

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

Summer 2019



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Does UV Radiation Cause Cancer?

Written by: The American Cancer Society medical and editorial content team

Basal and Squamous Cell Skin Cancer: Many observational studies have found that basal and squamous cell skin cancers are linked to certain behaviors that put people in the sun, as well as a number of markers of sun exposure, such as:

- Spending time in the sun for recreation (including going to the beach)
- Spending a lot of time in the sun in a swimsuit
- Living in an area with a high amount of sun
- Having had serious sunburns in the past (with more sunburns linked to a higher risk)
- Having signs of sun damage to the skin, such as liver spots, actinic keratoses (rough skin patches that can be precancerous), and solar elastosis (thickened, dry, wrinkled skin caused by sun exposure) on the neck

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July is UV Safety
Awareness Month

August is Palliative Care
& Cancer Pain Awareness
Month

September is Prostate,
Childhood, Ovarian &
Gynecologic, Leukemia &
Lymphoma, and Thyroid
Cancer Awareness Months



Dignity Health™
Cancer Institute
of Greater Sacramento

Does UV Radiation Cause Cancer?, continued from page 1

Melanoma: Observational studies have also found links between certain behaviors and markers of sun exposure and melanoma of the skin, including:

- Activities that lead to “intermittent sun exposure,” like sunbathing, water sports, and taking vacations in sunny places
- Previous sunburns
- Signs of sun damage to the skin, such as liver spots, actinic keratoses, and solar elastosis

Other Cancers: Because UV radiation does not penetrate deeply into the body, it would not be expected to cause cancer in internal organs, and most research has not found such links. However, some studies have shown possible links to some other cancers, including:

- Merkel cell carcinoma (a less common type of skin cancer)
- Cancer of the lip
- Some types of eye cancer, such as melanoma of the eye and squamous cell carcinoma of the conjunctiva

Artificial Sources of UV Rays

- Indoor tanning: Studies have found that people who use tanning beds (or booths) have a higher risk of skin cancer, including melanoma and squamous and basal cell skin cancers. The risk of melanoma is higher if the person started indoor tanning before age 30 or 35, and the risk of basal and squamous cell skin cancer is higher if indoor tanning started before age 20 or 25.
- Welding and metal work: Some studies have suggested that welders and sheet metal workers might have a higher risk of melanoma of the eye.
- Phototherapy: People exposed to UVA as a treatment for skin conditions such as psoriasis (as a part of PUVA therapy) have an increased risk of squamous cell skin cancers.

Treatment of skin conditions with UVB alone (not combined with PUVA) has not been linked to an increased risk of cancer.

What About Tanning Beds?

Some people think that getting UV rays from tanning beds is a safe way to get a tan, but this isn't true. IARC classifies the use of UV-emitting tanning devices as “carcinogenic to humans.” This includes sunlamps and sunbeds (tanning beds). The US Food and Drug Administration (FDA), which now refers to all UV lamps used for tanning as “sunlamps,” requires them to carry a label that states, “Attention: This sunlamp product should not be used on persons under the age of 18 years.” The FDA also requires that user instructions and sales materials directed at consumers (including catalogs, specification sheets, descriptive brochures, and webpages) carry the following statements:

- Contraindication: This product is contraindicated for use on persons under the age of 18 years.
- Contraindication: This product must not be used if skin lesions or open wounds are present.
- Warning: This product should not be used on individuals who have had skin cancer or have a family history of skin cancer.
- Warning: Persons repeatedly exposed to UV radiation should be regularly evaluated for skin cancer.

No type of UV radiation has been shown to be safe – cancers have developed after exposure to UVA (alone), UVB (alone), and UVC (alone).

Join Us to Learn More

Dignity Health Cancer Institute will be hosting free educational seminars on skin cancer prevention and screening in Sacramento, Woodland and Grass Valley this Fall. Stay connected at DignityHealth.org/Sacramento for more information or call Angela Gianulias at 916.962.8893.





What Is Leukemia?

Leukemia is a cancer of the white blood cells, which help fight infection. It is caused by the uncontrolled growth of these cells. Leukemia starts in the bone marrow, which is the spongy part inside the bones where blood cells are made. The cancer cells spread to the blood that circulates in the arteries and veins.

Leukemia Key Statistics

- The American Cancer Society estimates that 60,300 people will be diagnosed with leukemia this year.
- About 24,370 people are expected to die from leukemia this year.
- Leukemia is commonly thought of as a childhood disease, yet it is diagnosed 10 times more often in adults.

Types of Leukemia

Based on the time it takes one to develop the disease, leukemia has two forms, acute and chronic leukemia.

- Acute leukemia begins over a short period of time. In acute leukemia, there is a fast growth of immature cells in the bone marrow and peripheral blood.
- Chronic leukemia develops over a longer period of time. Compared to acute leukemia, it has more mature cells in the bone marrow and peripheral blood.
- Based on the type of blood cells, leukemia is divided into lymphocytic and myelogenous leukemia.

What Are the Signs and Symptoms of Leukemia?

There are no exact signs and symptoms of leukemia. General symptoms include fatigue, or lack of energy, and flu-like symptoms including fever. A loss of appetite may also occur. A person may experience shortness of breath when active and a pale color of the skin and mucous membranes (this includes the lining of the inside of the nose and mouth). These symptoms are related to anemia, which is a decrease in the red blood cells that carry oxygen. Easy bruising and bleeding due to a drop in the platelet count may also occur. Platelets are part of the blood cells that help form blood clots. Poor wound healing and infections may also occur because many of the white cells are immature and therefore not able to do their job.

Causes of Leukemia

The exact cause of leukemia is not known. In very rare cases, chemotherapy or radiation therapy used to treat one cancer leads to leukemia. There are no known ways to prevent leukemia.

What Is Lymphoma?

Lymphoma is a group of cancers that begins in the lymphatic system. The function of the lymphatic system is to drain excess tissue fluid called lymph. The lymphatic system also contains blood cells known as lymphocytes, which are important in fighting infection. Lymphoma is the uncontrolled growth of lymphocytes.

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What is Leukemia?, continued from page 3

Types of Lymphoma

There are two types of lymphoma: Hodgkin's and Non-Hodgkin's Lymphoma.

- Hodgkin's Lymphoma is recognized by the presence of special cells that can be seen under the microscope, called the Reed-Sternberg cell. Only 12.5% of all lymphomas are the Hodgkin's type.
- Non-Hodgkin's Lymphoma is the most common type of lymphoma and is divided into many groups of lymphatic cancers. There are many different types of Non-Hodgkin's Lymphoma.

Lymphoma Key Statistics

About 83,180 people will be diagnosed with lymphoma this year. Of those people, about 74,680 are expected to have the Non-Hodgkin's type and about 8,500 the Hodgkin's type of lymphoma. Approximately 20,960 people will die of the disease this year.

What Are the Signs and Symptoms of Lymphoma?

A swelling of lymph nodes that does not cause pain. Lymph nodes are groups of cells found along the path of lymphatic vessels. They filter the lymphatic fluid and remove harmful substances. The most common sites of lymph node swellings are in the neck, armpit, groin, or the abdomen. General symptoms can include fever, sweating, fatigue, loss of appetite, and bony pain. There are no known strategies to prevent lymphoma.

Causes of Lymphoma

In most cases, the cause of lymphoma remains unknown. Patients with HIV (Human Immunodeficiency Virus) have a higher risk of developing lymphoma. Stomach lymphoma can be caused by an infection in the stomach called *Helicobacter Pylori*. This infection is sometimes found in people that have stomach ulcers.

Mercy Medical Group: Cancer Patient Specialty Facials \$30



Naturally Soothing Facial

Pineapple, specialty extracts, oxygen spray and therapeutic masks offer soothing, calming benefits for sensitive skin and long-lasting hydration

Nature's Bounty Fruits & Nuts with Milk & Honey Facial

Citrus, papaya, pineapple, wild yam and an almond-based exfoliant to cleanse, exfoliate and nourish; essential fatty acids and honey-drenched nutrients provide vitamin B complex, with vitamins C, K and E to soothe environmentally damaged skin; finishing mask calms and cools; peptides and sunscreen leave skin hydrated and protected

12 Flower Facial

Flower acids for moisturizing and lightening benefits, vital nutrients and powerful antioxidant support for pro-youth results

Multi-Vitamin Hydrating Facial

Deeply cleanses, soothes, softens and nourishes moisture-depleted, dull, tired skin

Maui Spa Facial

A blend of vitamins, antioxidants and skin brighteners that support deeper tissue softening and regeneration

Call 916.536.2400 for an appointment

2200 Sunrise Boulevard, Suite 250

Gold River, CA 95670

Mindfulness – the Art and Practice of Being Aware

Written by: Eva Lukas, LMFT #97290

Mindfulness is the English translation of the Pali word “Sati Sampajanna,” which means awareness, retention, or memory. There are two major components—practice and awareness.

All humans have the capacity to be mindful. Even though mindfulness is often associated with Buddhist traditions, it actually transcends all cultures. Mindfulness is practiced in most religious traditions and is also embedded in Western philosophical and psychological schools of thought (Brown & Gordon, 2009; Walsh, 2000). Practice is the process through which can help arrive at a state of being aware. Mindfulness practice means “attending in an open, caring, and discerning way” (Shapiro, 2017).

For example, one simple way to become aware is by focusing on our breath. Are you breathing in this moment? Do you know that you are breathing? This knowing can occur on an intellectual and conceptual level. It can be a felt sense of knowing. “I inhale; I know I am breathing in. I exhale; I know I am breathing out.” It can also describe the experience of feeling air enter through your nose, filling your lungs, and then slowly exhaling again. This knowing, this moment-to-moment experiencing, is mindfulness.

Next, let us take a look at the mind. Is it alert? Is it bored and fatigued? Is it focused? Are you thinking of errands you need to run later today? Knowing your mind in this present moment, without judging, without trying to change the experience, is called mindfulness. In this state of mindfulness, we have removed our evaluations, judgments, and our emotional reactions. No more telling ourselves: “I should not think about my upcoming appointment now!” which is then possibly followed by a harmful negative cognition: “What is wrong with me?” Mindfulness is the opposite. We learn to accept things the way they are without trying to get more of what we want (pleasure, security) or trying to push away what we do not want (anger, fear, shame).



Can you imagine how liberating it could be if we allowed ourselves to experience life the way it unfolds, moment to moment, without trying to make changes? After all, it is already happening. So why not just breathe into the experience instead? And, as we observe, we can arrive at a place of clarity and respond in an appropriate manner. Instead of reacting (yelling at the other person, hanging up the phone, slamming the door on our way out, etc.) we have now taken a deep breath and created space to make a conscious choice, which may result in asking the other person to please sit down and talk, or go for a walk to sort things out. Or we may come to the realization that a relationship may not be serving us any longer. We gain insight.

Mindfulness is not about resignation but can provide a powerful context for change. Also, mindfulness will help us realize that nothing is permanent—things change from moment-to-moment. Even if we have been able to create the perfect moment once before, we now know that it will not last. In fact, it never has. And we can train our mind to connect to our experiences as they arise moment-to-moment and pay attention to them all—welcome them, or as Dr. Kabat-Zinn suggests: “befriend your present emotions, your experiences.” That way, we can slow down the rumination regarding regrets of the past and worries about the unknown future lying ahead.

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Mindfulness – the Art and Practice of Being Aware,
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And what is the purpose? How is mindfulness helpful? In studies with cancer patients, evidence shows a reduction in psychological symptomatology as expressed in depression and anxiety. But also biological outcomes have been studied, and have shown improvements in immune, endocrine, and autonomic nervous system functioning (heart rate, respiratory rate, and digestion). How does this work? How will we be able to sustain our attention and be less reactive? We have to start in the present. Because that is the only place we can begin.

Let us start with formal practice: breathing techniques, a body scan, a sitting meditation practice. All of these you can find on YouTube. It can be brief—maybe you can start by practicing ten minutes daily. And if that seems too long, then maybe five minutes daily will be a good start. Try it and see what happens. Informal practice involves paying attention to whatever you are doing in the moment: walking, driving, reading, eating, washing dishes, or even folding the laundry. Remember to focus on the task at hand: “I am doing the dishes. The water feels not too cold,

not too hot. The surface is covered with hundreds of tiny soap bubbles.” Now if your mind starts to wander and you notice yourself thinking about your grocery shopping list, gently pull yourself back into the present moment and focus on rinsing this smooth ceramic plate in your kitchen sink instead. Mindfulness involves a process, and it takes time, patience, and practice. But it is well worth the effort and will change the relationship you have with yourself and others around you.

Over time, you will notice that your overall stress levels will decrease. Whatever you decide to do, be kind to yourself: our minds wander 47% of the time, and it is normal for our thoughts to drift. Don’t judge yourself, notice when it happens, and then simply re-focus. And one more thing: we are offering a Stress Reduction and Mindfulness course. The photo on page 5 was taken in preparation for our fourth class. Join us next time! Please watch out for our upcoming course dates and learn evidence-based techniques and experience mindfulness in a group setting. Participation is free. Patients and caregivers are welcome!

The Power of Food: Omega 3, Omega 6, and Omega 9 Fats

Written by: Susan Liebert, MS, RD, CSO, CDE

What Exactly Are These Types of Fats?

Getting a moderate amount (25-35%) of daily calories from fat is recommended for good health. Both Omega 6 and Omega 3 fats are longer chained polyunsaturated essential fats. Essential fats are ones the body does not make. You need to get them from your diet. Omega 6 fats break down into inflammatory compounds, an important part of the immune system. But you don't want to get too much.

- Omega 6 fats include sunflower, corn and soybean oils. They tend to be in processed food so we get plenty.
- Omega 3 fats break down into anti-inflammatory compounds and may help with heart, mental, liver, and bone health.
- Omega 3 fats come from both animal and plant sources:
 - Animal: DHA, EPA found in fatty fish and fish oils like salmon and black cod
 - Plant: ALA found in chia, flax, hemp, walnuts, avocado

While we need both types of fat, recommendations are to decrease the ratio of Omega 6 to Omega 3 fats from approximately 15 to 1 down to 3 to 1. Omega 9 fats are monounsaturated fats and non-essential (the body makes them). But replacing saturated fats with Omega 9 fats can help reduce triglycerides and increase insulin sensitivity.

- Foods high in Omega 9's include olive and canola oils, nuts and nut oils, avocado and avocado oil.

Some suggestions for increasing Omega 3 and Omega 9 fats in your diet:

- Try for at least 2 servings of salmon or other fatty fish (4 ounces each) per week. Substitute salmon for chicken in a stir fry. Wrap marinated salmon in parchment paper and bake at 400° for 15-20 minutes.
- Add 2 tablespoons of ground flax or chia seeds to oatmeal, smoothies, yogurt, soups, and stews.
- Replace processed snack foods (crackers, cookies, chips) with healthier options: A handful (1 ounce) of walnuts, 1 tablespoon of nut butter on apple slices or baby carrots.
- Add avocado to salads, sandwiches, smoothies, or mashed on toast.



Intimacy After Cancer Event Held at Mercy Cancer Center

On May 22, Fran Fisher, RN, PhD, spoke to a group of cancer survivors and their partners/spouses at the Mercy Cancer Center. She gave an educational and exhilarating presentation about intimacy during and after cancer treatment. Dr. Fisher talked openly about difficult topics affecting many people, but especially those who are currently undergoing, or have completed, different

treatments for cancer. For example, changes can occur due to changes in body image related to surgeries and radiation. In addition, side effects of medications can cause changes. Dr. Fisher offered her expertise and shared the narrative of her personal journey with heartfelt humor. She gave an overview of common physical as well as psychosocial effects. She introduced various healthy coping skills and reinforced the importance of speaking with your healthcare team and/or partner about the subject of sexuality, which can often be difficult to address in consultations.

Bags for the Brave

The Mercy San Juan Infusion Center was visited by an angel: Julia Zara, daughter of our own Mercy Medical Group physician, Jojet Zara, MD. Julia came bearing special gifts for our cancer patients that she calls, “Bags for the Brave.” Julia and other students from St. Francis High School make bracelets and sell them to fund the contents of the bags. Julia is delivering these bags to cancer centers throughout the Sacramento region. Thank you, Julia, and the St. Francis students for your donation of time and these beautiful bags for our cancer patients.

Inside each bag is:

- A blanket to keep patients warm during treatment.
- A water bottle to keep them hydrated.
- Lozenges to help with changing taste buds.
- Lip balm to soothe the lips.
- Ear buds to help the patients listen to calm music.
- A journal to keep track of their thoughts.
- A poetry book to remind them of their bravery.
- A personal message (shown to the right) to show support and to share the kindness of others.



Bravery looks like...

After you're done reading this poem, close your eyes and imagine the face of bravery.

That face can be whatever and whoever you want it to be.

Search deep inside of you.

Maybe it's the girl who smiled at you on the street just because she wanted to.

Or maybe even the golden sun who woke you up to start yet another day.

Perhaps it's the face of your brother, your sister, your mother, your father, or your daughter, or your son.

Maybe it's even the face of your little dog.

Bravery can be the strongest wind or the slightest breeze.

It can be the moon and the stars and the birds and the sky.

It can be the love of your life.

But most of all, bravery comes in the shape of YOU. Yes, you.

I can read it in your mind and I can see it in your soul and I can feel it in your heart.

Bravery radiates from you in waves so strong it shakes the universe.

You shake the universe.

So beautiful!

So bold!

So brave!

Now all you have to do is open your eyes.

Poem written by: Julia Zara

September is Gynecologic Cancer Awareness Month

Did you know that more than 90,000 women in the U.S. are diagnosed with gynecologic cancers each year? Approximately 29,000 women die from gynecologic cancers, but if found early, the chances of survival increase. Most of these cancers occur after menopause but they can occur before menopause as well. Symptoms of gynecologic cancers vary depending on the organ site.

Possible Cancer Symptoms

- Abnormal vaginal bleeding
- Unexplained weight loss
- Abnormal vaginal discharge
- Constant fatigue
- Loss of appetite, feeling full quickly, or bloating
- Pelvic or abdominal pain
- Pain with intercourse
- Changes in bathroom habits
- Persistent indigestion and nausea

Common Risk Factors

- Women at or beyond the age of menopause (50)
- Women with family or personal history of ovarian, breast, or colon cancer
- History of diabetes, hypertension, chronic vulvar irritation, or late menopause
- Women who have never been pregnant or given birth
- Women who are obese
- History of abnormal Pap smears or women who do not have regular Pap screenings
- Smoker
- Multiple sexual partners
- Intercourse before the age of 16
- Infected with HIV or HPV
- Tamoxifen or unopposed estrogen use

Several organizations are dedicated to research, support,

education, and gynecologic cancer awareness: National Ovarian Cancer Coalition (NOCC), Ovarian Cancer Research Alliance (OCRA), Ovarian Cancer Education and Research Network (OCERN), and National Cervical Cancer Coalition (NCCC).

Ovarian Cancer Education and Research Network Walk

Local OCERN has an upcoming annual walk/run race and fundraiser in September, National Ovarian Cancer Awareness Month. Please sign up and join TEAM DIGNITY HEALTH by September 15 for the fun race. Go to: letsrocrun.org and join: TEAM DIGNITY HEALTH. For more information please contact Angela Gianulias at 916.962.8893.



Look Good Feel Better

Dignity Health Cancer Institute has partnered with Look Good Feel Better and is planning to host the monthly program. Look Good Feel Better is a non-medical, brand-neutral public service program that teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment.



The program includes lessons on skin and nail care, cosmetics, wigs and turbans, accessories and styling, helping people with cancer to find some normalcy in a life that is by no means normal. Thousands of volunteer beauty professionals support Look Good Feel Better. All are trained and certified by the Look Good Feel Better Foundation and the Professional Beauty Association at local, statewide, and national workshops. Other volunteer health care professionals and individuals also give their time to the program.

The program is open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment. For additional information about Location, dates and times, please contact Angela Gianulias at 916.962.8893.

Transition to Wellness

Join us for an event series designed for patients who have completed cancer treatment and are on the road to recovery. Our Transition to Wellness forums address the long-term needs of cancer survivors, empowering them to advocate for their well-being. A dietitian, psychosocial therapist, and oncology nurse navigators will be available to cover topics including:

- Surveillance for reoccurrence
- Screening recommendations
- Emotional well-being
- Guidance about health education, diet, exercise and nutrition

August 8, 2019

Mercy San Juan Medical Center

4:30 p.m. to 6 p.m.

If you have completed treatment following your cancer diagnosis, join expert members of our team for our upcoming discussions. For additional information, please contact Angela Gianulias at 916.962.8893.



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

THE ART OF HEALING WITH Nanci Shandera, PhD

8-week courses, 10 a.m. – 1 p.m.
drnanci@earthspiritcenter.com or EarthSpiritCenter.com

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

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

Mindi Soares, RN
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

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

BREAST CANCER SUPPORT GROUP

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

Mercy San Juan Medical Center

6403 Coyle Avenue, Carmichael, CA 95608

4th Tuesday of every month, 11 a.m. – 12:30 p.m.

Mercy Cancer Center, Large Conference Room

3301 C Street, Sacramento, 95816

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

FOLSOM CANCER SUPPORT GROUP

Every Thursday, 11 a.m. – 12:30 p.m.

1675 Creekside Dr., Boardroom

Folsom, CA 95630

GYNECOLOGIC CANCER SUPPORT GROUP

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

Mercy Cancer Center

3301 C Street, Sacramento, 95816

LIVING WITH CANCER SUPPORT GROUP

1st Monday of every month, Noon – 1:30 p.m.

Woodland Healthcare Cancer Center

Haarberg Building, Conference Room

515 Fairchild Ct., Woodland, CA 95695

Lunch will be provided

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

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

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 = Mar 21, May 16, Jul 18, Sep 19, Nov 21)

(UCD = Apr 18, Jun 20, Aug 15, Oct 17, Dec 19)

YOGA CLASSES

Every Monday & Wednesday, 5 – 6 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816