatment. Even better, don't wait for symptoms to appear. Have regular Pap tests and pelvic exams.

American Cancer Society

Last Medical Review: 09/19/2014

Last Revised: 02/26/2015



## Mercy General Hospital Opens New Oncology Unit

Mercy General Hospital is pleased to report it recently opened its new \$11.6 million oncology unit. The 24-bed unit features all private rooms, updated technology and is a significant upgrade from the 20-bed, mostly shared space in the old unit in the south wing. The new space is in response to the growing need for cancer services in our region. The Dignity Health Cancer Institute reports the number of patients seeking cancer care services has been growing 10–15%

annually. In a story that was published on July 6 in the *Sacramento Business Journal* about the new oncology unit, Costanzo Di Perna, MD, medical director of the Dignity Health Cancer Institute, spoke to the need to adapt. “There’s been a tremendous increase in the number of cancer patients coming through Mercy General and Mercy San Juan since Sutter took RAS,” he said. “We needed to develop a state-of-the-art infrastructure to care for these new patients.” The new oncology unit will be a tremendous benefit for the staff and physicians who work in the unit every day, and for the patients and community we serve.

Through the generosity of our donors, Mercy Foundation is proud to support programs and services of the Dignity Health Cancer Institute of Greater Sacramento.

To learn more, call 916.851.2700 or visit [supportmercyfoundation.org](http://supportmercyfoundation.org)

#### 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.



MERCY FOUNDATION  
*Inspiring philanthropy. Changing lives.*

*Dignity Health Cancer Institute would like to thank Mercy Foundation for its continued assistance in providing transportation to our cancer patients that are unable to get to their treatment appointments. From January to June of this year, 175 cancer patients were provided transportation assistance through this grant. Lives were saved or prolonged as a result of this generous grant. Thank you Mercy Foundation.*

## Mercy San Juan Prostate Awareness Luncheon

On October 2, Dignity Health Cancer Institute hosted a Prostate Awareness Luncheon at Mercy San Juan Medical Center, in recognition of Prostate Cancer Awareness Month. Prostate cancer is daunting. Knowing the facts is empowering, and can even save lives. Dignity Health Cancer Institute physicians including Dennis Lee, MD

and John Stevenson, MD shared key insights and new treatment developments to help prepare patients and their supporters for the road ahead. After enjoying a healthy lunch, patients heard about some of the latest treatments and the role of radiation oncology in treating early stage prostate cancer. Guests also heard from Joyce Mikal-Flynn, Ed.D on research and motivation for growth after trauma and crisis. Dignity Health Cancer Institute looks forward to hosting these educational events on an annual basis.

## Breast Reconstruction Awareness Day USA

On October 21, Dignity Health Cancer Institute hosted an educational event for the public. Breast Reconstruction Awareness (BRA) Day USA is a campaign designed to promote public education, timely patient care, and new research on Breast Cancer Reconstruction. The goals are to educate breast cancer patients about their breast reconstruction options, while advocating for the rights of patients to be made aware of their options at the time of diagnosis. BRA Day USA provided access to a medical team to further discuss these options and provide new research.

Amy Wandel, MD led a team of medical professionals including the imaging radiologist, breast surgeon, plastic surgeon, and radiation oncologist to address questions from patients and their families. This panel of physicians mirrors the patient's team of professionals who work together from the onset of a woman's breast cancer diagnosis to develop and implement a treatment plan tailored to each patient.

Thank you to the vendors who participated in BRA Day USA: Mercy Plastic Surgery Center, Motion Recovery, Triumph Foundation, Mentor, Mercy Hospital of Folsom, Yves Fine Lingerie, and Stella & Dot Jewelry. We hope to see you again next year.

Calendar of Events

# December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p><b>Guided Imagery</b> Mercy San Juan 8:45 to 9:15 a.m.</p> <p><b>Gentle Conditioning</b> Mercy San Juan 9:15 to 9:45 a.m.</p> <p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m.</p> <p><b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.</p>	<p>2</p> <p><b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m.</p> <p><b>Legacy Cancer Support Group</b> Mercy San Juan 11 a.m. to 12:30 p.m.</p> <p><b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Blood Cancer Support Group</b> Mercy San Juan 5:30 to 7 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p>3</p> <p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p> <p><b>Breast Cancer Support Group</b> Mercy Cancer Center 6:30 to 8 p.m.</p>	<p>4</p>	<p>5</p> <p><b>Ostomy Support Group</b> Mercy San Juan 10 a.m. to Noon</p> <p><b>Multiple Myeloma Support Group</b> Mercy San Juan 10 a.m. to Noon</p> <p><b>Head and Neck Cancer Help Group</b> Sierra Nevada 10:30 to 11:30 a.m.</p>
6	7	8	9	10	11	12
	<p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8:30 p.m.</p> <p><b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m.</p> <p><b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.</p>	<p><b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m.</p> <p><b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Gentle Conditioning</b> Mercy Cancer Center 9:15 to 9:45 a.m.</p> <p><b>Guided Imagery</b> Mercy Cancer Center 9:45 to 10:15 a.m.</p>		
13	14	15	16	17	18	19
	<p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m.</p> <p><b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.</p> <p><b>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m.</p>	<p><b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m.</p> <p><b>Caregiver's Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m.</p> <p><b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Prostate Support Group</b> UC Davis 1:30 to 3:30 p.m.</p> <p><b>Yoga</b> Mercy San Juan 3:30 to 4:30 p.m.</p> <p><b>Breast Cancer Support Group</b> Mercy San Juan 4:30 to 6 p.m.</p>		
20	21	22	23	24	25	26
<p><b>Ovarian Cancer Group</b> Sierra Nevada 1 to 3 p.m.</p>	<p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m.</p> <p><b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.</p>	<p><b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m.</p> <p><b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Prostate Support Group</b> Sierra Nevada 4:30 to 6 p.m.</p>	<p><b>MERRY CHRISTMAS!</b> <b>Holiday</b> Office Closed</p>	
27	28	29	30	31		
	<p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>	<p><b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m.</p> <p><b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.</p>	<p><b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m.</p> <p><b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.</p>			

## Calendar of Events

## January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>HAPPY NEW YEAR!</b> Holiday Office Closed	2 <b>Ostomy Support Group</b> Mercy San Juan 10 a.m. to Noon <b>Multiple Myeloma Support Group</b> Mercy San Juan 10 a.m. to Noon <b>Head and Neck Cancer Help Group</b> Sierra Nevada 10:30 to 11:30 a.m.
3	4	5 <b>Guided Imagery</b> Mercy San Juan 8:45 to 9:15 a.m. <b>Gentle Conditioning</b> Mercy San Juan 9:15 to 9:45 a.m. <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. <b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m. <b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.	6 <b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m. <b>Legacy Cancer Support Group</b> Mercy San Juan 11 a.m. to 12:30 p.m. <b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m. <b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	7 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m. <b>Breast Cancer Support Group</b> Mercy Cancer Center 6:30 to 7:30 p.m.	8	9
10	11 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	12 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. <b>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m. <b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m. <b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.	13 <b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	14 <b>Gentle Conditioning</b> Mercy Cancer Center 9:15 to 9:45 a.m. <b>Guided Imagery</b> Mercy Cancer Center 9:45 to 10:15 a.m.	15	16
17 <b>Ovarian Cancer Group</b> Sierra Nevada 1 to 3 p.m.	18 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	19 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. <b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m. <b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m. <b>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m.	20 <b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m. <b>Caregiver's Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m. <b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m. <b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	21 <b>Prostate Support Group</b> Mercy San Juan 1:30 to 3:30 p.m. <b>Yoga</b> Mercy San Juan 3:30 to 4:30 p.m. <b>Breast Cancer Support Group</b> Mercy San Juan 4:30 to 6 p.m.	22	23
24	25 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	26 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. <b>Transformational Wholeness</b> Sierra Nevada 10 a.m. to 12:30 p.m. <b>G.A.T.E.</b> Sierra Nevada 3:30 to 5 p.m.	27 <b>Woman to Woman</b> Sierra Nevada 9:30 to 11 a.m. <b>Cancer Support Group</b> Sierra Nevada 3 to 4:30 p.m. <b>Care Support Group</b> Sierra Nevada 3 to 4:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	28 <b>Prostate Support Group</b> Sierra Nevada 4:30 to 6 p.m.	29	30

## 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

Sierra Nevada Memorial Hospital  
530.274.6000

### Care Support Group for Family and Friends of Cancer Patients

Sierra Nevada Memorial Hospital  
530.274.6000

### G.A.T.E.—Grieving And Transitioning Emotionally

Sierra Nevada Memorial Hospital  
530.274.6000

### Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento  
Large Conference Room

Mercy San Juan Medical Plaza  
(GC/GI)—Pulmonary Rehab

### Head and Neck Cancer Group

Sierra Nevada Memorial Hospital  
530.274.6000



### 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)

### Ovarian Cancer Group

Sierra Nevada Memorial Hospital  
530.274.6000

### Prostate Cancer Support Group

Mercy San Juan Medical Plaza and  
Sierra Nevada Memorial Hospital

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

### Transformational Wholeness

Sierra Nevada Memorial Hospital  
530.274.6000

### Woman to Woman:

#### Sharing the Cancer Experience

Sierra Nevada Memorial Hospital  
530.274.6000

### 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