

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

January/February 2021

The subject of vaccines has been in the news a lot lately. If you are a cancer patient or caring for someone who is, you may have additional questions about how vaccines fit in with cancer treatment. In this article, Dr. Stevenson addresses some of the specific issues on using vaccines effectively and safely while being treated for cancer.

Vaccines and the Cancer Patient

Vaccines are safe and effective in preventing or minimizing serious, life threatening infections. In general, they “trick” our immune systems into thinking we are infected with the virus or bacteria that the vaccine is targeting. Our immune system then generates antibodies that provide us protection should we get exposed in the future. It is important to know that vaccines are not the actual serious virus or bacteria. They are usually a weakened version of the virus (“live virus vaccine”) or pieces of the dead virus. After receiving a vaccine, it is common to have mild symptoms such as body aches or low grade fevers. This is not because you are sick with the infection, rather your immune system is working as though it has an infection.

Cancer patients are at an increased risk of serious and life threatening complications from infections. As such, vaccines are an important preventative strategy. The influenza vaccine (“the flu shot”) is given on a yearly basis due to the fact the influenza virus changes each flu season (generally fall through winter). Everyone above the age of six months should receive the vaccine. As the vaccine requires the immune system to work, there exist concerns that they

will not work for cancer patients receiving chemotherapy. Although they may be slightly less effective, they have been shown to be effective even in patients undergoing therapy. Ideally, the vaccine should be given prior to the start of therapy. If this is not possible, the vaccine should be given just prior to the next cycles of therapy when the immune system has had the opportunity to recover. It is not recommended that cancer patients receive the Flu mist nasal spray as this has weakened live virus that may cause illness in individuals with weakened immune systems. It is important to discuss what vaccines and when to receive them with your care team.

Vaccines are expected to help end the current COVID 19 pandemic. There are a number of companies that have developed and are testing COVID vaccines. As of this writing, two companies have completed the final phase III clinical trials and initial reports indicate they are highly effective and safe. It is hopeful these vaccines will be approved soon and available shortly thereafter. There is no reason to believe these vaccines will not work in cancer patients and will be recommended once available.



Dustin Stevenson, DO
Medical Oncology/
Hematology

Vaccines are an important preventative strategy for cancer patients who are at an increased risk of serious complications from infections.

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

Thomas Bosshardt, MD, FACS
Oncology Surgeon

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Kevin Lin-Hurtubise, MD, FACS
Surgical Oncologist

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

ARROYO GRANDE COMMUNITY HOSPITAL FOUNDATION

The Sheriff's Office Women's Honor Farm Sewing Program created hats, blankets and scarves to comfort local cancer patients.

Beautiful Handmade Items Donated to Mission Hope Cancer Center Arroyo Grande



The San Luis Obispo County Sheriff's Office Women's Honor Farm Sewing Program donated over 100 handmade items including hats, scarves and blankets to Mission Hope Cancer Center, Arroyo Grande to support local cancer patients. Correctional Sergeant Lacey Silveira shared, "It's great to see the female honor farm inmates build a sense of self-confidence in their accomplishments and pride when they complete a project. They are proud to give back. Our hope is to foster that pride and self-confidence to their re-entry into the community."

Honor Farm Sewing Program participant Ecstacia Willis said, "It was nice to do this knowing that we can play a part in comforting someone in their time of need, just giving them a blanket to keep them warm."

Fellow participant Lisa Becerra shared a similar sentiment. "For me personally, when I'm making things for donations it feels good knowing it's going to someone who needs and deserves it," she said.

The Women's Honor Farm Sewing Program began in 2013 and has grown over the past seven years. All of the items are made by inmates of the San Luis Obispo County Jail from donated materials and fabrics. They support organizations throughout the county with their handcrafted items. In turn, the inmates feel the satisfaction of giving back and being a positive part of the community.

Those who would like to join in supporting cancer patients at Mission Hope Cancer Center, Arroyo Grande can visit www.SupportArroyoGrande.org or call Arroyo Grande Community Hospital Foundation at 805.994.5421.

supportagch@dignityhealth.org | 805.994.5421 | www.SupportArroyoGrande.org

Recent Community Fundraisers Support Local Patients at Mission Hope Cancer Center

■ Chumash Casino Resort & Santa Ynez Band of Chumash Indians Foundation: \$12,966

From left, the Chumash Casino Resort's Carrie Ruckman, Paul Hohe and Peter Sherlock present Jessa Brooks, Vice President of Philanthropy, Marian Regional Medical Center, with a \$12,966 donation in support of Mission Hope Cancer Center. The funds were raised through the resort's annual Project Pink campaign and a matching grant from the Santa Ynez Band of Chumash Indians Foundation.



■ Toyota of Santa Maria: \$11,500

Toyota of Santa Maria organized their annual Pinktober Pumpkin Patch, with volunteers selling specially decorated pumpkins throughout the month. As a result of Toyota of Santa Maria's dedicated efforts, the company made a generous gift of \$11,500.



Mission Hope Cancer Center and the Marian Foundation extend heartfelt gratitude to local community businesses for recent and meaningful donations.



■ Santa Maria Police Department: \$4,100

The Santa Maria Police Department fundraised for local cancer patients in need throughout October for National Breast Cancer Awareness Month, donating \$1,500, and again in November for "No Shave November," donating \$2,600. Thank you to the entire Santa Maria Police Department for your significant donations totaling \$4,100.



■ Stowasser Buick GMC: \$3,200

Stowasser Buick GMC rallied their entire dealership team throughout the month of October, and in celebration of National Breast Cancer Awareness Month, Stowasser donated a portion of car sales proceeds totaling \$3,200.



■ Community Bank of Santa Maria: \$1,500

In October, the employees of Community Bank of Santa Maria hosted a very special breast cancer support fundraiser in memory of late employee Judy Zavala. The employees of Community Bank of Santa Maria wanted to honor Judy for her many contributions to their company, and as a result raised a total of \$1,500 for local breast cancer patients in need.



**Jonathan Tammela MD,
FACOG**
Gynecologic Oncology

Each January, Cervical Cancer Awareness Month represents a great opportunity to remind everyone of the importance of its prevention. In the United States, over 300,000 women/year are diagnosed with pre-cancer cervix lesions, over 13,000 women/year are diagnosed with cervix cancer and 4,200 women die from this disease. Women should speak with their doctor about their PAP testing and result management, as guidelines have been updated as recently as Fall 2020.

Guidelines for the Prevention and Detection of Cervical Cancer

We have made great strides since the introduction of the PAP smear in the 1950's, and cervical cancer has declined from the number one cause of cancer death in women. Women should be aware that as our knowledge about cervical cancer grows, guidelines for the type and timing of testing and management are actively evolving.

Now, in addition to PAP smears, we have the ability to make an even greater impact on preventing cervix cancer with a vaccine against Human Papilloma Virus (HPV), the virus that causes this cancer. HPV is spread by skin-to-skin contact, especially sexual contact. The virus is very common; it is estimated that 80% of sexually active adults will acquire HPV before age 50. Most people have no symptoms, but in approximately 10-20% of women the virus persists and can potentially develop into precancer and ultimately cervix cancer. It is important to know that HPV is associated with many types of cancer—not just cervix—and affects both men and women. For example, HPV is also associated with vaginal, vulva, penis and anal cancers, as well as some types of oral/mouth cancers such as of the tongue or tonsil.

The HPV vaccine can prevent more than 90% of cancers caused by HPV. Vaccination is most effective before exposure

through sexual activity, so vaccination is recommended for girls and boys at the age of 11–12 years as part of their routine adolescent immunizations. If these target dates are missed, it is recommended that unvaccinated women up to age 26 should still receive the vaccine. As a final update, the HPV vaccine has recently been licensed in the United States for patients up to age 45. So, if you are aged 27–45 and previously unvaccinated, you can discuss with your physician whether the HPV vaccine might still be beneficial for you, in your specific circumstances.

As we begin Cervical Cancer awareness month, let's celebrate that we now have the ability to wipe out a gynecologic cancer! This can only happen if the HPV vaccine is widely used, and if parents are educated about the importance of the vaccine for their child's long-term health. Currently, only 42% of our children receive this vaccine. Hopefully, over time, awareness will lead to elimination of deaths from this preventable cancer.

Don't take the chance for yourself or your children; prevention is possible. To find out more about the Human Papilloma Virus (HPV) vaccine, ask your doctor or contact our Nurse Navigator at Mission Hope with your questions: 805.346.3401 or se habla español 805.346.3406.

Did you know?

The HPV vaccine can prevent more than 90% of the cancers caused by HPV.



January is Cervical Cancer Awareness Month

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

As we begin a new year in 2021, it is important to take a moment to recognize the critical role that cancer screening plays in the early detection and successful treatment of many cancers at Mission Hope Cancer Center. The COVID-19 pandemic has altered so many things in our lives, including how many people in our community seek healthcare. While video-based visits can work for many healthcare needs, true cancer screening requires in-person visits for mammograms, PSA tests, gynecologic exams, colonoscopies, and low-dose CT scans. If you or a loved one has rescheduled a screening test because of the pandemic, please know that Dignity Health has created safe ways of seeing your physicians for these important tests.



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

The Importance of Cancer Screenings

Each January, we also recognize gynecologic cancers and the impact these cancers have on patients and their families. This year at Mission Hope, we want to encourage and remind our community about the importance of **gynecologic screening** and also the very valuable role vaccination plays in the prevention of cervical cancer. Cervical cancer primarily affects younger women in their 30s, 40s and 50s, and is almost universally driven by the human papilloma-virus (HPV). The main methods that we as a community can use to decrease this cancer include encouraging administration of the HPV vaccine and obtaining regular Pap tests. Regular Pap smears have been linked with reduced cervical cancer cases and deaths. These tests have changed what was once a very common cause of cancer-related death for American women to a much more treatable disease by finding cancers at much earlier stages.

Although we are currently talking a lot about the coronavirus vaccine, a cancer-related vaccine that is also important is the HPV vaccine that helps prevent gynecologic, head and neck, and anal cancers. This vaccine has been proven to be safe and is recommended for both men and women between the ages of 11 and 27. Even for slightly older women who are between the ages of 27 and 45 but have not yet received the HPV vaccine, it is worth talking

about the HPV vaccine with your primary care provider.

Once a cervical cancer has been diagnosed, there are many treatment options that (especially if detected early) can have limited side effects and likely will still allow a good quality of life after diagnosis. To help physicians measure the amount of disease, we now very commonly obtain both an MRI of the pelvis, as well as a PET scan. Mission Hope Cancer Center has both of these imaging tests available for patients diagnosed with cancer in our community.

As with other cancers, the earlier we detect gynecologic cancer (and if it is determined on MRI and PET scans that it has not spread to other sites), we often can reduce or omit the number of treatments or treatment modalities that the patient might need.

The surgical, medical, and radiation oncology teams here in Santa Maria are committed to treating every patient's case individually and to offer nationally-recognized treatment strategies to minimize the chance of side effects, while maximizing the potential for cure. If you or a loved one has been diagnosed with cervical cancer, the Mission Hope cancer team is ready to help offer the latest treatment options for this and other gynecological cancers.

While video-based visits can work for many healthcare needs, true cancer screening requires in-person visits for mammograms, PSA tests, gynecologic exams, colonoscopies, and low-dose CT scans.



Colleen Seung, RDN
Registered Dietitian
Nutritionist

Myths and Facts about Diet and Exercise During Cancer Treatment

You may have heard that sugar feeds cancer. The truth is, sugar feeds all cells, including cancer cells. If you don't eat sugar, your cancer cells will find something else to feed on, like protein. Sugar from carbohydrates provides valuable energy to your healthy cells. Quality carbohydrates like whole grains, fruits, vegetables, and beans also contain fiber and other important vitamins and minerals. Focus on feeding your healthy cells with high quality carbohydrates and leave it to your doctor to focus on killing the bad cells.

You may have also heard that juicing is an important part of a cancer-fighting diet. While juice offers a number of vitamins and minerals, it is lacking in fiber. A smoothie is recommended instead—you still get your fruits and veggies but with the added benefit of fiber; plus, you can add a boost like protein powder.

Furthermore, you may be afraid that exercising during cancer treatment is unsafe. Contrary to popular belief, however, exercising during cancer treatment has many benefits. While you may feel tired, exercise can actually combat fatigue and improve sleep. Exercise can also improve quality of life by boosting your immune system and the ability to do daily activities. Generally it is recommended to do 150 minutes of moderate-intensity aerobic physical activity per week and two days a week of strength training. If you were not exercising prior to starting treatment, build up slowly. Work with your healthcare team to determine an exercise regimen that is safe. Remember, we are here to help! The role of a Registered Dietitian is to help you navigate the issues related to managing side effects and provide helpful tips on preparing meals and eating to support health and healing. **Please feel free to call Colleen Seung, RDN, at 805.346.3403**

Sweet potato brings a little sweetness which makes all of the savory flavors shine. Let the flavors simmer and you'll have a savory, sweet and super satisfying supper!

Three Bean Sweet Potato Chili

- | | |
|--|--|
| 1 Tbsp olive oil | 1 (15 oz) can black beans, drained and rinsed |
| 1 onion, diced | 1 (15 oz) can kidney beans, drained and rinsed |
| 2 large sweet potatoes, peeled and diced | 1 (15 oz) can pinto beans, drained and rinsed |
| 4 garlic cloves, minced | 1 (28 oz) can no salt added diced tomatoes |
| 1 Tbsp chili powder | 1 cup fresh or frozen corn |
| ¾ Tbsp cumin | ¼ tsp black pepper |
| 1 tsp smoked paprika | ¼ tsp salt |
| 3 cups low-sodium veggie stock | |



Directions:

1. Heat olive oil in a large stock pot over medium-high heat. Add the onion and sauté 2-3 minutes or until softened slightly. Add sweet potatoes and cook an additional 6-8 minutes.
2. Add garlic and sauté until fragrant, about 30 seconds. Add chili powder, cumin, and smoked paprika; sauté an additional 30 seconds. Add the veggie stock and all the beans and tomatoes; cook 5-10 minutes. Add corn, pepper, and salt, and cook an additional 20-30 minutes.

Combining the powerful synergy of food and fitness...

HEAL: Healthy Eating and Activity for Living



Virtual/Zoom Meetings

Second Tuesday of the month • 2:00 to 3:00 p.m.

**Led by Colleen Seung, Registered Dietitian Nutritionist, and
John Malinowski, ATC, Cancer Exercise Trainer**

It's no secret that **proper nutrition** and **daily movement** are two key contributors for maintaining and enhancing both mental and physical health. This is true for everyone—especially those who have cancer and are undergoing treatment. Mission Hope is pleased to bring back this monthly class via Zoom for patients and survivors alike that features interesting topics on food and fitness designed to educate and motivate. Join us online to personally benefit from timely nutrition advice and practical exercise tips!

UPCOMING TOPICS:

January 12: The Power of Protein

Guest speaker Dhagash Joshi, MD, discussing the Reason™ supplement (see below)

February 9: Myths and Facts about Diet and Exercise during Cancer Treatment

Register for these virtual meetings by calling Colleen Seung at 805.346.5304

■ **Struggling to gain or maintain weight?** Try this calorie and protein packed beverage called Reason™—one 11 oz. beverage contains 450 calories and 18 grams of protein. Made with premium, natural, non-GMO ingredients, it comes in vanilla, strawberry, and chocolate flavors. Local physician Dr. Joshi and a team of healthcare professionals created it to provide optimal nutrition to those who need it most; it does not contain any antioxidants that may interfere with certain chemo or radiation treatments.

Dr. Joshi will be speaking about the benefits of this beverage and the importance of protein in healing during our Zoom HEAL class on January 12. For more information or to make a purchase, visit reasonhealth.com.



Recipe for Chocolate Peanut Butter Banana Shake

- 1 chocolate Reason™ premium nutritional drink
- 1 frozen banana, slightly thawed
- 1 tablespoon peanut butter

Place all ingredients in blender. Blend until smooth. Enjoy!

Nutrition and healthy lifestyle behaviors assist in cancer prevention, mitigate treatment symptoms and promote recovery.

NOW OPEN: MISSION HOPE ARROYO GRANDE CANCER REHABILITATION CENTER

Construction is complete!
Mission Hope is pleased to begin offering selected classes at our beautiful new Cancer Rehabilitation Center located on the third floor of Mission Hope Arroyo Grande.



Jenni Davis



Carol Dichmann,
RN, BSN



John Malinowski,
ATC, CET

We would love to see you in Arroyo Grande!

TRX Workouts

With Carol Dichmann, RN, BSN (by appointment)

Thursdays: January 7, 14, 21, 28 & February 4, 11, 18, 25

New to Mission Hope, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It was developed by a soldier out in the field who wanted to do strength training but didn't have bulky weights to lug around the desert. He made straps that attached to a tank and thus TRX was made. With a few product adjustments over the years, we have the latest version. The benefits from training with TRX are innumerable from getting stronger, having better balance, increased stamina and many more. It is also a wonderful recovery tool, whether from an injury, starting a fitness routine or just wanting to try something new. Carol has been leading TRX classes for over 10 years. Participants include college students, young moms, and senior citizens—the oldest client is 87! Simple and versatile, TRX is for everyone.

Gentle Yoga

With Carol Dichmann, RN, BSN (by appointment)

Thursdays: January 7, 14, 21, 28 & February 4, 11, 18, 25

This Gentle Yoga class is geared specifically for those new to Yoga or those who are interested in a gentle practice. This program incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. Gentle Yoga has long been popular at Mission Hope as patients discover it as a way to gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment, and reducing tension, anxiety, and stress. No experience or flexibility required.

**Come experience
our beautiful new
facility**

■ To join a class, you first need to schedule a fitness assessment and then reserve a spot in the class you want to attend. **Please call John Malinowski at 805.346.3413**

Class size is limited

TIME TO GET MOVING

Featuring all new equipment and a beautiful view of the countryside, it's the perfect place to take advantage of the therapies that will enhance your health and healing. All sanitizing precautions and protocols are in place.

Fight Against Falls

With John Malinowski, ATC, CET (by appointment)

Thursdays: January 7, 14, 21, 28 & February 4, 11, 18, 25

Cancer treatments have made tremendous advances in recent times allowing survivors to live longer and potentially with less side effects. However, some people still experience side effects that can negatively affect their balance like peripheral neuropathy in the feet or generalized muscle weakness—either of these can play a significant role in your ability to avoid a serious fall. Peripheral neuropathy may cause sensory deficits that don't allow you to feel the bottoms of your feet. More severe cases could lead to impaired muscle function affecting your ability to walk with a normal gait. This can also happen if we lose our muscle mass and strength.

If you are experiencing these symptoms from your cancer treatments, don't wait until you have fallen to do something about it! Talk with your medical team about our class Fight Against Falls and join us for an exercise class that helps with general muscle strength but also implements specific balance activities to help prevent falls.

Lymphedema Prevention Exercise Class

With Jenni Davis (by appointment)

Thursdays: January 7, 14, 21, 28 & February 4, 11, 18, 25

Necessary cancer treatments like surgery, chemotherapy and radiation therapy save lives but can leave you with an increased risk of developing lymphedema. Lymphedema is swelling caused by excessive lymph fluid collecting in the soft tissues of the affected area due to a restriction of the flow within the lymphatic system. The lymphatic system is part of your immune system and helps filter out waste products from your body. It is important to keep this system working as efficiently as possible. Most people (7 out of 10) who develop lymphedema see onset within three years of surgery or completion of treatment. Some cases, however, have developed several years, even 15 years, after completion of treatment.

Many studies have shown that exercise can play a major role in avoiding the onset of lymphedema. In order to implement exercise back into your routine it must be done in a systematic and controlled way. Doing exercise too soon or too much can increase the risk of developing lymphedema. Please talk with your medical team about safe ways to prevent lymphedema, including our Lymphedema Prevention Exercise class.

■ **Please note:** All classes on these pages require a fitness assessment, physical therapy referral and medical release; call today to reserve your spot and get started.

Call John Malinowski at 805.346.3413 to schedule your fitness assessment.





Engaging in a support group helps to manage the physical and emotional challenges a breast cancer diagnosis can bring.

Join us online!

Breast Cancer Support Group



Zoom meetings twice a month on Tuesdays:

**January 5, 19 & February 2, 16
4:00 to 5:30 p.m.**

February 16 Featured Topic:

Intimacy and Breast Cancer

Cancer treatments can play havoc with your self-esteem and feeling attractive, not to mention your libido and sexuality. However, you can feel whole, healed and better than ever after cancer comes into your life. Jenni Davis, long time Oncology Counselor and Patient Advocate, will lead the discussion sharing the wisdom of those who have found workable solutions to finding a healthy and happy intimate and sexual life after cancer. Not an easy subject but honest communication on sensitive matters can go a long way to support healing.

For more information and/or to register, please call Carol Dichmann at 805.474.5302

LOOK AND FEEL YOUR BEST

Look Good Feel Better Live!



Online/Zoom workshops

If you are a cancer patient, you likely spend much of your time focusing on the physical side of the disease. As important as that is, people also want to look and feel as good as possible as they complete treatment. Look Good Feel Better Live! Virtual Workshops provide participants with live instruction, tips, and tricks for dealing with the appearance-related side effects of cancer treatment. Give yourself a boost!

There are four exciting workshops to choose from:

- **Skin care and makeup (with a complimentary cosmetic kit)**
- **Wigs/head coverings**

TWO NEW CLASSES:

- **Body image/wardrobe and styling**

This new workshop offers wardrobe and styling tips to help manage concerns such as skin discoloration, weight gain or loss, how to work around infusion ports, mastectomy and reconstruction, and other physical changes resulting from treatment

- **Workshop for scarf tying techniques**

If you have experienced hair loss you know how dispiriting that is. A colorful scarf can add pizzazz to your outfit and serve as an outlet for your creativity. This class teaches simple techniques to help you make the most of the scarves in your drawer.

You can register or get more information for any of these workshops by calling Ashley Hahn at 805.346.3402

¡DISPONIBLE EN ESPAÑOL!

- **Maquillaje y cuidado de la piel • Imagen corporal, vestuario, y estilismo**

Favor de llamar a Hector Rodriguez al 805.346.3406 para una cita



For women with non-palpable breast tumors (cancerous or benign but potentially pre-cancerous) the traditional approach for a breast surgeon is to schedule a needle (wire) localization (because most cancers cannot be felt and are only seen on imaging) on the morning of surgery. For many women, this leads to discomfort, increased anxiety, and reduced satisfaction. There is also a risk that the wire could move—resulting in re-excisions and a less than pleasing cosmetic result. These days there are more options available.

SAVI SCOUT® Alternative to Wire Localization and Breast Conservation Therapy

A recent technology, the SAVI SCOUT® Radar Breast Localization System is an FDA approved device using a radar reflector the size of a grain of rice to target the breast tumor as far out as 30 days prior to surgery or longer. Using SAVI SCOUT®, surgeons can precisely target the affected tissue to pinpoint its location within 1mm, which can mean more successful surgeries, optimized breast conservation strategies, and enhanced outcomes for women. On the day of surgery, the breast surgeon uses a hand piece that emits infrared light and radar signal that can more precisely locate the breast tumor thus allowing for less healthy tissue to be removed which translates to better cosmetic result.

Approximately 75 to 80% of women with newly diagnosed early stage breast cancer can potentially undergo breast conservation therapy (lumpectomy or partial mastectomy), which achieves the same cure rate as a full mastectomy based on decades of clinical research on thousands of research volunteers.

Lumpectomy for breast cancer is most frequently paired with post-surgery radiation in order to greatly decrease the chance for breast cancer to return. Sometimes for more aggressive breast cancers by biology of high stage, other adjunct treatments are available such as combination chemo-

therapy, hormone therapy (anti-estrogen) and immunotherapy (monoclonal antibodies +/- chemo drug conjugates).

Factors that favor a full mastectomy rather than a lumpectomy/radiation (breast conservation) would be: someone with connective tissue disorder who won't tolerate radiation, two or more breast cancers (multifocal/multicentric) in the same breast over two inches apart or a large tumor (over two inches in diameter as lumpectomy in these women often result in unacceptable cosmetic outcomes, and it is relatively contraindicated in patients with genetic syndrome like Li-Fraumeni (p53) in whom there appears to be an increase in-field secondary cancer.

In conclusion, breast lumpectomy with the SAVI SCOUT® Radar Breast Localization System is a good alternative to the traditional needle (wire) localization for breast tumors that cannot be felt, and breast conservation therapy (lumpectomy with post-surgery breast radiation) remains a good treatment option for the majority of women with early stage breast cancers.

To find out if the SAVI SCOUT® Radar Breast Localization System is right for your situation, ask your doctor or contact our Nurse Navigator at Mission Hope with your questions: 805.346.3401.



**Kevin Lin-Hurtubise, MD,
FACS**

Surgical Oncologist

Mission Hope is the only facility on the Central Coast to offer the new SAVI SCOUT® technology.



Michael Hardy, Esq.

Join us online for an informative talk:

Taking Control: Effective Planning and Sound Finances in the Face of Serious Illness

Michael Hardy, Esq., via Virtual/Zoom Meeting



Tuesday, February 9, 2021
5:00 p.m.

To register for this Zoom meeting, please call Jenni at 805.474.5303

Regardless of how much money you have, your health or your age, you need to have documentation that states exactly how to transfer your assets to the people you choose.

With careful planning and support, everyone can achieve a feeling of well-being—even while confronting a life-threatening illness. We are pleased to welcome back Michael Hardy, Esq., a local estate planning attorney, who will offer practical information at no charge and answer questions. Mr. Hardy will provide detailed information on reducing stress through effective planning. The discussion will include a variety of important topics:

- Taking care of yourself and your family
- Taking care of your property
- Writing your Five Wishes Living Will document
- Pros and cons of living trusts
- How to select an executor
- Helpful planning information

The lives of cancer patients are often turned inside out. Savings can be depleted, jobs may be jeopardized and priorities may change. Even if you took care of your estate planning years ago, your trust/will/advance healthcare directive should be reviewed periodically, especially after a life-changing event such as a cancer diagnosis. Another important document is the Five Wishes Living Will that describes your personal, emotional and spiritual needs as well as your medical wishes. Written with the help of the American Bar Association's Commission on Law and Aging as well as the nation's leading experts in end-of-life care, this document allows you to specify your wishes if you become seriously ill. Think of this as a real gift for those you love. Join us to get the guidance you need to complete this important task.

The future of cancer care

The Role of Clinical Trials

With Jessica Salamacha, BS, CCRC, NRCMA,
Clinical Research Coordinator via Virtual/Zoom Meeting



Wednesday, February 17 • 2:00 p.m.

Clinical trials play a vital role in the development of medications and medical products worldwide. Mission Hope is proud to be actively involved in clinical trials and currently offers over 100 clinical trials to our patients and survivors within the community.

February is Cancer Prevention Month and you can play a role in the future of cancer care. Please join us for a virtual meeting on Zoom to learn from our own Certified Clinical Research Coordinator, Jessica Salamacha, BS, CCRC, NRCMA, about clinical trials and how you help the future of medicine.

To register for this Zoom meeting, please call 805.346.3462

Art therapy class

Tessellation Art Project

Annabelle Primrose, Facilitator, via Virtual/Zoom Meeting



Thursday, February 18 • 2:00 p.m.

In this class you will learn about a simple math concept—a tessellation—(repeated use of a single shape, without gaps or overlapping) that can produce a simple design or a complex work of art. Tessellations have been used since ancient times to create decorative motifs such as the geometric patterns of Mosaic tilings. No artistic or math ability needed to make your own. In a few minutes your mind will begin to see images where once there was only a squiggle on a post-it. Kids and senior citizens can all enjoy this activity. Its simplicity will occupy your mind and hands and let your concerns melt away.

Please call Ashley Hahn at 805.346.3402 to register and make arrangements to pick up the art materials before the meeting to complete your project at home.



We want to hear from you!

The Cancer Survivorship and COVID-19 Experiences Survey

The George Washington University Cancer Center and the Commission on Cancer are conducting a study to better understand cancer survivor experiences during the COVID-19 pandemic. The Survivor Survey is available in English, Spanish, French, and Chinese. Enrollment is open to any cancer survivor over the age of 18 who is living in the United States.

Type this link to get started:

<https://cri-datacap.org/surveys/index.php?s=CAD7WLX43Y>

Partners on this project include the APPEAL/ASPIRE Network, California Rural Indian Health Bureau, Cancer Support Community, National Native Network, Latino Cancer Institute, National LGBT Cancer Network, National Coalition of Cancer Survivorship, Nuestras Voces Network, Nueva Vida, and the American College of Surgeons' Commission on Cancer.

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> 	
4	<div>5</div>  Breast Cancer Support Group 4:00 pm	6	<div>7</div> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)  Living with Cancer Support Group 6:00 pm	<div>8</div> Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM)
<div>11</div>  Energy Balancing 11:00 am	<div>12</div> Lymphedema Prevention Exercise (SM)  HEAL Class 2:00 pm	<div>13</div>  All Blood Cancers Support Group 1:00 pm	<div>14</div> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Visioning Collage (HCRC)  Pilates Exercise Class 2:00 pm  PRESENTATION: Building Resilience 5:00 pm	<div>15</div> Fight Against Falls Class (SM)
<div>18</div>  Prostate Cancer Support Group 6:30 pm	<div>19</div> Lymphedema Education Lymphedema Prevention Exercise (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am  Breast Cancer Support Group 4:00 pm	20	<div>21</div> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)  Living with Cancer Support Group 6:00 pm	<div>22</div> Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM)
<div>25</div>  Energy Balancing 11:00 am	<div>26</div> Lymphedema Prevention Exercise (SM) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am  Apoyo y Educación para Personas con Cáncer 6:00 pm	27	<div>28</div> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	<div>29</div> Fight Against Falls Class (SM)

February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Lymphedema Prevention Exercise (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Breast Cancer Support Group 4:00 pm	3	4 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Living with Cancer Support Group 6:00 pm	5 Fight Against Falls Class (SM)
8 Energy Balancing 11:00 am	9 Lymphedema Prevention Exercise (SM) HEAL Class 2:00 pm PRESENTATION: Financial Planning 5:00 pm	10 Learn Golf All Blood Cancers Support Group 1:00 pm	11 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Visioning Collage (HCRC) Pilates Exercise Class 2:00 pm	12 Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM) Soul Collage 1:00 pm (SM)
15	16 Lymphedema Education Lymphedema Prevention Exercise (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am SPOHNC, Santa Maria 3:30 pm Breast Cancer Support Group 4:00 pm	17 Presentation: Clinical Trials 2:00 pm	18 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Art Therapy 2:00 pm Living with Cancer Support Group 6:00 pm	19 Fight Against Falls Class (SM)
22 Energy Balancing 11:00 am	23 Lymphedema Prevention Exercise (SM) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am Apoyo y Educación para Personas con Cáncer 6:00 pm	24	25 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	26 Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM)

Key to locations of activities:

Please note that some of the classes we offer are transitioning to meeting in person at one of our facilities, and some will remain virtual on Zoom.

=Zoom presentation

AG=Mission Hope, Arroyo Grande

HCRC=Hearst Cancer Resource Center, San Luis Obispo

SM=Santa Maria (Mission Hope, Santa Maria or Marian Health & Wellness)

Getting Started at Mission Hope Patient Orientation Class

Get to know Mission Hope—our programs and services.

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.

Mission Hope Cancer Center, SM
JAN 26 & FEB 23 9:00 AM
Favor de llamar a Hector Rodriguez al 805.346.3406 para una cita

JAN 26 & FEB 23; 6:00 PM



Reunión Virtual/Zoom

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

Art Therapy Class

This class will focus on a simple math concept—a tessellation—that can produce fun designs or a complex work of art.

FEB 18; 2:00 PM



Virtual/Zoom Meeting

To register and receive all supplies, please call Ashley Hahn at 805.346.3402

Breast Cancer Support Group

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

JAN 5, 19 & FEB 2, 16; 4:00 PM



Virtual/Zoom Meeting

For more information, please contact Carol Dichmann at 805.474.5302

Cancer Rehabilitation

Now offered in both Santa Maria and Arroyo Grande

A 12-week program which includes group strengthening. Each participant meets one-on-one with our Certified Exercise Trainer for an individualized program. A fitness assessment and medical release are required before participating.

Marian Health & Wellness Center, SM
Mission Hope Cancer Center, AG
Reservation required; schedule an assessment John Malinowski at 805.346.3413

Caregiver Support

Mission Hope Cancer Center, SM
Please contact Ashley Hahn at 805.346.3402 for support

Energy Balancing

Energy balancing therapy encourages the body's natural ability to heal itself.

JAN 11, 25 & FEB 8, 22; 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

Please contact Ashley Hahn at 805.346.3402 or Hector Rodriguez at 805.346.3406 (Spanish) for updates

Fight Against Falls Exercise Class

Participants gain 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
JAN 8, 15, 22, 29 & FEB 5, 12, 19, 26
Mission Hope Cancer Center, AG
JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25
By appointment, please call John Malinowski at 805.346.3413

Grupo de Apoyo Para Hombres con Cáncer

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

Mission Hope Cancer Center, SM
JAN 19 & FEB 2, 16; 9:00 AM
Para obtener más información o ayuda, favor de llamar a Hector Rodriguez al 805.346.3406

HEAL: Healthy Eating and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines nutrition advice with practical exercise tips.



Virtual/Zoom Meeting

JAN 12; 2:00 PM

Topic: The Power of Protein

FEB 9; 2:00 PM

Topic: Myths and Facts about Diet and Exercise during Cancer Treatment

Register for these virtual meetings by calling Colleen Seung at 805.346.5304

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
FEB 10

By appointment, please call John Malinowski at 805.346.3413

Living with Cancer General Support Group

Informal support group provides information for all diagnoses and a forum to learn and share.

JAN 7, 21 & FEB 4, 18; 6:00 PM



Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

■ For the latest class information, please visit our website:
www.missionhopecancercenter.com

Free Nutrition Services

For help with specific dietary issues before, during, or after treatment, please schedule a one-on-one consultation with Mission Hope's Registered Dietitian Colleen Seung by calling 805.346.3403

Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related side effects of cancer treatments. Program topics include skincare and makeup (cosmetic kit included) and wigs/head coverings. New class offers wardrobe tips to help manage concerns such as infusion ports, mastectomy and reconstruction, and other physical changes.



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

Lymphedema Education

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

Hearst Cancer Resource Center, SLO

JAN 19 & FEB 16

To schedule a phone appointment, call Jamie Cinotto at 805.782.9300 or email cclymphedema@gmail.com

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM

JAN 12, 19, 26 & FEB 2, 9, 16, 23

By appointment, please call John Malinowski at 805.346.3413

Mission Hope Cancer Center, AG

JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25

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.

JAN 13 & FEB 10; 1:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

Pelvic Floor Strengthening for Prostate Cancer Survivors

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

Marian Health & Wellness Center, SM

JAN 8, 22 & FEB 12, 26

By appointment, please call John Malinowski at 805.346.3413

Pilates Exercise Class

Exercise geared to the needs of those with a cancer diagnosis.

JAN 14 & FEB 11; 2:00 PM



Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

Prostate Cancer Support Group

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

JAN 18; 6:30 PM



Virtual/Zoom Meeting

Please call Scott Wilcox for information 909.912.4492

Soul Collage

Art therapy in the treatment of trauma and life's major transitions. Materials are provided.

Mission Hope Cancer Center, SM

FEB 12; 1:00 PM

To register, please call Ashley Hahn at 805.346.3402

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.

FEB 16; 3:30 PM



Virtual/Zoom Meeting

Please contact Jenni Davis at 805.474.5303 to register

TRX Workouts

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Mission Hope Cancer Center, AG

JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25

By appointment, please call John Malinowski at 805.346.3413

Visioning Collage

Using colorful pictures and meaningful words and phrases, each participant creates a collage to inspire and motivate in a personal way.

Hearst Cancer Resource Center, SLO

JAN 14 & FEB 11

Please call Kathleen McKinnon at 805.440.8834

Yoga for Cancer Patients and Survivors

This **Gentle Yoga** class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25

By appointment, please call John Malinowski at 805.346.3413

■ **Please note:** Some classes will transition back to our buildings but with reduced capacity. **Reserve your spot early!**

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM
1325 East Church Street, Suite 102, Santa Maria, California

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Mission Hope Cancer Center, Santa Maria Phone Numbers

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Marian Cancer Care805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529

SECOND FLOOR:
Mission Hope Breast Imaging Center 805.346.3490
Mission Hope Surgical Oncology 805.346.3456
Thomas Bosshardt, MD, FACS, Oncology Surgeon
Kevin Lin-Hurtubise, MD, FACS, Surgical Oncologist
Jonathan Tammela, MD, FACOG, Gynecologic Oncologist

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 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 Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326



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Mission Hope Cancer Center

LEARN TO FOCUS YOUR ENERGY



Diane Sieg, RN, CYT, CSP

Creator of the
Resilience Academy

■ Diane Sieg spent 23 years working as an ER nurse. Today, as a resilience speaker, author and champion, Diane teaches individuals and organizations how to create and sustain resilience through her keynotes, seminars, retreats, and coaching.

Building Resilience with Self-Leadership

Guest Speaker: Diane Sieg, RN, CYT, CSP, via Zoom Meeting



Thursday, January 14, 2021 • 5:00 p.m.

Self-leadership is the relationship you have with yourself. It is how you talk to, prioritize, and treat yourself—especially in times of challenge and stress.

A cancer diagnosis exposes all of our vulnerabilities, requiring us to slow down, evaluate, and improve our systems professionally and personally. By practicing self-leadership we empower ourselves, which is critical during times of any crisis. Self-leadership is a unique set of skills and behaviors that include trust, transparency, compassion, connection, and vulnerability. Regardless of your age or experience, role modeling self-leadership improves our overall well-being and a reconnection to ourselves, which builds our resilience.

For more information and/or to register for this special event Zoom meeting, please contact Ashley Hahn at 805.346.3402

Honor your body, energy and time

