

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

November and
December 2014

Exercise and Lung Cancer— Risk, Prevention and Survival

Lung cancer kills more Americans than breast, colon and prostate cancers combined. Lung cancer remains the leading cause of cancer death in the U.S. and is one of the world's leading causes of preventable death. While cigarettes, cigars and pipes account for 87% of lung cancers, approximately 20,000 Americans who never smoked die of lung cancer each year.



According to a 2007 study presented at the American Association for Cancer Research's 6th Annual International Conference on Cancer Prevention, being physically active not only helps prevent lung cancer, it also appears to improve survival and quality of life for those already diagnosed. Physical activity was linked with a lower risk of developing lung cancer in men and women, as well as those who were smokers, former smokers and those who had never smoked. The activities evaluated did not require prolonged exercise for hours each day. Even gardening two times a week was associated with reduced risk. For both sexes, exercise reduced the risk of death from lung cancer, although the benefits seemed greater in women.

Continued on page 2

In This Issue

Exercise and Lung Cancer—
Risk, Prevention and Survival

Flu Season Is Here—
Time to Get Vaccinated!

Lung Cancer Screening

Eating Healthy Through the
Cooler Months

Happenings in Our Community

Calendar of Events

A Thanksgiving Prayer



Dignity Health[™]
Cancer Institute
of Greater Sacramento

Exercise and Lung Cancer—Risk, Prevention and Survival, Continued

New research conducted at the University of Vermont in 2013 is the first study to explore cardiorespiratory fitness as an independent and strong predictor of lung cancer risk and prognosis in middle-aged men. The risk of lung cancer decreased by 68% among men who were the most physically fit and active compared to those who were not active at all. Men who were physically fit at the time they developed cancer had a much higher survival rate and lower risk of dying from the cancer compared to men who were not fit.

This correlates with a previous Finnish study over the course of 17 years which studied approximately 2,560 men living in Finland. The most physically active men were the least likely to develop lung cancer. The more strenuous the exercise, the more protective it proved. Jogging (seven METs) at least 30 minutes/day had a 50% reduction in the risk of dying prematurely from lung cancer. A Harvard study of 14,000 male alumni (1970–1990) also found men participating in physical activities of moderate intensity significantly decreased the risk of lung cancer for both smokers and nonsmokers.

Researchers of a recent study say their findings warrant additional research to investigate how exercise affects lung cancer risk differently

among female smokers and nonsmokers. The findings were presented at the American College of Chest Physicians' annual meeting in Vancouver, British Columbia, Canada. While exercise showed a clinically significant protective effect among women who smoked, it did not show an effect among nonsmokers. The study suggests that exercise may have different effects in cancer risk depending on smoking status in females.

Exercise appears to help with both prevention and survival after a diagnosis of lung cancer. Evidence recommends at least moderate intensity activity (i.e., a brisk walk or 5 METs) of a minimum of 30 minutes/day on 5 days/week or more. Exercise during pretreatment period may boost physical and psychological functioning, resulting in better physical preparation for treatment. Exercise in patients and survivors shows improved functional capacity and quality of life. Still more research is needed on how exercise may reduce lung cancer risk survival but it may possibly enhance immune function, reduce carcinogenic agents in the lungs, reduce inflammation, enhance DNA repair capacity, improve pulmonary function, change growth factor levels and possible gene-physical activity interactions.

Julia Stedifor, BS, RCEP
ACSM Registered Clinical Exercise Physiologist

Flu Season Is Here— Time to Get Vaccinated!

Flu season has just begun, so now is the time to get vaccinated against influenza, a potentially life-threatening disease. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age or older gets an annual influenza vaccination. It is estimated that in the U.S., 5 to 20 percent of the population gets the flu each year. Why take chances with your health? Vaccination is the best way protect yourself and reduce spread of the flu.

“It’s important to understand that the flu is not just a bad cold. It can be serious, and too often, life threatening,” said Albert Rizzo, MD, Senior



Medical Advisor of the American Lung Association. “Many of us know the tragic impact that flu and its complications can have on people’s lives. Vaccination is safe and effective, and is the best way to help prevent influenza. There are now multiple influenza vaccination options available, including

Continued on page 3

Flu Season Is Here — Time to Get Vaccinated, Continued

an inhaled form for those who do not like needles. People should talk with their health care provider to find the option that's right for them and each member of their family.”

Influenza is a serious, contagious respiratory illness. Each year, influenza and its related complications result in approximately 226,000 hospitalizations in the U.S. Depending on virus severity during the influenza season, deaths range from 3,000 to 49,000. Flu season in the U.S. can begin as early as October and usually peaks around January and February but sometimes as late as May.

“Pneumonia can be a serious complication from influenza. It is a contributor to many flu-related deaths. That makes the start of flu season a good time, particularly for seniors, to talk to their health care provider about whether they would also benefit from the pneumonia vaccine,” explained Rizzo.

Vaccination against influenza is especially important for pregnant women, people 50 years of age and older, and those with chronic health

conditions—including asthma and COPD, as they are at a higher risk of developing influenza-related complications. Parents should be aware the CDC recommends children receiving a flu shot for the first time get two doses approximately one month apart for optimal protection. (Ideally this takes place some time between six months to eight years of age). Parents should have their children immunized as soon as vaccine is available in their area, and not wait until later in the flu season.

Not sure where to get vaccinated? The Flu Vaccine Finder (vaccinefinder.org) can help you find a flu vaccination provider near you.

The American Lung Association (lung.org) has information and resources to help you learn more and protect yourself (and your loved ones) this flu season.

Provided by:



Lung Cancer Screening



Is it right for me?

Screening for cancer means testing for cancer before there are any symptoms. It can reduce the chances of death from lung cancer through early detection, but the test is not recommended for everyone and it has risks as well as benefits. Here is a discussion to help you decide.

Q: Am I a candidate for lung cancer screening?

A: Candidates for lung cancer screening include anyone who is:

- A current or former smoker
- And in the 55 to 74 age group
- And with a smoking history of at least 30 pack-years (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc.)

If all of the above apply to you, you are in the group at highest risk for lung cancer and screening for lung cancer is recommended.

Q: Should I get a CT scan to screen for lung cancer?

A: Screening for lung cancer may save your life. However, there are risks and not everyone should be screened for lung cancer. Only low-dose CT scans are recommended for screening. Chest X-rays are not recommended for lung cancer screening. Talk to your doctor about getting

Continued on page 4

Lung Cancer Screening, Continued

a CT scan to screen for lung cancer. Discuss your complete health history and ask for a clear explanation about the possible benefits and risks.

Q: What happens if I choose to get a CT scan for lung cancer?

A: There is some radiation risk with a CT scan and you may need to have additional tests and procedures. You should go to a hospital or screening center that has a team of experts who will clearly explain the procedure to you. The team should tell you about all the risks and benefits of the screening. They should also discuss what the results can mean and how they will follow-up with you after the initial screening.

Q: What does it cost to have a CT scan for lung cancer?

A: The cost is usually \$300 to \$500. Health insurance companies and Medicare may not cover the cost for a CT scan to screen for lung cancer at this time. Be sure to check with your insurance plan to see what is covered. Ask your doctor and the facility doing the CT scan to carefully and clearly explain all costs.

Q: What do the results mean?

A: A “suspicious” result means that the CT scan shows something is abnormal. This could mean

lung cancer. It could also mean some other condition. You may need to have additional procedures to find out exactly what is abnormal. If you do have lung cancer or some other condition, your doctor and the team of experts should discuss all possible treatment options with you.

A “negative” result means that there were no abnormal findings at this time on this CT scan. It does not mean you absolutely do not have lung cancer. It does not mean that you will never get lung cancer. Your doctor should discuss when and if you should be tested again.

Remember: The best way to prevent lung cancer is to never smoke or to stop smoking now. If you are still smoking, talk to your doctor about ways to help you quit. You may call 916.537.5299 for the Dignity Health Smoking Cessation Program called “No Ifs, Ands or Butts™.”

Q: Where can I get more information about cancer and lung cancer screening?

A: To find out more about lung cancer and lung cancer screening, go to lung.org or contact the American Lung Association at 800.LUNG.USA (800.586.4872).

Provided by:



Eating Healthy Through the Cooler Months



Holiday time is here, and with it comes the cooler months of lower activity and higher intake of carbohydrates at holiday parties and family get-togethers. But you can eat healthy and feel satisfied by making easy-to-prepare hearty soups, stews and casseroles which provide protein, complex carbohydrates and healthy fats all in one pot!

One-Pot Bean Stew (makes three hearty two-cup servings)

½ pound ground turkey/lean beef

½ cup chopped onion

1 15-oz. can kidney beans

1 8-oz. can tomato sauce

1 15-oz. can stewed tomatoes

1½ cups water

2 Tb chili powder (or more to taste)

Brown ground meat in soup pot along with chopped onions. Drain excess fat. Add undrained kidney beans, tomato sauce, stewed tomatoes and water. Stir in chili powder to taste. Bring to a boil and then simmer covered 20-30 minutes. This delicious soup

Continued on page 5

Eating Healthy Through the Cooler Months, Continued

tastes even better the next day. Serve with a whole grain bread for a satisfying, healthy meal.

Calories per serving: 400 | Fat: 14 gm
Protein: 25 gm | Carbs: 42 gm | Fiber: 10 gm

Turkey or Chicken Pot Pie (makes four servings)

1 pkg pastry crust for 9" pie (single crust)

2 cups cooked turkey or chicken in bite-size pieces (use leftovers or rotisserie chicken or turkey)

1 can condensed cream of chicken and mushroom soup

1 tsp salt/herb blend (choose no salt blend to reduce sodium)

½ cup shredded cheddar cheese (omit for less fat and fewer calories)

1 16 oz. package frozen mixed vegetables (your choice), thawed and drained

Preheat oven to 350°. Mix all ingredients except crust together and pour into 9" pie pan. Top with crust, pinch edges to seal. Cut slits into crust with knife to vent steam. Bake 40 minutes or until crust is brown and filling bubbly.

Calories per serving: 395 | Fat: 22 gm
Protein: 15 gm | Carbs: 34 gm | Fiber: 5 gm

Omitting cheese saves 55 calories, 4.5 gm fat, 3.5 gm protein

For a healthier crust alternative, top pie with 1 cup cooked brown rice or quinoa instead of pastry crust and bake for same amount of time.

Calories per serving: 200 | Fat: 11 gm
Protein: 17 gm | Carbs: 20 gm | Fiber 6 gm

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

Happenings in Our Community

Making Strides



Dignity Health Cancer Institute's team participated in Making Strides on October 19. The team consisted of patients, families and employees of Dignity Health, who raised \$1,000 in an effort to help put an end to breast cancer.

Moonlight and Mammograms

On October 14, Mercy Imaging Centers, Dignity Health Cancer Institute, and ALBIE Aware hosted "Moonlight and Mammograms," a relaxing after-hours event with catered food. Free state-of-the-art digital mammograms were offered as well as breast exams. Dignity Health

physicians discussed the importance of annual mammograms and answered questions.

BRA Day USA

On Breast Reconstruction Awareness (BRA) Day, Dignity Health Cancer Institute and Mercy Medical Group Plastic Surgery Center teamed up to hold a panel discussion for the community on different breast cancer treatments and their associated reconstruction options. BRA Day USA is an awareness campaign to educate breast cancer patients about their breast reconstruction options in a safe and timely manner.

The panel included members of our breast cancer clinical care team, including Amy Wandel, MD, Ellen Wiegner, MD, and Ben Hunt, MD, who work from the onset of a woman's breast cancer diagnosis to develop and implement a tailored treatment plan with the goal of improved outcomes and quality of life. The panel addressed questions from patients and their families.

Attendees received educational pamphlets from exhibit attendees. This informative event was free and guests were provided beverages, food from local restaurants and tote bags filled with goodies.

Calendar of Events

November 2014

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

Calendar of Events

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	<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>Nutrition Class Mercy Cancer Center— Sacramento 11 a.m. to noon</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>	3	<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>	4	5	6
7	8	9	10	11	12	13	
	<p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</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>Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.</p>	<p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</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	17	18	19	20	
	<p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</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>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>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> <p>Prostate Support Group Mercy San Juan 1:30 to 3:30 p.m.</p> <p>Breast Cancer Support Group Mercy San Juan 4 to 5:30 p.m.</p> <p>Yoga Mercy San Juan 5:30 to 6:30 p.m.</p>			
21	22	23	24	25	26	27	
	<p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.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>	Holiday	Merry Christmas!			
28	29	30	31				
	<p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.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>	Holiday				

A Thanksgiving Prayer

Lord, so oftentimes, as any other day,
when we sit down to our meal and pray

We hurry along and make fast the blessing
Thanks, amen. Now please pass the dressing

We're slaves to the olfactory overload,
we must rush our prayer before the food gets cold

But Lord, I'd like to take a few minutes more
to really give thanks to what I'm thankful for

For my family, my health, a nice soft bed,
my friends, my freedom, a roof over my head

I'm thankful right now to be surrounded by those
whose lives touch me more than they'll ever possibly know

Thankful Lord, that you've blessed me beyond
measure thankful that in my heart lives life's
greatest treasure

That you, dear Jesus, reside in that place
and I'm ever so grateful for your unending grace

So please, heavenly Father, bless this food you've
provided and bless each and every person invited

Amen!

—Scott Wesemann

**The Dignity Health Cancer Institute staff wishes
you all a safe and happy Thanksgiving holiday.**

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

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

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