

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

July and August
2014

What is Palliative Care?

Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.



Improves Quality of Life

Palliative care treats people suffering from serious and chronic illnesses such as cancer, congestive heart failure, chronic obstructive pulmonary disease, kidney failure, Alzheimer's, Parkinson's, amyotrophic lateral sclerosis and many more.

Palliative care focuses on symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping and depression. It also helps patients regain the strength to carry on with daily life. It improves one's ability to tolerate medical treatments.

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Dignity Health™
Cancer Institute
of Greater Sacramento

And it helps patients take more control over their care by improving their understanding of treatment options.

A Partnership of Patient, Specialists and Family

Palliative care calls for a team approach. The core team includes a doctor, nurse and social work palliative care specialists. Massage therapists, pharmacists, nutritionists, chaplains and others may also be included. The team spends as much time as necessary with the patient and family, providing support every step of the way—not only by managing symptoms, but also by clarifying treatment options and goals.

Talking to Your Doctor

If you or a loved one has been diagnosed with a serious illness, you may benefit from palliative care. Speak to your doctor and ask for it.

SAVE THE DATE

Making Strides Against Breast Cancer

Mark your calendar and plan to join the Dignity Health Cancer Institute team.

To learn more call 916.962.8892.

Sunday, October 19, 8 a.m.

West Steps of the State Capitol



Choose the Right Sunscreen



Summer is here. And while you should use sunscreen every day of the year, it's even more important during summertime, when the days are longer, the sun is stronger and it's easier to spend more time outdoors. When choosing sunscreen, be sure to read the label before you buy. U.S. Food and Drug Administration regulations that went into effect in 2012 require the labels to follow certain guidelines. This guide can help you understand the terminology.

- Choose a sunscreen with **“broad spectrum” protection**. Sunscreens with this label protect against both UVA and UVB rays. All sunscreen products protect against UVB rays, which are the main cause of sunburn. But UVA rays also contribute to skin cancer and premature aging. Only products that pass a test can be labeled

“broad spectrum.” Products that aren't broad spectrum must carry a warning that they only protect against sunburn, not skin cancer or skin aging.

- Make sure your sunscreen has a **sun protection factor (SPF) 30** or higher. The SPF number is the level of protection the sunscreen provides against UVB rays. Higher SPF numbers do mean more protection, but the higher you go, the smaller the difference becomes. SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%, SPF 50 sunscreens about 98% and SPF 100 about 99%. No sunscreen protects you completely. The FDA requires any sunscreen with SPF below 15 to carry a warning that it only protects against sunburn, not skin cancer or skin aging.
- **“Water resistant” does not mean “waterproof.”** No sunscreens are waterproof or “sweat proof,” and manufacturers are no longer allowed to claim that they are. If a product's front label makes claims of being water resistant, it must specify whether it lasts for 40 minutes or 80 minutes while swimming or sweating. For best results, reapply sunscreen at least every two hours and

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even more often if you are swimming or sweating. Sunscreen usually rubs off when you towel yourself dry, so you will need to put more on.

Other Ways to Stay Sun Safe

In addition to choosing the right sunscreen and using it correctly, follow these steps to help protect your skin from sun damage that can cause premature aging and skin cancer:

- **Cover up.** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99 percent of UV light.
- **Seek shade.** Limit your direct exposure to the sun, especially between the hours of 10 a.m. and 4 p.m., when UV rays are strongest.
- **Avoid tanning beds and sunlamps.** Both can cause serious long-term skin damage and contribute to skin cancer.

American Cancer Society

Neuropathy and Exercise

Nervous system side effects are common in cancer and cancer treatments. The most common neurological side effect of chemotherapy is peripheral neuropathy. Although the mechanism is not fully understood, some chemotherapy drugs can cause irritation or damage to the peripheral nerves. The symptoms may include decreased ability to sense hot and cold, difficulty lifting the feet or toes, difficulty picking up small objects, vision or hearing changes, memory loss, decreased muscle strength, loss of balance or lower motor function, and numbness, tingling, burning and/or radiating pain in the arms, hands, legs or feet. It is important to tell your doctor if you have any of these symptoms.

If neuropathy is a barrier to exercise, check with your physician first before starting an exercise program. Knowing you are doing something safe can help you overcome the fear of exercise. Exercise greatly benefits those who are managing neuropathy because it can help to strengthen weak



muscles, preserve range of motion, and improve balance, coordination and mobility.

Exercise helps by improving neurochemical availability at the cellular and tissue levels and enhances motor unit recruitment resulting in improved coordination. Depending on the neuropathy, exercises may need to be individualized. For example, peripheral neuropathies in the feet can impair balance due to decreased sensation or proprioception and can increase the risk of exercise-related falls. Cancer survivors with foot neuropathies should be cautious when performing weight-bearing activities and should avoid activities that require significant balance and coordination such as walking on a treadmill.

Non-weight bearing exercises such as swimming, stationary bicycles, recumbent bicycles, recumbent steppers, recumbent cross-trainers, and arm or leg ergometers are all good exercise choices for people experiencing loss of balance, loss of sensory input or lower-extremity pain.

Neuropathy may also affect fingers and hands and may make holding weights difficult and painful so elastic exercise bands may be a better option. Also consider low impact exercises such as water aerobics, seated chair exercises, tai chi, yoga or gentle conditioning exercises designed specifically for your ability. Please refer to the calendar for available class times and locations.

Julia Stedifor BS, RCEP
ACSM Registered Clinical Exercise Physiologist

Healthy Eating Tips: Ways to Help Reduce the Risk of Cancer

Diet plays a role in the prevention of many types of cancer. Current healthy diet recommendations include eating a variety of vegetables and fruits, selecting healthier fats, choosing low-fat dairy and lean protein, eating whole grains, obtaining enough dietary fiber and limiting alcohol intake. Eating whole foods allows you to obtain needed vitamins, minerals, antioxidants and fiber from your diet rather than from a pill.

Top Eight Recommendations

Try for a minimum of 5–8 servings of fruits and non-starchy vegetables every day. Fruits and vegetables contain phytochemicals like carotenoids (in mangoes, apricots and sweet potatoes), flavonoids (in blueberries, red grapes and apples) and indoles (in cruciferous vegetables like cabbage and broccoli) which are powerful antioxidants with cancer-protective properties. Studies have shown correlations between increased consumption of them and lower risk of initial cancers of the lung, mouth, esophagus, stomach and colon, and some evidence for reduced reoccurrence of cancer of the breast, prostate and ovaries.

In addition to fruits and vegetables, eat a diet rich in whole grains and cereals, beans and legumes, nuts and seeds. Observational studies have linked eating a mainly plant-based diet with decreased risk and recurrence of colorectal, stomach, mouth, esophageal, prostate and breast cancers.

Substitute monounsaturated fats and omega 3 fats for saturated fats. Monounsaturated fats (like olive oil, nuts) and omega 3 fats (from both plant and animal sources, ground flax and chia seeds, walnuts, avocado, salmon, black cod) have anti-inflammatory properties and have been associated with inhibiting tumor growth.

Limit intake of red meat and processed meats. Include plant proteins from nuts, seeds, grains and vegetables in addition to lean protein from

poultry and fish. Studies have linked increased consumption of red meat (beef, pork, lamb) and processed meats (bacon, sausage) with increased risk of colorectal, prostate and gastric cancers.

Limit alcohol to no more than two drinks per day for men and one per day for women.

Regular alcohol intake has been associated with an increased risk of certain cancers including breast, colon, lung, kidney and liver.

Reduce intake of refined and processed foods as they contain high amounts of salt, sugar and fat. High sugar intake adds a lot of calories to the diet with minimal nutrients which can promote weight gain and lead to higher blood insulin levels.



Maintain a healthy weight. Excess body fat, especially around the middle, has been linked to an increased risk of cancer of the esophagus, colon, kidney, breast (postmenopausal) and prostate.

Get daily physical activity. Try for a minimum of 30 minutes of moderately intensive activity most days of the week for cardiovascular health plus strength training twice per week (yoga, weight lifting, weight machines) to maintain lean muscle mass. Physical activity has been associated with a decreased risk and recurrence of colon, breast, ovarian, lung, prostate and endometrial cancers.

Go forth and eat healthy!

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



Cancer Screenings for Men

Lung Cancer

The American Cancer Society does not recommend routine lung cancer screening for people who are at average risk of the disease. However, there are guidelines for people who are at high risk due to a history of smoking. If you answer “yes” to all of the following questions, you may be a candidate for screening. Talk to your doctor about the benefits, limitations and potential harms of lung cancer screening to decide if it’s right for you.

- Are you between the ages of 55 and 74?
- Are you in fairly good health*?
- Do you smoke at least 30 packs of cigarettes a year?
- Are you still smoking, or have you quit smoking in the last 15 years?

If you and your doctor decide that you should be screened, you should get a low dose CT scan every year until you reach the age of 74, as long as you remain in good health. Screening should only be done at facilities that have the right type of CT scan and that have a great deal of experience in CT scans for lung cancer screening. To achieve the best potential benefit from screening, patients should be in good health and able to undergo surgery and other treatments if lung cancer is found.

*Screening tests are meant to find cancer in patients who do not show symptoms.

Prostate Cancer

The American Cancer Society does not recommend for or against routine prostate cancer testing for men. Instead, it is recommended that, starting at age 50, men take the opportunity to make an informed decision with their health care provider about screening for prostate cancer after receiving information about the uncertainties, risks and potential benefits associated with testing. Testing should not occur in the absence of this informed decision-making. Men at high risk, including African American men and those with a family history of the disease, should have this talk earlier, at age 40 or 45.

Skin Cancer

During your regular checkups, have your doctor check your skin for signs of skin cancer. If you notice any changes to existing moles, tell your doctor right away. About half of all men in the U.S. will develop cancer in their lifetime. Leading a healthy lifestyle, combined with following the recommended screening guidelines, can reduce your risk for developing cancer and increase your chance of early detection when treatment is more likely to be successful.

Remind dad about the importance of regular exercise, refraining from tobacco use, maintaining a healthy weight, eating a nutritious diet and staying safe in the sun.

Casting for Recovery

Each day more than 500 women are diagnosed with breast cancer, an overwhelming, life-changing experience. Imagine being treated to a free weekend away in a beautiful environment, bonding with other women with a similar diagnosis and learning to fly fish. It's a great form of physical therapy for those affected by their treatment and surgery. Counseling, education, medical information and delicious meals are provided for 14 retreat participants, all at various stages of their breast cancer journey.



Since 1996, Casting for Recovery has served over 5,600 women with approximately 40 weekend retreats held nationwide each year. Nurse Navigators Ann Chrisler and Vanessa Borough attended the Northern California retreat as medical facilitators at Indian Creek Lodge on the beautiful Trinity River. Sharing the joy of each woman's own emotional recovery process was an amazing experience.

For more information about the program, please go to castingforrecovery.org or contact the Nurse Navigators at 916.962.8892.

Calendar of Events Legend

Breast Cancer Support and Education Group

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
CR next to Russell Elevator

Prostate Cancer Support Group

Mercy San Juan Medical Plaza

UC Davis Medical Center
Cancer Center Auditorium

Care Giver's Support Group

Woodland Healthcare
Haarberg Cancer Center

Mercy Cancer Center—Sacramento
Large Conference Room

Cancer Support Group

Mercy Hospital of Folsom
Call 916.390.2661 for location

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

Blood Cancer Support Group

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

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)

Yoga, Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
CR next to Russell Elevator

Locations

Mercy Cancer Center—Sacramento
3301 C Street # 550
Sacramento, CA 95816
916.556.3200

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

Calendar of Events

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 to 9:45 a.m. Nutrition Class Mercy Cancer Center— Sacramento 11 a.m. to Noon Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.	2 Legacy Cancer Support Group Mercy Cancer Center— Sacramento 11 a.m. to 12:30 p.m. Blood Cancer Support Group Mercy San Juan 5:30 to 7 p.m. Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	3 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m. Breast Cancer Support Group Mercy Cancer Center— Sacramento 6:30 to 8 p.m.	4 HAPPY FOURTH OF JULY!	5 Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon
6	7 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	8 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 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. Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.	9 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	10 Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m. Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.	11	12 Ostomy Support Group Mercy San Juan 10 a.m. to Noon
13	14 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	15 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 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. Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.	16 Caregiver's Support Group Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m. Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	17 Prostate Support Group Mercy San Juan 1:30 to 3:30 p.m. Breast Cancer Support Group Mercy San Juan 4 to 5:30 p.m. Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	18	19
20	21 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	22 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 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.	23 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	24 Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m. Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.	25	26
27	28 Yoga Mercy Cancer Center— Sacramento 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. Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.	30 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	31		

Calendar of Events

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Ostomy Support Group Mercy San Juan 10 a.m. to Noon Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon
3	4 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	5 Nutrition Class Mercy Cancer Center— Sacramento 11 a.m. to Noon Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.	6 Legacy Cancer Support Group Mercy San Juan 11 a.m. to 12:30 p.m. Blood Cancer Support Group Mercy San Juan 5:30 to 7 p.m. Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	7 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m. Breast Cancer Support Group Mercy Cancer Center— Sacramento 6:30 to 8 p.m.	8	9
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24	25 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	26 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 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.	27 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	28 Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m. Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.	29	30

