

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

August and
September 2015



Prostate Cancer Awareness Month is About Being Aware and Informed

Prostate cancer is a condition that brings heartbreak to many, and yet there is also hope. The heartbreak is that each year more than 29,000 men will die of this disease and that prostate cancer is the second leading cause of cancer death of men in the U.S. However, if diagnosed early, the five-year survival rate is almost 100 percent. At ten years post diagnosis, 98 percent of men diagnosed early remain alive. Prostate cancer is an extremely complex disease—multiple subtypes of this cancer exist, some aggressive and lethal, others non-aggressive and non-life-threatening. The vast majority of prostate cancer cases occur as an indolent, slow-growing form of the disease that poses little threat to men's lifespans.

Because one in six men will be diagnosed with prostate cancer in their lifetime, it is important for men to talk to their doctors about both aggressive and non-aggressive forms of this disease. Moreover, there has been controversy in recent years over when men ought to be screened, so men should also become familiar with the benefits and drawbacks of current screening tests.

The PSA blood test and Digital Rectal Exam (DRE) can be used to detect the presence of prostate cancer when no symptoms are present. They can help catch the disease at an early stage when treatment is thought to be more effective and potentially has fewer side effects. The American Urological Association recommends that both the PSA and DRE should

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Awareness Month

September:
Prostate, Gynecologic,
Ovarian, Thyroid and
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Awareness Month



Dignity Health™
Cancer Institute
of Greater Sacramento

Prostate Cancer Awareness Month is About Being Aware and Informed, Continued from page 1

be offered annually, beginning at age 40, to men who have at least a 10-year life expectancy. Men at high risk, such as African-American men and men with one or more first-degree relatives diagnosed at an early age, are also encouraged to begin testing at age 40. Although the PSA and DRE tests alone cannot diagnose prostate cancer, they can signal the need for a biopsy to examine the prostate cells and determine whether they are cancerous. In some men, changes in urinary or sexual function lead to a full evaluation by the doctor, and, if prostate cancer is suspected, a biopsy will be performed.

If prostate cancer is found in biopsied tissue, the pathologist assigns a Gleason score on a scale from 2-10, based on how closely the cancer cells resemble normal cells. In general, cancers with lower Gleason scores (2-4) tend to be less aggressive while cancers with higher Gleason scores (7-10) tend to be more aggressive.

Staging determines the extent of prostate cancer and provides an idea of how the cancer should be treated. “Localized” prostate cancer means the cancer is confined within the prostate. “Locally advanced” prostate cancer means most of the cancer is confined within the prostate, but some has started to escape to the immediate surrounding tissues. In “metastatic disease,” prostate cancer is growing outside the prostate and its immediate environs, possibly into the lymph nodes, and possibly in more distant organs.

There is no “one size fits all” treatment for prostate cancer, so each man must learn as much as he can about various treatment options and, in discussion with his physicians, make his own decision about what is best for him. Consultation with all three types of prostate cancer specialists—urologists, radiation oncologists, and medical oncologists—will offer the most comprehensive assessment of the available treatments and expected outcomes. A man diagnosed with localized or locally advanced prostate cancer has three major treatment options: active surveillance, surgery, and radiation.

Choosing the best treatment for localized or locally advanced prostate cancer is generally based on the man’s age, the stage/grade of the cancer, the man’s



general health, and the man’s evaluation of the risks and benefits of each therapy option.

Research in the past few years has shown that diet modification might decrease the chances of developing prostate cancer, reduce the likelihood of having a prostate cancer recurrence, or help slow progression of the disease. Although it will likely take some time before results of these studies conclusively demonstrate the benefits of nutrition in prostate cancer, there is already good evidence indicating that some dietary changes, such as increasing consumption of fruits/vegetables rich in antioxidants and fish rich in omega-3 fatty acids, are beneficial in other chronic diseases, particularly heart disease. Adoption of these dietary changes can therefore be seen as an important step in a path toward a healthier lifestyle.

The Power of Food: Focus on Vegetables

The USDA's "Choose My Plate" initiative and "Dietary Guidelines for Americans 2010" (a joint program between the USDA and HHS) both recommend adults eat at least 2 ½ cups (i.e., five ½-cup servings) of vegetables every day, especially beans and dark green, orange, and starchy vegetables. However, according to most surveys, the average U.S. adult eats only three servings per day. The new Dietary Guidelines for Americans 2015 (due out this fall) reaffirms the health benefits of a greater intake of vegetables.

Colorful vegetables are rich in phytochemicals that strengthen immunity and help fight disease.

- Deep red/orange vegetables like butternut squash and sweet potatoes have beta-carotene that boosts cellular defenses and neutralizes free radicals that can damage cells.
- Lycopene found in brightly colored vegetables may protect against lung, mouth, and throat cancer.
- Dark green leafy vegetables like spinach and kale contain lutein and zeaxanthin that contribute to healthy vision.
- Cruciferous vegetables (such as broccoli, cauliflower, cabbage, and Brussels sprouts) and allium vegetables (such as onions and garlic) are rich in sulfur-containing chemicals that help inhibit cancer formation in lab animals.



- Greater consumption of fruits and vegetables has been associated with decreased risk of lung, esophageal, stomach and colorectal cancer.

Vegetables also contain not only a variety of essential vitamins and minerals (including vitamin A, vitamin C, folate, potassium, calcium, and iron) but also soluble and insoluble fiber—all of which are important for bowel health, weight maintenance, and reduced risk of heart disease and type 2 diabetes.

Ten Ways to Add More Vegetables to Your Diet

1. Include vegetables in a breakfast smoothie (try carrots, beets, and kale) in addition to fruit (such as berries, bananas, or peaches).
2. Make a veggie wrap for lunch with roasted vegetables and low-fat cheese or herbed cream cheese rolled in a whole grain tortilla or flat bread.
3. Snack on bite-size raw vegetables such as broccoli, peppers, tomatoes, carrots, sugar snap peas along with a low-fat Greek yogurt or hummus dip.
4. Add vegetables such as spinach, tomatoes, and mushrooms to an omelet along with low-fat cheese.
5. Add shredded or chopped vegetables such as squash, carrots, mushrooms, or spinach to meatloaf, lasagna, or pasta sauce.
6. Have a large salad as a main meal with a variety of greens and colorful vegetables, along with lean protein from beans (kidney, chickpeas, edamame) and/or chicken, turkey and tuna.
7. Roast cauliflower, broccoli, or squash in the oven to bring out the sweetness and crunch.
8. Make a stir fry using cabbage, broccoli, carrots, pea pods, and mushrooms, as well as your favorite protein (chicken, fish, or tofu).
9. Use a variety of vegetables as homemade pizza toppings, such as baby broccoli, spinach, peppers, mushrooms, and zucchini.
10. Grill vegetable kabobs using tomatoes, peppers, mushrooms, and onions.

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

“No Ifs, Ands or Butts” Smoking Cessation Program

Tobacco use remains the single largest preventable cause of death and disease in the United States. One of the best things you can do to reduce your risk of cancer is quit smoking. If you use tobacco and are tired of trying to quit, Dignity Health’s Pulmonary Rehabilitation Service can give you the tools and support you need to finally succeed. The “No Ifs, Ands or Butts” smoking cessation program is open to any tobacco user who is committed to working toward a life without cigarettes, smokeless tobacco, cigars, or pipes.

The six-week program meets Wednesday or Thursday evenings from 5:30 to 7:30 p.m. The cost is \$70. At this time, most insurance companies do not cover smoking cessation programs. While the fee is reasonable, arrangements can be made if financial burden is evident.

For more information, contact Dignity Health’s “No Ifs, Ands or Butts” smoking cessation program at:



Mercy General Hospital

Classes are held Wednesdays:

Cardio Pulmonary Rehab Department
5:30 to 7:30 p.m.
4001 J Street, Sacramento, CA 95819
916.453.4268

Mercy San Juan Medical Center

Classes are held Thursdays:

Mercy Physicians Plaza, Suite 260
5:30 to 7:30 p.m.
6555 Coyle Avenue, Carmichael, CA 95608
916.537.5299

Dignity Health Cancer Institute Survivorship Experience Patient Forum “Wellness with Cancer”

Dignity Health has always been committed to treating the whole person—physically, emotionally and spiritually. On Friday, May 29, Dignity Health Cancer Institute and its nurse navigators hosted a “Survivorship Luncheon” at Mercy San Juan Medical Center. The event hosted 80 survivors and their family members.

At this event patients and family members gained insight about maintaining wellness after cancer treatment and reviewed the role of diet and



exercise in cancer prevention and the healing process. Attendees were also invited to chair massages and participate in a tai chi interactive demonstration. Dignity Health Cancer Institute’s physicians and nurse navigators and other support team members were on hand to answer any questions.

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 learn more, call 916.851.2700 or visit 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.

Dignity Health Cancer Institute would like to thank Mercy Foundation for its continued assistance in providing transportation to our cancer patients that are unable to get to their treatment appointments. From January to June of this year, 175 cancer patients were provided transportation assistance through this grant. Lives were saved or prolonged as a result of this generous grant. Thank you Mercy Foundation.

Shahzad Siddique, MD is Top Fundraiser for Leukemia and Lymphoma Society's Man of the Year 2015

Influential Community Members Raise More than \$347,000 for Blood Cancer Research

The Leukemia & Lymphoma Society® (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services for patients and their loved ones.

On June 20 at the Hyatt Regency, nearly 500 guests attended the Man & Woman of the Year Grand Finale Gala, which celebrated four candidates and one alumni team. Rob Stewart, host of *Rob on the Road* on *KVIE Public Television*, served as the master of ceremonies for the evening, which was themed "Celebrating Survivors."



A Top Fundraiser Recognition Award was given to **Man of the Year Dr. Shahzad Siddique** who is an oncologist with Mercy Medical Group, a service of Dignity Health Medical Foundation. In addition, Dr. Siddique is a member of the Dignity Health Cancer Institute team and the LLS Greater Sacramento Area Chapter's board of trustees.

More than \$216,000 was raised by the Man & Woman of the Year candidates. The 2015 Students of the Year and Man & Woman of the Year campaigns combined raised over \$347,000.

Calendar of Events

August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>Ostomy Support Group Mercy San Juan 10 a.m. to Noon</p> <p>Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon</p>
2	<p>3</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>4</p> <p>Guided Imagery Mercy San Juan 8:45 to 9:15 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9:15 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>	<p>5</p> <p>Legacy Cancer Support Group Mercy San Juan 11 a.m. to 12:30 p.m.</p> <p>Blood Cancer Support Group Mercy San Juan 5:30 to 7:00 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>6</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Breast Cancer Support Group Mercy Cancer Center— Sacramento 6:30 to 7:30 p.m.</p>	7	8
9	<p>10</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>11</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	<p>12</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>13</p> <p>Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m.</p> <p>Guided Imagery Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.</p>	14	15
16	<p>17</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>18</p> <p>Guided Imagery Mercy San Juan 8:45 to 9:15 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9:15 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Living With Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>	<p>19</p> <p>Caregiver's Support Group Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>20</p> <p>Prostate Support Group UC Davis 1:30 p.m. to 3:30 p.m.</p> <p>Yoga Mercy San Juan 3:30 to 4:30 p.m.</p> <p>Breast Cancer Support Group Mercy San Juan 4:30 to 6:30 p.m.</p>	21	22
23	<p>24</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>25</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	26	27	28	29
30	<p>31</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>					

Calendar of Events

September 2015

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

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
(GC/GI)—Pulmonary Rehab

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

Yoga

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Room 145

Smoking Cessation Classes

Mercy San Juan Medical Plaza
Mercy General Cardiopulmonary Rehab
Department

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