

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

September/October 2018

Quality Performance as Measured by the National Accreditation Program for Breast Centers

Mission Hope Cancer Center Honored with Three Year Accreditation

The Mission Hope Cancer Center continues to achieve recognition for quality via its latest honor, accomplished through a comprehensive three-year long approval process and capped off by a rigorous survey of its programs, facilities and patient outcomes. The National Accreditation Program for Breast Centers (NAPBC) has granted a three year accreditation without deficiencies. This quality designation assures that the highest standards of care for patients with diseases of the breast are practiced and accomplished. The fulfillment of these requirements took a team approach that encompassed the quality leadership from our cancer program including breast imaging, pathology, genetic management, surgical care, nursing, medical and radiation oncology, cancer registry, clinical research, cancer rehabilitation, and survivorship program.

“The accreditation is really a feather in our cap that lends prestige to our programs, and lets patients know they are indeed receiving the best in quality care. The standards for accreditation are high, and we’re very proud of our accomplishment,” said Dr. Monica Rocco, founding physician of the Marian Breast Care Program. “The designation recognizes our comprehensive, integrative, multi-disciplinary care. It takes into account the variety of services provided—psycho-social, transportation, rehabilitation, risk assessment, lymphedema management, and integrative medicine which can include yoga and other exercise programs, as well as music, art, massage and the survivorship program,” Rocco said.

The survey also included an in-depth look at the center’s quality outcomes. “They assess whether or not we are meeting the national average for lumpectomies versus mastectomies, how we are maintaining with genetic testing, are we providing enough reconstruction, and are we

meeting the needs to prevent lymphedema. The process even includes tracking complications, outcomes and analysis of survival—it is quite impressive,” Rocco continued.

In addition, Mission Hope offers the area’s only Breast Nurse Navigator Program. When a patient receives a breast cancer diagnosis, our nurse navigator helps her coordinate all aspects of care, from treatment to counseling to transportation. Nurse Navigators guide patients and their families through understanding their diagnosis and treatment options, communicating with their health care team, and informing patients about financial counseling, clinical trials, genetic counseling and other services critical to their care.

Through NAPBC accreditation, the Mission Hope team strives to uphold our vision of providing exceptional care to every patient, every day, with a spirit of warmth, friendliness, and personal pride.

COMMUNITY OUTREACH

Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD
Medical Director
Marian Cancer Program

Todd M. Erickson, MD
Medical Oncologist/Hematologist

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

Gisele R. Rohde, MPAP, PA-C
Cancer Risk Program/
Survivorship Program

Stephen J. Vara, MD
Medical Oncologist/Hematologist

Jeffrey Wu, MD
Radiation Oncologist

Katherine M. Guthrie
Senior Regional Director, Cancer
Services, Central Coast Service Area

In Support of Hope

Mission Hope salutes the organizations and individuals who contribute so much to the vision of the Marian Cancer Care program by raising necessary funds in support of cancer patients and their loved ones. You are invited to join us at the event of your choice—all in support of a good cause.



SUNNY COUNTRY PRESENTS



Saturday, September 29
5:00 p.m.

Presqu'ile Winery
5391 Presqu'ile Drive, Santa Maria

With special guest—direct from Nashville—**Cash Campbell**

■ Singers/songwriters **Anna Wilson** and **Monty Powell** will be entertaining live on stage at Presqu'ile Winery in a benefit concert for patients and families at Mission Hope Cancer Center. In addition to performances of their hit songs, attendees will hear behind-the-scenes tales from these two Grammy Award-winning songwriters who have collaborated with some of country music's biggest stars. For tickets and more information, visit <http://sunnycountry.com> or <http://my805tix.com>.

Mark your calendars:
Thursday, September 13
Santa Maria Country Club
505 West Waller Lane
Santa Maria

The Teal Journey
OVARIAN CANCER FOUNDATION

www.thetealjourney.org

The Teal Journey Ovarian Cancer Foundation Benefit Golf Tournament

■ All golf enthusiasts: It's time for the third annual The Teal Journey Ovarian Cancer Foundation Golf Tournament. Sign up for this growing golf tournament, dinner, and auction benefiting Marian Cancer Care at the Santa Maria Country Club with tee off at 11:30 a.m.

For more information or to volunteer, please call Gary McKinsey at 805.310.3381.

Working Together to Make a Difference

You will not want to miss this!
Roaring car engines, chicken barbecue
and great music come together
for extraordinary weekend fun.



Cruzin' for Life 2018 Event Schedule **Santa Maria Fairpark**

Friday, September 21 Events

Free admission

6:00–8:00 p.m.

- Survivors cruise on Broadway
- Free cruise open to all vehicles; no fees

6:00–10:00 p.m.

- Car show meet and greet
- Barbecued chicken dinner \$10 per plate
- Outdoor movies and live music by Burning James and the Funky Flames

Saturday, September 22 Events

Free admission to the car show

8:00 a.m.–3:00 p.m.

- All make/all model car show
- Live music by Steppin' Out

Saturday Evening Event

Tickets required (\$50/person)

4:30–11:00 p.m.

- Dinner/Silent auction/Live auction
- Music by Burning James and the Funky Flames

For tickets and information, please visit
cruzinforlife.net or call 805.478.5896.

Annual Cruzin' for Life Car Show and Cruise

■ Classic cars will once again be roaring to life for the 15th Annual Cruzin' for Life Car Show and Cruise! A local gem, Cruzin' for Life brings together a large array of cars at this popular event. The best part of this Central Coast favorite is that all proceeds stay local, with a portion benefiting Marian Cancer Care patients and families at Mission Hope Cancer Center. Marian Regional Medical Center would like to thank Cruzin' for Life's organizers for their tireless support of patients and their families.

Cruzin' for Life is a volunteer-run, locally based organization that has raised over \$1 million 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. (See sidebar for schedule details.)

Generosity Abounds at the Swiss Bar Charity Golf Tournament

■ Now in its ninth year, The Swiss Restaurant and Bar hosted the annual Swiss Bar Charity Golf Tournament at the Rancho Maria Golf Club on June 30, 2018. Established in memory of Sam Manos, the "BBQ King," the event has gotten more popular every year as golfers enjoy great food, drinks and prizes—all while raising money in support of Marian Cancer Care patients and families in need at Mission Hope Cancer Center. The grand total raised from these tournaments is over \$143,000! Thanks to everyone who came out to support this fun local event. We salute the founders of the tournament, George and Ande Manos (pictured below), for their continued dedication to Mission Hope patients and families.



Staying in the Game... of Golf and Life

Article by:

Jennifer Best

Contributing writer

Dan Garson considered himself “a pretty regular guy” before bone cancer took his left leg below his knee. Now he considers himself a pretty regular guy with a prosthesis that’s given him a leg up on heckling his golf buddies. “If they win, they’ve beaten a man with one leg. If I win, they’ve been beaten by a one-legged man,” he joked. A dry sense of humor, positive outlook, and dedicated work ethic drove Garson through the cancer treatment process, down the path of healing, and back to the links.



Golf buddies Dan Garson and Robert Dichmann, MD, on the golf course.

“Cancer wasn’t supposed to happen to me. That’s what everyone says, but it’s true. I’m a pretty regular guy. I’m a survivor, a lucky one. I’m not worried about it coming back. If it comes back, it comes back,” Garson said.

Garson suffered ankle pain as long as he could remember. “It was no big deal,” he said. Until it got in the way of his passion: his golf game.

In November 2013, an excruciating bout led him to the emergency room. “I was truly fortunate that the E.R. doctor became very uncomfortable with what he saw. He referred me to my family doctor who also became very uncomfortable and sent me to an oncologist—a long-time golf buddy, Dr. Robert Dichmann,” Garson said. Dr. Dichmann and staff at Mission Hope Cancer Center coordinated my treatments and took good care of me.

Within two weeks, he was at City of Hope with a specialized surgeon and a diagnosis of osteosarcoma: bone cancer.

“I was so lucky to be diagnosed. This is a cancer that adults don’t get. It’s usually found in younger men or teenagers—especially girls—people who are going through a lot of growth spurts. The thought is that I’ve had it forever, and perhaps something triggered it,” Garson said.

The good news, he said, was that they’d found it at all, and began treatment immediately. The bad news, he said, was that chemotherapy was involved, and the removal of his lower left leg.

“It felt like the process took forever, but I was diagnosed in December, the amputation was done in February, I was done with chemo in the spring, and tried to start walking sometime in June or July. Then it was a long, uphill climb,” Garson said.

While he was no stranger to the cancer treatment process—his wife Vicki had gone through it years before—it was something else to go through it firsthand.

“If you haven’t been slapped in the face, you really don’t know what it feels like to be slapped in the face. Whether you go through cancer or a heart attack, any of those things do force you to take stock of life. I did. I came to numerous conclusions about the way I live my life, including coming to terms with the fact that we’re all going to die. So what? I’m not

“Whether you go through cancer or a heart attack, any of those things force you to take stock of your life. I did. Now I make more appreciative choices about the way I live.” —Dan Garson

going to walk on eggshells. It’s about making choices about the way we live,” Garson said.

He’s more appreciative of his days and weekends, playing golf with his buddies, feeling more empathetic when he see someone else struggling. “I can appreciate what they’re going through much more clearly now,” Garson said. “No matter how bad I have it, it could have been worse.”

During his darkest days, he turned to work to keep his mind off the cancer, the treatment, the potential outcomes.

“I was back at work a week after the amputation. I had to go to keep myself from sitting at home crying. I’m sure I was only operating at 40 or 50 percent, but I was doing it; I was doing something. I needed that,” Garson said.

He hadn’t realized how much muscle wasted while he was down. When his prosthetic was fitted, he stood but could barely walk. “It was a long process learning to walk again with this thing that some days I silently curse, but other days I don’t even know I have on,” Garson said.

These days, his chief worry is his short game. “And, honestly, that needed work before,” Garson said.

He still golfs with his crew, shoots the breeze, and gives his buddies a hard time whenever he gets the chance.

“I have a chip on my shoulder about golf. When I play, I don’t see myself with a handicap; I play with all the regular kids. I take great pride in going at it again. I can hit just as far. For me it’s become more motivation to play. It took me a long time to get back. At first it was painful to hit, but over time we all recover. Golf is great for the hip, working on balance, rotation, all those things the physical therapist worked on with me to get back to walking,” Garson said.

While he can’t see himself playing the brutal, day-after-day Scottish course tour anytime soon—he still needs to rest after an 18-hole day—he’s not cutting his games short.

“I can walk 18 holes in a day. I still play in tournaments and travel; that old group of buddies remains with me. We’re all 14-year-old boys in the bodies of grown men kidding each other, razzing each other, smoking cigars, drinking, talking about pretty girls. It’s good fun and great therapy,” Garson said.

Now he’s back to full steam.

“Here I am, in 2018, pretty much normal. I don’t run anymore because my knees and hips aren’t as cooperative as they were when I was younger. I’m 60. But I play golf, still ride my bike, use the elliptical, work out at the gym. If I had full length pants on, you probably wouldn’t know. A physical therapist would see a hitch in my giddy-up, but I seem pretty normal otherwise,” Garson said.





Igor Nastaskin, MD
Gastroenterology and
Hepatology

Colorectal Cancer Prevention and Early Detection Techniques

Colorectal cancer (CRC) is one of the three most common cancers in the United States. One in twenty people develop it; both men and women are at risk. CRC develops from polyps, which start as a small bump on the inside lining of the colon and rectum. Polyps can grow without any symptoms and may eventually progress to cancer. When polyps are detected and removed, this greatly reduces the cancer risk. The recommended age to begin screening for CRC used to be age 50. Unfortunately, recent studies have uncovered an increase in CRC in people younger than 50 years old which has led to many medical societies to recommend that screening for CRC now start at age 45.

Colonoscopy screenings save lives! Colorectal cancer is prevented when colon or rectal polyps are identified and removed.

It is obvious that early detection and removal of polyps is very effective to prevent colorectal cancer. There are a few options for screening, but the best is colonoscopy because it finds the most polyps which can be removed immediately. Colonoscopy involves a flexible tube with a camera on the tip inserted into the rectum while patient is asleep under anesthesia and advanced to allow examination of the entire length of the colon. Other procedures include sigmoidoscopy which involves a much shorter flexible tube and examines only the lower third of the colon. Thus polyps higher in the colon are not discovered. Imaging studies, including barium enema and virtual colonoscopy, can also be done but frequently miss small or flat-shaped polyps. Stool tests for blood or cancer DNA afford ease of testing but miss the most number of polyps and cancers.

There is also a new at-home test called Cologuard. Cologuard is a test to identify colorectal cancer by detecting cancer DNA in the stool. It will detect most colon cancers but miss many colon polyps. In a study of 10,000 patients who had both colonoscopy and Cologuard, Cologuard missed 58% of precancerous polyps. For comparison, in this study colonoscopy found 100% of precancerous polyps. Because of this shortcoming, there is a disclaimer on the Cologuard information sheet that recommends that a negative Cologuard test should be followed up with another CRC screening test.

The takeaway is that colonoscopy screening is very effective at preventing colorectal cancer and saves lives. We recommend everyone over the age of 45 get screened. At present it is the best test for detecting (and removing) polyps. There are various strategies to make the procedure more comfortable. For example, if you would prefer to sleep through the entire exam, consult with your doctor. You may ask your doctor to prescribe you a very small size liquid to drink in preparation for colonoscopy to make colon cleansing easier.

If you have questions or would like more information on screening colonoscopies, please call our oncology nurse navigator at Mission Hope Cancer Center at **805.346.3463**. To schedule a consultation, please call Santa Maria Gastroenterology Group **805.922.6581**.

Who is at risk for colorectal cancer?

Risk factors include:

- Age 45 or older
- Family or personal history of colon cancer
- Family or personal history of colon polyps
- History of Ulcerative Colitis, Crohn's disease or diverticulitis

Get the Facts about Prostate Cancer

Prostate cancer is the second most common cancer among men in the United States and the most common cancer in men over 50—about one out of five men will be diagnosed with prostate cancer. Have hope: Prostate cancer is a treatable and manageable disease. Regardless of the stage of the disease, there are options for treatment. Today there are more than three million prostate cancers survivors in the U.S. Almost all prostate cancers are adenocarcinomas (cancers that begin in cells that make and release mucus and other fluids). Prostate cancer often has no early symptoms. But in most cases, prostate cancer is a very slow growing disease and once you have been diagnosed there is time to gather information, consider your options, and make a plan. The overall five-year survival rate for prostate cancer from 2006–2012 was 99 percent. This means that a man diagnosed with prostate cancer in that time period had a 99 percent chance of being alive five years later.

No one knows the exact cause of prostate cancer. Doctors can seldom explain why one man develops the disease and another does not. Research has shown that men with certain risk factors are more likely than others to develop prostate cancer. A risk factor is something that may increase the chance of developing a disease. Known risk factors include:

Age: This is the strongest risk factor for prostate cancer. The disease is rare in men younger than 45, with the average age of 70 at the time of diagnosis. Approximately 60 percent of cases are diagnosed in men older than 65.

Family history: A man with one close relative with the disease has double the risk. With two close relatives, his risk is five-fold. With three, the chance is 97%.

Race and ethnicity: Prostate cancer is more common in African American men and Caribbean men of African ancestry. It is less common in Asian and American Indian men.

Exposure to chemicals: Men who served in the military during the Vietnam and Korean wars who were exposed to Agent Orange are at a higher risk for developing prostate cancer.

Conditions: Such as prostatitis, inflammation of the prostate, and benign prostatic hyperplasia or BPH, a noncancerous enlargement of the prostate gland.

Diet and weight: A diet high in red meats and high-fat dairy and low in fruits and vegetables. Men who are obese. Research has shown that a healthy lifestyle, including a well-balanced diet and maintaining a healthy weight, may reduce prostate cancer risk.



Jeffrey Wu, MD
Radiation Oncologist

A man will be
diagnosed with
prostate cancer
every three minutes.



Men's Cancer Discussion Groups (English and Spanish)

Special Presentation: Update on Prostate Cancer

Guest speaker: Jeffrey Wu, MD, Radiation Oncologist

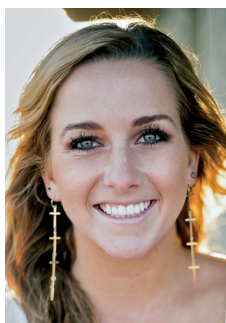
Join us to learn the latest from a local expert about prostate cancer prevention and treatment.

Friday, September 14 • 8:00 a.m. (English group)

Viernes, 21 de Septiembre • 8:00 a.m. (Grupo en Español)

Mission Hope Cancer Center Conference Room • 1325 East Church Street

NO RESERVATIONS NECESSARY • REFRESHMENTS SERVED



Kelsey McCourt, RD
Clinical Registered Dietitian

Cancer and the Ketogenic Diet

The ketogenic diet has become a popular topic of discussion in the media. Proponents are claiming this diet to be the end-all fix-all for weight loss along with many other chronic diseases and conditions, including cancer. The theory of the ketogenic diet and its relationship to cancer treatment is similar to the popular claim that “sugar feeds cancer.” Cancer cells consume a large amount of energy, sourcing mainly from glucose. The thought is that by starving our bodies of glucose and forcing it into a state of ketosis, we can disrupt and slow the rate of tumor growth. Is it that simple?

Following a restrictive diet comes with risks. For those undergoing cancer treatment, it can be even more problematic.

It was in 1920 that the ketogenic diet was developed for use primarily as a dietary intervention for children with epilepsy. This diet is best known for being a low carb diet, with 90% of calories coming from fat, 6% from protein, and only 4% of calories coming from carbohydrates. This is a drastic shift when compared to the standard guidelines, which recommends 45-60% of calories be derived from carbohydrate food sources. In normal conditions, the body obtains most of its energy from glucose (a simple sugar that comes mainly from the breakdown of carbohydrates). However, when there is an absence of glucose in the body, related to carbohydrate restriction, the body must utilize different resources. Ketones, a compound that can be derived from the breakdown of fat, can take the place of glucose during times of starvation, fasting, or extreme carbohydrate restricted diets. This process is known as Ketosis.

Does ketosis slow tumor growth? There are SOME current studies that suggest this theory MAY be promising; however, MOST of them are in their preliminary stages. Also, much of the research that has been conducted thus far use animal subjects alone or contain extremely small sample populations. Because of this, the ketogenic diet has only been hypothesized to work as an antagonist to cancer cell growth, not proven.

Following a restrictive diet comes with risks. Take a 2011 pilot study looking at the feasibility and safety of using the ketogenic

diet as a means of alternative cancer treatment. In the small sample size of only 16 patients, three patients dropped out because they were no longer able to stick to the dietary guidelines and one dropped out because of excessive weight loss and weakness. In the end, only five patients were able to complete the three-month intervention period.

Another challenge with using the ketogenic diet as an adjuvant therapy is that often times with cancer treatment comes many adverse side effects. These symptoms (nausea, vomiting, diarrhea, poor appetite, etc.) can make it extremely hard to maintain adequate nutrient intake. By eliminating or extremely reducing one of the main macronutrients (carbohydrates) from the diet, meeting the body's nutrient needs can quickly become a difficult and stress-inducing task. In addition, when following the ketogenic diet, one's blood or urine lab values must be closely monitored to ensure a state of ketosis is actually being reached. This is yet another factor that can make adhering to this diet very difficult.

In the end, research is inconclusive, and longer-term, clinical studies must be done to determine the effectiveness and safety of implementing this diet. In the meantime, it's best to follow what we know to be true: the best way to prevent cancer is to maintain a healthy weight, and consume a diet that limits processed meats, is high in fruits and vegetables, and substitutes whole grains for refined grain.

Community Education:

Update on Late Effects of Radiation Therapy

The Support for People with Oral and Head and Neck Cancer Support Group hosts a variety of educational presentations given by qualified speakers who bring their expertise to our meetings. Community members are invited to attend.

Monday, September 10 • 5:00 p.m.

Guest speaker: Case Ketting, MD, Radiation Oncologist

Cancer survivors need to be aware of the potential long term effects of radiation therapy. Late effects from radiation to the head and neck may be complicated, and may involve several different structures in the regions that were irradiated. Radiation to the neck may also cause damage to the vessels, nerves, and muscles. However, there is power in knowing what to expect and in learning how to manage these physical changes and in creating a workable survivorship plan moving forward. Dr. Ketting will be on hand to share insights on how to improve your quality of life and answer any questions you might have.

Mission Hope Cancer Center Conference Room • 1325 East Church Street

NO RESERVATIONS NECESSARY

For information, please contact Aundie Werner, MS, CCC-SLP, at 805.739.3185 or via email at Aundie.Werner@DignityHealth.org.



Case Ketting, MD
Radiation Oncologist

The head and neck region is composed of numerous structures, each with an inherent response to radiation.

HEAL: Healthy Eating and Activity for Living

New class!

**First Thursday of the month:
September 6 • 2:00 to 3:00 p.m.**

**Led by Kelsey McCourt, Registered Dietitian,
and John Malinowski, Cancer Exercise Trainer**

This month's class will examine the Ketogenic diet along with other popular diets in today's media and how they relate to cancer patients. Join us as we combine the powerful synergy of food and fitness to help you reach your best possible quality of life. Join us to get answers to your questions and enjoy free food, delicious recipes, exercise tips and more!

Mission Hope Cancer Center
1325 East Church Street, Santa Maria

**Please call 805.219.HOPE (4673)
to reserve a spot.**

Mashed Butternut Squash

As we move out of summertime and enter the fall months, try this easy—but very tasty—mashed butternut squash recipe for the perfect addition to any meal.

Ingredients:

- 1 butternut squash peeled and chopped into 1 inch cubes (or find in the frozen section)
- 1.5 Tbsp olive oil
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp pepper

Directions:

Preheat oven to 400F
Place butternut squash cubes in a baking dish
Toss with olive oil, cinnamon, salt and pepper

Place in oven and bake for 30 minutes. Remove from oven, transfer squash to a mixing bowl, and use a potato masher or mixer to mash squash until smooth consistency is reached.

Show your support for local breast cancer patients with a donation

You have the power to make a meaningful impact on the lives of Central Coast breast cancer patients and their families at Mission Hope Cancer Center.

A cancer diagnosis often brings emotional challenges and financial burdens. Generous contributions help to ease stress for patients and families who are going through what may be the most difficult time in their lives.

Gifts made to Marian Cancer Care at Mission Hope Cancer Center support:

- Patient outreach needs
- Cancer programs and services
- Acquisition of advanced equipment and technology

For each and every gift made to the Marian Foundation, 100% of all donations stay in our community, benefiting cancer programs and support services offered to local patients and families.

Every gift, no matter the size, makes a difference. Give the gift of hope today! To make a donation, please call Marian Regional Medical Center Foundation at **805.739.3595** or visit **supportmarianmedical.org**.

■ If you have breast care questions or need help scheduling an annual mammogram, please call the Mission Hope Breast Nurse Navigator at **805.346.3405**



Advances in Breast Cancer Surgery at Mission Hope Cancer Center

Your generous contributions have helped support the purchase of the following new programs and technologies for breast cancer patients.

It is our top priority to provide the latest in technology and treatment options for breast cancer patients. These new technologies offer our patients greater accuracy and improved outcomes.

SAVI SCOUT® Wire-Free Radar Localization System

In seeking a more compassionate and precise approach to breast cancer tumor localization, Mission Hope has adopted the SAVI SCOUT® wire-free radar localization system during breast conserving surgeries. Radar has been used for decades when precision is vital to success. It is an efficient and precise approach to localization and surgical guidance and helps surgeons remove cancerous tissue and non-cancerous breast abnormalities with greater confidence and accuracy. SAVI SCOUT® wire-free radar localization was developed to overcome the challenges of wire localization and offer a more comfortable and convenient option for breast tumor localization. 97% of patients would recommend SAVI SCOUT® to other women.

Hidden Scar™ Breast Cancer Surgery

A breast cancer diagnosis can threaten not only a woman's life, but her self confidence. With new surgical techniques using specialized equipment, Mission Hope surgeons are now able to achieve optimal cosmetic results, and improved quality of life for breast cancer patients. By performing Hidden Scar™ Breast Cancer Surgery, surgeons effectively treat cancer while preserving the natural shape of the breast, leaving no visible reminder behind.

Hidden Scar™ surgeries include

- Hidden Scar™ Mastectomy. A Nipple Sparing Mastectomy can be performed as a Hidden Scar™ procedure so that the single hidden incision is made in the inframammary fold (the natural crease underneath the breast), a place that is hard to see.
- Hidden Scar™ Lumpectomy. The Hidden Scar™ procedure can be used for a lumpectomy so that the scar is less visible. Locations include the inframammary fold (the natural crease underneath the breast), periareolar (along the edges of the areola), or the axilla (in the armpit, usually hidden in a natural fold).

Lymphedema Index

Early detection and prompt treatment are critical for a cancer patient's quality of life; this is true of lymphedema as well. One area of breast cancer research that has seen progress recently is in lymphedema prevention using the Lymphedema Index (L-Dex). L-Dex is a measurement system that is used to aid in the assessment of unilateral lymphedema of the limb (swelling occurring in only one limb). Without appropriate and timely treatment, lymphedema can lead to pain, recurrent infection, reduced mobility and impaired function. Through the measurement of subclinical changes in extracellular fluid, L-Dex can detect lymphedema up to 10 months earlier than current methods. L-Dex measurements are a quick, non-invasive and sensitive method for aiding in the clinical assessment of lymphedema. To find out if you could benefit from L-Dex, please call the Mission Hope breast nurse navigator at 805.346.3405.

■ To find out more about these new techniques, please call Mission Hope Health Center at **805.346.3456**

SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH



Kim Neace, RN, BSN, OCN



Cristina Martins Sinco
Ovarian Cancer Advocate/
Educator



■ Tonight's craft project instruction will be given by Laura Badenell. Laura's vision is to get people together for good conversation and laughter while exercising their creativity. Crafting is something that can be both therapeutic and empowering. Try it!

Program schedule:

- **Light dinner with interactive discussion**
- **Drawing for fun raffle prizes!**
- **Followed by craft project instruction sponsored by**



Hands-on evening of fun and information...

Ovarian Cancer Awareness Evening

Led by Kim Neace RN, BSN, OCN, Oncology Nurse Navigator, and Cristina Martins Sinco, co-founder of The Teal Journey Ovarian Cancer Foundation

You are invited to join us for a special evening of information as Kim Neace, RN, BSN, OCN, and Ovarian Cancer Advocate/Educator Cristina Martins Sinco discuss the timely topic of Ovarian Cancer Awareness and genetic risk. Afterward, Laura Badenell will lead the group in the creation of a fun craft project sponsored by The Teal Journey Ovarian Cancer Foundation.

Wednesday, September 26, 2018 • 5:00 p.m.

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

Reservations are required; class size limited.

Please call Mission Hope Cancer Center to register: 805.219.HOPE (4673)

An Overview of Ovarian Cancer

What is the general outlook for women diagnosed with ovarian cancer?

When one is diagnosed and treated in the earliest stages, the five-year survival rate is over 90 percent. Due to ovarian cancer's non-specific symptoms and lack of early detection tests, about 20 percent of all cases are found early, meaning in stage I or II. If caught in stage III or higher, the survival rate can be as low as 28 percent. Due to the nature of the disease, each woman diagnosed with ovarian cancer has a different profile and it is impossible to provide a general prognosis.

Ovarian cancer risk factors

- All women are at risk
- Increasing age
- Personal or family history of breast, ovarian, or colon cancer

What are the signs and symptoms of ovarian cancer?

Ovarian cancer is difficult to detect in part because the ovaries—two small, almond-shaped organs on either side of the uterus—are deep within the abdominal cavity. Symptoms exist but they can be vague at first. The following are often identified as some of the symptoms of ovarian cancer:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often

Women should monitor their bodies for unusual changes and report any concerns to their doctors right away.

ANNUAL COMMUNITY CELEBRATION

Ladies: It's time for our eighth annual

Girls Night Out Event

Please join us for an evening of music, cocktails and featured guest speakers as we gather to empower and inform.

Interactive Session: Ask the Experts

featuring our panel

April Kennedy, MD, Medical Oncologist/Hematologist

Kristen W. Kieley, MD, Radiologist

Monica A. Rocco, MD, FACS, Breast Surgeon

Gisele R. Rohde, MPAP, PA-C, Cancer Risk Program

Our panel of experienced female medical professionals will return to share their knowledge and expertise in women's health. Women have particular concerns regarding cancer and its effect on their lives: this question and answer format will allow participants to discuss the topics they're most interested in. This is a great time to get the facts about early detection, prevention strategies, treatment advances and survivorship techniques. Make plans now to attend this popular event!

Wednesday, October 24, 2018 • 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)**.



April Kennedy, MD,
Medical Oncologist



Kristen Kieley, MD,
Radiologist



Monica Rocco, MD,
FACS, Breast Surgeon



Gisele Rohde, MPAP,
PA-C, Cancer Risk
Program

Program schedule:

- Live music by Mike Madden and his Trilogy Trio
- Cocktails and light dinner
- Followed by interactive discussion

Get your gal pals together and join us as we celebrate **Breast Cancer Awareness Month.**



September Classes and Programs

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 3  Office closed for Labor Day Holiday | 4 9:00 Lymphedema Prevention Exercise 9:00 Comida para la Vida (Spanish) 3:00 Kids Support Circle | 5 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:30 Community Acupuncture 4:30 Cancer Rehab 5:00 Caregiver Support Group | 6 2:00 HEAL: Healthy Eating and Activity for Living 6:00 Cancer Rehab | 7 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Women's Wisdom Circle |
| 10 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 5:00 SPOHNC, Santa Maria Dr. Ketting Presentation | 11 9:00 Lymphedema Prevention Exercise | 12 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:30 Community Acupuncture 4:30 Cancer Rehab | 13 2:00 Mindfulness Refresher 6:00 Cancer Rehab | 14 8:00 Men's Cancer Discussion Group Dr. Wu Presentation 1:00 Soul Collage |
| 17 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group | 18 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle | 19 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:30 Community Acupuncture 4:30 Cancer Rehab 6:00 Family Night Support Group | 20 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab | 21 8:00 Grupo de Discusión para Hombres con Cáncer Presentación de Dr. Wu 6:00 Cruzin' for Life begins |
| 24 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group | 25 9:00 Lymphedema Prevention Exercise | 26 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:30 Community Acupuncture 4:30 Cancer Rehab 5:00 Special event: Ovarian Cancer Awareness | 27 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer | 28 8:00 Men's Cancer Discussion Group |
| Cruzin' for Life 2018 • Santa Maria Fairpark Friday, September 21 • 6:00 to 10:00 p.m. Saturday, September 22 • 8:00 a.m. to 11:00 p.m. See page 3 for details. | |  Benefit for Mission Hope Cancer Center Saturday, September 29 • 5:00 p.m. Presqu'ile Winery 5391 Presqu'ile Drive, Santa Maria See page 2 for details. | | |

October Classes and Programs

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|--|---------|---|-----------|---|---|---|--------|---|
| 1 | 9:00 Silk Scarf Painting 10:00 Cancer Rehab 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture | 2 | 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle | 3 | 5:00 Caregiver Support Group | 4 | 10:00 Gentle Yoga Class 2:00 HEAL: Healthy Eating and Activity for Living 6:00 Cancer Rehab | 5 | 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Women's Wisdom Circle |
| 8 | 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria | 9 | 9:00 Lymphedema Prevention Exercise | 10 | 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab 5:00 Presentation: Understanding the Medicare Maze | 11 | 10:00 Gentle Yoga Class 2:00 Mindfulness Refresher | 12 | 8:00 Men's Cancer Discussion Group 1:00 Soul Collage |
| 15 | 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture | 16 | 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle | 17 | 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 6:00 Family Night Support Group | 18 | 10:00 Gentle Yoga Class 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab | 19 | 8:00 Grupo de Discusión para Hombres con Cáncer |
| 22 | 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture | 23 | 9:00 Lymphedema Prevention Exercise | 24 | 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab 5:00 Girls Night Out Annual Event | 25 | 10:00 Gentle Yoga Class 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab | 26 | 8:00 Men's Cancer Discussion Group |
| 29 | 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture | 30 | 9:00 Lymphedema Prevention Exercise | 31 | 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab | Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 16-18. | | | |

Calendar depicts weekdays only.

Calendar depicts weekdays only.

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

MEETING LOCATIONS

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

Los Adobes de Maria II
1148 West Boone Street

SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

Veterans' Memorial Building
801 Grand Avenue

PASO ROBLES

Oak Park Chet Dotter
Senior Community Center
801 28th Street

Spanish Groups • 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
SEPT 27 & OCT 25; 2:00 PM

**Oak Park Chet Dotter Senior
Community Center, Paso Robles**
SEP 21 & OCT 26; 4:00 PM

Aquatic Therapy Class

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.

Hearst Cancer Resource Center, SLO
SEP 17 & OCT 15; 11:00 AM

Breast Cancer Support Group

Women gather to focus on the
journey and to share valuable
information and resources.

Hearst Cancer Resource Center, SLO
SEP 4 & OCT 2; 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 6, 20 & OCT 4, 18; 6:00 PM

Mission Hope Cancer Center, SM
SEP 5 & OCT 3; 5:00 PM

Cancer Rehabilitation

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

Marian Health & Wellness Center, SM
RESERVATIONS REQUIRED; SCHEDULE
AN ASSESSMENT AT 805.346.3413.

Circle of Strength

Cancer Support Group
Informal support group for all
patients and their loved ones.

Hearst Cancer Resource Center, SLO
SEP 6, 20 & OCT 4, 18; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL
805.542.6234.

Coloring Your Stress Away

Coloring offers complete absorp-
tion for creativity and mindfulness.
Materials provided.

Hearst Cancer Resource Center, SLO
OCT 18; 11:00 AM
RESERVATIONS REQUIRED; PLEASE
CALL 805.542.6234.

Clase en Español:

Comida para la Vida

Exploraremos los fundamentos de
la alimentación balanceada y dis-
cutiremos una alimentación salud-
able en beneficio de toda la familia.

Mission Hope Cancer Center, SM
SEPT 4 & OCT 2; 9:00 AM

FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

Family Night Support Group

Children with cancer and their
families are invited to join us for
dinner, followed by age appropriate
activities. Information in English
and Spanish.

Mission Hope Cancer Center, SM
SEP 19 & OCT 17; 6:00 PM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673) (ENGLISH)
OR 805.346.3406 (SPANISH).

Acupuncture Treatments

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

Hearst Cancer Resource Center, SLO
SEP 24 & OCT 22; 1:30 PM
(By appointment only)

RESERVATIONS REQUIRED; PLEASE
CALL 805.542.6234.

Community Acupuncture

At an appointed time, each person
consults quietly with the practi-
tioner followed by individualized
treatment in a reclining chair.

Mission Hope Cancer Center, SM
SEP* 5, 12, 19, 26 & OCT 1, 8, 15,
22, 29; 3:30 PM

*Please note: In September, treatments
will be held on Wednesdays.

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

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only)

A cancer diagnosis often requires
navigating an unfamiliar world. Get
to know us and our services so we
can take this journey together.

Mission Hope Cancer Center, SM

BY APPOINTMENT:
PLEASE CALL 805.346.3402 (ENGLISH)

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



OFFICE CLOSED SEPTEMBER 3

Fight Against Falls Exercise Class

This class provides participants with the knowledge to reduce the risk of falls in addition to working on conditioning the muscles to help battle muscle fatigue and gain strength.

Marian Health & Wellness Center, SM
SEP 5, 12, 19, 26 & OCT 10, 17, 24, 31; 10:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.346.3413.

Guided Meditation Class

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

Hearst Cancer Resource Center, SLO
SEP 5 & OCT 3; 5:00 PM

HEAL: Healthy Eating and Activity for Living

Join our Registered Dietitian and Fitness Trainer for an exciting new class which combines delicious recipes with easy exercise tips that will keep you on the path to a healthier you!

Mission Hope Cancer Center, SM
SEP 6* & OCT 4; 2:00 PM

*Presentation: Cancer and the Ketogenic Diet

RESERVATIONS REQUIRED;
PLEASE CALL 805.219.HOPE (4673)

Healing Touch (Energy Balancing)

Certified practitioners help to promote relaxation, ease muscle tension and decrease stress in cancer patients which can lead to reduced pain and improved sleep.

Hearst Cancer Resource Center, SLO
SEP 10, 24 & OCT 8, 22; 11:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
SEP 27 & OCT 25; 2:00 PM

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

iThrive Wellness Program

An online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE is available, free of charge, to all cancer patients and survivors to help them heal from treatment, reduce risk of recurrence and achieve optimal wellness.

Mission Hope Cancer Center, SM

PLEASE CALL 805.346.3469 TO SET UP AN APPOINTMENT WITH KIM NEACE, RN, OCN

Kids Support Circle

An activity group for the kids of parents/grandparents with cancer to learn coping skills and express themselves using art and games.

Mission Hope Cancer Center, SM
SEP 4, 18 & OCT 2, 16; 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 12, 26 & OCT 10, 24; 12:45 PM

BY APPOINTMENT;
PLEASE CALL 805.346.3413.

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 5 & OCT 3; 10:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL: 805.542.6234.

Mission Hope Cancer Center, SM

SEP 18 & OCT 16; 9:30 AM

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

Lymphedema Education

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

Hearst Cancer Resource Center, SLO
SEP 4 & OCT 23; 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 4, 11, 18, 25 & OCT 2, 9, 16, 23, 30; 9:00 AM

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 12 & OCT 10; 1:00 PM

Mission Hope Cancer Center, SM
SEP 20 & OCT 18; 2:00 PM

Men's Cancer Discussion Group

Facilitated by Sean Hunt, RN, BSN, OCN, this group provides a relaxed forum to discuss issues, exchange information and get answers. Meetings also feature educational presentations given by qualified speakers.

Mission Hope Cancer Center, SM
SEP 14*, 28 & OCT 12, 26; 8:00 AM

*Update on Prostate Cancer with Jeffrey Wu, MD, Radiation Oncologist

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. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y así como el cuidado de su salud.

Mission Hope Cancer Center, SM
SEP 7, 21* & OCT 5, 19; 8:00 AM

*Actualizaciones sobre el cáncer de próstata, Jeffrey Wu, MD, Radiation Oncologist

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

Classes continue

CLASSES, GROUPS & PROGRAMS

Mindfulness Refresher Class
Participants who took the eight week course can practice together.

Mission Hope Cancer Center, SM
SEP 13 & OCT 11; 2:00 PM

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

Nutritional Counseling

Learn how nutrition can support your healthcare goals. Schedule a one-on-one consultation 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).

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 17 & OCT 15; 6:30 PM

Qigong Class

Qigong is a Chinese health and spiritual development system that lowers stress, increases vitality, and aids healing. It consists of slow flowing movements and deep breathing.

Hearst Cancer Resource Center, SLO
SEP 17 & OCT 1, 15; 5:00 PM

🌀Silk Scarf Painting

Learn the technique used to paint dye onto silk to add beautiful color. All materials provided.

Mission Hope Cancer Center, SM
OCT 1, 8, 15, 22; 9:00 AM

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

SoulCollage® Art Therapy

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

Mission Hope Cancer Center, SM
SEP 14 & OCT 12; 1:00 PM

SPOHNC, Santa Maria

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

These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. Everyone welcome.

Mission Hope Cancer Center, SM
SEP 10* & OCT 8; 5:00 PM

*Update on Late Effects of Radiation Therapy with Case Ketting, MD, Radiation Oncologist

Tai Chi Chih

The slow gentle movements of Tai Chi Chih along with deep breathing help to improve well-being, balance, flexibility and stamina.

Hearst Cancer Resource Center, SLO
SEP 5, 12, 19, 26 & OCT 3, 10, 17, 24, 31; 11:00 AM

Walking Into Wellness

Regular walking improves overall health and wellness and can help reduce the cancer-related symptoms of fatigue, weakness and nausea. Join fellow walkers at Mission Hope and reap the benefits.

Mission Hope Cancer Center, SM
SEP 10, 17, 24 & OCT 8, 15, 22, 29; 1:00 PM

RESERVATIONS REQUIRED;
PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group

All levels are welcome; instructions, needles and yarn are provided.

Hearst Cancer Resource Center, SLO
SEP 4, 11, 18, 25 & OCT 2, 9, 16, 23, 30; 3:00 PM

Mission Hope Cancer Center, SM
SEP 10, 17, 24 & OCT 1, 8, 15, 22, 29; 2:00 PM

September is Prostate Cancer Awareness Month

Free Prostate Screenings

This simple procedure includes a blood test and a digital rectal exam for men without health coverage, 55 to 69 years of age. Limited number of appointments; registration required.

Saturday, September 15
9:00 to 11:00 a.m.

Mission Hope Cancer Center
1325 East Church Street
Santa Maria

Please call Mission Hope to make a reservation: 805.219.HOPE (4673).

Women's Wisdom Circle

Come and share your experiences, your joys, your challenges as we witness each other's lives and share in each other's journeys.

Mission Hope Cancer Center, SM
SEP 7 & OCT 5; 1:00 PM

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

Yoga for Cancer Patients and Survivors

Yoga combines physical postures, breathing techniques, and/or relaxation to support the body, mind and spirit. All levels welcome.

🌀Gentle Yoga

Focus on breath and alignment postures while releasing tension and stress. Please bring a yoga mat.

Mission Hope Cancer Center, SM
OCT 4, 11, 18 & 25; 10:00 AM

SPACE LIMITED; PLEASE CALL TO RESERVE A SPOT 805.219.HOPE (4673).

Restorative Yoga

Deep passive stretching achieved by using bolsters and blankets. Please bring a yoga mat.

Hearst Cancer Resource Center, SLO
SEP 10 & 24 & OCT 8, 22; 5:00 PM

BY APPOINTMENT;
PLEASE CALL 805.542.6234.

🌀NEW CLASSES



As of June 2, a new dialing procedure is in effect. Every call requires dialing **1** plus the prefix **805** along with the seven digit number.

TURN TO US FOR ANSWERS ABOUT CANCER

**Marian Regional Medical Center at
Mission Hope Cancer Center**

1325 East Church Street, Suite 102
Santa Maria, California

805.219.HOPE (4673)

Se habla español: 805.346.3406

www.missionhopecancercenter.com

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French Hospital Medical Center

Hearst Cancer Resource Center

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San Luis Obispo, CA

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Beverly Kirkhart

DIRECTOR, HCRC

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**Infusion Center
of San Luis Obispo**

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San Luis Obispo, CA

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Mission Hope Cancer Center Phone Numbers

FIRST FLOOR:

Marian Cancer Care805.219.HOPE (4673)

Marian PET/CT Center 805.346.3470

Radiation Oncology 805.925.2529

SECOND FLOOR:

Marian Breast Imaging Center 805.346.3490

Mission Hope Health Center 805.346.3456

Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist

Monica A. Rocco, MD, FACS, Breast Surgeon

Gisele R. Rohde, MPAP, PA-C, Physician Assistant

Cancer Risk Program/Survivorship Program

THIRD FLOOR:

Medical Oncology805.349.9393

Mission Hope Infusion Center 805.346.3419

Mission Hope Lab (*Office hours: 7:30 a.m. to 4:30 p.m.*) 805.346.3480



Like us on Facebook:
Mission Hope Cancer Center

A FREE COMMUNITY FORUM

Understanding the Medicare Maze

Guest speaker: Sandra Genoff, Licensed Insurance Agent

Medicare open enrollment begins on October 15 and ends on December 7, with changes effective on January 1, 2019. This is the annual period during which Medicare plan enrollees can reevaluate their coverage and make changes if they want to do so. Join us to learn about the different options available to you in order to make informed choices!



Wednesday, October 10 • 5:00 PM

Mission Hope Cancer Center
1325 East Church Street, Santa Maria

Seating is limited and reservations are required.
Please call Mission Hope Cancer Center at 805.219.HOPE (4673).

1. Medicare Basics Overview

- What is Original Medicare
- Entitlement to Original Medicare
- Different ways to get Medicare
- Medicare premiums
- Medicare Late Enrollment

2. Medicare Supplements (Medigap)

- What are they/How do they work
- Types of Medicare Supplements
- Enrollment/Eligibility Periods

3. Medicare Advantage Plans (Part C)

- What are they/How do they work
- Eligibility requirements
- Enrollment periods
- Disenrollment periods (returning to Original Medicare)

4. Part D Plans (Prescription Drug Coverage)

- What are they/How do they work
- Eligibility requirements
- How they work with other coverage
- Enrollment periods
- Late enrollment penalties

