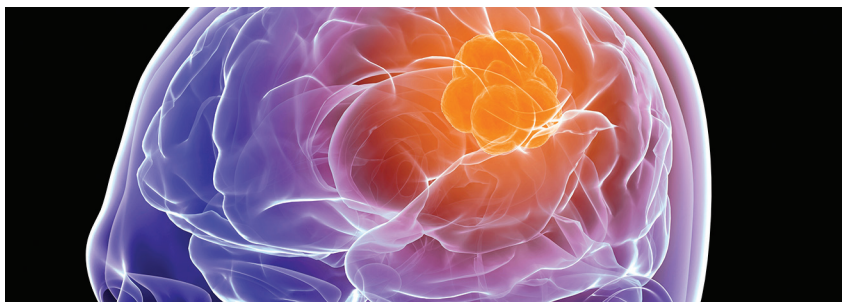


Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

April and May 2016



Brain Cancer Awareness

Brain cancer is one of the major cancer types for which new immune-based treatments are currently in development. In the United States, brain cancer accounts for one in every hundred cancer diagnoses.

There are several types of brain cancer, classified by the type of cell from which they originate. Gliomas, which originate in glial cells that support and protect neurons, account for about 70% of brain cancers. Astrocytomas originate in glial cells called astrocytes, the multitudinous star-shaped cells involved in cell repair and nutrient transport. Meningiomas are tumors that begin in the thin membranes (called meninges) covering the brain and spinal cord.

As brain tumors grow, they can cause a wide array of challenging symptoms for patients due to pressure in the brain and/or interference with normal brain function. Most brain cancers are invasive and may crowd out healthy cells and damage normal tissue, although they rarely spread to other parts of the body. In children, brain cancer is the second most common form of cancer, and accounts for 23% of all pediatric cancers in the United States. It is the most common form of solid tumor and the leading cause of death from cancer among children.

Urgent Need

It is estimated that one in 161 individuals born today will develop brain or nervous system cancer at some point in their lives. In the U.S., 22,850 men and women are diagnosed with cancer of the brain and nervous system every year, and 15,320 deaths are caused by the disease. Although significant advances have been made in understanding the biology of brain cancers—as well as in tumor diagnosis, treatment, and quality of life of patients with the disease—the mortality rate for brain cancer has remained steady for more than 30 years.

In This Issue

Brain Cancer Awareness

Nature Rx: Go Take a Hike

The Power of Food: Protein-rich
Breakfasts

Health Care News Brief

Introducing the New Gynecological
Support Group

Mercy Foundation

Join Dignity Health at the “Your Next
Step is the Cure” 5K

DHCI Thanks the Katz Family!

April is Head/
Neck & Testicular
Awareness Month

May is Skin & Brain
Awareness Month

Continued on page 2



Dignity Health™
Cancer Institute
of Greater Sacramento

Brain Cancer Awareness, Continued from page 1

The cause of brain tumors is not yet understood. Glioblastoma (GBM) is the most dangerous and aggressive form of brain cancer. GBM patients typically have short life expectancies; few will live to see three years after diagnosis. For newly diagnosed GBM patients treated with current standard of care, median progression-free survival is just 6.9 months, and median overall survival is 14.6 months. Only a quarter of newly diagnosed GBM patients survive for 24 months, and fewer than 10% of patients survive more than five years.

Treatment

In 2005, the chemotherapy temozolomide (Temodar®) was approved to treat newly diagnosed GBM patients based on a randomized phase III clinical study that showed it added 2.5 months to the median survival of patients. However, over 50% of GBM tumors generate a DNA repair protein called MGMT (methylguanine

methyltransferase) that effectively neutralizes temozolomide chemotherapy. These patients derive negligible therapeutic benefit from the addition of temozolomide to their treatment. In 2009, bevacizumab (Avastin®) was granted accelerated approval for the treatment of GBM patients whose cancers had recurred, based on results from two phase II studies. Although 26% of patients who received bevacizumab had partial responses, most lasted less than six months and there was no evidence of improvement in overall survival.

Sources: National Cancer Institute; National Cancer Institute Physician Data Query (PDQ); American Cancer Society Cancer Facts & Figures 2015; Cedars Sinai Brain Tumors and Brain Cancer web page; GLOBOCAN 2012; CRI grantee progress reports and other CRI grantee documents
Last updated April 2015



Nature Rx: Go Take a Hike

Spring came early this year and brings back wonderful memories of accompanying my young children roaming the outdoors in search of fairies and their tiny well-hidden houses. Today, trees are already in full bloom, birds are singing, and mild temperatures are inviting us to go outside and enjoy the sunshine, go for a walk, or at least pull some weeds.

This pattern seems to repeat itself year after year. Have you ever wondered why? In 1984, E.O. Wilson first introduced the term “biophilia,” which defines his idea that human beings seek a connection with nature on a subconscious level. Studies have shown that we have a strong

preference for natural settings over man-made environments. Interestingly, these preferences seem to exist across cultures. In one study, 104 college students all listed “wind in trees” as their preferred “nature” sound, followed by sounds of songbirds, crickets, and children’s laughter. Wilson suggested that these preferences are an evolutionary response. We enjoy flowers, because our brains know that fruit and seeds will follow. In short, we are wired to prefer nature.

Mother Nature never stops nurturing us—physically and mentally. Some of our more recent ancestors, like John Keats, Lord Byron, William Wordsworth, and Percy Shelley already knew about this powerful source of healing energy and wrote hymns to the sanctuary nature provides us. In much of his work, Sigmund Freud had the goal of reconnecting his patients with “the roots of an instinctual nature repressed by the demands of civilization.” And recently, in 2005, Richard Louv created the term “nature deficit disorder” (not a medical diagnosis!) addressing the possible adverse effects a lack of exposure to nature during

Continued on page 3

Nature Rx: Go Take a Hike, Continued from page 2

childhood can have on the future adults in our society.

The National Research Council found in 1981 that we are spending more than 90% of our time indoors. Alienation from nature comes at a cost. The idea that interacting with nature can offer positive effects on health and well-being seems reasonable and is supported by scientific evidence. Fortunately, there are many ways to reconnect; even just five minutes of activity in natural areas resulted in improvements of mood and self-esteem. This does not necessarily mean that you have to be physically active, because not everybody is able to. But maybe you can sit outside, take a deep breath, and enjoy the scenery. And if you cannot be outside, then simply looking at pictures of nature will provide benefits.

Studies using MRI technology measured increased activity in the areas of the brain that are associated with empathy and love. Also, after having looked at pictures, researchers measured a significant improvement in cognition and overall mood in participants. In case you were wondering, positive effects have also occurred in people who lack

an appreciation for plants. Scientists in Japan are backing up the theory that nature can lower blood pressure, fight off depression and anxiety (by decreasing cortisol levels), and reduce muscle tension. They refer to the practice of shinrin-yoku as sensory immersion in nature, translated as “forest bathing.” WebMD published an article suggesting that experiences with nature might help with post-cancer fatigue. Eco-therapists guide clients to help them psychologically reconnect with nature.

Whether you now feel motivated to take a close look at the houseplant in the corner of your room, sit on your patio, look at photos, go for a hike, ride your bike, or drive out to Muir Woods, I invite you to open that window of opportunity and explore natural settings in your neighborhood and beyond (if you can). My children and I never found a single fairy in the woods. We got luckier! Because we found true magic, which can be felt every time we recall those memories.

Eva Lukas
Oncology Therapist



**The Power of Food:
Protein-rich Breakfasts**

It is often said that breakfast is the most important meal of the day. Research has found an association between eating breakfast and increased cognitive performance during the day and increased success at maintaining weight loss. The reverse association between skipping breakfast and increased prevalence of obesity has also been found. In addition, breakfasts higher in protein have been associated with increased satiety, decreased

desire for sweets, and increased post-meal energy and metabolism.

Since your body has been in a fasting state since dinner the night before, it is important to eat a healthy breakfast filled with carbohydrates, fats, and protein in order to keep energized throughout the day. Both animal and plant sources of protein will help keep your immune system strong, build lean muscle, and keep you feeling full.

Some suggestions for healthy, protein-rich breakfasts:

- Plain Greek yogurt mixed with granola and blueberries/strawberries/banana
- Oatmeal made with milk instead of water, adding in raisins/dried cranberries, ground flax seeds, and topped with chopped walnuts
- Nutty breakfast smoothie of Greek yogurt, frozen fruit, bananas, ground flax seeds, and almond or peanut butter

Continued on page 4

The Power of Food: Protein-rich Breakfasts, Continued from page 3

- Whole grain toaster waffle topped with Greek yogurt and sliced peaches/berries
- Whole grain pita stuffed with microwaved egg, low fat shredded cheese, and slice of deli turkey or ham
- Whole grain tortilla spread with peanut or almond butter, topped with fruit jam, and rolled up
- Lean ham or turkey slices layered on whole grain English muffin, topped with low-fat shredded cheese and broiled in a toaster oven for 2–3 minutes
- Cottage cheese layered with chopped pineapple/papaya/mango, topped with granola
- Vegan breakfast scramble of firm tofu, spinach, onions, tomatoes, baby broccoli and salt-free herb mix (try Spice Hunter, Mrs. Dash, or Frontier)
- Whole grain tortilla layered with refried black beans, salsa, low-fat shredded cheese and rolled up

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



Health Care News Brief

Provided by Dignity Health Corporate Communications

Sloan Kettering's Quest to Prove Exercise Can Inhibit Cancer

According to the Wall Street Journal, researchers are testing an intriguing new weapon for patients battling cancer: rigorous physical exercise. Studies and clinical trials at Memorial Sloan Kettering Cancer Center in New York City aim to find out if a regimen of exercise training can inhibit or delay the spread of a malignant tumor and help prevent its recurrence. Scientists say the research, part of an emerging field known as exercise oncology, could take years to prove a link between exercise and cancer. If successful, they hope exercise someday will become a standard of care in cancer treatment, along with conventional therapies such as surgery, radiation, and chemotherapy.

Introducing the New Gynecological Support Group

Dignity Health Cancer Institute of Greater Sacramento Gynecological Cancer Support Group

The Dignity Health Cancer Institute is offering a support group for women with gynecologic cancer at the Mercy Cancer Center every third Wednesday of the month from 11 a.m. to 12:30 p.m.

All cancer patients and their families, caregivers, and friends are welcome to attend to share their experiences and learn about treatments and the resources available.

To RSVP, or for more information, please contact the Dignity Health Cancer Institute nurse navigators at 916.962.8892.


Mercy Cancer Center
3301 C Street, Suite 550
Sacramento, CA 95816

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 make a gift or learn more, call 916.851.2700 or visit 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.

Join Dignity Health at the “Your Next Step is the Cure” Sacramento 5K

On Saturday, April 30 Dignity Health will participate in the first “Your Next Step is the Cure” Sacramento 5K, and we invite you to join us.

The event will raise much-needed funds for the patient services and clinical research projects of the Bonnie J. Addario Lung Cancer Foundation. It will feature fun, family-friendly activities, including a kid’s dash, music, 5K event, awards and more.

The Addario Lung Cancer Foundation (ALCF) recently awarded Mercy San Juan Medical Center the official designation as a Community Hospital Center of Excellence for its individualized care and treatment of lung cancer patients.

Mercy San Juan is the first community hospital in the Sacramento region to receive this designation.

You can join Team Dignity Health by registering at <https://sacramento2016.yournextstepisthecure.org/Team/View/17412/Team-Dignity-Health>.



DHCI Thanks the Katz Family!

For the third wonderful year, Lorraine Katz delivered presents to cancer patients at the Mercy Cancer Center for Valentine’s Day. With the help of her good friend Sharon Haneman and Sharon’s eleven-year-old daughter Taylor, they gathered and put together boxes of blankets, coffee cups, books, and stuffed animals. The gifts were offered to the cancer patients with lots of smiles as a way to give back to the community in honor of Lorraine’s husband Jules who sadly passed away on February 14, 2009 from colon cancer. Lorraine and her husband Jules were childhood sweethearts. The Mercy Cancer Center staff and patients are always so grateful for the overwhelmingly kind gesture.



Calendar of Events

April 2016

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	5 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.	6 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.	7 Yoga Mercy Cancer Center 5:30 to 6:30 p.m. Breast Cancer Support Group Mercy Cancer Center 6:30 to 8 p.m.	8	9
10	11 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	12 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.	13 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	14 Gentle Conditioning Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	15	16
17	18 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	19 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.	20 Gynecologic Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m. Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	21 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.	22 Caregiver's Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m.	23
24	25 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	26 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 5:30 to 6:30 p.m.	28 Gentle Conditioning Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	29	30 Bonnie J. Addario Lung Cancer Walk

Calendar of Events

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 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.	4 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.	5 Yoga Mercy Cancer Center 3 to 4 p.m. Breast Cancer Support Group Mercy Cancer Center 4 to 5:30 p.m.	6	7 Ostomy Support Group Mercy San Juan 10 a.m. to Noon Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon
8	9 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	10 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.	11 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	12	13	14
15	16 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	17 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.	18 Gynecologic Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m. Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	19 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.	20 Caregiver's Support Group Mercy Cancer Center 11 a.m. to 12:30 p.m.	21
22	23 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	24 Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	25 Yoga Mercy Cancer Center 5:30 to 6:30 p.m.	26 Gentle Conditioning Mercy Cancer Center 9:15 to 9:45 a.m. Guided Imagery Mercy Cancer Center 9:45 to 10:15 a.m.	27	28
29	30 Holiday Offices closed Happy Memorial Day!	31 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.				

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
Physician's Plaza (6555 Coyle Ave.,
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