

# Journeys

News and inspiration for  
Dignity Health Cancer Institute  
patients and family

June and July 2016



## Men's Cancers

June is designated for raising awareness about cancers affecting men and encouraging early detection and treatment of disease among men and boys. Knowing about these cancers and how they can be prevented or caught early can save lives.

### Prostate Cancer

The American Cancer Society recommends men make an informed decision about whether to be tested for prostate cancer. Starting at age 50, talk to your doctor about the pros and cons of testing so you can decide if getting tested is the right choice for you. If you are African American, or have a father or brother who had prostate cancer before age 65, you should have this talk with your doctor starting at age 45. If you decide to be tested, you should have the PSA blood test (it measures the level of a protein produced by the prostate) with or without a rectal exam. The frequency of subsequent tests will depend on your PSA level.

### Lung Cancer

Smoking is the cause for more than 80% of all lung cancers, but people who do not smoke can also have lung cancer. Lung cancer is one of the few cancers that can often be prevented simply by not smoking. If you are a smoker, ask your doctor or nurse to help you quit. If you don't smoke, don't start, and avoid breathing in other people's smoke. If your friends and loved ones are smokers, help them quit.

### Skin Cancer

Anyone who spends time in the sun can get skin cancer. Exposure to ultraviolet (UV) rays is a major risk factor, and sunlight is the main source of UV rays, though tanning beds are also UV ray sources. People with fair skin, especially those with blond or red hair, are especially susceptible. People who have had a close family member with melanoma, or those

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"Your Next Step is the Cure"  
Raises \$60,000

June is Men's Cancer  
Awareness Month

July is UV Safety  
Awareness Month



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

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who had severe sunburns before the age of 18, are also more likely to get skin cancer. Melanoma is the most dangerous type of skin cancer. It can start anywhere on the skin's surface, though it does not have to be on an area exposed to the sun. It is curable if found in the very early stages.

Most skin cancers can be prevented by avoiding midday sun from 1 to 3 p.m. Be aware of all moles and spots on your skin, and report any changes to your doctor right away. Most moles will never cause any problems, but a person who has many moles is more likely to develop melanoma. Have a skin exam during your regular health check-ups. When in the sun, wear hats with wide brims, long-sleeved shirts, sunglasses and use a broad-spectrum sunscreen with an SPF of 30 or higher.

### Colon Cancer

Any adult can have colorectal cancers (cancers of the colon and rectum) but most of these cancers

are found in people age 50 or older. People with a personal or family history of this cancer, or who have polyps in their colon or rectum, or those with inflammatory bowel disease are more likely to have colon cancer. Also, a diet with a high percentage of high-fat foods (especially from animal sources), being overweight, smoking, and being inactive can make a person more likely to have colon cancer.

Colon cancer almost always starts with a polyp. Testing can save lives by finding polyps before they become cancer. If pre-cancerous polyps are removed, colon cancer can be prevented. Eating a low-fat diet rich in fruits and vegetables may also make you less likely to have this cancer.

Sources: American Cancer Society



## Sun-safe Exercise for the Cancer Patient

Summer has arrived, and while the sun is shining bright, it's a golden time to highlight July as UV Safety Awareness Month! We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. By taking the proper precautions and following this advice, you and your loved ones can enjoy the sun. If you have any problems after being in the sun, be sure to talk to your healthcare provider.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

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Sun-safe Exercise for the Cancer Patient, Continued from page 2

The harm unprotected sun exposure can do includes:

- Vision problems and eye damage
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Many cancer treatments can cause increased sun sensitivity. Here are some suggestions to stay “sun safe” while outdoors:

- Choose a sunscreen that offers UVA/UVB or “broad spectrum” protection with a 30 SPF or higher. Check with your oncologist which sunscreen is recommended if you have sensitive skin.
- Make sure you have a fresh bottle of sunscreen; last year’s may no longer be effective so check the date.
- Put on sunscreen 30 minutes before going outdoors, allowing it time to be absorbed into the skin.

- Use sunscreen daily in all types of weather, even on cloudy days.
- Try to limit your sun exposure to less than one hour a day, preferably before 10 a.m. or after 4 p.m.
- Reapply sunscreen every two hours and use waterproof sunscreen when swimming or sweating heavily.
- Wear a hat to protect your face.
- Wear a long-sleeved top, preferably made from a fabric with a UPF (ultraviolet protection factor).
- Wear sunglasses that offer 90-100% UV protection.
- Avoid dehydration and make sure you are drinking plenty of fluids.
- Make use of shade when possible, such as walking on a sheltered path or exercising indoors.

Julia Stedifor, BS, RCEP

ACSM Registered Clinical Exercise Physiologist



## 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 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
- 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

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

- 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 two to three 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



## Relax and Renew!

Yoga is healing, relaxing, and meditative. The practice restores energy, nourishes the fluids in the joints, strengthens the immune system, promotes deeper sleep, calms the mind and is therapeutic for organ and bone health. Our classes are for everybody and any age! No experience needed. Classes are available at the Mercy Cancer Center in Sacramento every Monday and Wednesday from 5:30 to 6:30 p.m. and the first Thursday of the month at the Mercy San Juan Medical Center from 3 to 4 p.m.



## Gynecologic Support Group

The Gynecological Cancer Support Group met for the first time on April 20 at the Mercy Cancer Center. The turnout was great and some participants brought relatives and partners. Topics informally shared and discussed included clinical trials, “chemo brain,” intimacy, and post-treatment care. Meetings will continue to be held on the 3rd Wednesday of every month from 11 a.m. to 12:30 p.m. at the Mercy Cancer Center. Lunch is served. To RSVP please call the main navigator line at 916.962.8892.

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](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.*



## Folsom Rotary Donation to Dignity Health Cancer Institute Nurse Navigation Fund

On May 12th, Rotary Club of Folsom Foundation presented a check to Nurse Navigator Michael Mair on behalf of Dignity Health Cancer Institute of Greater Sacramento. The Rotary’s Men’s Health Campaign, which was held last November, raised \$1,500 specifically for men with prostate cancer in the Sacramento and Folsom communities.



## “Your Next Step is the Cure” Raises \$60,000

The first “Your Next Step is the Cure” 5K event in Sacramento more than doubled its goal, raising \$60,000 for patient services and clinical research for lung cancer. Team Dignity Health Cancer Institute of Greater Sacramento participated and sponsored the event, the first of its kind in the area. Around 500 participants walked, jogged or ran the course at North Natomas Regional Park on April 30th. This inaugural event raised much needed funds for the patient services and clinical research projects of the Bonnie J. Addario Lung Cancer Foundation (ALCF).

The ALCF recently awarded Dignity Health 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. Lung cancer kills more than four times as many people each year as breast cancer, but receives only one-third of the federal research funding. Thanks to all who participated in this event.

Calendar of Events

# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Legacy Cancer Support Group</b> Mercy San Juan 11 a.m. to 12:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	2 <b>Yoga</b> Mercy Cancer Center 3 to 4 p.m. <b>Breast Cancer Support Group</b> Mercy Cancer Center 4 to 5:30 p.m.	3	4 <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
5	6 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	7 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. <b>Living With Cancer</b> Mercy Hospital of Folsom 4 to 5:30 p.m.	8 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	9	10	11
12	13 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	14 <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.	15 <b>Gynecologic Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	16 <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.	17	18
19	20 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	21 <b>Gentle Conditioning</b> Mercy San Juan 8:45 to 9:15 a.m. <b>Guided Imagery</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>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m.	22 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	23 <b>Gentle Conditioning</b> Mercy Cancer Center 8:45 to 9:15 a.m. <b>Guided Imagery</b> Mercy Cancer Center 9:15 to 9:45 a.m.	24 <b>Caregiver's Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m.	25
26	27 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	28 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	29 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	30		

Calendar of Events

# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	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
3	4 <b>OFFICES CLOSED</b> Happy Independence Day!	5 <b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	6 <b>Legacy Cancer Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	7 <b>Yoga</b> Mercy Cancer Center 3 to 4 p.m. <b>Breast Cancer Support Group</b> Mercy Cancer Center 4 to 5:30 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.	13 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	14	15	16
17	18 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	19 <b>Gentle Conditioning</b> Mercy San Juan 8:45 to 9:15 a.m. <b>Guided Imagery</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>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m.	20 <b>Gynecologic Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m. <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	21 <b>Prostate Support Group</b> UC Davis 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 <b>Caregiver's Support Group</b> Mercy Cancer Center 11 a.m. to 12:30 p.m.	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.	27 <b>Yoga</b> Mercy Cancer Center 5:30 to 6:30 p.m.	28 <b>Gentle Conditioning</b> Mercy San Juan 8:45 to 9:15 a.m. <b>Guided Imagery</b> Mercy San Juan 9:15 to 9:45 a.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

### 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