

# Journeys

News and inspiration for  
Dignity Health Cancer Institute  
patients and family

April and  
May 2015

## Stand Up, Sit Less, and Move More Often

Avoiding long periods of sedentary activity seems to be important for health and applies to physically active and inactive individuals. The American Cancer Society, which examined a cohort of more than 123,000 individuals, determined women who sat more than six hours during leisure time had a 40% higher all-cause death rate than women who sat fewer than three hours a day. For men, the death rate was approximately 20% higher. This association was found regardless of the amount of physical activity.



Sedentary behavior has been defined as action “that does not increase energy expenditure substantially above the resting level and includes activities such as sleeping, sitting, lying down, watching television and other forms of screen-based entertainment.” Some suggestions to decrease periods of inactivity include:

At home:

- Stand and take a break from sitting or computer work every 30 minutes.
- Stand and move whenever you are talking on a cellphone.
- When watching TV, stand up and move with every commercial break.
- After reading six pages of a book, get up and move a little.

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**Dignity Health**<sup>™</sup>  
Cancer Institute  
of Greater Sacramento

## The Power of Food: Spotlight on Beans



Beans may be small, but they are packed with protein, fiber, vitamins, minerals and antioxidants. They provide health benefits for the digestive tract, blood sugar regulation, cardiovascular health and cancer prevention. Beans can be used in a variety of recipes (including desserts!) to make healthy, nutritious, flavorful meals. Studies suggest a link between increased physical activity and decreased risk of certain types of cancer and cancer reoccurrence

### Quick Bean Stats per ½ cup cooked

**110–120 calories**

**7 gm protein**

**20 gm carbohydrates, 7 gm fiber (2 gm soluble, 5 gm insoluble)**

**128 mcg folate (32% daily value or “DV”)**

**.2 mg thiamine (17% DV)**

**120 mg phosphorus (17% DV)**

**305 mg potassium (8.5% DV)**

**1.8 gm iron (10% DV)**

**90 mg omega-3 fatty acids (ALA)**

**Phytonutrients including anthocyanin flavonoids (with antioxidant and anti-inflammatory properties)**

### Research

- Higher intake of beans is linked to lower risk of type 2 diabetes, coronary heart disease, heart attack, and certain cancers.
- Indigestible fraction in beans is linked to good digestive health, especially for the colon.
- Decreased risk of breast, prostate, kidney, and colon cancer found in cohort studies is thought to be due to high levels of antioxidants as well as cancer fighting compounds in beans.
- Protein and fiber in beans move through the digestive tract at a moderate pace, which allows colon bacteria to produce fuel for colonic cells and releases sugar into the bloodstream more steadily.
- Phytonutrients and folate in beans help maintain healthy blood vessels to support heart health.

### Recipes

Beans can be used to make vegetarian burgers, soups, stews, dips, salads, and casseroles. But due to their mild taste, they can also be used to make desserts healthier (like brownies) with more protein, less fat and sugar.

- Try adding lentils to a whole grain (brown rice, bulgur, quinoa) for a tasty, protein enriched side dish.
- Replace up to half the butter/shortening in a brownie recipe with black or white beans for a treat higher in protein and fiber and lower in fat (you really won't taste the beans!)
- Make a quick, delicious dip for vegetables by blending one can white beans or garbanzo beans (drained and rinsed) with ½ tsp garlic powder, ½ tsp cumin, two Tb lemon juice, two Tb olive oil, and a dash of salt.

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



## Lung Screening Event

If you or a loved one is at a high risk for lung cancer, a lung screening may put your mind to rest. It could even save a life. Waiting for obvious symptoms, such as chronic cough, pain or shortness of breath, may be dangerous because they often occur only when the disease is advanced. A positive outcome is more likely with preemptive early detection.

The screening is appropriate for individuals who meet ALL of the following criteria:

- Age 55 to 74, with no signs or symptoms of lung cancer
- Active or former smoker with a 30 “pack year” history
- If an active smoker, should also be vigorously urged to enter a smoking cessation program
- If a former smoker, must have quit within 15 years

Patients with suspicious results are referred to a nurse navigator to ensure proper follow up.

Lung cancer is among the top five cancers diagnosed in the greater Sacramento community. With this in mind, the Dignity Health Cancer Institute, in partnership with Mercy Imaging Centers, conducted

10 free lung cancer screenings on the evening of January 29, 2015. Beginning January 1, 2015 Medicare and private insurers began to cover low-dose lung CT screenings for people at high risk for lung cancer.

## Meditation Mondays



Mercy Cancer Center is pleased to announce a new meditation class, Meditation Mondays, for cancer patients and their caregivers, held at the Mercy Cancer Center—Carmichael campus. This free class will teach techniques to create calm and help reduce the anxiety associated with a cancer diagnosis and treatments. Shaun Brown, meditation instructor, has been teaching meditation for over 25 years, and is a cancer survivor herself. See calendar for upcoming dates.

Stand Up, Sit Less, and Move More Often, Continued from page 1

- Dance to your favorite inspiring music selection.
- Take a family after-dinner walk.

In the office:

- Walk to a colleagues’ desk instead of phoning or emailing.
- Use a height-adjustable desk to enable frequent transitions between working in a standing or sitting position.
- Use a headset or speaker phone during teleconferences to enable more standing during the meeting.
- Take standing breaks during long meetings.

Exercise has many of the same benefits for cancer survivors as it does for other adults. Remember

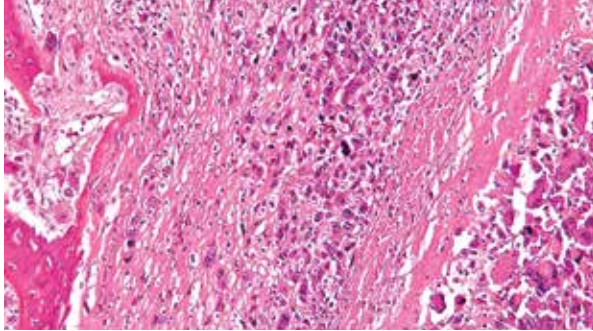
some physical activity is better than none at all. Most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity such as brisk walking. Additional benefits occur with more physical activity. Both aerobic and muscle-strengthening physical activities are beneficial.

Exercise constitutes only a small proportion of a person’s day. What a person does for the rest of the time they are awake is also important. For more on this subject, attend one of the conditioning classes offered weekly. Refer to the calendar for dates, times and locations.

Julia Stedifor, BS, RCEP

ACSM Registered Clinical Exercise Physiologist

## Multiple Myeloma Awareness



Multiple myeloma is a cancer that forms in a type of white blood cell called a plasma cell that helps the body fight infections by making antibodies that recognize and attack germs. Multiple myeloma causes cancer cells to accumulate in the bone marrow where they crowd out healthy blood cells and produce proteins that can cause kidney problems.

Although some patients with multiple myeloma have no symptoms at all, the most common symptoms include:

- Bone pain or weakness, especially the back, hips, and skull
- Reduced red blood cell count (anemia) causing weakness, dizziness and shortness of breath
- Reduced white blood count (leukopenia) lowering resistance to infections such as pneumonia
- Reduced blood platelet count (thrombocytopenia) by which even minor cuts cause serious bleeding
- Blood thickening (hyperviscosity) causing confusion, dizziness or stroke symptoms such as weakness on one side of the body or slurred speech
- High blood levels of calcium causing kidney problems, thirst, frequent urination, dehydration, constipation, abdominal pain, and loss of appetite
- Spinal cord compression causing sudden back pain and numbness or weakness, especially in the legs

### Risk Factors

Multiple myeloma accounts for 1% of all cancers. It is more common in men than women and is twice as common in African-Americans as it is in European-Americans. Most people diagnosed with this cancer are at least 65 years old. Someone with a sibling or parent with myeloma is four times more likely to get it. Being overweight also increases a person's risk of developing multiple myeloma.

### Treatment

Multiple myeloma is considered a chronic disease. However, if a patient is not experiencing signs and symptoms, they may not require treatment. If signs and symptoms develop, a number of treatments can help control the disease including chemotherapy, steroids, and radiation. Almost any cancer treatment can have side effects. Some last for a few weeks to several months, but others can be permanent. The cancer care team can help patients manage them.

### What Happens After Treatment?

For most people, multiple myeloma never goes away completely. Learning to live with such a cancer can be difficult and stressful. Although there may be a time when treatment is halted temporarily, most patients never really finish it. Follow up is needed for the doctor to know when to begin treatment again to prevent problems that interfere with daily life.

### Follow-up Care

Multiple myeloma is rarely curable at this time. It may go away for a while, but the disease is likely to return. During and after treatment, it's very important to go to all follow-up appointments, and to keep one's medical insurance. During these visits, doctors will ask about symptoms, examine the patient, and order blood tests or imaging studies such as CT scans or x-rays. This is also a time for the patient to talk to their cancer care team about any changes, questions or concerns.

[www.cancer.org](http://www.cancer.org)





## April is Testicular Cancer Awareness Month

### Understanding Testicular Cancer

Testicular cancer or cancer of the testis occurs when cancer cells form in one or both testicles. These cells begin to change and grow uncontrollably, forming a mass or tumor. The cells can also invade the blood stream and lymph system and spread, leading to tumors in other areas of the body called metastases.

Testicular cancer is highly treatable and one of the most curable forms of cancer. It is especially important to detect testicular cancer in the earliest stages where the cure rate is almost 100%. That is why self-exams, starting in the adolescent years, are key in early detection of testicular cancer.

### Statistics

Testicular cancer is the most common form of cancer in men 15-35 years old. Each year, approximately 8,500 men will be diagnosed with testicular cancer. Approximately 350 will die from the disease each year. The overall five-year survival rate is 95% but the key is early detection. When testicular cancer is diagnosed in early stages, meaning the cancer is confined to the testis, the five-year survival rate is 99%. When the cancer has spread to regional lymph nodes the five-year survival rate drops to 96%. If the cancer has metastasized to distant areas the five-year survival rate is 71%.

### Detection

Not much can be done to prevent testicular cancer so the best prevention/protection is to be aware of

the risks, signs, symptoms and early detection by doing self-testicular exams. Prompt treatment will lead to the best outcomes. Most testicular cancers are found by men themselves or their partner, not by their doctor. If you notice anything unusual with your testicles you should notify your doctor immediately. The main symptom of testicular cancer is usually a lump, hardness or painless swelling of the testicle. 30% to 40% of patients may experience a dull ache or heavy sensation in the lower abdomen, anal area or scrotum. Only 10% of patients go to the doctor complaining of new sensations of pain. Unfortunately, 10% of patients go to the doctor with advanced symptoms due to advanced spread of the cancer.

Common signs and symptoms of testicular cancer include:

- Painless lump or swelling of the testicle
- Change in how the testicle feels
- Dull ache in the groin or lower abdomen
- Build-up of fluid in the scrotum
- Pain or discomfort in the testicle or scrotum
- Scrotum that feels heavy or swollen
- Bigger or more tender breasts

### Treatment

If caught early, testicular cancer is highly treatable and allows for treatments that are more successful and less aggressive. Treatments include surgery, radiation therapy, chemotherapy and active surveillance.

[TesticularCancerSociety.org](http://TesticularCancerSociety.org)

Calendar of Events

# April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p><b>Legacy Cancer Support Group</b> Mercy San Juan 11 a.m. to 12:30 p.m.</p> <p><b>Blood Cancer Support Group</b> Mercy San Juan 5:30 to 7 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	2	3	<p>4</p> <p><b>Ostomy Support Group</b> Mercy San Juan 10 a.m. to Noon</p> <p><b>Multiple Myeloma Support Group</b> Mercy San Juan 10 a.m. to Noon</p>
5	<p>6</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>7</p> <p><b>Guided Imagery</b> Mercy San Juan 8:45 to 9:15 a.m.</p> <p><b>Gentle Conditioning</b> Mercy San Juan 9:15 to 9:45 a.m.</p> <p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.</p>	<p>8</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>9</p> <p><b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m.</p> <p><b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.</p>	10	11
12	<p>13</p> <p><b>Meditation</b> Mercy Cancer Center— Carmichael 10:30 to 11:30 a.m.</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>14</p> <p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Caregiver's Support Group</b> Yolo Adult Day Center 6:30 to 8 p.m.</p>	<p>15</p> <p><b>Caregiver's Support Group</b> Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>16</p> <p><b>Prostate Support Group</b> UC Davis 1:30 to 3:30 p.m.</p> <p><b>Breast Cancer Support Group</b> Mercy San Juan 4 to 5:30 p.m.</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	17	18
19	<p>20</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>21</p> <p><b>Guided Imagery</b> Mercy San Juan 8:45 to 9:15 a.m.</p> <p><b>Gentle Conditioning</b> Mercy San Juan 9:15 to 9:45 a.m.</p> <p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p><b>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.</p>	<p>22</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p><b>Survivorship Forum</b> Woodland Memorial Hospital 5:30 to 8 p.m.</p>	<p>23</p> <p><b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m.</p> <p><b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.</p>	24	25
26	<p>27</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>28</p> <p><b>Cancer Support Group</b> Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	<p>29</p> <p><b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	30		

Calendar of Events

# May 2015

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>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	5 <b>Guided Imagery</b> Mercy San Juan 8:45 to 9:15 a.m. <b>Gentle Conditioning</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>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.	6 <b>Legacy Cancer Support Group</b> Mercy Cancer Center— Sacramento 11 a.m. to 12:30 p.m. <b>Blood Cancer Support Group</b> Mercy San Juan 5:30 to 7 p.m. <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	7	8	9
10	11 <b>Yoga</b> Mercy Cancer Center— Sacramento 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— Sacramento 5:30 to 6:30 p.m.	14 <b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m. <b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.	15	16
17	18 <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	19 <b>Guided Imagery</b> Mercy San Juan 8:45 to 9:15 a.m. <b>Gentle Conditioning</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>Living with Cancer Support Group</b> Woodland Healthcare 7 to 8:30 p.m.	20 <b>Caregiver's Support Group</b> Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m. <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	21 <b>Prostate Support Group</b> Mercy San Juan 1:30 to 3:30 p.m. <b>Breast Cancer Support Group</b> Mercy San Juan 4 to 5:30 p.m. <b>Yoga</b> Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	22	23
24	25 <b>Yoga</b> Mercy Cancer Center— Sacramento 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— Sacramento 5:30 to 6:30 p.m.	28 <b>Gentle Conditioning</b> Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m. <b>Guided Imagery</b> Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.	29 <b>Survivorship Forum</b> Mercy San Juan Noon to 2 p.m.	30
31						

## A Patient Story: Valentine's Day Brings Smiles to Mercy Cancer Center Patients

Lorraine Katz and her husband Jules were childhood sweethearts. Jules sadly died on February 14, 2009 of colon cancer. Since his death, his wife Lorraine and son Jeff have been giving back to the community by delivering presents to others with cancer on Valentine's Day. Presents such as blankets, colorful water bottles, books and stuffed animals were delivered to the Mercy Cancer Center patients on Valentine's Day in honor of Jules. Staff and patients were filled with smiles and tears of gratitude for the kindness.

Lorraine added, "We just wanted to bring a smile to someone's face who is having a tough day and going through this difficult time. We wanted to do this in honor of Jules and this way we can keep his name alive in a positive way."

**We thank the Katz family for their generous donations.**

## 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  
CR next to Russell Elevator

### Cancer Support Group

Mercy Hospital of Folsom  
Call 916.390.2661 for location

### Caregiver's Support Group

Woodland Healthcare  
Haarberg Cancer Center

Mercy Cancer Center—Sacramento  
Large Conference Room

### Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento  
Large Conference Room

Mercy San Juan Medical Plaza  
(GC/GI)—Pulmonary Rehab

### Legacy Support Group

Mercy San Juan Medical Plaza  
(GC/GI)—Pulmonary Rehab

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

### Meditation Mondays

Mercy Center Center—Carmichael

### 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

### Yoga

Mercy Cancer Center—Sacramento  
Large Conference Room

Mercy San Juan Medical Center  
CR next to Russell Elevator

### Smoking Cessation Classes

Mercy San Juan Medical Plaza

### Survivorship Forum

Mercy San Juan Medical Center—  
Lukens Auditorium  
Woodland Healthcare—Room DCR 5

## 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

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