

# Journeys

News and inspiration for  
Dignity Health Cancer Institute  
patients and family

January and  
February 2015

## New Screening Guidelines for Cervical Cancer

The American Cancer Society today released new screening recommendations for the prevention and early detection of cervical cancer. Screenings are tests for women who have no symptoms of cervical cancer. Among the changes: the American Cancer Society no longer recommends that women get a Pap test every year.

During the past few decades, screening has reduced deaths from cervical cancer, as doctors have been able to find cancer early and treat it, or prevent it from ever developing. Researchers continue to find out more about what causes cervical cancer, and the best ways to screen for it.



There are two types of tests used for cervical cancer screening:

- The Pap test can find early cell changes and treat them before they become cancer. The Pap test can also find cervical cancer early, when it's easier to treat.
- The HPV (human papilloma virus) test finds certain infections that can lead to cell changes and cancer. HPV infections are very common, and most go away by themselves and don't cause these problems. The HPV test may be used along with a Pap test, or to help doctors decide how to treat women who have an abnormal Pap test.

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

## New Screening Guidelines for Cervical Cancer, Continued



The American Cancer Society regularly reviews the science and updates screening recommendations when new evidence suggests that a change may be needed. The latest recommendations are:

- All women should begin cervical cancer screening at age 21.
- Women between the ages of 21 and 29 should have a Pap test every three years. They should not be tested for HPV unless it is needed after an abnormal Pap test result.
- Women between the ages of 30 and 65 should have both a Pap test and an HPV test every five years. This is the preferred approach, but it is also OK to have a Pap test alone every three years.
- Women over age 65 who have had regular screenings with normal results should not be screened for cervical cancer. Women who have been diagnosed with cervical pre-cancer should continue to be screened.
- Women who have had their uterus and cervix removed in a hysterectomy and have no history of cervical cancer or pre-cancer should not be screened.
- Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- Women who are at high risk for cervical cancer may need to be screened more often. Women at high risk might include those with HIV infection, organ transplant, or exposure to the drug DES. They should talk with their doctor or nurse.

In short, the American Cancer Society no longer recommends that women get a Pap test every year because it generally takes much longer than that—10 to 20 years—for cervical cancer to develop and overly frequent screening could lead to procedures that are not needed.

To find out if you qualify for a free or low-cost mammogram and Pap test and where to get screened, call this toll-free number: 800.511.2300. Information is available Monday through Friday, 9 a.m. to 7 p.m., in English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

**Cancer Detection Programs: Every Woman Counts**

Cancer Detection Section  
California Department of Health Services  
MS-7203  
PO Box 997413  
Sacramento, CA 95814  
916.449.5300  
Fax: 916.440.5184

## Healthy Tips: Say Yes to Exercise

### Top Twelve Reasons to Increase Daily Physical Activity:

1. Studies suggest a link between increased physical activity and decreased risk of certain types of cancer and cancer reoccurrence
2. Helps to lose weight and/or maintain a healthy body weight and lean muscle mass
3. Improves mood and feeling of wellbeing
4. Decreases side effects from cancer treatment and helps lessens fatigue
5. Improves digestion and elimination
6. Aids in more restful sleep
7. Improves appetite but can also be a diversion from food cravings
8. Studies have found that compared to pain meds, exercise offers similar or better outcomes in relieving pain
9. Studies suggest link a between regular physical activity and lower rates of dementia

10. Helps decrease risk of heart disease and diabetes
11. Helps people with diabetes improve blood sugar—even more so if done after meals
12. Strengthens muscles around joints and helps maintain bone health to help prevent falls

### What Counts as Physical Activity?

- Moderate intensity activity for 30 minutes, five or more days of the week
- If you have been sedentary, in active treatment, or have neck/back/knee/hip issues, start slowly. Try 10-minute increments throughout the day, two to three days per week, and gradually work up to five days per week
- Brisk walking, bicycling, water aerobics, swimming, gardening, calisthenics, DVD-guided exercise, running, rowing, walking stairs, dancing—be creative!

Just say yes to exercise!

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

## Survivorship Forum Recap

More than 75 people attended the Survivorship Forum presented by Dignity Health Cancer Institute on Nov. 14 at Mercy San Juan Medical Center. Panelists included a patient survivor, peer navigator, radiation oncologist, registered dietitian and marriage and family therapist. Attendees had the opportunity to ask questions in a relaxed setting, network and share their stories. The forums are part of Dignity Health Cancer Institute's outreach strategy and are designed to educate patients, caregivers and interested community members about options and ways to integrate follow-up care into the lives of survivors and maintain wellness after cancer treatment is completed. Physicians and allied health professionals discuss a variety of topics, including the current face of cancer and treatment advances, cancer myths, complementary therapies, nutrition, exercise and coordination of care.

Planning for the 2015 schedule of Survivorship Forums is currently underway.

## Complimentary Nurse Navigation Services Available at Dignity Health

Nurse Navigators are available to assist you through your cancer journey at any point, from initial diagnosis through treatment, and also with survivorship issues. Our nurses guide you through the care process and act as a liaison among care givers and physicians—assist you in understanding your cancer and preparing you emotionally for the challenges that a cancer diagnosis can bring. They can also assist you with practical issues such as transportation to and from treatment appointments. If you wish to have the assistance of a Nurse Navigator, please call at 855.637.2962.



## Developing an Attitude of Gratitude – 5x Daily

Research has shown that the daily practice of journaling can improve feelings in overall well-being. In fact, participants showed increased levels of immune functioning and mood as well as decreased levels in anxiety. Some of us may already be adding journal entries frequently, while others may like the basic idea and believe in its benefits but have difficulty getting started in the first place. Certainly, it can seem like an overwhelming task, especially if we are currently struggling physically and mentally. And we all know that implementing change is hard and takes energy. But maybe journaling does not have to feel like such a daunting intervention. And maybe getting started is the hardest part in this process, especially if we are not sure exactly how it works and why it could benefit us.

Rick Hanson, MD, neuropsychologist and Senior Fellow of the Greater Good Science Center in Berkeley, talks about the strengthening of neural pathways that expressing gratitude through journaling can provide. Here lies the challenge for our brain: remembering the good. Dr. Hanson claims that our brains were wired to remember pain in order for our human species to survive. He refers to this phenomenon as the “Negativity Bias” of our brain—most of us do touch the hot stove once in our lifetime. And we never forget that sensation! Overall, we learn more from failure than success. But remembering the negative often will eventually lead to elevated levels of depression and anxiety. Fortunately, our brain is an organ of plasticity, which means we can shift our focus and create new pathways. Hanson

asserts that if we allow ourselves to focus on a positive experience for many seconds, this specific memory will be transferred into long-term storage from where it remains accessible to us any time we choose to retrieve it, resulting in a more balanced mood overall.

It only takes about ten minutes out of our day and is absolutely free of charge. Are you willing to give this a try? First, set the intention to practice gratitude today. Then try to carry this intention with you as your day proceeds. Write down what comes up, for example: “I heard children laughing in front of my house on their way home from school; I talked to my wonderful friend on the phone; I had the energy to walk around the block today; the AT&T technician was punctual.” Are you able to find a total of five things you can be grateful for daily? At the end of today, reflect on how often you remembered your original intention and were able to follow through.

Notice how you have just created your very first journal entry! Remember today’s grateful moments before you go to sleep tonight. Congratulate yourself for trying something new today. Change is hard and happens overtime. There may be days when it feels too overwhelming to even try to experience five moments of gratitude. Be kind to yourself. Notice that is where you are at without judgment. Maybe you can find three things? Or simply flip some pages and go back to one of your earlier entries and retrieve those memories you already created. Always honor yourself. Take a deep breath—and notice as you exhale that you hold it in your power to be thankful for the ability to do exactly that—breathe.

Eva Lukas, MA  
Dignity Health Oncology Care Navigator Therapist

## Meet Our Team

We are proud to welcome two talented new physicians to the Dignity Health Cancer Institute of Greater Sacramento



**Kevin Elliott, MD**, is a board certified gynecologist and gynecologic oncologist whose special clinical interests include robotic surgery for management of gynecologic malignancies. He believes in providing aggressive but compassionate care to cancer patients and strives to do so in close cooperation with their primary care physicians and other specialists involved in the care process.

His studies have taken him to New Orleans' Tulane University School of Medicine where he graduated in 1998. He did an internship at West Virginia University, Charleston Area Medical Center. His residency was at the UC Davis Medical Center. He also took on a fellowship at State University of New York, Downstate Medical Center. His personal interests include hiking, snowboarding and skiing.



**Wiley Fowler, MD, MS**, is a gynecologic oncologist with special clinical interests in robotic/minimally invasive surgery, ovarian cancer and advanced pelvic surgery. He believes in educating patients, listening to them, answering their questions, and empowering them to make the best treatment decisions.

He graduated from the University of Tennessee Health Science Center in Memphis. His residency was at Washington University/Barnes Jewish Hospital in St. Louis, MO, and he took on a fellowship at UC Davis Medical Center. His personal interests include computers, spending time with family, skiing and collegiate sports.

## Words of Encouragement: "New Year's Goals"

"Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.

Goals give us direction. They put a powerful force into play on a universal, conscious, and subconscious level. Goals give our life direction.

What would you like to have happen in your life this year? What would you like to do, to accomplish? What good would you like to attract into your life? What particular areas of growth would you like to have happen to you? What blocks, or character defects, would you like to have removed?

What would you like to attain? Little things and big things? Where would you like to go? What would you like to have happen in friendship and love? What would you like to have happen in your family life?

What problems would you like to see solved? What decisions would you like to make? What would you like to happen in your career?

Write it down. Take a piece of paper, a few hours of your time, and write it all down as an affirmation of you, your life, and your ability to choose. Then let it go.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

An excerpt from Melody Beattie's  
*The Language of Letting Go: Daily Meditations on Codependency*

## Calendar of Events

## January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<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
4	<b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	<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>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.	<b>Legacy Cancer Support Group</b> Mercy Cancer Center— Sacramento 11 a.m. to 12:30 p.m.  <b>Blood Cancer Support Group</b> Mercy San Juan 5:30 to 7 p.m.  <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	<b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m.  <b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.  <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.  <b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	9	10
11	<b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.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>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m.	<b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	<b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	16	17
18	<b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	<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>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.	<b>Caregiver's Support Group</b> Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m.  <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	<b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m.  <b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.  <b>Prostate Support Group</b> Mercy San Juan 1:30 to 3:30 p.m.  <b>Breast Cancer Support Group</b> Mercy San Juan 4 to 5:30 p.m.  <b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	23	24
25	<b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.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>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	<b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	30	31

## Calendar of Events

## February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	3 <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>Nutrition Class</b> Mercy Cancer Center— Sacramento 11 a.m. to Noon <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>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.	4 <b>Legacy Cancer Support Group</b> Mercy San Juan 11 a.m. to 12:30 p.m. <b>Blood Cancer Support Group</b> Mercy San Juan 5:30 to 7 p.m. <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	5 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m. <b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	6	7 <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
8	9 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	10 <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.	11 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	12 <b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m. <b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m. <b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	13	14 <b>Happy Valentine's Day</b>
15	16 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	17 <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>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.	18 <b>Caregiver's Support Group</b> Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m. <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	19 <b>Prostate Support Group</b> UC Davis 1:30 to 3:30 p.m. <b>Breast Cancer Support Group</b> Mercy San Juan 4 to 5:30 p.m. <b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	20	21
22	23 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	24 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	25 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	26 <b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m. <b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m. <b>Smoking Cessation Classes</b> Mercy San Juan 5:30 to 7 p.m.	27	28



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

## Moonlight and Mammograms

On October 14, Mercy Imaging Centers, Dignity Health Cancer Institute, and ALBIE Aware hosted “Moonlight and Mammograms,” a relaxing after-hours event with catered food. Free state-of-the-art digital mammograms were offered as well as breast exams. Dignity Health physicians discussed the importance of annual mammograms and answered questions.

As a result of the event, 17 women were screened. Three required additional testing. One was positively identified as having breast cancer. While it’s always difficult to tell our patients of a positive cancer diagnosis, consistent screening and early diagnosis leads to the most optimal outcomes.

## 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  
CR next to Russell Elevator

### Cancer Support Group

Mercy Hospital of Folsom  
Call 916.390.2661 for location

### Caregiver's Support Group

Woodland Healthcare  
Haarberg Cancer Center

Mercy Cancer Center—Sacramento  
Large Conference Room

### Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento  
Large Conference Room

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

### Legacy Support Group

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

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

### Yoga

Mercy Cancer Center—Sacramento  
Large Conference Room

Mercy San Juan Medical Center  
CR next to Russell Elevator

### Smoking Cessation Classes

Mercy San Juan Medical Plaza

## 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

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