

Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

September/October 2016



Cruzin' for Life 2016 Event Schedule Santa Maria Fairpark

Friday, September 16 Events • Free admission

6:00–8:00 p.m.

- Survivors cruise on Broadway
Open to all vehicles; no fees

6:00–10:00 p.m.

- Car show meet and greet
- Santa Maria style barbecue \$10 per plate
- Movies and live music by Steppin' Out

Saturday, September 17 Events • Free admission

9:00 a.m.–1:30 p.m.

- All make/all model car show

11:30 a.m.–1:30 p.m.

- Live music by Freight Train

Saturday Evening Event

Tickets required (\$50/person)

4:30 p.m.

- Doors open/Silent auction

6:30 p.m.

- Program begins: Santa Maria style barbecue, live auction, and music by Sammy Labastida Jazz

Thirteenth Annual Cruzin' for Life Car Show and Cruise

Cruzin' for Life Car Show and Cruise is back for their Annual Car Show and Cruise to be held Friday, September 16 and Saturday, September 17. A Central Coast favorite, Cruzin' for Life boasts a wide array of cars at this popular event. The roaring engines, great music, and excellent food all come together for an extraordinary automotive extravaganza! All proceeds stay local, with a portion benefiting Marian Cancer Care patients and families at Mission Hope Cancer Center. Mission Hope thanks Cruzin' for Life's organizers for their continued support of area cancer patients and families in need.

Cruzin' for Life is a volunteer-run, locally based organization that has raised over \$806,000 for Marian Cancer Care patients at Mission Hope Cancer Center since 2006. For tickets and information, please visit cruzinforlife.net or call 805.478.5896.

Calling all Survivors:

■ Let's bombard Broadway with triumphant cancer survivors! Join us at the Cruzin' for Life's annual Survivors Cruise on Friday, September 16, from 6:00 to 8:00 p.m. The Cruise is free and



open to all automobiles but you don't need one to participate. You may register your car for the cruise or, for those who prefer to ride, drivers will be available so survivors may enjoy the cruise from a participating vehicle.

Please arrive at the Santa Maria Fairpark at 5:00 p.m. to get your honorary "survivor flag." For more information, please call 805.478.5896 or email cruzinforlife@verizon.net.

**Mission Hope
Cancer Center Leadership**

Robert A. Dichmann, MD
Medical Director
Marian Cancer Program

Cheryl Decker, MD, FACEP
Cancer Risk Program/Survivorship and
Supportive Care Program

Todd M. Erickson, MD
Medical Oncologist/Hematologist

Christopher W. Johnson, MD
Medical Director
da Vinci® Robotic Surgical Services

April Kennedy, MD
Medical Oncologist/Hematologist

Case H. Ketting, MD
Radiation Oncologist

Samuel B. Kieley, MD
Urologic Oncologist

Christopher V. Lutman, MD,
FACOG
Gynecologic Oncologist

Monica A. Rocco, MD, FACS
Breast Surgeon

Stephen J. Vara, MD
Medical Oncologist/Hematologist

Jeffrey Wu, MD
Radiation Oncologist

Katherine M. Guthrie
Regional Director
Central Coast Service Area

Photo above:
Steven Sonnabend, MD, Medical
Director of Imaging Services, and
Kathleen Schroeder, Radiology
Technologist, pose for a photo
with the latest breakthrough in
three-dimensional mammography:
General Electric's SenoClaire
breast tomosynthesis.

Digital 3D Breast Tomosynthesis

A new dimension in breast cancer detection



Marian Regional Medical Center's Breast Imaging Center at Mission Hope Cancer Center is proud to offer the latest breakthrough in three-dimensional mammography—General Electric's SenoClaire breast tomosynthesis.

Tomosynthesis is a three-dimensional imaging technology that provides a clearer, more accurate view when compared to digital mammography alone. The Marian Breast Imaging Center also recently upgraded its Computer-Aided Detection system software to include a specialized breast density component.

“For the detection of breast cancer, Tomosynthesis is the newest and most advanced breast imaging screening tool that exists,” states Steven Sonnabend, MD, Medical Director of Imaging Services at Marian. “Tomosynthesis takes multiple images of the breast, allowing Marian's board certified radiologists to see through layers of tissue and examine areas of concern from all angles.”

BREAST TOMOSYNTHESIS BENEFITS:

- Earlier detection of small breast cancers
- Greater accuracy in pinpointing size, shape, and location
- Fewer unnecessary biopsies or additional tests
- Greater likelihood of detecting multiple breast tumors, which occur in 15% of breast cancer patients
- Clearer images of dense breast tissue
- Improved breast cancer detection rates, especially invasive cancers
- A decrease in call backs, which may lessen anxiety for patients

Ensuring patient safety is our top priority. As part of this commitment, we invest in the latest equipment to ensure that our fleet of scanners consistently delivers the lowest radiation dose possible. For an appointment or more information, please contact the Marian Breast Imaging Center at 805.346.3490.

Supportive Care for Current and Past Patients

When a patient is undergoing cancer treatment, the goal is often to finish treatment and return to a cancer free life as soon as possible. However, the conclusion of active treatment may bring additional unforeseen challenges. For example, many cancer patients report feeling lost or abandoned at the conclusion of their active treatment. Since cancer survivors have a complex and diverse set of needs, an exciting new program has been developed at Mission Hope Cancer Center to focus on providing for the long term needs of patients completing curative treatment. Joining Mission Hope as Director of the Survivorship and Supportive Care program is Cheryl Decker, MD, FACEP.

Patients completing their cancer treatment will meet with Dr. Decker to receive a formal survivorship plan. The survivorship plan explains future cancer surveillance and provides notification of screening tests, maintenance specialist visits and genetic cancer risk. Cancer survivors are interested in preventing recurrence of their cancer and the personal survivorship plan addresses their concern.

When the cancer disease treatment has been curative, many patients are left with the “dis-ease” created by their surgery, chemotherapy, radiation or hormone interventions. Life after cancer is often characterized by a gradual recovery from or adaptation to the side effects of their cancer treatments. Quality of life is impacted by fatigue, depression, neuropathies and the adverse effects of estrogen or testosterone deprivation. Some symptoms may remain after cancer treatment such as hot flashes, vaginal dryness, intimacy issues and some adverse effects may develop years later, such as osteoporosis, heart disease, or lymphedema.

Dr. Decker is committed to providing the supportive symptomatic care that cancer patients need for the long term. She is not replacing a cancer patient’s primary physician but is instead a resource for cancer specific questions and cancer treatment side effects for any Mission Hope Cancer patient, at any time. Cancer patients in all stages of their cancer journey can join the program to benefit from the many services we offer. This includes those who haven’t yet started cancer treatment as well as patients currently undergoing treatment. Even long after completion of cancer therapy, people can continue to benefit from our survivorship and supportive care program.

It is the goal of Mission Hope to always be a haven of care for our present and our past cancer patients. For more information or to make an appointment, please call 805.346.3456.

The goal of the new **Mission Hope Survivorship and Supportive Care Program**

is to help people living with cancer experience the best possible quality of life.

To make an appointment with Dr. Decker, please call 805.346.3456.





Samuel B. Kieley, MD
Urologic Oncologist

Not all men experience symptoms with prostate cancer; even symptoms that are noticed can be mistaken for something else. Evidence of prostate cancer is often first detected by a doctor during a routine check-up.

Early Detection Saves Lives

According to the National Cancer Institute, an adult male living in our community faces a 15.3 percent risk of being diagnosed with prostate cancer and a three percent chance of dying from the disease. Fortunately, with screening the rate of death from prostate cancer has declined by 37%. Marian Cancer Care strives to integrate cancer prevention and early detection through education and screenings; Prostate Cancer Awareness Month is a good time to remind you or your loved one to be smart and be screened.

What is prostate cancer?

Prostate cancer is a malignant tumor that usually begins in the outer part of the prostate. As it progresses it can block the flow of urine from the bladder and spread to the bones and throughout the body. Generally, it is slow growing, but without screening we are unable to differentiate between men with an indolent vs aggressive form of the disease.

What are some of the risk factors?

Age: The greatest risk factor for prostate cancer is age. More than 75 percent of all prostate cancers are diagnosed in men over 65.

Family History: Men whose relatives have had prostate cancer are considered to be at high risk. Having a father or brother with the disease doubles your risk for prostate cancer.

Diet: Research also suggests high dietary fat may be a contributing factor. The disease is much more common in countries where meat and dairy products are dietary staples,

compared with countries where the basic diet consists of rice, soybean products, and vegetables.

Race: African Americans have the highest incidence of prostate cancer and they are 30 to 50 percent more likely to get prostate cancer than any other race in the U.S.

What can I do?

Regular screening is the key to catching prostate cancer in its early stages. The National Comprehensive Cancer Network recommends an informed discussion and screening for men between the age of 45 and 75. Physicians screen patients for prostate cancer by performing a digital rectal exam, in which physicians feel the prostate for abnormal areas, and by administering a blood test to evaluate the level of Prostate-Specific Antigen (PSA). PSA is a protein produced by the prostate gland and secreted into the blood. An elevated level could indicate that cancer is present, although other benign conditions such as enlarged or inflamed prostate also may cause elevated levels of PSA.

With prostate cancer, treatments need to be tailored to each individual and circumstance. Work from a foundation of knowledge, so you and your physician can select the best treatment plan. To help you get started, Marian Cancer Care is providing a free prostate cancer screening (see box). In addition, you're invited to a free health seminar: Cancer Risk, Treatment and Survivorship, to be held on Saturday, September 24 at Mission Hope (see pages 10 and 11). Prostate cancer survival rates are increasing, and awareness, screening and improved treatments are some of the reasons why.

Offered to the public at no charge:

Free Prostate Cancer Screening

This simple procedure includes a PSA blood test and a digital rectal exam for men without health coverage, 55-69 years of age.

Saturday, September 10 • 9:00 to 11:00 a.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

By appointment:

Please call Marian Cancer Care 805.219.HOPE (4673)

Se habla español: 805.346.3406. Favor de dejar un mensaje y alguien le volverá a llamar para programar su cita.

Prostate Cancer Facts

The month of September has been set aside as a time to recognize those who have dealt with having prostate cancer, those who work every day to help fight the disease, and a time to talk about prostate cancer risks, prevention and the facts. Here are a some prostate cancer related facts:

Fact #1: About 60% of all prostate cancers are diagnosed in men over the age of 65 and 97% occur in men 50 years of age and older.

Fact #2: Prostate cancer occurs more often in African-American men than in men of other races. White men are at greater risk than Asian-American and Hispanic men.

Fact #3: Prostate cancer seems to run in families. Having a brother or father with prostate cancer more than doubles a man's risk of developing the disease.

Fact #4: Men with diets high in red meat, high in fat and sugar and low in fruits and vegetables have a higher risk of prostate cancer.

Fact #5: Instead of immediate treatment for early stage or slow growing prostate cancer, doctors may recommend active surveillance. Your doctor will check you regularly and perform tests to monitor your prostate cancer.

Fact #6: You should get opinions from a different type of prostate specialist: surgeon, radiation oncologist, medical oncologist specializing in prostate cancer. Prostate cancer is a complex disease, and physicians often differ in their opinions and expertise.

Fact #7: About 90 percent of prostate surgeries are done robotically, resulting in less blood loss, less pain, shorter hospitalizations, and quicker returns to bladder control and sexual function.

Fact #8: PSA tests measure levels of prostate-specific antigen in the prostate, not cancer. Some data suggests that the PSA test saves the life of approximately 1 in 11 men who are tested.

Fact #9: The higher the PSA level in the blood, the more likely a prostate cancer is present.

Fact #10: After skin cancer, prostate cancer is the most common cancer in American men, affecting 1 in 7 men.

Fact #11: Certain chemicals form when meat, including beef, pork, fish, or poultry, is cooked using high-temperature methods, like grilling over an open flame. In studies, these chemicals have been found to increase the risk of cancer (see page 8).

Fact #12: Research has shown that lycopene, a powerful antioxidant found in tomatoes and tomato based foods, may help protect against the development of prostate cancer.

Fact #13: Fatty fish, like salmon and tuna, contain omega-3 fatty acids, which has been linked to reduce the risk of prostate cancer. If you don't currently eat fish, you might consider adding it to your diet. Adding flaxseed to your diet also helps.

Men's Cancer Awareness Breakfast

**Viernes, Septiembre 16
8:00 a.m.**

Grupo de apoyo en español para hombres con cáncer y sobrevivientes de cáncer

**Friday, September 23
8:00 a.m.**

Men's Cancer Discussion Group in English

Mission Hope Cancer Center
1325 East Church Street
Santa Maria

■ You're invited to join us for the Second Annual Men's Cancer Awareness Breakfast featuring our guest speaker, Rev. Matthew T. Kronberg. This special event is held in connection with the Men's Cancer Discussion Group at Mission Hope. Meeting four times a month (twice in English and twice in Spanish), men discuss issues on topics related to all cancers as they enjoy refreshments.

Rev. Matthew T. Kronberg, BCC, Director of Spiritual Care for the Dignity Health hospitals of the Central Coast, will lead the discussion and be available for consultation. The group is designed to benefit men who are newly-diagnosed with cancer, currently undergoing treatment along with cancer survivors.

No reservations necessary.



Christopher Lutman, MD
Gynecologic Oncologist

Research, Care and Advocacy



The ancient Chinese philosopher Lao Tzu is credited with the inspirational words: “The thousand mile journey always begins with a single step.” This meaningful quotation is an apt description for progress that has been made and continues to be made in our national battle against ovarian cancer.

Given the moniker “silent killer” by generations of women and physicians, ovarian cancer now appears to be better understood than ever before. Though our victories often seem small and there is still much work to do, we are optimistic as we continue to push forward against ovarian cancer.

In 2001, President George W. Bush signed the executive order which declared the month of September “Ovarian Cancer Awareness month” in the U.S. Since that historic declaration of advocacy fifteen years ago, much has been learned and a clearer vision of the path forward has emerged.

Earlier this year, the Institute of Medicine released a seminal report called: “Ovarian Cancers: Evolving Paradigms in Research and Care.” This highly anticipated national document was the product of several years of collaboration and research by established thought leaders in the fields of gynecologic oncology, epidemiology, and patient advocacy, among others. This report has laid a new foundation in helping clinicians, patients, and researchers better understand different types of ovarian cancers at the cellular level and at the population level. It should have significant impact on research, care and advocacy in the years ahead.

The field of medical genetics has moved forward substantially over the past twenty years. It is now believed that perhaps 15 to 20% of all new cases of ovarian cancer are due to mutated genes that a woman inherits from her parents. It is now recommended that all women with ovarian cancer be tested for gene

mutations. Ovary cancer patients who harbor certain gene mutations are now candidates of innovative new drugs that have been shown to be highly effective against ovarian cancer.

In family members discovered to be carrying gene mutations which cause ovarian cancer, the aim is to prevent the disease through medical and surgical interventions that significantly reduce the risk of developing ovarian cancer.

Over the past ten years, researchers and clinicians have discovered that many cases of ovarian cancer likely begin in the nearby fallopian tubes. Ongoing research in this area has led to widespread suggestion that prophylactic removal of the fallopian tubes in women undergoing other abdominal or pelvic operations may be an important way to prevent ovarian cancer.

The field of palliative care has grown dramatically in the U.S. over the past ten years. Patients and families battling serious illnesses such as ovarian cancer deserve the best supportive care, symptom control, communication and (when appropriate) end of life care. After years of being ignored, palliative care has finally captured the imagination of physicians and patients, alike. Women and families battling ovarian cancer can expect improvements in the quality of their lives now and in the future because of this realization.

I often tell my patients and their families facing a diagnosis of ovarian cancer that we have embarked on a journey that will (at times) seem like an uphill climb. It is my hope that the victories outlined here will provide some inspiration for each of us on the road.

Much has been learned about ovarian cancer and a clearer vision of the path forward has emerged.

To make an appointment with Dr. Lutman, please call Mission Hope Health Center at 805.346.3456.

Have You Inherited a Risk for Cancer?

Did you know that approximately 10% of cancers are hereditary? That is why knowing your family history is an important first step in understanding your risks for developing the disease. Genetic testing can reveal your inherited cancer risk.

Hereditary Cancer

Hereditary cancers occur when a person carries a change (mutation) in a gene that normally protects the body from developing cancer. This change increases a person's risk for one or more types of cancer and can be passed from generation to generation.

Family History

Families with one of these mutations may have multiple cases of these cancers.

Genetic Testing

A genetic test can tell if a mutation exists in your family. If you test positive for a gene mutation, your lifetime risk for cancer is higher. However, there are options available for lowering your cancer risk and for detecting cancer at an earlier, more treatable stage.

If you have already been diagnosed with cancer, genetic test results may change your treatment and follow up options.

Quick Facts

- A positive genetic test result does not guarantee that you will have cancer, but it does mean that you are at higher risk for developing cancer.
- A negative genetic test result does not mean that you will never have cancer.
- Your risk for cancer will depend not only on your genetic test result but on other factors such as family history and environmental influences.

How to Get Started

Know your heritable cancer risks. To help you assess your risk for inheriting cancer and whether you may benefit from further testing, Mission Hope has designed a hereditary cancer risk survey. Come into Mission Hope (second floor) and pick up a free survey. Complete the survey and, if indicated, return it to us. We will contact you for the next step. Blood testing is covered by your health insurance if you meet the criteria for genetic evaluation by a certified genetic counselor. Additional expenses include a Mission Hope physician referral appointment and a \$295 counseling fee.

If you need help completing the survey or have questions regarding genetic testing, please contact the Cancer Risk Program at **805.346.3456**.



Cheryl Decker, MD,
FACEP

Cheryl Decker, MD, serves as the Medical Director of the new Cancer Risk Program at Mission Hope. To make an appointment with Dr. Decker, please call 805.346.3456.



Tianna Sheehan, MS, RD
Clinical Registered Dietitian

Now meeting on Tuesdays:
Fighting Cancer with Your Fork Nutrition Classes

Tianna Sheehan, MS, RD, shares tips to help cancer patients make smart food choices.

September 13
10:00 a.m.

October 11
10:00 a.m.

Mission Hope Cancer Center

Are Barbecued Meats Off Limits?

It's summertime and that means barbecue season. Do I need to stop eating my favorite Santa Maria style barbecue to avoid the risk of cancer?

Many people are familiar with the idea that consuming barbecued meats can increase the risk of cancer. This risk arises from the creation of heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). These chemicals cause damage to our DNA, possibly increasing the risk of cancer. HCAs are created from the reaction between animal protein and high-temperature cooking methods. PAHs are the result of flames produced when meat fat and juices hit the fire. PAHs are contained within those flames and attach to the surface of the meat. Meats cooked at high temperatures are the main source of HCAs but PAHs can also be found in smoked meats, charred foods, cigarette smoke and the fumes from car exhaust.

The link between HCAs, PAHs, and cancer has not been clearly delineated. Animal models have shown a substantial causative link but the doses received by those animal subjects were thousands of times the amount we would get from our normal diet. However, when studies looked at meat consumption and meat cooking methods, the more people ate meats cooked

at high temperatures—those with a greater concentration of HCAs and PAHs—the higher the risk of colorectal, pancreatic and prostate cancers.

You don't need to completely give up barbecue, though; there are steps you can take to mitigate the exposure to HCAs and PAHs. Microwaving meat before barbecuing can decrease HCA formation and expose the meat to less PAHs by lessening the amount of time the meat is cooked at high temperatures. Additional strategies include the cook in charge of the grill can make sure to continuously flip the meat and diners should be sure to remove any charred portions from their servings. Did you know that marinating meat before cooking substantially decreases HCA formation? This is especially true when the marinade is thin instead of thick and doesn't include honey or sugar. In addition to adding flavor, the acids in a marinade work to tenderize the meat as well as keeping HCAs from forming.

And for those meat options, the healthiest choices are low fat: skinless chicken, turkey breasts, and fish. If you do choose red meat, make sure you're not getting more than 18 ounces a week, and if you add a light marinade, all the better! And don't forget to include vegetables and fruit—they can taste great over an open flame and don't carry the same risk of potentially harmful HCAs and PAHs! Grilling is an excellent way to preserve the nutrients present in fruits and vegetables. Even better, phytochemicals in vegetables stimulate enzymes that change those HCAs into a version that can be eliminated from your body.

So, fire up the grill! Follow these suggestions, and you can enjoy this summertime pastime with family and friends.

Want to reduce harmful chemicals and add flavor to your meat? Try this recipe:

Basic Marinade

- ¼ cup olive oil
- ¼ cup vinegar
- ¼ cup citrus (try lemon with fish, orange with chicken, and lime with turkey)
- ½ tsp salt
- ½ tsp pepper
- 1 tsp herbs (oregano, thyme, rosemary)

Directions:

In a flat container large enough to hold meat in a single layer, combine the above ingredients. Glass dishes or resealable plastic bags work best; metal containers and aluminum foil can give food a metallic flavor. Place meat in the marinade and turn to coat both sides. Cover and refrigerate for at least two hours, shaking or turning meat occasionally.

Someone in our Community Needs a Bone Marrow Donor

Meet Danae. At age 16, Danae was diagnosed with Stage 3 Ewings Sarcoma, a form of bone cancer, and two years ago she successfully completed chemotherapy and surgery for removal of the tumor. Unfortunately, she has now been diagnosed with Myelodysplastic Syndrome (MDS), which is a rare side effect from her chemotherapy



Photo by Bob Canepa

Join the Bone Marrow Registry to give a local family a future filled with hope. Pictured above: CJ, Jon, Danae and Liz.

that causes bone marrow to fail. This incredible young woman just finished her first year of nursing school at Dominican University, but now needs to have a bone marrow transplant before her MDS progresses into an aggressive form of Acute Myeloid Leukemia.

Could you be Danae's match? Come and find out!

The national Be the Match marrow donor program is offered at Mission Hope Cancer Center to help local patients find a potential donor. The next **Community Bone Marrow Registry Drive** will be held on **Saturday, September 24 from 9:00 a.m. to 12:30 p.m.** Joining the registry is free, fast, and easy! Our Nurse Navigator will explain the process and answer all of your questions.

Can't make it? Personal appointments to participate may also be made directly with Sean Hunt, RN, BSN, OCN, at 805.346.3401.

Does donating bone marrow make a difference?

A bone marrow or cord blood transplant may be the best treatment option or the only potential for a cure for patients with leukemia, lymphoma, sickle cell anemia and many other diseases. Danae is one of more than 10,000 people who need transplants every year.

What will I have to do?

To join the Be The Match registry, you'll need to fill out some paperwork and provide a sample of cells by swabbing the inside of your cheek.

How is a match determined?

Doctors look for a donor who matches their patient's tissue type—specifically their human leukocyte antigen (HLA) tissue. Your immune system uses HLA proteins to recognize which cells belong in your body and which do not. Therefore, the closer the match between the patient's HLA tissue and yours, the better potential for the patient.

If I am a match, how does bone marrow donation work?

People can donate bone marrow in two different ways. One is by donating blood—it's a procedure similar to donating plasma. The donor gets an injection of a drug to increase the number of blood-forming cells, and once the blood is collected, the marrow cells are separated from the blood.

The other method is a surgical procedure that involves extracting marrow cells from the pelvic bones. This procedure takes place in an operating room, but donors are given anesthesia and feel no pain during the donation. After donation, your liquid marrow is transported to the patient's location for transplant.



Lise N. Alschuler, ND, FABNO Karolyn A. Gazella

Saturday, September 24
9:00 a.m. to 12:30 p.m.

Mission Hope Cancer Center
1325 East Church Street
Santa Maria

A light, complimentary breakfast and snacks will be provided at the event, catered by Tracy Labastida of Field to Table Catering and Events

Seats going fast! Registration is required; please call 805.219.HOPE (4673).

Learn how to put the features of the iTHRIVE program to work in your life:

- Diet
- Movement
- Environment
- Rejuvenation
- Spirit

FREE HEALTH AND WELLNESS SEMINAR

Please join us for a special community forum:

Cancer Risk, Treatment and Survivorship

Mission Hope welcomes back popular presenters Lise N. Alschuler, ND, FABNO, and Karolyn A. Gazella, nationally renowned authors and cancer survivors. Experts in integrative cancer prevention and treatment, they are the creators of the innovative iTHRIVE plan to benefit fellow survivors.

Hey, cancer survivors: It's time to thrive!

This community forum is your guide to wellness and will outline useful tools for nutrition, cancer prevention and quality of life. The iTHRIVE plan provides web-based individualized health guidance for cancer survivors so they can heal from treatment, reduce risk of recurrence and *thrive!*

Features of the iTHRIVE program include:

- One goal a week with daily action steps, multimedia, inspiring messages, congratulatory badges, interact with others via the Thrive Tribe
- Diet, movement, environment, rejuvenation, and spirit
- Benefits include increased energy, enhanced sleep, losing weight, and feeling better physically, mentally and emotionally

EVENT INCLUDES:

An interactive discussion where attendees can ask questions of our Mission Hope Cancer Center multi-specialty physician panel.



Cheryl Decker, MD, FACEP, Cancer Risk and Survivorship



Robert Dichmann, MD, Medical Oncologist



Kevin Ferguson, MD, Pathologist



Samuel B. Kieley, MD, Urologic Oncologist



Christopher Lutman, MD, Gynecologic Oncologist



Monica Rocco, MD, FACS, Breast Surgeon

Coming Soon!

Innovative iTHRIVE Survivorship Plan at Mission Hope

Mission Hope Cancer Center is proud to announce its partnership with the iTHRIVE Cancer Survivorship Plan. This ground-breaking initiative creates individualized wellness plans for cancer survivors that focus on five key areas: diet, movement, environment, rejuvenation, and spirit.

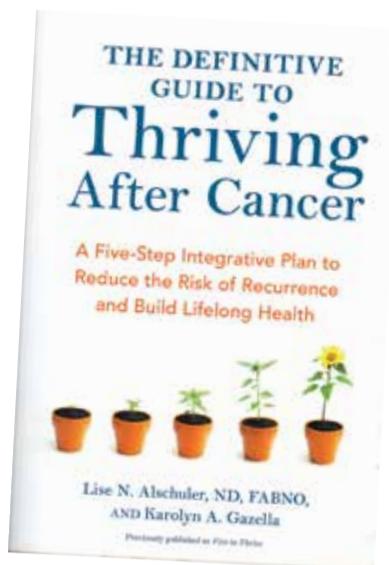
The iTHRIVE Plan is an online mobile web application that presents users with interactive, interesting, and empowering action steps to help survivors heal from treatment, reduce risk of recurrence, and achieve optimal wellness.

“We are thrilled to offer this innovative plan to our cancer survivors,” said Dr. Cheryl Decker, Director of Survivorship and Supportive Care. “By combining this progressive online tool with our existing educational and support programs, we have a powerful way to help survivors become thrivers.” The plan will be available to past and present Mission Hope Survivors in September.

“We are honored to partner with the amazing team at Mission Hope,” said Karolyn A. Gazella who is the CEO and co-founder of Five to Thrive® and an ovarian cancer survivor. Gazella created the plan with co-founder and Chief Medical Officer Dr. Lise Alschuler, a highly respected naturopathic oncologist and also a breast cancer survivor. “By offering iTHRIVE to their survivors, Mission Hope is once again confirming that they are truly a leader when it comes to offering progressive programs for their patients,” said Dr. Alschuler.

MEET THE PRESENTERS

Prolific authors Lise N. Alschuler, N.D., Fellow of the American Board of Naturopathic Oncology (FABNO), and Karolyn A. Gazella, will be speaking about reducing cancer risk. Their book (shown here) outlines the Five to Thrive® plan—an accessible lifestyle program for optimizing health and wellness after a diagnosis of cancer. With a deep and personal perspective, the authors embody what integrative medicine can do as they urge patients diagnosed with cancer to not only survive the disease but to reach the ultimate level of healing. Come and be inspired!



Fifty lucky people attending the conference will receive a free copy of the book to have signed by the authors!



Give the gift of a lifetime...

Community Bone Marrow Donor Registry Drive Scheduled

Members of the public are invited to register with the National Bone Marrow Registry at this event. Taking less than 10 minutes, it requires only a quick and painless cheek swab. Participants must be between the ages of 18 and 44. (See page 9 for details.)

Even in challenging times, include your children in what is happening. Children can sense difficulties and, if left out of the situation, they usually imagine things to be much worse than they actually are.

You are not alone!



Kids Support Circle

An ongoing activity group especially for the children of cancer patients to make friends and learn new skills for living with cancer in the family. Materials provided; children of all ages welcome.

Selected Tuesdays

3:00 p.m.

September 6, 20

October 4, 18

November 1, 15

December 6, 20

Mission Hope Cancer Center
1325 East Church Street
Santa Maria

**Please call to register:
805.219.HOPE (4673).**

Cancer is a Family Affair

When one family member has cancer, the whole family is affected. When that patient is a parent and feeling overwhelmed with a myriad of decisions and emotions, he or she may try to shield the children from the situation. However, providing your children with open and honest information from the beginning of the diagnosis will lead to feelings of trust, control and involvement. Child experts recommend that children be included in any illnesses that affect the family, yet parents are often at a loss to know exactly what to do. Below are some guidelines to help you during this difficult time.

Establish open communication

- Be truthful, open and direct with information. This will help to develop trust and reduce fear in your children.
- Encourage children to come to you with questions. Let them know that if you are unable to answer at the time, you will get back to them.

Realize there is no “right way”

- Recognize that children respond in many different ways to a parent’s illness. Some may want to stay close and care for the parent; others may need to spend more time with their friends. Allow for individual differences in your children.

Understand developmental needs

- Realize that children engage in “magical thinking.” They often believe the world revolves around them and that they can make things happen. Be sure to tell them that nothing they did caused the cancer.
- Children’s behavior gives clues to their feelings. They often act out their feelings rather than find words for them. Parents and children can and do learn to cope with cancer and its treatments.
- Accept that children’s behavior may regress as children often revert to younger behavior during times of stress. Try to respond in a supportive way.

Balance care and concern

- Try to maintain some routine and structure at home. Give children opportunities to perform age-appropriate caregiving tasks each day.
- Children often worry that they may “catch” the cancer. Reassure them that cancer is not contagious.
- Communicating with schoolteachers about the diagnosis can help them better support your children. For some children, it’s helpful to know there is an adult at school they can go to if they are having a difficult time.

Take care of yourself

- Let children see you express your feelings; it’s okay for them to see you cry. Explain how you are feeling and show them you can cope. Emphasize that it is not their responsibility to help you feel better.
- Take time for yourself! Parents are more effective when they take care of their own needs. Make a list of things you enjoy and invest time in you.

Exciting
new classes:
bring a friend!



Rediscovering Your Joy!

Monday mornings: September 12, 19, 26 • 10:00 a.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

Reservations are required. Please call Mission Hope to register:

805.219.HOPE (4673).

This class is based on the recognition that each of us has joy inside that simply needs to be rediscovered. This 60-minute classroom experience includes a mini lecture, brief guided meditation and time for questions and answers. Then the real fun begins as participants celebrate rediscovering their joy with balloons, bubble wands, noise makers, and more!

Joyce Bellucci is going to lead you into this rediscovery. She knows how to be serious: Joyce has academic degrees (Bachelor's and Master's) in psychology and decades of experience as a registered nurse. She also earned a law degree at Georgetown University Law School and practiced as a trial attorney and patient advocate in medical malpractice law. In 1999, Joyce was diagnosed with breast cancer with survivorship and follow up care at Mission Hope. Her experiences have taught her the value of cultivating joy and celebrating life. Now, she wants to give back as she feels she has a second chance to help others.

Learning Origami with Jane

Monday mornings: October 3, 10, 17 • 10:30 a.m.

Mission Hope Cancer Center

1325 East Church Street, Santa Maria

Please call to reserve a spot for this one hour class: **805.219.HOPE (4673).**

Origami, the art of paper folding, emphasizes mindfulness which immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant—or sometimes amusing—construction. Materials are simple, yet the activity always brings about wonder and often a smile as a two dimensional piece of paper is transformed into a swan, a crane, a flapping bird, sailboat or the jumping frog. Many of the origami designs are symbols of hope and new beginning.

Jane Abela, a cancer survivor, taught this art form while substitute teaching in the Orcutt School District. Learning Origami in a group setting encourages people to help each other and many find a real sense of accomplishment.

You're invited to attend one or all three sessions.



September Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Free Prostate Screening: Saturday, September 10 9:00 to 11:00 a.m. By appointment. (See page 4.)</p>	<p>Health & Wellness Seminar: Saturday, September 24 9:00 a.m. to 12:30 p.m. Register today! (See pages 10-11.)</p>		<p>1 9:00 Massage Therapy 2:00 Book Club 6:00 Cancer Rehab</p>	<p>2 8:00 Grupo de Discusión para Hombres con Cáncer 9:00 Paddling for Hope 10:00 Patient Orientation Class</p>
<p>5 Office closed for Labor Day Holiday</p>	<p>6 9:00 Lymphedema Prevention Exercise 12:00 Look Good, Feel Better 3:00 Kids Support Circle</p>	<p>7 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:00 Patient Orientation Class 5:00 Caregiver Support Group</p>	<p>8 9:00 Massage Therapy 2:00 Mindfulness Refresher Class 6:00 Cancer Rehab</p>	<p>9 8:00 Men's Cancer Discussion Group 9:00 Paddling for Hope 10:00 Patient Orientation Class 1:00 Soul Collage</p>
<p>12 10:00 Cancer Rehab 10:00 Rediscovering Your Joy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria</p>	<p>13 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork 6:00 Family Caregiver Support Group Marian Residence</p>	<p>14 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:00 Patient Orientation Class</p>	<p>15 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</p>	<p>16 8:00 Grupo de Discusión para Hombres con Cáncer 9:00 Paddling for Hope 10:00 Patient Orientation Class 1:00 Journaling</p>
<p>19 10:00 Cancer Rehab 10:00 Rediscovering Your Joy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture</p>	<p>20 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle</p>	<p>21 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:00 Patient Orientation Class 6:00 Family Night Support Group</p>	<p>22 9:00 Massage Therapy 2:00 Healing Touch 6:00 Cancer Rehab</p>	<p>23 8:00 Men's Cancer Discussion Group (with speaker) 9:00 Paddling for Hope 10:00 Patient Orientation Class</p>
<p>26 10:00 Cancer Rehab 10:00 Rediscovering Your Joy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture</p>	<p>27 9:00 Lymphedema Prevention Exercise 6:00 Family Caregiver Support Group Marian Residence</p>	<p>28 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:00 Patient Orientation Class</p>	<p>29 9:00 Massage Therapy 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab</p>	<p>30 9:00 Paddling for Hope 10:00 Patient Orientation Class 1:00 Journaling</p>

Calendar depicts weekdays only.

October Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Cancer Rehab 10:30 Learning Origami 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	4 9:00 Lymphedema Prevention Exercise 12:00 Look Good, Feel Better 3:00 Kids Support Circle	5 9:00 Cancer Rehab 10:00 Fight Against Falls Class 10:30 Restorative Yoga 3:00 Cancer Rehab 3:00 Patient Orientation Class 5:00 Caregiver Support Group	6 9:00 Massage Therapy 2:00 Book Club 6:00 Cancer Rehab	7 8:00 Grupo de Discusión para Hombres con Cáncer 9:00 Paddling for Hope 10:00 Patient Orientation Class 1:00 Mindfulness Through Coloring
10 10:00 Cancer Rehab 10:30 Learning Origami 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	11 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork 6:00 Family Caregiver Support Group Marian Residence	12 9:00 Cancer Rehab 10:00 Fight Against Falls Class 10:30 Restorative Yoga 12:45 Learn Golf! 3:00 Cancer Rehab 3:00 Patient Orientation Class 5:00 Girls Night Out	13 9:00 Massage Therapy 2:00 Mindfulness Refresher Class 6:00 Cancer Rehab	14 8:00 Men's Cancer Discussion Group 9:00 Paddling for Hope 10:00 Patient Orientation Class 1:00 Soul Collage
17 10:00 Cancer Rehab 10:30 Learning Origami 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	18 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	19 10:00 Fight Against Falls Class 10:30 Restorative Yoga 3:00 Patient Orientation Class 6:00 Family Night Support Group	20 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	21 8:00 Grupo de Discusión para Hombres con Cáncer 9:00 Paddling for Hope 10:00 Patient Orientation Class 1:00 Mindfulness Through Coloring
24 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	25 9:00 Lymphedema Prevention Exercise 6:00 Family Caregiver Support Group Marian Residence	26 10:00 Fight Against Falls Class 10:30 Restorative Yoga 12:45 Learn Golf! 3:00 Patient Orientation Class	27 9:00 Massage Therapy 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer	28 8:00 Men's Cancer Discussion Group 9:00 Paddling for Hope 10:00 Patient Orientation Class
31 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture			Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 12-14.	

Calendar depicts weekdays only.

Getting Started

Patient Orientation Class
(For Mission Hope Patients)

Are you new to the Mission Hope family? A cancer diagnosis often requires navigating an unfamiliar world. You are invited to get to know us and our services so we can take this journey together. A mandatory meeting for cancer patients, families and caregivers.

Mission Hope Cancer Center, SM
WEDNESDAYS: SEP 7, 14, 21, 28 & OCT 5, 12, 19, 26; 3:00 PM
FRIDAYS: SEP 2, 9, 16, 23, 30 & OCT 7, 14, 21, 28; 10:00 AM

DISPONIBLE EN ESPAÑOL. FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

LOCATIONS

PISMO BEACH (PB)

Coastal Cancer Care Center
921 Oak Park Blvd.

SAN LUIS OBISPO (SLO)

HCRC
Hearst Cancer Resource Center
1941 Johnson Avenue
Suite 201A

Veterans' Memorial Building
801 Grand Avenue

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC
Mission Hope Cancer Center
1325 East Church Street

MHW
Marian Health & Wellness Center
1207 East Main Street

Marian Residence
124 South College Drive

Los Adobes de Maria II
1148 West Boone Street

Acupuncture Treatments
Schedule a free appointment with a licensed acupuncturist to help manage the side effects of cancer treatment.

Hearst Cancer Resource Center, SLO
SEP 26 & OCT 24; 1:30 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Community Acupuncture
Receive individualized care with respect for the privacy of your personal history. At an appointed time, each person consults quietly with the practitioner followed by treatment in a reclining chair.

Mission Hope Cancer Center, SM
SEP 12, 19, 26 & OCT 3, 10, 17, 24, 31; 3:30 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).
DONATIONS SUGGESTED

Spanish Group • En Español:

Apoyo y Educación para Personas con Cáncer
Si usted o alguien de su familia sufre de cáncer acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

Los Adobes de Maria II, SM
SEP 29 & OCT 27; 2:00 PM

Aquatic Therapy Class
Most cancer patients experience fatigue as a side effect of cancer treatment. Water exercise reduces the impact on the joints by 50% and boosts physical and mental health.

Allan Hancock College, SM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Art Therapy Class
Art workshop using varied materials and techniques to help boost creative expression. *A program of the Hearst Cancer Resource Center.*

Hearst Cancer Resource Center, SLO
SEP 19 & OCT 17; 11:00 AM

Book Club Group
All are invited to check out our book club to meet interesting people and expand your knowledge of great literature selections.

Mission Hope Cancer Center, SM
SEP 1 & OCT 6; 2:00 PM
CALL LIZ AT 805.346.3405 FOR MORE INFORMATION.

Breast Cancer Support Group
A support group focusing on breast cancer, the journey and sharing valuable information and resources.

Hearst Cancer Resource Center, SLO
SEP 6 & OCT 4; 5:30 PM

Caregiver Support Group
A forum for people to get together with those who understand their concerns, share helpful strategies, lend support and encouragement.

Hearst Cancer Resource Center, SLO
SEP 1, 15 & OCT 6, 20; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
SEP 7 & OCT 5; 5:00 PM

Marian Residence, SM
SEP 13, 27 & OCT 11 & 25; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL 805.354.5326.

Cancer Rehabilitation
An individualized 12-week program that includes group, strengthening and aquatic exercise with our Certified Exercise Trainer.

Marian Health & Wellness Center, SM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Family Night Support Group
Featuring activities and information for children with cancer and their families; presented in English and Spanish including dinner, art therapy and more! Trained, licensed counselors and social workers on hand. Childcare provided.

Mission Hope Cancer Center, SM
SEP 21 & OCT 19; 6:00 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3402 (ENGLISH) OR 805.346.3406 (SPANISH).

Fight Against Falls

Exercise Class

Participants work on conditioning their muscles to help battle muscle fatigue and reduce the risk of falls.

Marian Health & Wellness Center, SM
SEP 7, 14, 21, 28 & OCT 5, 12, 19, 26; 10:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

☛ Fighting Cancer with Your Fork: Separating Fact from Fiction

Learn how to plan an optimal diet during any stage of your cancer journey and to cope with side effects.

Mission Hope Cancer Center, SM
SEP 13 & OCT 11; 10:00 AM

General Support Groups

Informal support groups for all patients and their loved ones.

Hearst Cancer Resource Center, SLO
SEP 1, 15 & OCT 6, 20; 6:00 PM

BY RESERVATION ONLY; PLEASE CALL 805.542.6234.

Informative presentations scheduled on alternate weeks.

Coastal Cancer Care Center, PB
MEETS EVERY MONDAY; 5:30 PM

PLEASE CALL FOR TOPICS AND/OR TO MAKE A RESERVATION: 805.481.7245.

Guided Meditation Class

Learn to live life more peacefully in order to handle challenges with calmness and compassion.

Hearst Cancer Resource Center, SLO
SEP 8, 22 & OCT 13, 27; 3:30 PM

Healing Touch

(Formerly Energy Balancing)

Certified practitioners help to promote relaxation and decrease stress in cancer patients.

Hearst Cancer Resource Center, SLO
SEP 12, 26 & OCT 10, 24; 11:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Healing Touch, continued

Mission Hope Cancer Center, SM
SEP 22 & OCT 27; 2:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

☛ Journaling

Many people find expressing their feelings in a journal to be healing—especially when coping with a challenge like cancer. We can help you get started.

Mission Hope Cancer Center, SM
SEP 16, 30; 1:00 PM

☛ Kids Support Circle

Coping skills and tools for the kids of parents/grandparents with cancer. Provides a safe, enjoyable place where children can use art and games to express themselves.

Mission Hope Cancer Center, SM
SEP 6, 20 & OCT 4, 18; 3:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Learn Golf!

Golf professionals use three holes of the golf course to teach the game in an enjoyable, stress free manner.

Monarch Dunes, Nipomo
SEP 14, 28 & OCT 12, 26; 12:45 PM

BY APPOINTMENT; PLEASE CALL 805.346.3413.

☛ Learning Origami with Jane

Origami emphasizes mindfulness which immerses one in a pleasant activity and produces an elegant or sometimes amusing construction.

Mission Hope Cancer Center, SM
OCT 3, 10, 17; 10:30 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Look Good, Feel Better

Free program teaches skincare and make-up techniques to mitigate appearance-related side effects of cancer treatments. Complimentary cosmetic kit included.

Hearst Cancer Resource Center, SLO
SEP 7 & OCT 5; 10:00 AM

RESERVATIONS REQUIRED; PLEASE CALL: 805.542.6234.

Mission Hope Cancer Center, SM
SEP 6 & OCT 4; 12:00 NOON

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

☛ NEW CLASS

Lymphedema Education

A certified lymphedema specialist reviews lymphedema symptoms and how to manage them.

Hearst Cancer Resource Center, SLO
SEP 20 & OCT 25; 1:00 PM

Lymphedema Prevention Exercise

Therapeutic exercise class designed for breast cancer survivors and those battling chronic conditions.

Marian Health & Wellness Center, SM
SEP 6, 13, 20, 27 & OCT 4, 11, 18, 25; 9:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Lymphoma, Leukemia & Multiple Myeloma (LL&MM)

(All Blood Cancer Support Group)

Established to help individuals and their families cope with diagnosis, before, during and after treatment.

Hearst Cancer Resource Center, SLO
SEP 14 & OCT 12; 1:00 PM

Mission Hope Cancer Center, SM
SEP 15 & OCT 20; 2:00 PM

Massage Therapy

Known to reduce stress and promote relaxation, massage also bolsters the immune system and restores energy. Marian Cancer Care offers 15 minute chair massages (patients remain fully clothed) provided by certified massage therapists.

Mission Hope Cancer Center, SM
SEP 1, 8, 15, 22, 29 & OCT 6, 13, 20, 27; 9:00–11:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Men's Cancer Discussion Group

An opportunity to discuss issues, share concerns and exchange information on topics related to all cancers, as well as general health care concerns and trends.

Mission Hope Cancer Center, SM
SEP 9, 23* & OCT 14, 28; 8:00 AM

*Guest speaker Rev. Matt Kronberg, BCC, Chaplain.

Classes continue

CLASSES, GROUPS & PROGRAMS

Men's Spanish Group • En Español:

🌟 Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos. Venga y tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer, asi como el cuidado de su salud y sus preocupaciones en general.

Mission Hope Cancer Center, SM
SEP 2, 16* & OCT 7, 21; 8:00 AM

*Guest speaker Rev. Matt Kronberg, BCC, Chaplain.

🌟 Mindfulness Refresher Class

This class allows those who took the training course to practice together.

Mission Hope Cancer Center, SM
SEP 8 & OCT 13; 2:00 PM

🌟 Mindfulness Through Coloring Coloring offers complete absorption for creativity, mindfulness and, in the end, offers a beautiful result. Materials provided.

Mission Hope Cancer Center, SM
OCT 7, 21; 1:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Nutritional Counseling

One-on-one consultations with a Registered Dietitian.

Hearst Cancer Resource Center, SLO

BY APPOINTMENT; PLEASE CALL 805.542.6234

Mission Hope Cancer Center, SM

BY APPOINTMENT; PLEASE CALL 805.219.HOPE (4673).

🌟 Rediscovering Your Joy

Each of us has joy inside that simply needs to be rediscovered. Class includes brief instruction and guided meditation with time allotted for questions and answers.

Mission Hope Cancer Center, SM
SEP 12, 19, 26; 10:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

🌟 Paddling for Hope

Support Group Experience the restorative sport of paddle boarding in Morro Bay. During this series participants learn the basics; equipment provided.

SEP 2, 9, 16, 23, 30 & OCT 7, 14, 21, 28; 9:00 AM (Time may vary)
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Prostate Cancer Support Group

Open discussions about a prostate cancer diagnosis and treatment options as well as objective information and solutions shared.

Hearst Cancer Resource Center, SLO
SEP 19 & OCT 17; 6:30 PM

Qigong Class

Qigong involves gentle, repetitive, flowing movements coordinated with deep-breathing which can be done sitting or standing.

Hearst Cancer Resource Center, SLO
SEP 8, 22 & OCT 13, 27; 5:30 PM

SoulCollage® Art Therapy

Creative process for accessing your intuition and creating an incredible deck of cards with deep personal meaning. Walk-ins welcome.

Hearst Cancer Resource Center, SLO
SEP 9 & OCT 14; 11:00 AM

Mission Hope Cancer Center, SM

SEP 9 & OCT 14; 1:00 PM

RESERVATIONS NOW REQUIRED; PLEASE CALL 805.219.HOPE (4673).

SPOHNC, Santa Maria (Support for People with Oral, Head, and Neck Cancer, Inc.)

Meetings offer information and support to newly-diagnosed patients and their loved ones.

Mission Hope Cancer Center, SM
SEP 12 & OCT 10*; 5:00 PM

*Guest speaker Cheryl Decker, MD, FACEP, will present the topic: Supportive Medical Care and Symptom Management.

Tai Chi Chih

The gentle movements of Tai Chi Chih help to improve well-being, balance, flexibility and stamina.

Hearst Cancer Resource Center, SLO
SEP 7, 14, 21, 28 & OCT 5, 12, 19, 26; 11:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

🌟 Walking Into Wellness

Walking on a regular basis improves your overall health. Added benefits for cancer patients include reduced symptoms of fatigue, muscle weakness and nausea.

Mission Hope Cancer Center, SM
SEP 12, 19, 26 & OCT 3, 10, 17, 24, 31; 1:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group

Experienced knitters and novices at all levels are welcome to join. Instructions, needles and yarn are provided for beginners.

Hearst Cancer Resource Center, SLO
SEP 6, 13, 20, 27 & OCT 4, 11, 18, 25; 3:00 PM

Mission Hope Cancer Center, SM
SEP 12, 19, 26 & OCT 3, 10, 17, 24, 31; 2:00 PM

Yoga for Cancer Patients and Survivors

Led by seasoned instructors, these styles of yoga combine physical postures, breathing techniques, and/or relaxation to reduce stress and support the body, mind and spirit. All experience levels are invited to discover the healing power of yoga.

Veterans' Memorial Building, SLO
SEP 7, 14, 21, 28 & OCT 5, 12, 19, 26; 4:30 PM

Restorative Yoga and Meditation

Mission Hope Cancer Center, SM
OCT 5, 12, 19, 26; 10:30 AM

🌟 NEW CLASS

TURN TO US FOR ANSWERS ABOUT CANCER

Marian Regional Medical Center at Mission Hope Cancer Center

1325 East Church Street, Suite 102
Santa Maria, CA 93454

805.219.HOPE (4673)

Se habla español: 805.346.3406

www.missionhopecancercenter.com

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Arroyo Grande Community Hospital

Coastal Cancer Care Center

921 Oak Park Blvd., Suite 100B

Pismo Beach, CA 93449

www.arroyograndehospital.org

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CANCER CARE NAVIGATOR

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French Hospital Medical Center

Hearst Cancer Resource Center

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San Luis Obispo, CA 93401

www.frenchmedicalcenter.org

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ARROYO GRANDE COMMUNITY HOSPITAL

Edwin Hayashi, MD, FACS

FRENCH HOSPITAL MEDICAL CENTER

Thomas Spillane, MD

Mission Hope Cancer Center Phone Numbers

FIRST FLOOR:

Marian Cancer Care 219.HOPE (4673)

Marian PET/CT Center 346.3470

Radiation Oncology 925.2529

SECOND FLOOR:

Marian Breast Imaging Center 346.3490

Mission Hope Health Center 346.3456

Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist

Monica A. Rocco, MD, FACS, Breast Surgeon

Cheryl Decker, MD, FACEP

Cancer Risk Program/Survivorship and Supportive Care Program

THIRD FLOOR:

Medical Oncology 349.9393

Mission Hope Infusion Center 346.3419

Mission Hope Lab (*Office hours: 7:30 a.m. to 4:30 p.m.*) 346.3480

1325 East Church Street, Suite 102
Santa Maria, CA 93454

Sixth Annual Girls Night Out

Ladies! Please join us for this special presentation accompanied by a light dinner:

The Differences Between Men's and Women's Brains

Guest speaker: Jerry Sanger, MA

In an evening reserved for the gals, we're going to talk about men! Specifically, the brains of men and women: how they differ and ways they're similar. An understanding of the differences—as well as the similarities—between men's and women's brains may help strengthen our relationships. It is healthy to challenge our beliefs so that we may modify those ideas that are ineffective and embrace those that work well.

Wednesday, October 12 • 5:00 p.m.

Mission Hope Cancer Center
1325 East Church Street, Santa Maria

Reserve early as seating goes fast! Please call Mission Hope to register: **805.219.HOPE (4673)**.



Join us at the Far Western Tavern for an evening of dancing, wine and spirits and hors d'oeuvres!

Since its inception, the Bubbles & Brews Charity Event has raised \$35,000 in support of local cancer care.

Seventh Annual Bubbles & Brews Charity Event

In honor of October being Breast Cancer Awareness Month, the seventh annual Bubbles & Brews breast cancer charity event will take place at 6:30 p.m. on Friday, October 21st at the Far Western Tavern in Orcutt. All proceeds will go to support Marian Cancer Care at Mission Hope Cancer Center. For more information, please call 805.922.7931, ext. 123 or visit santamariatowncenter.com.