

About Cancer Care

Cancer Care is a collaborative partnership between the SLO Oncology & Hematology Health Center, Dignity Health Infusion Center of San Luis Obispo and the Hearst Cancer Resource Center at French Hospital Medical Center, offering comprehensive cancer care services to San Luis Obispo County residents. As a cohesive oncology treatment program, Cancer Care features innovative technological advancements and compassionate health care professionals from the nation's top medical training programs. The culmination of these centers provides a personalized, multidisciplinary approach to oncology treatment, clinical trials, pediatric oncology, infusion services, support programs and resources to promote healing.



Season of Hope

By Flora Washburn, BCC, Spiritual Care Manager, Central Coast

I have been thinking about the word Hope a lot over the last month. I began asking people I knew what hope meant to them. What I learned is that although we may have a basic definition for hope, hope is multidimensional. It has many aspects and facets. At different times and in different seasons, it can mean something different for each of us.

Hope that someone will be healed. Hope to make it through an interview. Hope to rebound from depression. Hope to rebuild a life after loss. Hope to discover life in the midst of tragedy. Hope for a new job. Hope for restored relationships. Hope to rise above anxiety. Hope in miracles. Hope your family will grow strong. Hope that God is with you in all things.

For those who have suffered loss, hope takes on a whole new meaning. As we approach this holiday season, it might be good to ask what it is you are hoping for. Take some time to think about it all. For some, hope can simply be the ability to get through the holidays without falling apart. When we recognize where we are, it becomes a little easier to recognize where we want to be and discover ways to get there.

Hope is persistent. Hope pulls us from the depths of despair and thrusts us forward, believing that a better day is coming. It drives us to seek beyond our situation with a desire to create something that brings life, brings joy and brings peace.

Hope is a powerful word.

Please join us for an inspirational talk:

Hope is Multidimensional

PRESENTED BY: Flora Washburn, BCC, Spiritual Care Manager, Central Coast

WHEN: Tuesday, November 12, 2019 at 5:30pm

WHERE: Hearst Cancer Resource Center
1941 Johnson Ave, Suite 201, SLO

Reservations are required. Please call Hearst Cancer Resource Center at **805.542.6234**.

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund to the Hearst Cancer Resource Center, and is offered as a community service.

Bring Hope to our Cancer Patients

Most of us have been touched by cancer in some way, whether personally struggling with the disease, caring for a loved one or watching a friend fight for their life.

Amid the turbulent waters of a cancer diagnosis, how do cancer patients find their way? For many, doctor's visits alone may not provide all of the knowledge and resources necessary for patients to navigate their journey. How do they educate themselves and where can they turn for guidance and support?

The Hearst Cancer Resource Center at French Hospital is here to help - an oasis in a chaotic and frightening time. It is a place of hope, strength and empowerment.

The Center focuses on supporting, educating and helping local cancer patients by treating the mind, body and spirit. It offers patient navigation services that are truly invaluable and offered nowhere else in San Luis Obispo County, guiding patients and their families every step of the way during their cancer journey. Classes, programs and support groups are also provided, ranging from guided meditation and art therapy, to restorative yoga and nutrition counseling.

During this season of giving, give hope to a local cancer patient by making a gift to support the Hearst Cancer Resource Center at French Hospital, your not-for-profit community hospital. Your generosity will touch the lives of many cancer patients and their families, now and for years to come, with every dollar of your gift providing comfort, guidance and support.

To make a donation, visit supportfrenchhospital.org or call 805.542.6496.



Annual Holiday Open House

Swing by the Hearst Cancer Resource Center on Wednesday, December 11 to kick off the holidays! Join us for our annual Holiday Open House for a light snack and a glass of delicious Hearst wine. Start the season right and sing along as members of the award-winning SLO Vocal Arts Ensemble perform cheerful holiday carols!

Join us Wednesday, December 11 from 5-7pm.
Hearst Cancer Resource Center, Suite 201
For more information call 805.542.6234

HCRC Celebrates Serving more than 100,000!

Hearst Cancer Resource Center recently celebrated the accomplishment of surpassing 100,000 visits and interactions from cancer patients and family members, as well as through community health fairs and lectures. Since its opening in April of 2008, the center has supported numerous individuals with resources, information, and support services, all at no cost.

A large part of the center's success is due to the unique Nurse Navigation program, where highly skilled nurses assist patients and their families through their cancer journey. Oncology nurse navigator, Gloria Caine, RN, BSN, OCN and the bi-lingual navigator, Eloisa Medina, for the Spanish population, provides education on cancer in general, treatment options, risk factors, screenings, genetic counseling, and more.

"We are incredibly overwhelmed to be able to celebrate this achievement," says Director of the Hearst Cancer Resource Center, Beverly Kirkhart. "The patients and family members of this community are the reason this center exists, and we are proud to be in a position to be able to assist so many during such a difficult time in their lives."

HCRC continues to grow and outreach to meet the needs of the growing community. The center offers more than 20 programs and services all at no cost to the patient or their loved ones. All this is made possible by generous gifts from members of the Hearst Family, Hearst Foundation, and other donors.

To learn more about the Hearst Cancer Resource Center or how to support it, visit Dignityhealth.org/frenchhospital or call 805.542.6234.





The Family Caregiver Support Program

By Tina McEvoy, RN, BSN

Coordinator Care Transitions and Palliative Care

Today, in households throughout our communities, there are family members or friends who are providing informal caregiving to a relative. This “informal” caregiving is usually not compensated, but if it was, it would be around \$522 billion. (Rand, 2014).

Caregivers of medically fragile older adults may be marginalized and at risk of failing in their role because of the lack of knowledge about support. These caregivers often do not identify as a caregiver and are often not well connected to resources as a result. Greater support of these dedicated caregivers is needed to reduce the cost of care for these care recipients and to improve the health of the community.

The Dignity Health Family Caregiver Support Program identifies and serves caregiver/care receiver dyads residing in northern Santa Barbara County and south San Luis Obispo County, California.

Today's caregivers provide intense and complex care, including the performance of medical/nursing tasks and managing multiple health conditions (“Home Alone Revisited: Families Providing Complex Care,” AARP, 2019). In addition, caregivers are coordinating multiple doctor appointments, tests and procedure appointments, meals and medications.

Dignity Health’s Family Caregiver Support Program (FCSP) utilizes social work navigators to address the needs of caregivers of medically fragile older adults in order to improve coping skills, to reduce the burden of caregiving, increase utilization of community resources and to give the caregiver tools that help with long-term caregiving.

A social work navigator makes contact with each new caregiver referral from other members of our health care delivery team. The navigator makes a home visit and conducts an evaluation using an evidence-based assessment tool. An active collaborative of community partners provide services including telephonic counseling, a 6-week Powerful Tools for Caregivers course, adult day care, and volunteer respite as well as dementia assessment. The social work navigators also introduce CareMaps into the program. CareMaps can be effective tools in helping caregivers identify both their caregiving obligations as well as sources of support they might have not realized.

If you are a caregiver, or know of one, and could use support, please call our Family Caregiver Support Program at:

Molly Kehoe, MSW, 805.332.8590

Tracey Little, MSW, 805.614.2085



Lung Cancer

By J.T. Link, MD, PhD, SLO Oncology
& Hematology

Lung cancer, the second most common cancer in men and women, remains the most frequent cause of cancer death. Smoking, the primary cause, leads to the two most common types of the disease: small cell lung cancer and non-small cell lung cancer. The most important steps in minimizing your risk of lung cancer are smoking cessation and avoidance of secondhand smoke. Many tools are available through your PCP to help with smoking

cessation, including nicotine replacement products. Many patients turn to vaping or marijuana, attempting avoidance of the dangers of smoking; however, both expose patients to carcinogens. For patients with a smoking history, lung cancer screening is recommended. NCCN recommends annual CT scan screening for high-risk individuals (ages 55 to 74 years with ≥ 30 pack-year history of smoking or, if no longer smoking, smoking cessation within 15 years, or age ≥ 50 years with a ≥ 20 pack-year history of smoking).

A lung cancer diagnosis typically requires the involvement of a multidisciplinary team including primary care providers, pulmonologists, thoracic surgeons, medical oncologists, and radiation oncologists. Symptoms include cough, hemoptysis (coughing up blood), chest pain, shortness of breath, and hoarseness. When a lesion is found through imaging, a biopsy typically provides the diagnosis. Sophisticated molecular testing is often required. Staging usually consists of a PET/CT scan, brain MRI, and bronchoscopy with endobronchial ultrasound. Treatment of lung cancer has changed dramatically due to the finding that there are molecular drivers for many lung cancers, and the advent of immunotherapy. Better understanding of tumors has led to treatment advantages with targeted therapy. Patients benefit from both targeted therapy and immunotherapy due to efficacy and a superior side effect profile relative to chemotherapy.

Treatment differs for small cell and non-small cell lung cancers. Small cell lung cancer patients with limited disease are treated with chemotherapy and radiation with curative intent. For patients with extensive disease, chemotherapy is given with immunotherapy for palliative, noncurative benefit. For patients with non-small cell lung cancer the treatment differs. For patients with special molecular drivers, the treatment is often tailored to their tumors, particularly for metastatic disease. Stage 1 disease can often be treated with surgery alone with thoracic surgeons performing a lobectomy. Radiation or ablation can also be used if a patient is not a surgical candidate. Stage II disease is treated similarly with chemotherapy typically given afterward to reduce risk of recurrence. Stage III disease is commonly treated with chemotherapy and radiation followed by immunotherapy. Stage IV or metastatic disease is incurable and treated with a combination of chemotherapy and immunotherapy. Numerous improvements in prevention, smoking rates, screening, and treatment have decreased the death rate from lung cancer by nearly 50% since 1990.

If you suspect that you or one of your relatives has lung cancer, promptly schedule an appointment with your primary care provider or pulmonologist. With the advances in diagnosis and treatment, more people are being effectively treated, including patients that were previously thought to be too elderly or frail.

Holiday Times and Eating Well

By Angela Fissell, MS, RD.

The holidays are an important time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without going off of your healthy eating pattern! Let's face it, holiday times can become busy, couple that with cancer treatment and life can become exhausting! Here are some tips to help your eating habits over the next few months:



Contact the registered dietitian nutritionist at HCRC for a private consultation at 805.542.6234.

Tip 1: Avoid skipping meals throughout the day in preparation for the big feast. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger.

Tip 2: Focus on your absolute favorite foods during the holidays (i.e. pumpkin pie or turkey dressing), take small portions and chew them slowly.

Tip 3: Get a good night's sleep, and regular exercise (like walking) to combat fatigue!

Tip 4: Set some ground rules. Make resolutions and keep them. Keep the resolutions small such as eating only while seated, eliminate second helpings and avoid late night eating.

Sweet Potato Wedges with Rosemary

Recipe adopted from: www.aicr.org

- 3 small sweet potatoes, peeled and sliced lengthwise in 8 wedges
- 1 Tbsp. chopped fresh rosemary, and a few sprigs for garnish
- 1/2 tsp. garlic powder
- 1/2 tsp. dry mustard powder
- 2 Tbsp. extra virgin olive or canola oil
- Sea Salt

Instructions

Preheat oven to 450 degrees F.

Place wedges in large bowl. Add rosemary, garlic powder, mustard and oil. Toss to coat well.

Arrange potatoes on baking sheet, making sure not to overlap potatoes. Bake 15 minutes. Turn wedges over and bake 15 minutes or until potatoes are soft and beginning to brown.

Lightly season to taste with sea salt. Garnish with fresh rosemary sprigs. Serve immediately.

Makes 4 servings. Per serving: 146 calories, 7 g total fat (<1 g saturated fat), 20 g carbohydrate, 2 g protein, 3 g dietary fiber, 54 mg sodium.

Cancer Program Annual Public Report



French Hospital Medical Center is a fully accredited Community Cancer Program as recognized by the American College of Surgeon's Commission on Cancer (CoC). Our program is managed by a cancer committee consisting of physicians, nurses and health care staff who provide comprehensive care to patients as defined by a specific set of patient-centered goals and standards.

Each year, the cancer committee is challenged to develop and disseminate a report focused on patient outcomes and/or program outcomes on a specific required CoC standard, and distribute this report to the public. This year the cancer committee has selected breast cancer.

HIGHLIGHTS OF OUR 2019 ANNUAL PUBLIC REPORT:

- Breast cancer screening clinic outcomes
- Breast cancer education, prevention and awareness lecture
- Results from the National Cancer Data Base quality measuring tools
- Monitoring compliance with evidence based guidelines for breast cancer

To learn more about French Hospital Medical Center's education and outcomes on breast cancers, visit: dignityhealth.org/central-coast/locations/frenchhospital/services/hearst-cancer-resource-center/resources-and-testimonials

No-Shave November is back!



Skip Parks

Participate by growing a beard, cultivating a mustache or putting down the razor and starting your own No-Shave November fundraising page. No-Shave November is a month-long opportunity to forgo shaving in order to evoke conversation to increase cancer awareness and raise funds for the Hearst Cancer Resource Center.

For more information call Rosey Parks at 805.542.6489

Beauty and You!

HCRC would like to invite women who are going through, or have recently finished, cancer treatment to come and join us for a morning of Beauty and You!

Being diagnosed with cancer can make you feel as though you have lost control of your life and your appearance. Come and bask in a fun, supportive group environment as we help guide you through grooming techniques specially developed for cancer patients.

We cover the use of sunscreen, skincare and make-up, and will assist you in selecting a wig, hat, or scarf to compliment your new look. HCRC is delighted to partner with a Mary Kay Cosmetics Independent Consultant as well as a licensed esthetician who has additional training in oncology esthetics.

You will receive complimentary travel size skin care products, make-up, a wig, hat or scarf. **Classes are held on the first Wednesday of every month at 10am.** Please call 805.542.6234 to reserve your seat.

Turn to us for answers:

HEARST CANCER RESOURCE CENTER

1941 JOHNSON AVENUE, SUITE 201,
SAN LUIS OBISPO, CA 93401
805.542.6234
OPEN MONDAY–FRIDAY
9AM–4:30PM

Katherine M. Guthrie
Senior Regional Director, Cancer Services
CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

Beverly Kirkhart
Director
HEARST CANCER RESOURCE CENTER
805.542.6269
Beverly.Kirkhart@dignityhealth.org

Thomas Spillane, MD
Medical Director
HEARST CANCER RESOURCE CENTER

Gloria Caine, RN, BSN, OCN, CN-BN
Nurse Navigator
HEARST CANCER RESOURCE CENTER
805.542.6234
Gloria.Caine@dignityhealth.org

Eloisa Medina
Lay Patient Navigator
805.786.6130
Eloisa.Medina@dignityhealth.org

COMMUNITY PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

American Cancer Society

Cancer Connections

Cancer Support Community

Cancer Well-Fit Program

Jack's Helping Hand

Central Coast Dragon Boat Association—Central Coast SurviveOars

The Wellness Kitchen and Resource Center

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C TANK FARM ROAD
SAN LUIS OBISPO, CA 93401
DIRECT: 805.542.6500 EXT 1470
CLINIC: 805.786.6144

Care Providers:
Thomas Spillane, MD, *Medical Oncology*
Director of Clinical Trials
Gorgun Akpek, MD, MHS
Diane De Vos Schmidt, FNP-C
J.T. Link, MD
James Malone III, MD
Tim Soucek, PA

Clinical Research:
Thomas Spillane, MD
Nathania Boutet, *Clinical Trial*
Regulatory Coordinator
Amy Hidalgo, *Clinical Trial Coordinator*
Lee Walton, *Clinical Trial Coordinator*

Susan Diaz RN, OCN
Director of SLO Oncology
805.786.6144
Susan.Diaz@dignityhealth.org

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Alan Iftiniuk
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Chief Nursing Executive (CNE)*
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FRENCH HOSPITAL MEDICAL CENTER

SLO INFUSION CENTER

715-B/C TANK FARM ROAD
SAN LUIS OBISPO, CA 93401
DIRECT: 805.542.6500 EXT 1470
CLINIC: 805.786.6144

Susan Diaz RN, OCN
Director of SLO Oncology
805.786.6144
Susan.Diaz@dignityhealth.org

Lonnie Hirabayashi Pharm D
Pharmacy Manager
Lonnie.Hirabayashi@dignityhealth.org

Viridiana Ruiz
Oncology Counselor
805.542.6500 EXT 1491
Viridiana.Ruiz@dignityhealth.org

Barbara Hoelle
Billing Supervisor
Barbara.Hoelle@dignityhealth.org

IMAGING CENTERS

FHMC SAN LUIS DIAGNOSTIC CENTER
1100 MONTEREY ST #210,
SAN LUIS OBISPO, CA 93401
805.542.9700

FHMC WOMEN'S HEALTH AND IMAGING CENTER
1941 JOHNSON AVE SUITE 104,
SAN LUIS OBISPO, CA 93401
805.597.6700

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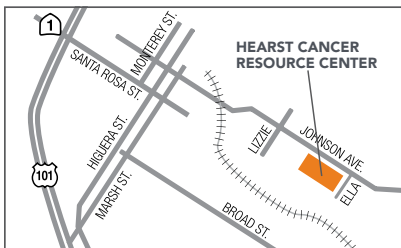


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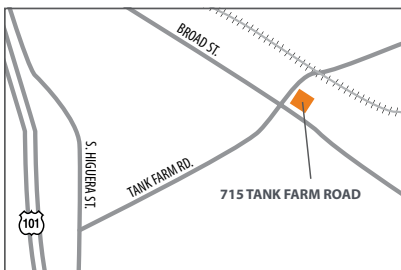
Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

Street address:
1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401

Dignity Health Cancer Care Centers



Hearst Cancer Resource Center
Commission on Cancer Community Cancer Program
1911 JOHNSON AVENUE
SAN LUIS OBISPO, CA, 93401
805.542.6234



SLO Oncology & Hematology
715 TANK FARM ROAD, SUITE C
SAN LUIS OBISPO, CA 93401
805.543.5577

Infusion Center of San Luis Obispo
715 TANK FARM ROAD, SUITE B
SAN LUIS OBISPO, CA 93401
805.786.6140

If you have any questions, comments, or concerns please visit dignityhealth.org/frenchhospital