

Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

September/October 2020



Dustin Stevenson, DO



Jonathan Tammela, MD,
FACOG



J. Ben Wilkinson, MD,
FACRO

Get answers to your questions!

Interactive Session: Ask the Experts

featuring our panel

Dustin Stevenson, DO

Medical Oncology/Hematology

Jonathan Tammela, MD, FACOG

Gynecologic Oncology

J. Ben Wilkinson, MD, FACRO

Radiation Oncology

Ladies! You are invited to join us on Zoom for a virtual educational event



Girls Night In

Thursday, October 22, 2020 • 5:30 p.m.

Our **Girls Night In** event will feature a panel of experienced medical professionals leading the discussion about GYN Oncology and breast cancer. 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.

Please call Ashley Hahn at 805.346.3402 for more information and to register

Participants will
receive a special gift!



September is **Ovarian Cancer Awareness Month** | October is **Breast Cancer Awareness Month**

Mission Hope is dedicated to helping you stay informed of the latest research and treatment options.

**Mission Hope
Cancer Center Leadership**

Robert A. Dichmann, MD
Medical Oncology/Hematology
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Monica A. Rocco, MD, FACS
Breast Surgical Oncology

Dustin E. Stevenson, DO
Medical Oncology/Hematology

Jonathan E. Tammela, MD,
FACOG
Gynecologic Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Jeffrey Wu, MD
Radiation Oncology

Katherine M. Guthrie
Senior Director, Cancer Services,
California Central Coast Division

■ These beautiful pink bows are a visible way to show solidarity with those whose lives have been touched by cancer. The money raised supports the fight against cancer for local men and women.



Bows Up
for Hope Campaign

To highlight Breast Cancer Awareness month in October...

Community members are invited to purchase pink bows and tie them around mailboxes, trees, front porches or other locations to turn the community pink!

In 2019, the Trilogy Service Club at Monarch Dunes raised \$25,000 by making and selling pink bows in the Trilogy community and at several local businesses to benefit Arroyo Grande Community Hospital Foundation's Cancer Care Fund.

The Cancer Care Fund provides direct emotional and financial assistance for patients in need at Mission Hope Arroyo Grande. This includes gas and grocery gift cards, cancer support groups, psychosocial and genetic counseling sessions, diagnostic screenings, and other financial assistance. The Cancer Care Fund aims to remove unnecessary stress for cancer patients, which can diminish their health. Our Bows Up for Hope campaign has been held annually for several years and 2020 is no exception. For more information on Bows Up for Hope, please contact the Arroyo Grande Community Hospital Foundation at 805.994.5421 or visit SupportArroyoGrande.org.



Meet Connie Glenn-Wemple

Connie is a breast cancer survivor who credits the care teams at Mission Hope Cancer Center and Marian Regional Medical Center for saving her life.

Connie shares, “Mission Hope Cancer Center and Marian Regional Medical Center are important to me because all people should have access to the dedicated medical care and the “TLC” provided by the expert staff. My experience began with meeting with my breast surgeon Dr. Monica Rocco. She laid out the roadmap for my journey clearly and concisely. The standard of care was beyond compare.”



Connie’s cancer journey is now complete thanks to the humankindness shown by her caregivers at Mission Hope Cancer Center and Marian Regional Medical Center.

When deciding to make a planned gift to the Marian Foundation in support of Marian Cancer Care at Mission Hope Cancer Center, Connie reflected on how her investment in community health care would be an opportunity to impact others’ lives in a meaningful way.

“It’s inspiring to be able to do this,” concludes Connie. “This special gift allows me to be part of an important legacy—a family!”

Please visit marianregionallegacy.org or call the Marian Foundation at (805) 739-3595 to let us know your interest in leaving a legacy.

“If you can contribute a planned gift to help continue lifesaving work, do it.”

—Connie Glenn-Wemple

Marian’s Legacy Society

■ Connie was proud to join the Marian Regional Medical Center Foundation’s Legacy Society, which consists of donors who have left a legacy by establishing an estate gift to benefit the programs and services of Marian. It’s important to let us know if you have included Marian in your plans—or wish to do so—in order for us to welcome you as our newest Legacy Society member, and understand how you’d like your gift to be used.



Before I became a cancer survivor in June, 2008, I had no grasp at all of the other important programs that go on at Mission Hope. I was in for a big surprise. What a value the support groups and activities have formed in my own life and recovery.

Keeping Your Mind, Spirit and Body Strong

Soon after I began my foray into chemo, I was persuaded to attend my first support group. (Okay, since we're being honest,

let's call it *pushed* into attending.) I anticipated the class to be sad and rather depressing, but even if I felt hesitant about telling my own story, I wanted to hear others and ask questions from people who had been through what I was facing. (You NEVER have talk about anything if you do not want to.)

Amazingly, the support group accomplished exactly what its name suggests: They

supported me and each other. Cancer may not be the happiest of subjects, but the group was uplifting, helpful, and ultimately just what I needed!

Then I learned that other Mission Hope support groups exist—groups that focused on more than simply talking. These surround activities that help keep your mind and your spirit healthy, as well as your body. At this point I think I have tried almost all (and I continue with most of them), so let me give you some examples:

- **Movement Classes** such as Tai Chi, Yoga, a Walking Group, and Lymphedema Prevention Exercise
- **Creative Groups** including Art Therapy, Soul Collage, Knitting and Crocheting

- **Holistic Focus**—a fun variety of mind-body therapies like Acupressure, Golf, Cancer Rehab, and Energy Balancing

Sure, the (toxic) medicine does the heavy lifting in the treatment, but I believe keeping your mind and spirit strong can be just as important. Check the *Cancer Care* newsletter (you can sign up to have one mailed to your home) or the Mission Hope website for current offerings: missionhopecancercenter.com. You need only be a Cancer Survivor to participate at any (or all) of these FREE groups for those undergoing treatment *and* their caregivers. Most importantly, remember: Whether you have been newly diagnosed or have been cancer-free for years, YOU are a Cancer Survivor.

I am a Stage 4 Cancer Survivor, and while I know that my wonderful doctors and nurses have kept me in remission for over 12 years, being able to attend the many support groups and activities at Mission Hope quiets my mind, raises my happiness level, and gives me something to look forward to every week!

I hope this will encourage you to try out a support group as well. Always remember the Mission Hope team is here for you. At Mission Hope you can find answers to any question you might have. This may be your first time, but many others have been there before—and lived to tell the tale. People can help you along your path; you never need to travel it alone. Honestly, you will likely hear stories that will make you actually grateful for your own situation, and you probably never expected that in a cancer group. Right?



Cancer survivor **Alison Hood** shares her experience of how she benefited from participating in the support groups and activities offered at Mission Hope.



Even during cancer treatment **Kim Strom** continues her active lifestyle running the Santa Maria riverbed.

Celebrating Survivor Kim Strom

October is breast cancer awareness and we would like to share an inspirational story of one of our most active survivors. Kim Strom was diagnosed with breast cancer in September of 2019 while living in Switzerland and working as a mountain sport athlete. Kim came to the Central Coast to stay with family and receive her treatment at Mission Hope Cancer Center. Her journey began with neoadjuvant chemotherapy, then a lumpectomy with a complete response, radiation therapy and currently she is finishing targeted therapy. Throughout this difficult journey Kim stayed active and focused on her goals.

Kim states her on-going focus on health and fitness has been her motivation and a big part of her success. We have seen Kim come in for treatment on her bike, a walk or run! Kim actively participated in many services at Mission Hope and encourages other survivors to get connected and take advantage of all these free services. Yoga, the cancer rehab program, physical therapy and consistent runs helped her conquer her treatment woes. During the challenges of COVID-19 Kim says she has missed many of the programs but also is thankful to have the Mission Hope team to talk to. Kim has also found support through financial aid, counseling services and additional support groups.

The plan for Kim is to be done with treatment around Thanksgiving 2020 and she remains hopeful to return to her life in the mountains. Her passion and work involve mountain running, writing, photography and modeling. If you want to see more about Kim check out her blog at kimstrom.com.

Pre-treatment **Kim Strom** pictured in Switzerland working as a mountain sport athlete.



Photography by PatitucciPhoto

Through clinical trials, doctors may find new ways to treat, find and diagnose, prevent and/or manage symptoms of cancer.

Innovative Advancements in Medicine

Oncology Clinical Research is an important part of the practice here at Mission Hope Cancer Center. Cancer is no longer treated with just chemotherapy and radiation; tumors are now able to be identified more precisely by their chemical and biological make up. Patients participating in clinical trials are given the opportunity to be a part of advancing what we know about cancer diagnoses, therapy options and tumor biology. It is the knowledge gained from clinical trials that continues to give scientists and physicians better guidance on how to prevent, diagnose and relieve symptoms of the disease or the outcome of treatment.

Mission Hope Cancer Center works in collaboration with CommonSpirit Health Research Institute to provide patients access to a number of clinical research trials. The collaboration with CommonSpirit Health Research Institute has also allowed Mission Hope to affiliate with NCI Community Oncology Research Program. These partnerships allow Mission Hope physicians to offer nearly 100 active trials to the patients they treat within our community. Continued participation in clinical trials allows Mission Hope Cancer Center to be an active participant in discovering new treatments for cancers, including solid tumors and hematologic malignancies.

If you are interested in learning more about clinical trials please contact our Clinical Research Coordinator, Jessica Salamacha at 805.346.3462 or visit <https://www.clinicaltrials.gov/>



Jessica Salamacha,
BS, NRCMA
Clinical Research
Coordinator

Getting to know our Clinical Research Coordinator **Jessica Salamacha, BS, NRCMA**

■ Born and raised in a small town in northwest Minnesota, Jessica Salamacha graduated from the University of North Dakota with a Bachelor of Science in Biology. She has had the privilege of living in several areas of the country and working in many areas of research and healthcare and brings over 10 years of experience in healthcare specializing in clinical research. Jessica's goal, in addition to providing smiles and laughter to our patients and staff, is for our community and each patient that comes through our doors to know that we offer cutting edge clinical trials. She has a passion for working with oncology patients and their families to ensure they feel safe and confident in their treatment plan while on a clinical trial as she supports them through their unique journey. In her free time, Jessica loves being with her family, spending time outdoors, being on the water and traveling.

Here is a list of the type of cancer studies we have going on, with the specific classifications listed.

Bladder/Urothelial: 3 Active Trials

- Invasive Bladder Urothelial
- Rare Genitourinary
- Localized Muscle Invasive

Brain: 5 Active Trials

- Brain Metastases
- Glioblastoma
- Glioma

Breast: 20 Active Trials

- Early Stage
- HER2 Negative
- HER2 Positive
- Metastatic
- Triple Negative
- Inflammatory
- Imaging
- Survivorship
- Weight Management

Colorectal: 9 Active Trials

- Colon
- Colorectal
- Anal
- Rectal
- Small Bowel

Esophageal: 1 Active Trial

- Oropharynx

Gastric: 2 Active Trials

- Advanced Intrahepatic Cholangiocarcinoma
- Advanced Biliary Tract

Gynecologic: 6 Active Trials

- Ovarian
- Fallopian Tube
- Primary Peritoneal
- Uterine Cervix
- Endometrial
- Cervical

Head/Neck: 3 Active Trials

- Oropharyngeal
- Head & Neck

Leukemia: 4 Active Trials

- Chronic Lymphocytic Leukemia (CLL)
- Chronic Myeloid Leukemia (CML)

Liver: 1 Active Trial

- Hepatocellular Carcinoma

Lung: 15 Active Trials

- Non-Small Cell Lung Cancer (NSCLC)
- Small Cell Lung Cancer
- Thymic Carcinoma

Lymphoma: 6 Active Trials

- Classical Hodgkin
- Follicular
- Mantle Cell
- Double Expressing

Melanoma: 2 Active Trials

- High Risk
- Mutant

Multiple Cancers: 7 Active Trials

Multiple Myeloma: 2 Active Trials

- Smoldering
- Multiple Myeloma

Myelodysplastic Syndrome: 1 Active Trial

Pancreatic: 2 Active Trials

- Neuroendocrine

Prostate: 5 Active Trials

- Castration-resistant
- High Risk
- Metastatic
- Lifestyle

Renal: 3 Active Trials

- Renal Cell

Specimen Collection: 1 Active Trial

- COVID in Oncology Patients

Did you know?

Mission Hope physicians offer nearly **100** active trials to our patients.



Prostate Cancer: Screening, Risk Factors and Prevention

More cases of prostate cancer are being diagnosed in the United States than ever before. Reasons for this are that increasing numbers of men are being screened for the disease, and that doctors use ever-more-sensitive tests that are able to pick up on the slightest changes in prostate tissue. Many prostate cancers are also being caught at an early stage, when the disease is usually more curable.

Prostate cancer screening tests include a digital rectal exam, or DRE. During this test, a doctor inserts a gloved finger into the rectum to feel the prostate for swelling, inflammation, or other abnormalities, such as hardness or a nodule (a small, rounded bump). There is also the PSA test which measures the level of prostate-specific antigen (PSA) in the blood. PSA is a protein made by cells in the prostate gland.

The single greatest risk factor for prostate cancer is age. The disease tends to develop in men over age 50; more than 60 percent of prostate tumors are found in men 65 or older. Inherited genetic factors may be related to 5 to 10 percent of prostate cancers. If a close relative, such as your father or brother, has had prostate cancer, your risk for it is higher than the risk is for other men. This is especially true if that relative was diagnosed with prostate cancer before age 60.

There is not enough information right now to make clear recommendations about the exact

role eating behaviors play in prostate cancer. Dietary changes may need to be made many years earlier in a man's life to reduce the risk of developing prostate cancer later in life. Here is a brief summary of the current research:

- Regularly eating foods high in fat, especially animal fat, may increase prostate cancer risk. However, no prospective studies, meaning studies that look at men who follow either high-fat or low-fat diets and then measure the total number of men in each group diagnosed with prostate cancer, have yet shown that diets high in animal fat raise the risk of prostate cancer.
- A diet high in vegetables, fruits, and legumes may lower the risk of prostate cancer. It is unclear which nutrients are directly responsible. Although lycopene (as in tomatoes) has been shown to be associated with a lower risk of prostate cancer, the data have not proven that there is a relationship between lycopene and preventing cancer.
- Currently no specific vitamins, minerals, or other supplements have been shown in clinical trials to prevent prostate cancer. Talk with your doctor before taking any supplements to prevent prostate cancer.

Since signs of prostate cancer often are first detected by a doctor during a check-up, talk with your physician about your personal risks, health strategies and appropriate screening.



Mission Hope support groups continue to inspire and educate via Zoom

Men's Cancer Discussion Groups (English and Spanish)

This group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns; designed to benefit men at any stage of the cancer journey.



Thursday, September 24 • 9:00 a.m.

For more information, please contact Carolyn Woods-Pierce, RN, OCN, at 805.346.3401

Grupo de discusión para hombres con cáncer y sobrevivientes de cáncer. Tome la oportunidad de aprender e intercambiar información relacionada con todos los tipos de cáncer y así como el cuidado de su salud.

Presentación: "Conciencia del cáncer de próstata"



Jueves, 10 de Septiembre • 9:00 a.m.

Favor de llamar para una reservación a Hector Rodriguez al 805.346.3406

Staying Active in Recovery

Our certified Cancer Exercise Trainer is ready to help you improve your quality of life through exercise

Learn Golf Group

Research has shown that spending time outside makes us happier, reduces stress, and improves our overall health. Many know this already, but in a cancer setting, it is sometimes difficult to offer outdoor recreation to patients, especially during the times we are in now. However, we are able to offer cancer patients a chance to safely get outdoors in the beautiful setting of Monarch Dunes Challenge Course. We follow all the recommended social distancing guidelines as we learn and practice techniques from a golf pro. You will experience the benefits of physical activity like decreased fatigue, increased stamina, healthy bones, better balance, and help in maintaining a healthy weight all while having fun with a group of people who have walked in your shoes. The camaraderie among group members grows with each hole, drive, or putt. Come join us at Monarch Dunes on **Wednesdays, September 9, 23, and October 14, and 28**. Please call John Malinowski at 805.346.3413 to reserve your spot.



John Malinowski, ATC, CET
Cancer Rehabilitation Program

You can reduce the chance of cancer recurrence and improve many of the known side effects of cancer-related treatments through engagement in safe and consistent exercise.

Pelvic Floor Strengthening Class for Men

Prostate cancer is the most common type of cancer men develop. Thankfully it is generally easily treated if caught early. In some cases treatment may include surgery or radiation therapy. If you have had a prostatectomy or radiation therapy as part of your prostate cancer treatment you may be experiencing urinary incontinence as an unwelcomed result. You are not alone and there may be something you can do to reduce the severity and/or frequency of those occurrences. This class is geared toward men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning.

A study was presented at the European Society for Medical Oncology Congress in November, 2019, which displayed encouraging results for men performing Kegel exercises to strengthen the pelvic floor. You are invited to join us to learn about some exercises and strategies that could help you decrease your irritation with urinary incontinence.

Class is held on **Fridays, September 11, 25, and October 9, 23** at the Marian Health and Wellness Center, 1207 East Main Street in Santa Maria. Please call John Malinowski at 805.346.3413 to make your reservation today.



Dustin Stevenson, DO
Medical Oncology/
Hematology

People with cancer are a diverse group of individuals with different risks to the complications of COVID-19. That's why cancer care during the pandemic needs to be personalized.

Breast Cancer Care During the Age of COVID-19

Since March, we all have been living through a very different time. Our daily routines including how we receive health care has been fundamentally changed. Early in the epidemic, risk factors for developing life threatening complications from the virus that causes COVID-19 were identified to include older age, having medical problems such as heart disease and diabetes and finally having cancer. However, people with cancer are a diverse group of individuals with different risks to the complications of COVID-19 and as such cancer care during the pandemic needs to be personalized weighing the risk of the virus versus the risk of not having potentially life-saving cancer tests and treatments.

As we learn more about the virus, not all women with breast cancer are at increased risk and would benefit from ongoing treatment. Treatment with Tamoxifen and the Aromatase Inhibitors (Anastrozole, Letrozole and Exemestane) do not appear to increase the risk of COVID-19 complications for women with early stage breast cancer and should be continued. In addition, treatments with Herceptin and Pertuzumab (antibody treatments) appear safe during the pandemic. Surgery for breast cancer and radiation treatments similarly should not be delayed if at all possible. Breast cancer screening with mammograms (as well as all other recommended cancer screenings) should not be delayed as earlier diagnosis generally leads to much improved outcomes.

For women requiring chemotherapy, there needs to be a thoughtful conversation between the risk and benefits of treatment with their Oncologist. One strategy the Oncologist might implement is the increased use of white blood cell stimulators (growth factors) to patients who may be at increased risk of complications.

At Mission Hope, we have taken several steps to reduce the risk of transmitting the virus to include limiting visitors and isolating individuals with symptoms. We have also expanded our use of internet based "Telehealth visits" which allow for routine visits over the computer. This reduces the number of individuals visiting our cancer centers and is appropriate for some but not all visits. It is anticipated that we will be dealing with COVID-19 for some time. We need to remain vigilant to take the necessary steps to reduce the risk of becoming sick from the virus. This includes staying home when possible, social distancing, washing our hands frequently and wearing masks when leaving home. In addition, it is very important that we all get our flu vaccines once they are available this Fall.



Mission Hope support groups continue to inspire and educate via Zoom

Breast Cancer Support Group Virtual Meetings

Join us on Zoom to experience a safe and empowering outlet to help manage the physical, emotional and practical challenges a breast cancer diagnosis can bring.

Wednesdays, September 2, 16 and October 7, 21 • 4:00 p.m.

Led by Julie Neiggemann, RN, MSN, Oncology Nurse Navigator

Please call Julie at 805.346.3405 to register. (See page 16 for additional classes and details)

The most common cancer that affects women in the United States continues to be breast cancer. To try to detect these cancers as early as possible, it is best to begin discussing surveillance with primary care providers beginning at age 40. Typical surveillance is a combination of mammograms and clinical exams which can be combined with ultrasounds and MRIs when there is an area of concern, the density of the breast tissue is high, or when the risk of detection is high because of a concerning family history.

Breast Cancer Update: Radiation Oncology

As a doctor that treats breast cancer, I am always relieved when a patient's tumor is small and the lymph nodes appear not to be involved. In these cases, there are more treatment options and we often can leave out one or more of the standard treatments for breast cancer (chemotherapy and/or radiation). When we do have to use radiation therapy, the team at Mission Hope is using the latest technology to treat the areas of the body that are at risk of having left-over cancer cells after surgery while avoiding other healthy parts of the body.

Some of the advanced techniques we use at Mission Hope are centered around reducing radiation dose to the heart, especially for left-sided breast cancers. These techniques include deep-inspiration breath hold, prone (face down) patient positioning, and intensity-modulated radiation therapy (IMRT). Because the chest wall is curved outward, the heart can be located immediately behind the left breast. Since radiation travels in a straight line, we use the advanced technology at Mission Hope to either avoid the heart or curve around the heart. By doing this, we are able to decrease the risk of having a long-term effect on the heart, such as heart disease. Even though the risk of radiation effects on the heart is already rare, anything we can do to further reduce this risk will lead to a better quality of life for women after treatment for breast cancer.

When a tumor is very small and lymph nodes are not involved by cancer, we can sometimes treat only a portion of the breast instead of the entire breast and chest wall. This technique is called Accelerated Partial Breast Irradiation (APBI) and is now supported by favorable results from large clinical trials completed both here in the US and also in Europe. The benefit of this treatment is that a much smaller area of the body receives the radiation treatment and treatment can be completed in a shorter period of time. In fact, sometimes even treatment of the entire breast can be completed in a shorter time frame, which is called hypofractionated whole breast irradiation (Hypo-WBI).

Hopefully you and your family are spared from a cancer diagnosis. If you do encounter breast cancer during your lifetime, please know that the doctors at Mission Hope are available for consultation to use the best technology and techniques to give you the best chance for cure with the fewest side effects as possible.



**J. Ben Wilkinson, MD,
FACRO**
Radiation Oncologist

Some of the advanced techniques we use at Mission Hope are centered around reducing radiation dose to the heart, especially for left-sided breast cancers.



Colleen Seung, RDN
Registered Dietitian
Nutritionist

What matters most is that you care for yourself, stay active, and fill your body with nutritious foods.

Breast Cancer and Weight Gain

While it may be frustrating, your body undergoes many changes during and after breast cancer treatment which may result in weight gain. This is often due to a number of factors, including changes in hormone levels, side effects of treatment and medication, stress surrounding treatment, and adjustments to a new lifestyle. However, there are some healthy habits that can help prevent or slow weight gain. Focus on foods low in calories but high in nutrients, especially fruit, vegetables, beans, and whole grains. When preparing a meal, make half your plate non-starchy vegetables. Limit intake from foods and beverages with added sugars. Creating a structured meal schedule can help reduce the possibility of overeating by ensuring you don't go too long without food. To prevent hunger pangs shortly after eating, include fiber, protein, and fat with each meal or snack that you have. Plan on what you're going to eat for your meals and snacks ahead of time so you will be less tempted to reach for highly processed foods or takeout meals. If weight gain is related to fluid retention, it is beneficial to decrease intake of foods with added salt. There are many benefits from incorporating aerobic exercise and strength training into your life as well. And regardless of weight, what matters most is that you care for yourself, stay active, and fill your body with nutritious foods.

Remember, you are not alone! The role of a Registered Dietitian is to help you navigate the issues related to managing side effects and provide healthful tips on preparing meals and eating well. Please feel free to call Colleen Seung, RDN, at 805.346.3403.

How Can a Registered Dietitian Help?

They provide evidence-based nutrition recommendations during cancer treatment and recovery in areas such as:

- Managing disease and treatment related side effects
- Weight management
- Vitamins, minerals, and nutritional supplements
- Nutritional support—feeding tubes and IV nutrition
- Survivorship recommendations to help reduce risk of cancer recurrence
- Various nutrition-related questions or concerns (juicing, sugar and cancer, soy, artificial sweeteners, etc.)

Managing disease and treatment related side effects such as:

- Loss of appetite and/or taste changes
- Nauseous
- Irregular bowel movements
- Difficulties chewing and swallowing
- Stomatitis/mucositis
- Impaired nutrient absorption/weight loss, cachexia, malnutrition

Healthy cooking doesn't have to be complicated! Try this one pan wonder.

One Pan Healthy Chicken and Veggies

Chicken and Veggies

- 1 small (~1 cup) sweet potato
- 1 pound boneless skinless chicken breast
- 1 and 3/4 cup assorted sweet bell peppers (or about 8-10 miniature bell peppers)
- 1 and 1/2 cups green beans
- 2 heads (~3 and 1/2 cups) broccoli

Seasoning

- 5 tablespoons olive oil
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1/2 teaspoon EACH onion powder, garlic powder, ground cumin
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt



Optional

- 3/4 cup finely shredded cheese (colby jack, Mexican blend, cheddar, pepperjack)
- Fresh cilantro, fresh limes
- Serve with cooked rice or quinoa

Instructions:

- 1 Preheat the oven to 425 degrees F and line a very large sheet pan with parchment paper and set aside.
- 2 Prep the chicken and veggies: First, pierce the sweet potato with a fork a few times and place in the microwave for 5 minutes, flipping on the other side after 2.5 minutes. Remove and let cool for a minute. Peel off the skins and then chop into very small pieces (important they are small and that you first microwave for these to be cooked in time with everything else!)
- 3 Chop the chicken into 1/2 inch pieces. Remove the stems and seeds and coarsely chop the peppers. Cut the beans in half. Coarsely chop the broccoli.
- 4 Place all the veggies and chicken on the sheet pan. In a small bowl, combine the olive oil and all of the seasonings listed and mix.
- 5 Pour the seasoning mixture over the veggies and chicken and toss with your hands until everything is well coated. Spread everything into one even layer.
- 6 Bake for 10 minutes, flip and bake for another 10-20 minutes (depending on the size you've cut the veggies and chicken and the heat of your oven.) (The veggies are crisp tender and chicken is cooked through usually at around 20 total minutes.)
- 7 Remove from the oven and top with the cheese if desired. Return to the oven for 1-2 minutes or until the cheese is melted.
- 8 Remove and enjoy over cooked rice or quinoa and with fresh cilantro and a lime wedge, if desired.

Prep time 15 minutes • Cook time 20 minutes • Total time 35 minutes • Servings 4

Recipe from: Chelsea's Messy Apron www.chelseasmessyapron.com/one-pan-healthy-chicken-veggies/

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Lymphedema Prevention Exercise</p>	<p>2 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting</p>	<p>3 Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting</p>	<p>4 Fight Against Falls Class</p>
<p>7 Office closed: Labor Day</p> 	<p>8 Lymphedema Prevention Exercise Breast Cancer Support Group  4:30 pm Virtual/Zoom Meeting</p>	<p>9 Learn Golf All Blood Cancers Support Group  1:00 pm Virtual/Zoom Meeting</p>	<p>10 Grupo de Discusión para Hombres con Cáncer  9:00 am Reunión Virtual/Zoom Pilates Exercise Class  2:00 pm Virtual/Zoom Meeting</p>	<p>11 Fight Against Falls Class Pelvic Floor Strengthening Class for Men</p>
<p>14 Energy Balancing  11:00 am Virtual/Zoom Meeting</p>	<p>15 Lymphedema Prevention Exercise SPOHNC, Santa Maria  3:30 pm Virtual/Zoom Meeting</p>	<p>16 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting</p>	<p>17 Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting</p>	<p>18 Fight Against Falls Class</p>
<p>21</p>	<p>22 Lymphedema Prevention Exercise Apoyo y Educación para Personas con Cáncer  6:00 pm Reunión Virtual/Zoom</p>	<p>23 Learn Golf</p>	<p>24 Men's Support Group  9:00 am Virtual/Zoom Meeting</p>	<p>25 Fight Against Falls Class Pelvic Floor Strengthening Class for Men Soul Collage  1:00 pm Virtual/Zoom Meeting</p>
<p>28 Energy Balancing  11:00 am Virtual/Zoom Meeting</p>	<p>29 Lymphedema Prevention Exercise</p>	<p>30</p>		

October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Fight Against Falls Class
5	6 Lymphedema Prevention Exercise Breast Cancer Support Group  4:30 pm Virtual/Zoom Meeting	7 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	8 Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting	9 Fight Against Falls Class Pelvic Floor Strengthening Class for Men
12 Energy Balancing  11:00 am Virtual/Zoom Meeting	13 Lymphedema Prevention Exercise	14 Learn Golf All Blood Cancers Support Group  1:00 pm Virtual/Zoom Meeting	15 Pilates Exercise Class  2:00 pm Virtual/Zoom Meeting	16 Fight Against Falls Class
19	20 Lymphedema Prevention Exercise SPOHNC, Santa Maria  3:30 pm Virtual/Zoom Meeting	21 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	22 Girls Night in  5:30 pm Virtual/Zoom Meeting Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting	23 Fight Against Falls Class Pelvic Floor Strengthening Class for Men Soul Collage  1:00 pm Virtual/Zoom Meeting
26 Energy Balancing  11:00 am Virtual/Zoom Meeting	27 Lymphedema Prevention Exercise Apoyo y Educación para Personas con Cáncer  6:00 pm Reunión Virtual/Zoom	28 Learn Golf	29 Apoyo y Educación para Personas con Cáncer  10:00 am Reunión Virtual/Zoom	30 Fight Against Falls Class

Getting Started at Mission Hope

Patient Orientation Class

Get to know Mission Hope and our services so we can take this journey together.

Mission Hope Cancer Center, SM

Reservation required; please call 805.346.3402 (English)

DISPONIBLE EN ESPAÑOL

Favor de llamar para una cita a 805.346.3406

Mission Hope Cancer Center, AG

Reservation required; please call 805.474.5303

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.

OCT 29; 10:00 AM

Reunión Virtual/Zoom

Para obtener más información o ayuda, favor de llamar a Hector Rodriguez al 805.346.3406

SEP 22 & OCT 27; 6:00 PM

Reunión Virtual/Zoom

Para obtener más información o ayuda, favor de llamar a Aracely Alvarez al 805.786.6183

Breast Cancer Support Group

Women gather to share valuable information and resources to manage the physical, emotional and practical challenges a breast cancer diagnosis can bring.

SEP 2, 16 & OCT 7, 21; 4:00 PM

Virtual/Zoom Meeting

For more information, please contact Julie Neiggemann at 805.346.3405

SEP 8 & OCT 6; 4:30 PM

Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

Cancer Rehabilitation

A 12-week program that includes a variety of exercise modalities designed to help you achieve your fitness and wellness goals.

Please call to obtain your complete health and fitness assessment, individualized exercise prescription, and one-on-one rehabilitative exercise sessions with our Certified Exercise Trainer or to reserve your space in a class or on equipment.

Marian Health & Wellness Center, SM

Reservation required; schedule an assessment John Malinowski at 805.346.3413

Caregiver Support Group

Please call to arrange a private consultation.

Mission Hope Cancer Center, SM

Please contact Ashley Hahn at 805.346.3402 for support

Mission Hope Cancer Center, AG

Please contact Jenni Davis at 805.474.5303 for support

Hearst Cancer Resource Center, SLO

Please contact Ellen Sheffer at 805.542.0626 for support

Energy Balancing

Energy balancing therapy encourages a free and balanced flow of energy, enhancing the body's natural ability to heal itself.

SEP 14, 28 & OCT 12, 26; 11:00 AM

Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

Family Night Support Group

Support group in English and Spanish for children with cancer and their families.

Virtual/Zoom Meeting

Will be offered in October; please contact Ashley Hahn at 805.346.3402 or Hector Rodriguez at 805.346.3406 (Spanish) for updates

Fight Against Falls Exercise Class

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

Marian Health & Wellness Center, SM

SEP 4, 11, 18, 25 & OCT 2, 9, 16, 23, 30

By appointment, please call John Malinowski at 805.346.3413

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the rules of golf along with tips on putting, chipping and hitting.

Monarch Dunes, Nipomo

SEP 9, 23 & OCT 14, 28

By appointment, please call John Malinowski at 805.346.3413

Living with Cancer General Support Group

Informal support group provides information for all diagnoses. Learn and share as you benefit from the experience of others.

Please contact Ashley Hahn at 805.346.3402 for support

SEP 3, 17 & OCT 8, 22; 6:00 PM

Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

Look Good Feel Better Live!

Free program teaches skincare and make-up techniques to mitigate appearance-related side effects of cancer treatments. Sign up now for this fun class to receive a complimentary cosmetic kit to get started!

Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 for more information

¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a Hector Rodriguez al 805.346.3406

■ Most programs are available online or by phone only. If you need help, we're here to walk you through it. For the latest information, please check out our website: www.missionhopecancercenter.com

Ladies! You are invited to join us on Zoom for a virtual educational event



Girls Night In

Thursday, October 22 • 5:30 p.m.

With Mission Hope medical experts:

- **Dustin E. Stevenson, DO**
- **Jonathan E. Tammela, MD, FACOG**
- **J. Ben Wilkinson, MD, FACRO**

For more information and to register, please contact Ashley Hahn at 805.346.3402

Participants will receive a special gift!

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM

SEP 1, 8, 15, 22, 29 & OCT 6, 13, 20, 27

By appointment, please call John Malinowski at 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.

Please contact Ashley Hahn at 805.346.3402 for updates

SEP 9 & OCT 14; 1:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

Need healthy eating tips?

Nutritional Counseling

Schedule a personal consultation today with our Registered Dietitian Nutritionist to get answers to your questions.

Please contact Colleen Seung at 805.346.3403 or 805.474.5304

Now meeting on Thursdays

Men's Cancer Discussion Group

Relaxed forum for men to discuss issues, exchange information and get answers to their concerns.

SEP 24; 9:00 AM



Virtual/Zoom Meeting

For more information, please contact Carolyn Woods-Pierce at 805.346.3401

Ahora reunidos los jueves

Men's Spanish Group (Español)

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

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

SEP 10; 9:00 AM



Reunión Virtual/Zoom

Presentación especial: "Conciencia del cáncer de próstata" Favor de llamar para una reservación a Hector Rodriguez al 805.346.3406

Pelvic Floor Strengthening Class for Men

Benefiting men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning.

Marian Health & Wellness Center, SM

SEP 11, 25 & OCT 9, 23

By appointment, please call John Malinowski at 805.346.3413

Pilates Exercise Class

This class will help participants develop strength, flexibility, and body awareness with exercise geared to the rehabilitative needs of those with a cancer diagnosis.

SEP 10 & OCT 15; 2:00 PM



Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

PURE STOKE Youth Program

Provides a safe, fun environment utilizing the healing energy of the ocean to help youths deal with the stress of a family member with cancer. Meets at the Sea Crest Hotel in Pismo Beach; lunch is provided.

Please visit the website: surfingforhope.org/pure-stoke-surf-camp/apply and fill out a brief online application.

Soul Collage

SoulCollage is an art therapy that has been used successfully in the treatment of trauma and life's major transitions. Materials are provided.

SEP 25 & OCT 23; 1:00 PM



Virtual/Zoom Meeting

Call Ashley Hahn at 805.346.3402 to get materials to complete your art project at home

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. All welcome.

SEP 15 & OCT 20; 3:30 PM



Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 for updates



iTHRIVE PLAN

iThrive Wellness Program

A free online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE can help you heal from treatment, reduce the risk of recurrence and achieve optimal wellness.

SET UP AN APPOINTMENT TO GET STARTED TODAY!

Please call Ashley Hahn, Mission Hope, SM: 805.346.3402 or Jenni Davis, Mission Hope, AG: 805.474.5303

REACH OUT TO US; WE'RE HERE TO HELP

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM

1325 East Church Street, Suite 102, Santa Maria, California

805.219.HOPE (4673) • Se habla español: 805.346.3406

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Carolyn.Woods-Pierce@dignityhealth.org

org

Mission Hope Cancer Center, Santa Maria 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 Surgical Oncology

Monica A. Rocco, MD, FACS, Breast Surgeon.....805.346.3456

Jonathan Tammela, MD, FACOG, Gynecologic Oncologist...805.345.7101

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

Dignity Health Central Coast

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Mission Hope Cancer Center, Arroyo Grande

Mission Hope Cancer Center, AG

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French Hospital Medical Center

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
San Luis Obispo, California
805.542.6234

Infusion Center of San Luis Obispo

715 Tank Farm Road, Suite B
San Luis Obispo, California
805.786.6144

SLO Oncology & Hematology Center

715 Tank Farm Road, Suite A
San Luis Obispo, California
805.543.5577



Located in a new building behind Arroyo Grande Community Hospital.

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:
Arroyo Grande Lab and Imaging.....805.474.5230
(Office hours: 7:00 a.m. to 5:00 p.m.)

THIRD FLOOR:
Cancer Resource Center 805.474.5300
Medical Oncology 805.474.5310
Mission Hope Infusion Center 805.474.5325



MISSION HOPE WELCOMES A NEW PHYSICIAN



J. Ben Wilkinson, MD, FACRO
Radiation Oncology

■ A board-certified radiation oncologist, Dr. Wilkinson specializes in the treatment of all cancers including prostate, breast, lung, and brain tumors.

J. Ben Wilkinson, MD, FACRO

Ben Wilkinson, MD, is a board-certified radiation oncologist who specializes in the treatment of all cancers including prostate, breast, lung, and brain tumors. Dr. Wilkinson is a proud alumnus of both Texas Christian University and Texas A&M College of Medicine. He completed his medical internship at the University of Maryland and his residency at William Beaumont Hospital in Michigan.

One of the focuses of his medical practice is providing care that is consistent with national guidelines and scientific literature. Dr. Wilkinson has contributed to clinical research through authoring or co-authoring more than 30 peer-reviewed publications. He has presented his research at multiple national meetings and is co-chair for the American Society for Radiation Oncology and the American College of Radiation Oncology membership committee. Additionally, Dr. Wilkinson enjoys helping the underserved and sits on the board of the Radiating Hope Foundation, a non-profit that provides radiation treatment equipment to developing countries including Panama, Senegal, and Nepal.

Dr. Wilkinson and his wife Laurin grew up in San Diego and moved around the country quite a bit before planting roots here on the Central Coast. They have three daughters, Brinkley, Elley, and Natalie, and are actively involved in their church. Dr. Wilkinson enjoys attending Bible Study Fellowship and giving back to the community.

