

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

Summer 2018



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Skin Cancer: Risk Reduction

Debra Horney, MD

There is no such thing as “cancer prevention.” There are many strategies to reduce risk, and this article will address ways to reduce skin cancer risk—and save money! The three common types of skin cancer are basal cell (most common, least dangerous), squamous cell, and melanoma.

There are two main components to skin cancer risk: genetics and UV exposure. With respect to genetics, some families have an increased risk of skin cancer. If you have a first degree relative (parent, sibling, or child) with melanoma, your risk of melanoma is slightly increased, and you should see a dermatologist once a year for a head-to-toe exam. UV exposure includes that from the sun and from tanning beds. There are increased rates of melanoma in young

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July is UV Safety Month

August is Palliative Care
& Cancer Pain Awareness
Month



Dignity Health™
Cancer Institute
of Greater Sacramento



women who use tanning beds. What's more, tanning beds enhance photo aging, so the "healthy glow" you see today will soon be replaced by leathery, wrinkled, and sagging skin. UV exposure is cumulative over a lifetime—every minute adds up.

Two very important updates:

Medical professionals used to recommend sun protection from 10 a.m. to 4 p.m. The current thinking is to now protect from sunrise to sunset, year-round.

We used to worry about sunburned (red) skin, but that a "tan" is okay. We now know that any color after sun exposure indicates cell damage.

To minimize skin cancer risk and photo aging, do the following:

- Never use a tanning bed.
- Sun-protect year-round, from sunrise to sunset.
- Clothing is sun-protective and better than sunscreen. Wear a wide-brimmed hat, long sleeves and pants, and gloves.

- The volume of sun screen you apply is more important than the SPF number. SPF 15-30 is good. Apply liberally 15 minutes before exposure, then reapply every 2 hours. The average size person requires about 1 ounce to cover all the skin.
- Use a broad-spectrum sunscreen that protects against UV-A and UV-B. Any brand will do. Consumer Reports recently rated highly Walmart's Equate sunscreen—cheap and effective.
- The "fountain of youth" has not yet been discovered so don't waste your money on the myriad cosmetic products promising young, healthy skin. Sun-protect.
- Do not try to get a little sun for vitamin D. The American Academy of Dermatology recommends that vitamin D be obtained from diet and supplements, not sun.

See a dermatologist if a lesion grows quickly, bleeds, or looks different than other spots on the skin (the ugly duckling). Most skin cancers can be cured if detected early. If in doubt, see a dermatologist!



YANA Ministry Donation

Over 100 blankets were delivered to Mercy Cancer Center for patients from YANA, You Are Not Alone Comfort Ministry. Volunteers who are cancer survivors from the organization made the blankets as a symbol of faith, hope, and love for patients as they go through their treatment journey. Patients were overjoyed and grateful for the gifts!

Fiber Supplements: They Are Not All Created Equal

Susan Liebert, MS, RD, CSO, CDE / Clinical Dietitian

What do you do when your cancer regimen causes constipation or diarrhea? Try a stool softener like Colace or a laxative like Miralax or a stool firmer like Imodium? Or just put up with it as another side effect? Or do you try one of the many fiber supplements on the market? Before buying a fiber supplement, it helps to know what type of fiber you are looking for to help resolve your problem.

Some GI tract basics:

To resolve both constipation and diarrhea, the stool needs to achieve a good consistency. Stool water content produces both a stool softening and stool bulking effect.

Fibers can be soluble or insoluble, fermentable or non-fermentable, gel-forming or low/non-gel forming.

- Insoluble fibers are usually poorly fermentable and non-gel forming.
- Resistant starch is an insoluble fiber which is also fermentable so it acts like both insoluble and soluble fibers.
- Soluble fibers tend to be fermentable, but can be gel-forming or low/non-gel forming.

Fiber can help with constipation, diarrhea, healthy bowel bacteria, cholesterol reduction, and blood sugar control.



Two types of fiber can help with constipation:

- Large insoluble fiber particles (coarse wheat bran) irritates the mucous lining of the large bowel, stimulating water and mucous secretion, helping with laxation and speeding up transit time.
- Gel-forming soluble (but not fermentable) fiber holds a lot of water to help resist dehydration in the large bowel. The fiber must be non-fermentable to remain intact throughout the length of the large bowel.



Chemo Comfort Bags

Each year Dignity Health employee and two-time cancer survivor, Sarah Woltmon, donates “Chemo Comfort Bags” to Dignity Health Cancer Institute for its patients undergoing chemotherapy. Inside the bags are items to help patients pass the time or feel more comfortable during a long day of treatment. “I wanted to give back to patients who are going through what I went through and have them feel comfortable, entertained, and occupied.”



Interview with Charles Smith

It's not often you come across someone as inspiring as Charles "Pip" Smith. He was unexpectedly diagnosed with prostate cancer in May 2017, which led to surgery at Mercy Hospital of Folsom in October that year. On reviewing the pathology report with his surgeon, it was decided he would need further treatment with radiation once he had fully healed from the surgery.

Being an active runner, Charles took only one week off work for surgery and started out slowly, taking daily walks with his wife and their two dogs. He gradually increased his endurance, and at four weeks out, he was feeling "really good." At six weeks out from surgery, he was doing 20K runs again, having gained the permission of his surgeon.

Pip explains that besides the sheer exhilaration of running, the camaraderie with the other runners and the beauty of being out on a trail along the American River are what he enjoys most.

When it was time to come into Dignity Health's radiation oncology department, Pip was pleased to find out that the radiation oncologist who would be treating him, Dr. John Stevenson, supported his running. And as he got to know the rest of the staff, he said it was like having a "team of cheerleaders" behind him. They were always genuinely happy to see him. In fact, the experience of this support from the staff became one of the most significant parts of his healing journey; the radiation itself seemed to be secondary.

Pip also made it a point to help others going through treatment; he was always friendly with the patients in the waiting room, encouraging and motivating them. He continued to build up his endurance to the point where he completed the American River 50K, and won his age group for the Folsom Lake half-marathon, both during the seven weeks of treatment. His radiation team celebrated with him when he brought in his medal and race shirts. Pip's advice to those faced with a cancer diagnosis is to: "Talk through it with someone. You shouldn't internalize it. People want to talk to you about it and see how you are doing." He also suggests to "listen to your body, but schedule those things on your calendar that you enjoy, whether it's going to see a game, or meeting up with friends at the donut shop."

Upcoming Fall Events

Dignity Health is committed to providing our community information on cancer prevention, screening, treatments, and survivorship issues that are helpful and effective. Our upcoming events include:

- Skin Cancer Prevention, Education and Screening Panel Discussion with Dignity Health physicians
- Breast Cancer Prevention, Education and Screening Panel Discussion with Dignity Health physicians
- Intimacy After Cancer Informational evening

- Breast Reconstruction Awareness Event with Dignity Health plastic surgery physicians
- Prostate Screening at Mercy Cancer Center and Sierra Nevada Memorial Hospital
- Facts About Lung Cancer Prevention, Education and Screening Discussion with Dignity Health thoracic surgeons.

For further information, please call Angela Gianulias, Community Outreach, at 916.962.8893 for additional details.



Free Prostate Screening

Dignity Health Cancer Institute will be holding a FREE Prostate Cancer Screening Event in September. As in previous years, men will be able to take advantage of a free PSA blood test and digital rectal exam. This event will be held both in Sacramento at Mercy Cancer Center and in

Grass Valley at Sierra Nevada Memorial Hospital. Dignity Health is proud to offer this screening in collaboration with the PCEC (Prostate Conditions Education Council). Please stay tuned for more details about these important screening events!

Beginning August 15, 2018 please call 916.556.3303 for additional information.

Bonnie J. Addario Walk

On June 23, Team Dignity Health participated and sponsored the Bonnie J. Addario Lung Cancer Foundation's "Your Next Step is the Cure" Run Walk at Land Park. This event brings together people of all ages who want to "step up" in raising public awareness about lung cancer. This event brought together patients, caregivers, and their families as well as nurses, physicians, and local businesses for an uplifting and inspirational gathering that celebrates and recognizes our common goal: to celebrate life and put an end to lung cancer.

The Bonnie J. Addario Lung Cancer Foundation (ALCF) recently awarded Dignity Health's Mercy San Juan Medical Center the official designation as a Community Hospital Center of Excellence, recognizing Dignity Health's individualized care and treatment of lung cancer patients. Mercy San Juan is the first community hospital in the Sacramento region to receive this designation. The



program's hallmark standard ensures all patients receive genomic testing to monitor for specific disease states and to determine potential options for precision medicine and targeted treatment.



Prostate Cancer

American Cancer Society

In American men, prostate cancer is the most common cancer (other than skin cancer) and the second-leading cause of cancer death. Most prostate cancers grow very slowly, but when they spread, they can do so quickly. Most early cases of prostate cancer cause no symptoms, but some early signs may be frequent urination, especially at night; blood in urine; difficulty starting urination or inability to urinate; and weak or painful urination in men.

Prevention: Although the causes of prostate cancer are not yet completely understood, researchers have found several factors that increase the risk of developing the disease. Many risk factors, such as a man's age, race, and family history, are beyond his control, but since high-fat diets have been linked to prostate cancer, eating a diet that is low in saturated fat and red meats and high in fruits, vegetables, and whole-grain foods may help reduce a man's risk for developing the disease.

Detection: At this time, there is insufficient evidence to recommend for or against routine prostate cancer screening for average-risk men. For this reason, the American Cancer Society does not recommend routine screening for

prostate cancer. Rather, we recommend that average-risk men, beginning at age 50, have the opportunity to make an informed decision about screening after discussing the potential benefits and limitations of prostate cancer early detection testing with a health care professional.

Men at higher risk, including African American men and men with a first-degree relative diagnosed with prostate cancer before age 65, should have this conversation with their doctor beginning at age 45. Men at even higher risk (because they have several close relatives diagnosed with prostate cancer at an early age) should have this discussion with their doctor at age 40. If a man chooses to be tested, the recommended test is the prostate-specific antigen test with or without a digital rectal exam.

Treatment: If prostate cancer is found early, treatment with curative intent is often given. Such treatment usually consists of either radical prostatectomy or radiation. If the cancer is believed to be slow growing and is not causing symptoms, "watchful waiting" may be chosen, especially for older men. Active treatment will be started later if the cancer begins to grow more quickly or symptoms appear. For cancer that has spread beyond the prostate gland, treatments such as hormone therapy, chemotherapy, and or immunotherapy may be recommended.

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**.