

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

Spring 2018



15 Facts about Oral, Head, and Neck Cancer

1. Oral head and neck cancer typically refers to squamous cell carcinoma of the tongue, throat, and voice box. However, “head and neck cancer” also refers to other types of cancer that arise in the nasal cavity, sinuses, lips, mouth, thyroid glands, salivary glands, throat, or voice box.
2. Worldwide, over 550,000 new cases of oral, head, and neck cancer are diagnosed each year. Cancers of the head and neck account for 6% of all cancers in the United States. Men are affected about twice as often as women with oral, head, and neck cancer.
3. Tobacco and alcohol use are the leading causes of mouth and voice box cancers. Cigarette smoking increases your risk of head and neck cancer by 15 times compared to a non-smoker. Oral head and neck cancer tends to form in the

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June is Men's Cancer Awareness Month



Dignity Health™
Cancer Institute
of Greater Sacramento

Dignity Health Hospitals Earn National Accreditation with Commendation from the Commission on Cancer as an Integrated Network Cancer Program

Dignity Health Mercy General Hospital, Dignity Health Mercy San Juan Medical Center, and Dignity Health Sierra Nevada Memorial Hospital have earned national accreditation with commendation as the first Integrated Network Cancer Program (INCP) in the Sacramento region from the Commission on Cancer (CoC) of the American College of Surgeons. This network integration brings additional benefits for patients, such as comprehensive, coordinated efforts to provide the best cancer treatment options, close to patients' homes. Through the CoC, Mercy General Hospital, Mercy San Juan Medical Center, and Sierra Nevada Memorial Hospital also have access to reporting tools to aid in benchmarking and improving outcomes as well as educational and training opportunities, development resources, and advocacy. "At the Dignity Health Cancer Institute, we are proud to provide innovative, comprehensive, and high-quality cancer care to our patients," said Costanzo DiPerna, MD, senior director, oncology services, Dignity Health Cancer Institute. "Our accreditation as an Integrated Network Cancer Program exemplifies our multi-disciplinary approach by our dedicated team of experts." The CoC Accreditation Program provides the framework for Mercy General Hospital, Mercy San Juan Medical Center, and Sierra Nevada Memorial Hospital to improve its quality of patient care through various cancer-related programs that focus on comprehensive cancer care including prevention, early



diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease, and end-of-life care. When patients receive care at a CoC INCP, they also have access to information on clinical trials and new treatments, genetic counseling, and patient-centered services including psycho-social support, a patient navigation process, and a survivorship care plan that documents the care each patient receives and seeks to improve cancer survivors' quality of life. Like all CoC-accredited networks, the Dignity Health Cancer Institute maintains a cancer registry and contributes data to the National Cancer Data Base (NCDB), a joint program of the CoC and American Cancer Society. This nationwide oncology outcomes database is the largest clinical disease registry in the world. Data on all types of cancer are tracked and analyzed through the NCDB and used to explore trends in cancer care. CoC-accredited cancer centers, in turn, have access to information derived from this type of data analysis, which is used to create national, regional, and state benchmark reports. These reports help CoC networks with their quality improvement efforts. The American Cancer Society estimates that more than 1.6 million cases of cancer will be diagnosed in 2017.

Become Volunteer Peer Navigator!

If you want a rewarding opportunity to share your journey by supporting other women who are currently diagnosed with breast cancer, we encourage you to become a Peer Navigator. Peer Navigators are trained to provide empathetic counsel to women who are experiencing breast

cancer diagnosis and treatment. We help patients access community resources, i.e., transportation, support groups, financial aid information, etc. We accompany patients to medical appointments. We offer a message of hope and empowerment to cope with cancer. For more information, or to schedule your training, please contact the Dignity Health Nurse Navigation Team at 916.556.3129.



The Power of Food: Probiotics

Probiotics are live beneficial microbes which can have a positive effect on the gastro intestinal tract. Seventy (70) percent of all bacteria (both friendly and harmful) in the human body live there. Changes to the balance of bacterial strains in the gut are thought to contribute to the development of illnesses like inflammatory bowel disease, obesity, and even cancer. Probiotics work by helping to reestablish the balance of intestinal bacteria. Research on the impact of various bacterial strains is ongoing.

The following probiotic food products are already on store shelves or coming soon to a grocery store near you.

- Yogurts made from almond, coconut, soy, and flax milk
- Probiotic beverages including flavored water, Kombucha tea
- Kefir (fermentable milk) as a frozen dessert and as a spoonable snack
- Cultured cottage cheese

New yogurts made from almond, coconut, and flax milk (naturally lactose free)

- Almond milk yogurt (**Kite hill and Silk brands**): Live active cultures including *S.Thermophilus*, *L.Bulgaricus*, *L.Acidophilus*, and *Bifidobacteria*.
- Soy milk yogurt (**Silk**): live and active cultures
- Flax milk yogurt and drinkable yogurt (**Good Karma brand**): 7 live and active cultures
- Coconut yogurt (**So Delicious brand**): live and active cultures

Probiotic drinks

Kevita sparkling water with 4 strains live cultures

- Fruit and root beer flavors
- 8 ounces contains 40 calories, 9 gm sugar

Kombucha Tea (various brands)

- Made by fermenting a yeast and acetobacter bacteria with black tea and sugar (or honey, fruit, agave syrup)
- Depending upon how it is made, after fermentation, contains varying amounts of alcohol, caffeine, sugar, vinegar, and beneficial yeast and bacteria (probiotics)
- 8 ounces contains 35 calories, 8 gm sugar

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Varian Edge Radiosurgery System: Technology for high-precision radiosurgery

The Edge™ radiosurgery system is a set of sophisticated, integrated technologies for planning and delivering high-precision image-guided radiosurgery, a non-invasive alternative to traditional surgery. Developed by Varian Medical Systems, the Edge system accurately targets tumors and other abnormalities without an incision or the need for recovery in a hospital setting. Its knifelike radiation beam can target tumors of the brain, spine, lung, and other areas in the body that are typically difficult to treat surgically. Radiosurgery opens the door for treatment options for patients who may not have had other options. For example, they may not be candidates for traditional surgery or even conventional radiotherapy. Radiosurgery gives medical professionals new tools for treating more types of cancer and other conditions. The Edge system delivers radiosurgery treatments quickly while monitoring and compensating for motion through the use of advanced imaging and real-time motion tracking technologies. Even tumors that move when a patient breathes (for example, those in the lung or breast) can be precisely targeted due to special tools that compensate for motion throughout a treatment. For women with left-sided breast cancer, this can enable better protection of the lung and heart during treatment. For all types of cancer, motion management makes it possible to minimize dose to surrounding healthy tissues. The Edge radiosurgery system also can alert clinicians if a patient has moved in a way that could compromise treatment accuracy.

A sophisticated treatment couch with six axes of motion enhances treatment precision by providing many angles of attack, for targeting tumors while minimizing exposure of nearby critical organs. With Varian's Edge radiosurgery system, treatments can be performed with ease, precision, and speed—often in just a few minutes per day. A radiosurgery that typically takes 30 to 60 minutes may be completed in just 5 to 20 minutes. The speed means shorter treatment times, which leads to less interruption of patients' daily lives. Faster radiosurgery treatments can be easier on the patient, who does not need to hold still for long periods of time. Independent studies have shown that with faster treatments there is less time for tumor and body movement, which enhances accuracy.

The Technology

Targeting accuracy is made possible by the system's sophisticated architecture, which synchronizes imaging, patient positioning, motion management, beam shaping, and dose delivery. The system performs accuracy checks every ten milliseconds throughout the entire treatment. The treatment beams are sculpted and shaped to match the three-dimensional shape of the targeted tumor. This is accomplished using an important accessory called a multileaf collimator (MLC), a device with 120 computer-controlled mechanical "leaves" or "fingers" that are moved to create apertures of different shapes and sizes. The MLC aperture changes during the course of treatment, while the machine rotates around the patient to deliver the radiation from nearly any angle. This carefully targets the tumor and protect surrounding tissues to the greatest extent possible.

Cancer Conference / Tumor Board Case Presentations – What is it and What Happens?

Within the Dignity Health Cancer Institute facilities we use a multidisciplinary approach to tackle complex and difficult cancer cases. Our weekly cancer conferences consist of diverse cancer specialist who review and discuss a patient's medical condition and possible treatment options. Our focus is to design individualized treatment plans that improve

outcomes for each patient. During cancer conferences the facts about a patient and his/her cancer are presented (medical history, physical findings, diagnostic work-up, and pathological specimens), followed by clinical review and discussions by members of the diagnostic radiology, pathology, medical oncology, radiation oncology, and surgical oncology teams. Conference discussions revolve around the disease process, AJCC Staging, relevant medical literature citations, treatment interventions based on personal experiences, and appropriate treatment based on the National Cancer Care Network (NCCN) guidelines.

Yoga Program at the Dignity Health Cancer Institute

Hello, my name is Biffy Cotter. I run the yoga program at the Dignity Health Cancer Institute at the Cancer Center on C Street and for the Breast Cancer Support Group. Each week we have FREE classes offering gentle restorative yoga. All are welcome to join! In the classes you will learn the yoga breathing with mindful movements. Plan to feel the calm wash through you as you immerse into the practice. All of the poses can be modified to fit what your body needs. The classes are small so you may ask questions and feel comfortable with what you are doing. Yoga heals on every level of your being – mentally, emotionally, physically, and spiritually. Even if you're brand new to yoga you will receive many benefits in just one class. Most of our students say they use the yoga breath when driving in traffic or waiting for an appointment. The yoga breath helps them to calm



the stress. Please join any class for FREE on Monday and Wednesday 5pm–6pm at the Cancer Center on C Street, or the 3rd Thursday of the Month 3:30pm–4:30pm at the Mercy San Juan Medical Center on Coyle Avenue! We have all the props and mats. Any questions please feel free to call me at 916-213-3051.

15 Facts about Oral, Head, and Neck Cancer

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- areas where tobacco/alcohol use has the most contact.
4. Annually in the U.S., over 10,000 new cases of oral, head, and neck cancer can be attributed to a particular strain of HPV.
5. Caucasians are more likely to develop head and neck cancer, but African Americans are more likely to die from head and neck cancer.
6. A red or white patch in the mouth or a sore throat can be the first signs of cancers of the mouth and throat. Signs of oral, head, and neck cancer: a sore in your mouth that doesn't heal, sore throat, lumps or patches in your mouth, trouble swallowing, changes in your voice, and a lump in your neck.
7. Most oral cancers form on the lips, tongue, or floor of the mouth. They also may happen inside your cheeks, on your gums, or on the roof of your mouth.
8. Most head and neck cancers can be prevented.
9. Because of the location of head and neck cancer, it often affects breathing, eating, drinking, voice, speaking, and appearance.
10. Head and neck cancers often spread to the lymph nodes of the neck. Once cancer is in the lymph nodes, it is more likely to spread throughout the body.
11. Surgery and radiation therapy are the most common treatments designed to stop the spread of cancer by killing and/or removing the cancerous cells. Chemotherapy may be added in certain situations for advanced disease.
12. Thyroid cancers account for over 55,000 new cancers each year in the U.S. Thyroid cancer is more common in women than in men. In general, thyroid cancer is one of the least deadly cancers of the head and neck.
13. Cancers of the nose and sinuses are rare; about 2,000 people develop these cancers every year.
14. Every year there are about two cases per every 100,000 people of salivary cancer. The average age that salivary cancer is found is 64.
15. Environmental factors such as exposure to sunlight can cause skin cancer melanoma including cancers of the lips.

2018 American Academy of Otolaryngology
–Head and Neck Surgery

The Dignity Health Cancer Institute is Expanding the Cancer Genetic Counseling Program

The Dignity Health Cancer Institute has added two additional board-certified genetic counselors, Colleen Ahern, MS, LCGC and Ashley Navarro, MS, LCGC to the team of cancer genetic counselors.

Genetic Counseling for Cancer Risk

While we all face some risk for cancer, about 10% of common cancers like breast and colon, are thought to be associated with a genetic predisposition, also referred to as a hereditary cancer gene mutation. Having a genetic predisposition for cancer does not mean an individual will develop cancer, it just means that their risk for certain types of cancer is higher than the general population. Cancer genetic counseling can help individuals gain a greater understanding of cancer risk by offering personal and family history review, cancer risk assessment, genetic testing recommendations, and facilitation of genetic testing, when appropriate. Genetic counseling can also provide helpful information for screening, early detection, and treatment recommendations based on genetic test results and/or family history.

Genetic Testing

Genetic testing entails having a single tube of blood drawn, usually from the arm. This blood sample is sent to a specialized clinical genetics laboratory for analysis. Results are typically available four weeks after the blood draw. When the results become available, the cancer genetic counselors will review the results in detail with individuals and their

physicians and can make recommendations for cancer screening and prevention based on the results.

Who May Benefit from Genetic Counseling?

There are many reasons why individuals consider cancer genetic counseling. If you or your family meets one or more of the following criteria, you may want to consider a genetic counseling consultation:

- Early-onset breast, colorectal or uterine cancer (diagnosed under the age of 50)
- Multiple relatives on the same side of the family with cancer
- Two primary (separate) cancers in one individual
- Rare cancers (male breast cancer or ovarian cancer)
- Ashkenazi Jewish descent and a family or personal history of breast cancer
- Family member with a known cancer predisposition gene

Telegenetic Counseling

The Cancer Genetic Counseling Program is now offering telegenetic counseling consults for greater accessibility for individuals living within and outside the Sacramento area. These telegenetic consults allow for genetic counseling and testing to be carried out remotely via telephone or secure video conferencing. If genetic testing is recommended following the consultation, the genetic counselors will coordinate an in-home blood draw at no cost with a certified phlebotomist.

For more information about the Dignity Health Cancer Institute's Cancer Genetic Counseling Program, please call 916.962.8967.

The Power of Food: Probiotics

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Kefir

Lifeway Frozen dessert (tart)

- 90 calories, 4 gm protein, 16 gm sugar in ½ cup, 10 live and active cultures

Lifeway Kefir cups

- 90 calories, 11 gm protein, 4 gm sugar in 5 oz. cup, 12 live and active cultures

Cultured cottage cheese

Nancy's (low fat)

- 80 calories, 14 gm protein, 6 strains live and active cultures

Good Culture (whole milk)

- 113 calories, 14.5 gm protein, live and active cultures

Grass Valley Cancer Center Resources

A Cancer diagnosis impacts not only the patient but loved ones as well. Families and other interested patients are welcome to utilize these resources. Services are offered at no cost to cancer patients, family members, and caregivers. For information on any of the groups or classes below (where another number is not given) call Rebecca Parsons at **530.274.6656**.

CANCER CENTER LENDING LIBRARY

CANCER SUPPORT GROUP WITH LINDA MEYERS, LCSW

Wednesdays, 3 – 4:30 p.m.

Contact: 530.478.1273

CARE SUPPORT GROUP WITH JEANINE BRYANT, MS FOR FAMILY AND FRIENDS OF CANCER PATIENTS

Wednesdays, 3 – 4:30 p.m.

Contact: 530.274.6654

COMFORT CUISINE MEALS

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

G.A.T.E.: GRIEVING AND TRANSITIONING EMOTIONAL SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE TO CANCER WITH JEANINE BRYANT, MS

Tuesdays, 3:30 – 5 p.m.

Contact: 530.274.6654

HARP CLASSES WITH LISA STINE

Fridays, weekly for 12 weeks

Contact: Lisa Stine, 530.632.6226

HEAD AND NECK CANCER HELP GROUP WITH JIM VARDON

First Saturday of each month, 10:30 – 11:30 a.m.

Contact: 530.432.3022

KIDSCOPE: FOR CHILDREN IMPACTED BY CANCER WITH JEANINE BRYANT, MS

Contact: 530.274.6654

NUTRITIONAL CONSULTATIONS

KELLEY KULL, RD, CDE

Available for appointment

Contact: 530.274.6600

ONCOLOGY NURSE NAVIGATORS

Laurie Ells RN, BSN, OCN

Contact: 530.274.6179

Linda Aeschliman, RN
(Breast Cancer Patients)

Contact: 530.274.6657

ONCOLOGY SOCIAL WORKER

REBECCA PARSONS LCSW, OSW-C

Referrals to community resources,
individual and family counseling

Contact: 530.274.6656

OVARIAN CANCER GROUP

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

Contact: Rebecca Parsons, 530.274.6656

PROSTATE DISCUSSION GROUP WITH

MARY PETERSON, LMFT

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

Contact: 530.478.1880

TRANSFORMATIONAL WHOLENESS WITH

NANCI SHANDERA, PHD

Tuesdays, 10 a.m. – 12:30 p.m.

Contact: 530.265.9097

drnanci@earthspiritcenter.com

EarthSpiritCenter.com

WOMAN TO WOMAN: SHARING THE CANCER EXPERIENCE WITH JEANINE BRYANT, MS

Wednesdays, 9:30 – 11 a.m.

Contact: 530.274.6654

WRITING TO HEAL WITH MOLLY FISK CREATIVE WRITING CLASS

8 weekly classes

Thursdays, 2:30 – 4:30 p.m.

Contact: 530.265.8751

YOGA FOR CANCER SURVIVORS

WEEKLY, GRASS VALLEY YOGA

Contact: Janet Rankin, 530.401.0484

COMMUNITY RESOURCES

CANCER AID THRIFT SHOP

Provides financial assistance, equipment, etc.

Contact: 530.273.2365

HOPE BEARERS

Christ-centered cancer and chronic illness support group

Third Saturday of the month

11 a.m. Foothill Church

Contact: Amy & Wayne, 530.518.0519

or Sally, 530.273.1468

Dignity Health Cancer Institute Complementary Classes & Support Groups

For more information on any of the listings below, call **916.962.8892**.

BREAST CANCER SUPPORT GROUP

3rd Thursday of every month, 4:30 – 6 p.m.

Mercy San Juan Medical Center

6555 Coyle Avenue, Ste. 140, Carmichael, 95608

CANCER SUPPORT GROUP

Every Tuesday, 11 a.m. – 12:30 p.m. & 4 – 5:30 p.m.

Mercy Hospital of Folsom

1650 Creekside Drive, Folsom, 95630

Call 916.390.2661 for location

CAREGIVER SUPPORT GROUP

3rd Friday of every month, 11 a.m. – 12:30 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816

For more information please contact 916.990.8454

GYNECOLOGIC CANCER SUPPORT GROUP

3rd Wednesday of every month, 11 a.m. – 12:30 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816

LUNG AND ESOPHAGEAL CANCER SUPPORT GROUP

1st Wednesday of every month, 11 a.m. – 12:30 p.m.

Alternates every other month between Mercy Cancer Center & Mercy San Juan Medical Center

(MCC = Jan, Mar, May, Jul, Sep, Nov)

(MSJ = Feb, Apr, Jun, Aug, Oct, Dec)

Call 855.637.2962 for location

LIVING WITH CANCER SUPPORT GROUP

3rd Wednesday of every month, 2 – 3:30 p.m.

Woodland Cancer Center

Haarberg Conference Room

LOOK GOOD, FEEL BETTER

2nd Tuesday of every other month, 6 – 8 p.m.

(Jan 9, Mar 13, May 8, Jul 10, Sep 11, Nov 13)

Mercy Cancer Center

3301 C Street, Sacramento, 95816

4th Monday of every other month, 2 – 4 p.m.

(Jan 22, Mar 26, May 28, Jul 25, Sep 24, Nov 26)

Woodland Healthcare

515 Fairchild Ct, Woodland, 95695

MEDITATION GROUP

Every Tuesday, 1 – 1:45 p.m.

Dignity Health Cancer Institute

6403 Coyle Avenue, Carmichael, 95608

For more information, please contact 916.990.8454

MULTIPLE MYELOMA SUPPORT GROUP

1st Saturday of every month, 10 a.m. – noon

Mercy San Juan Medical Center

6555 Coyle Avenue, Ste. 140, Carmichael, 95608

NUTRITION CLASSES

Quarterly, Tuesdays, 2 – 3 p.m.

(Feb 6, May 15, Aug 7, Nov 13)

Mercy Cancer Center

3301 C Street, Sacramento, 95816

Individual appointments available at Mercy San Juan

For more information please contact 916.983.7598

ONCOLOGY NURSE NAVIGATORS

1-833-DHCINAV

DHCINAV@dignityhealth.org

OSTOMY SUPPORT GROUP

1st Saturday of every month, 10 a.m. – noon

Mercy San Juan Medical Center

6501 Coyle Avenue, Carmichael, 95608

PROSTATE SUPPORT GROUP

3rd Thursday of every month, 1:30 – 3:30 p.m.

Alternates every other month between Mercy San Juan Medical Center & UC Davis

(MSJ = Jan 18, Mar 15, May 17, Jul 19, Sep 20, Nov 15)

(UCD = Feb 15, Apr 19, Jun 21, Aug 16, Oct 18, Dec 20)

YOGA CLASSES

Every Monday & Wednesday, 5 – 6 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816

3rd Thursday of every month, 3:30 – 4:30 p.m.

Mercy San Juan Medical Center

6555 Coyle Avenue, Ste. 140, Carmichael, 95608

If you're looking for support from our Oncology Nurse Navigators, please call **833.DHCINAV** or email **DHCINAV@dignityhealth.org**.