



Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

January/February 2023

NEW YEAR...NEW LIFE...NEW INTENTION

Word of the Year Rock Painting

What is your intention for yourself this year? Instead of making (and breaking) resolutions, intend something new for yourself.

Rock art in archeology is "human-made markings placed on natural stone." They are markers in time, viewed as sacred, often painted on rocks and caves, and are found in virtually every culture around the world.

Join us to engage in a process of inquiry and listen for what wants to be born in you this year. With intention we will choose a word that lights us up inside and speaks to our heart that will guide your spirit in the year to come. Come share and create your own piece of rock art to remind you of your sacred intention throughout the coming year.



Terrie MileyArtist and class facilitator

Friday, January 13, 2023 • 10:00 a.m.

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

Registration required: Please call Mission Hope at 805.219.HOPE (4673)

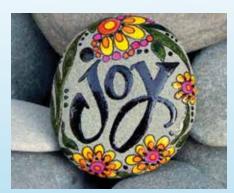
Make art to help melt your stress away...

Mission Hope is pleased to offer this exciting class designed to introduce patients and caregivers to the diverse world of art. The class each month features a different medium presented by a skilled artist. Join us to learn imaginative techniques to help boost your creative expression. All supplies are provided.

FREE HANDS ON WORKSHOP OPEN TO EVERYONE







Mission Hope Cancer Center Leadership

Keith A. Ayrons, MD Medical Oncology/Hematology

Wei Bai, MD Medical Oncology/Hematology

Thomas Bosshardt, MD, FACS Oncology Surgeon

K. April Kennedy, MD Medical Oncology/Hematology

Case H. Ketting, MD Radiation Oncology

Samuel B. Kieley, MD Urologic Oncology

Kevin Kim, MD Medical Oncology/Hematology

Constantine Melitas, MD Advanced Gastroenterology

Colleen O'Kelly Priddy, MD, FACS

Breast Surgical Oncology

Jonathan E. Tammela, MD, FACOG

Gynecologic Oncology

J. Ben Wilkinson, MD, FACRO Radiation Oncology

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

MARIAN REGIONAL MEDICAL CENTER FOUNDATION



▲ CoastHills Credit Union: \$8,400

CoastHills Credit Union kicked off National Breast Cancer Awareness Month in a big way by donating 15 iPads to Mission Hope Cancer Center! When CoastHills Credit Union recently learned that Mission Hope Cancer Center was in need of iPads for patient use at the facility, their team stepped up and made the generous donation. Our organization extends heartfelt gratitude to CoastHills Credit Union for making such a special and significant gift in support of local cancer patients.

➤ Santa Maria Police Department: \$2.730

In November, the Santa Maria Police Department raised \$2,730 for "No Shave November," joined by the **Santa Maria City Rangers** who raised **\$600**, all to benefit local cancer patients.





JOIN BULLDOG NATION IN THE FIGHT AGAINST CANCER





To make a donation, scan the QR code or give us a call.

805.739.3595 www.SupportMarianMedical.org

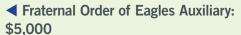


Thank You to Recent Community Fundraisers for Supporting Local Patients at Mission Hope Cancer Center



Community Bank of Santa Maria: \$3.500

Throughout October, Community Bank of Santa Maria raised funds by selling Monday Night Football pools, a Brighton jewelry auction, several bake sales, and donations from bank customers.



The Fraternal Order of Eagles Auxiliary hosted a special dinner fundraiser in support of patients at Mission Hope Cancer Center, which resulted in a \$5,000 gift in support of local cancer patients in need.



■ Toyota Santa Maria's Service Department: \$2,390

Toyota Santa Maria's Service Department donated \$10 for every alignment service through October during their "Service for Change" event.



■ The Patch Santa Maria hosted its Pink Sunday event on October 2, where it raised \$600 selling pink pumpkins and breast cancer awareness items.



- ▲ St. Joseph High School hosted a fundraiser titled, "Ditch your collar, for one dollar" where students pay \$1 to wear a non-collared shirt for a day to school raising \$300.
- **Santa Maria Valley YMCA** hosted "Buy a pumpkin and we'll donate 100% to Mission Hope Cancer Center" and raised **\$589**.



▲ Main Street Shell Team: \$2,000

Monica Brown and the Main Street Shell team hosted their Breast Cancer Awareness event in October where one cent per gallon was donated and several prize raffles were held.



▲ InSPArations Salon & Spa: \$2,000

Throughout October, the team at InSPArations in Orcutt, along with the generous support of many local small businesses, hosted their 19th anniversary gift basket raffle in support for breast cancer patients at Mission Hope.



▲ Santa Maria Community Adult Softball Tournament: \$1,200

In celebration of National Breast Cancer Awareness Month, **Antoinette Armas** and **Paul Davis** organized an adult softball tournament in support of local breast cancer patients.



The History of Cancer Care at Arroyo Grande Community Hospital

2008

Coastal Diagnostic Imaging Center opens next to Coastal Surgical Institute at Oak Park, a convenient location for patients to move between imaging and surgery.

2009

ACOS Commission on Cancer awards AGCH's Community Cancer program with 7 commendations and an Outstanding Achievement Award, making it the first accredited cancer program in San Luis Obispo County.

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Coastal Diagnostic Imaging Center

2016

Coastal Diagnostic Imaging Center begins using the first generation 3D Mammography machine, GE SenoClair.

2019

Mission Hope Cancer Center, Arroyo Grande opens in the Matthew Will Memorial Medical Center offering cancer treatment and wellness programs.

2022

The Foundation is amid a \$650,000 campaign to bring advanced tomosynthesis (3D) mammography technology to Coastal Diagnostic Imaging Center.



Matthew Will Memorial Medical Center, home of Mission Hope Cancer Center, Arrovo Grande



Keith Ayrons, MD Medical Oncology/ Hematology



K. April Kennedy, MD Medical Oncology/ Hematology

Mission Hope Cancer Center, Arroyo Grande

Mission Hope Arroyo Grande's expert medical team comprised of highly-skilled, compassionate oncology physicians and healthcare professionals who work together to deliver personalized treatment plans tailored to meet patients' needs. Dr. Keith Ayrons and Dr. April Kennedy are both board certified in Medical Oncology, Hematology and Internal Medicine.

Our supportive services include oncology nurse navigators, social workers, a dietitian, a clinical research coordinator, and a cancer rehabilitation program. Our goal is to provide high quality, empathetic and personalized care to the community. We are dedicated to navigating cancer care and strive to bring state-of-art care and individualized treatment plans to patients on the central coast.

If you or a loved one has received a cancer diagnosis, it's possible you've heard the term "cancer conferences," but you're not sure what it means or how it may impact cancer care.

Cancer Conferences:What They Are and Why You Should Care



The discussion amongst unique disciplines allows for a whole-picture approach, ensuring all aspects of the patient's case are reviewed and acknowledged.

Cancer conferences help determine the best course of treatment to improve a patient's outcome. They bring together all disciplines of the patient care team, so everyone is more aware of what each specialty can contribute and any new techniques available.

The Mission Hope Cancer Program offers two types of cancer conferences: **tumor boards**, which review general cancer cases, and **breast conferences**, which review breast-related cancer cases.

Each conference, tumor or breast, evaluates clinical trial options, reviews imaging and pathology and includes representation from a wide range of specialties. Depending on the cancer case being reviewed, this can include surgical oncologist, surgeons, medical oncologists, radiation oncologists, advanced gastroenterologist, urologic oncologist, pathologists, palliative care specialists, radiologists, nurses, and other allied professionals. The discussion amongst these unique disciplines allows for a whole-picture approach, ensuring all aspects of the patient's case are reviewed and acknowledged.

While some cases may not be initially reviewed at a cancer conference, any patient with a cancer diagnosis, a family member or physician, can make a case review request to their oncology team at any point. The results of the cancer case review, typically a treatment plan, is then shared with the patient by their primary oncologist.

For more information about cancer conferences, talk with your oncology team.



Constantine
Melitas, MD
Gastroenterology
Advanced Therapeutic/
Interventional Endoscopy

Current guidelines recommend screening certain patient populations which are at high risk of developing pancreatic cancer.

Pancreatic Cancer Screening

Unfortunately, pancreatic cancer screening is not a topic of much discussion. Pancreatic cancer is overall rare but lethal with a lifetime incidence of approximately 1.6% for the general population and a 5-year survival of 10%. It accounts for 3% of all newly diagnosed cancers and 8% of all cancer-related deaths in the United States with the incidence expected to continue to increase. Its poor prognosis is thought to be due to aggressive behavior, often advanced stage at time of diagnosis, and poor response to currently available therapies.

Diagnosis at earlier stages has been shown to be associated with higher rates of survival with a 93% 10-year survival among stage 0 cancers and 34% to 39% 5-year survival among stage I cancers. However, by the time patients develop symptoms, almost 80% have advanced disease that is inoperable and therefore a significantly lower chance of cure.

There are currently no pancreatic cancer screening guidelines for the general population; however, guidelines recommend screening certain patient populations which are at high risk of developing pancreatic cancer. Patients with autosomal-dominant hereditary pancreatitis, familial pancreatic cancer (containing at least a pair of first-degree relatives with pancreatic cancer without an association with a known hereditary cancer syndrome), BRCA 1 and 2 mutations, PALB2 mutation, Peutz-Jeghers syndrome, Lynch syndrome with first- or second-degree relative with pancreatic

cancer, familial atypical multiple mole melanoma syndrome, and heterozygotes for ATM pathogenic variant with a first- or second-degree relative with pancreatic cancer have been found to be the most high risk patient populations in which screening for pancreatic cancer is recommended.

For BRCA 1 and 2 mutations, guidelines previously recommended that these patients only undergo pancreatic cancer screening if there was family history of a first degree relative with pancreatic cancer. Earlier this year, the pancreatic cancer screening guidelines have been updated and now recommend that all patients with BRCA 1 or 2 mutations undergo screening for pancreatic cancer regardless of family history as they have shown to have a lifetime pancreatic cancer risk of up to 7.4% with BRCA2 and up to 4.8% with BRCA1.

Studies have shown a significantly improved 3-year survival with pancreatic cancers found

Get to know Constantine Melitas, MD, Advanced Gastroenterology:

- Dr. Melitas earned his Medical degree from Spartan Health Sciences University and is Board Certified in Gastroenterology and Internal Medicine
- He completed an Advanced Therapeutic Endoscopy Fellowship at University of Illinois at Chicago and a Gastroenterology Fellowship at Michigan State University
- As an advanced therapeutic endoscopist, Dr. Melitas has been trained to manage many complex gastrointestinal, pancreatic, biliary, and liver diseases endoscopically

Earlier this year, the pancreatic cancer screening guidelines have been updated and now recommend that all patients with BRCA 1 or 2 mutations undergo screening for pancreatic cancer regardless of family history as they have shown to have a lifetime pancreatic cancer risk of up to 7.4% with BRCA2 and up to 4.8% with BRCA1.

with following screening recommendations adequately when compared to those not following suggested screening intervals appropriately (85% vs 25%). The two modalities typically recommended for pancreatic cancer screening are endoscopic ultrasound (EUS) and magnetic resonance imaging (MRI). EUS has been shown to be more sensitive than MRI for evaluating the pancreas, especially when detecting small solid pancreatic lesions as demonstrated in two studies where almost all small solid pancreatic cancers were only found by EUS. Due to the increased sensitivity in detecting pancreatic lesions as well as the ability to perform biopsies during the procedure are reasons in which EUS is often the preferred method of pancreatic cancer screening. MRI may be preferred for patients at increased risk of adverse events from anesthesia or endoscopic procedures and for patients who prefer to avoid more invasive testing. However, EUS would be required to perform biopsies of any pancreatic abnormality detected on MRI.

Guidelines have based the recommended screening intervals on tumor growth models which suggest that screening for pancreatic cancer should occur at least annually. Alternating EUS with MRI on an annual basis has been a

recommended approach; however, due to the higher sensitivity with EUS, annual evaluation with EUS is also reasonable. Pancreatic cancer screening should begin at age 50 or 10 years earlier than the age of the youngest first degree relative diagnosed with pancreatic cancer for the aforementioned mutations or syndromes apart for FAMMM syndrome where screening should begin at age 40 or 10 years earlier than the youngest relative with pancreatic cancer, Peutz-Jeghers syndrome at age 35 or 10 years earlier than the youngest relative with pancreatic cancer, and autosomal dominant hereditary pancreatitis also beginning at age 40.

Recommendations made for pancreatic cancer screening should be individualized taking into account the clinical scenario of each patient and should be made with consideration of patient preferences, values, and availability of local expertise. Here at Marian Regional Medical Center, we are fortunate to have the resources to provide both EUS and MRI to screen patients in our community who may be at high risk for pancreatic cancer.

If you have questions or concerns, please talk with your personal physician or call Mission Hope Surgical Oncology at 805.434.5530.

Mission Hope Surgical Oncology 805.434.5530

NUTRITION AND EXERCISE



John Malinowski, ACSM-CET Cancer Rehabilitation Program

The start of the year is a time many of us choose to reevaluate our dietary and fitness habits. You may begin thinking about whether or not you are doing what is best for your health, and what changes you should be making moving forward in the new year. This can often feel overwhelming and you may not know where to start. For many people, not knowing where to start can be the largest barrier to making healthful life changes. To prevent this, below are a few tips you can employ for making some successful and long term changes surrounding your dietary and fitness habits.

Starting the New Year Off Right

- Make small changes as these are more likely to become permanent habits.
- Have a supportive community to help you make healthful changes (friends, family, spouse).
 Ensure they are aware of your goals and why they are important to you so they can support you in achieving them.
- Choose to make changes in the areas you feel would have the greatest impact. For example,
 if you eat healthy for the most part but do not participate in any exercise, choose some
 exercise goals to work towards.
- Ensure the changes you decide to make align with your schedule and routine. These will be the most likely to stick with you permanently.
- Celebrate the small victories, as these are what lead to large improvements in both health and wellbeing.
- If you are finding a new habit hard to sustain, try adjusting it to better fit your schedule and needs. Do not quit when it gets hard—adjust!
- Keep the goal of better health and longevity in mind on the difficult days.

What changes will you be incorporating in the New Year? To hear more about this topic come join us for the First Steps in Nutrition and Exercise class the second Tuesday of each month in the Mission Hope conference room on the first floor. Please call Kylie at 805.346.3403 or John at 805.346.3413 to reserve your spot today.

New! In addition to the practical information at our monthly meetings we will be making and eating delicious and nutritious snacks!

Join us for a tasty treat.

First Steps: in Nutrition and Physical Activity

Led by Kylie Conner, Registered Dietitian, and John Malinowski, Cancer Exercise Trainer

Tuesday, January 10 • 2:00 p.m.

Topic: Starting the New Year Off Right with Nutrition and Exercise

Snack: Smoothie making ideas and samples

Tuesday, February 14 • 2:00 p.m.

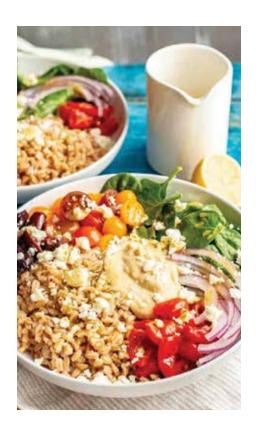
Topic: Help Prevent Cancer through Nutrition and Exercise

Snack: Chocolate dipped snacks

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

Please call Mission Hope Cancer Center to reserve a seat at 805.219.HOPE (4673)

Try these tasty ways to diversify your diet including a variety of delicious vegetables and protein sources.



Mediterranean Veggie Bowl

INGREDIENTS:

1 (8.8 oz.) bag quick cook farro 3 cups baby spinach 1 cup cherry tomatoes, halved 1/3 cup kalamata olives, pitted and halved 1/3 cup bell peppers, chopped 1/3 cup feta cheese, crumbled 1/3 cup red onion, cut into thin slices or diced 1 cup hummus, divided

FOR THE RED WINE VINAIGRETTE:

- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice (about 1/2 lemon)
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried oregano Pinch of salt and pepper

INSTRUCTIONS:

- 1. Cook farro according to package directions. Let cool slightly.
- 2. Meanwhile, prepare the remaining ingredients.
- 3. To make the vinaigrette, add all of the ingredients to a small jar or container with a lid. Cover and shake well to combine.
- 4. Divide farro and veggies among four bowls. Top each bowl with 1/4 cup hummus. Drizzle with the vinaigrette and serve.

Salmon with Root Vegetables

INGREDIENTS:

- 2 tablespoons olive oil
- 2 medium sweet potatoes, peeled and cut into 1/4-inch cubes
- 2 medium red potatoes, cut into 1/4-inch cubes
- 2 medium turnips, peeled and diced
- 2 medium carrots, peeled and diced
- 1 teaspoon sea salt, divided
- 1 teaspoon chili powder
- 3/4 teaspoon pepper, divided
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin
- 6 salmon fillets (6 ounces each)



INSTRUCTIONS:

- 1. Preheat oven to 400°. In a large skillet, heat oil over medium heat. Add potatoes, turnips and carrots. Combine 1/2 teaspoon salt, chili powder, 1/2 teaspoon pepper, cinnamon and cumin; sprinkle over vegetables. Cook, stirring frequently, until vegetables are tender, 15-20 minutes.
- 2. Meanwhile, place salmon, skin side down, in a foil-lined 15x10x1-in. baking pan. Sprinkle with remaining salt and pepper. Bake 10 minutes. Preheat broiler; broil until fish just begins to flake easily, 2-5 minutes. Serve salmon with vegetables.



CANCER PREVENTION AND YOU

Cancer prevention through food and exercise is a powerful tool in preserving your health, and it's something that every person can make strides towards improving. When we think of cancer, we tend to think of genetic predispositions. We may feel that we have little control over whether our genes say that we will one day develop cancer or not, but in reality this is far from true. The term epigenetics refers to our ability to alter how our genes are expressed through dietary, lifestyle, environmental, and other factors. That means that healthy eating and exercise can actually suppress genes we may have that predispose us to cancer!

Help Prevent Cancer Through Nutrition and Exercise

So what are some actual lifestyle behaviors that have been correlated with lower cancer risk?

- High intake of fruits and vegetables
- Increased levels of exercise, both cardiovascular and resistance training
- Increased antioxidant intake
- Decreased red meat consumption
- Low alcohol intake
- Smoking cessation
- Adequate fiber intake
- Increased intake of whole grains (grains that have been minimally processed)
- Reduced intake of ultra-processed foods (products that are made mostly from substances extracted from foods, such as fats, starches, added sugars, and hydrogenated fats)
- Avoidance of processed meats, especially those containing nitrates/nitrites
- Increased cruciferous vegetable intake (kale, brussel sprouts, broccoli, cauliflower)
- Maintenance of a healthy BMI through nutrition and exercise

Incorporating some, or all, of these healthy behaviors may significantly reduce your risk of developing cancer, regardless if you have a genetic predisposition or not. What changes will you be utilizing to reduce your cancer risk? To hear more about this fascinating and empowering topic, you are invited to join us for the First Steps in Nutrition and Exercise class the second Tuesday of each month in the Mission Hope conference room on the first floor. Please call Kylie at 805.346.3403 or John at 805.346.3413 to reserve your spot today.

Explore your creativity

All tools and materials supplied. No previous experience necessary.

As a new year begins, you may be wanting to open yourself up to new opportunities or develop a new skill. The talented instructors who lead our classes can help you do just that.



Tie Dye Heart Apron

Led by Linda Denton

Come try out your tie dye skills while making a keepsake apron for yourself or as a gift. Wear clothing you don't mind getting messy as you join others on a fun artistic adventure.

SANTA MARIA Thursday, January 12 • 9:00 a.m.

1325 East Church Street, Santa Maria ARROYO GRANDE

Friday, January 13 • 1:00 p.m. 850 Fair Oaks Avenue, Third Floor

Getting Creative with Color

Led by Terrie Miley



Word of the Year Rock Painting

Choose a word that lights you up inside and speaks to your heart. We will create rock art to remind you of your sacred intention throughout the coming year.

SANTA MARIA Friday, January 13 • 10:00 a.m.

1325 East Church Street, Santa Maria

Valentine Creative Coloring

Meditative coloring is a engaging practice that encourages mindfulness and relaxation while enjoying a childhood favorite activity.

SANTA MARIA

Friday, February 10 • 10:00 a.m.

1325 East Church Street, Santa Maria



■ Seating is limited and reservations are required for all classes. Please call Mission Hope to register at 805.219.HOPE (4673) or 805.474.5334

FREE HANDS ON WORKSHOPS

OPEN TO EVERYONE

Valentine Truck Acrylic Painting



Led by Linda Denton

The project for this class is painting with acrylic as we create this charming artwork. Our instructor will walk you through the steps. No painting experience required.

SANTA MARIA

Thursday, February 2 • 10:00 a.m.

1325 East Church Street, Santa Maria

ARROYO GRANDE

Friday, February 3 • 1:00 p.m.

850 Fair Oaks Avenue, Third Floor

Experience the Art of Origami



This relaxing practice is an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction.

SANTA MARIA

Tuesdays • 10:00 a.m. January 10 & February 14

1325 East Church Street, Santa Maria

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR! Office closed: New Year's Day observed	3 Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm	4 Circuit Training (MHW) Guided Meditation 5:00 pm	5 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Advanced Cancer Support Group 5:30 pm	6 Fight Against Falls Class (MHW)
9 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm Apoyo y Educación Para Personas con Cáncer 3:00 pm Gynecologic Cancer Support Group (AG) 4:30 pm	11 Circuit Training (MHW)	Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Art Therapy–Tie Dye Heart Apron (SM) 10:00 am Viviendo con Cáncer (SM) 4:00 pm	Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Art Therapy—Tie Dye Heart Apron (AG) 9:00 am Art Therapy—Word of the Year Rock Painting (SM) 10:00 am
16 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Cancer Patient Group General (SM) 11:00 am Knitting Group (SM) 2:00 pm	17 Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm	18 Circuit Training (MHW)	Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Gentle Yoga 10:00 am Advanced Cancer Support Group 5:30 pm	20 Fight Against Falls Class (MHW)
23 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	24 Lymphedema Prevention Exercise (MHW) Cancer Patient Support Group 1:00 pm	25 Circuit Training (MHW) Caring for Loved One Support Group (SM) 1:00 pm	26 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	27 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
30 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:30 pm	31 Lymphedema Prevention Exercise (MHW)			

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of act Classes meet in person at and/or meet virtually on Z please call with questions = Zoom presentation AG=Mission Hope, Arroyo AHC=Allan Hancock Colle MHW=Marian Health & W SM=Mission Hope, Santa	t one of our facilities foom. Check carefully; c. Grande lege Vellness, Santa Maria	Circuit Training (MHW) Guided Meditation 5:00 pm	Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Art Therapy–Valentine Truck Acrylic Painting (SM) 10:00 am Advanced Cancer Support Group 5:30 pm	Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Art Therapy–Valentine Truck Acrylic Painting (AG) 1:00 pm
Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	7 Lymphedema Prevention Exercise (MHW) Apoyo y Educación Para Personas con Cáncer 3:00 pm Breast Cancer Support Group 4:00 pm	8 Circuit Training (MHW) All Blood Cancers Support Group 1:00 pm	9 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Art Therapy—Tie Dye Heart Apron (SM) 10:00 am Viviendo con Cáncer (SM) 4:00 pm	Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Art Therapy–Valentine Creative Coloring (SM) 10:00 am
13 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Cancer Patient Group General (SM) 11:00 am Knitting Group (SM) 2:00 pm Gynecologic Cancer Support Group (AG) 4:30 pm	14 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm	15 Circuit Training (MHW)	Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Gentle Yoga 10:00 am Advanced Cancer Support Group 5:30 pm	17 Fight Against Falls Class (MHW)
HAPPY PRESIDENTS DAY Office closed: Holiday observed	21 Lymphedema Prevention Exercise (MHW) SPOHNC, Santa Maria 3:30 pm Guest Speaker: John Malinowski, ACSM-CET Breast Cancer Support Group 4:00 pm	22 Circuit Training (MHW) Caring for Loved One Support Group (SM) 1:00 pm	23 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	24 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
27 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:30 pm	Lymphedema Prevention Exercise (MHW) Cancer Patient Support Group 1:00 pm			

Questions? Give us a call! SM: 805.219.HOPE (4673) • AG: 805.474.5300 • HCRC: 805.542.6234

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

EVENT LOCATIONS

SANTA MARIA (SM)

Allan Hancock College 800 South College Drive

MHCC-SM

Mission Hope Cancer Center 1325 East Church Street

MHW

Marian Health & Wellness Center 1207 Fast Main Street

ARROYO GRANDE (AG) MHCC-AG

Mission Hope Cancer Center, AG 850 Fair Oaks Avenue, Third Floor

SAN LUIS OBISPO (SLO) HCRC

Hearst Cancer Resource Center 1941 Johnson Avenue, Suite 201

As events open up after recent closures, more classes are being held in person while some remain virtual. For each class, please note either the location or the icon:

Virtual/Zoom Meeting

Getting Started at Mission Hope

Patient Orientation Class

Get to know us and the services we provide, so we can support your journey.

Mission Hope Cancer Center, SM By appointment; 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

By appointment; 805.474.5303 English/Español

Hearst Cancer Resource Center, SLO

Please call for details: 805.542.6234 English or 805.786.6130 Español

Spanish Language • En Español:

♠Apoyo de Cáncer: Viviendo con Cáncer (Nuevo)

Acompáñanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad.

Mission Hope Cancer Center, SM

ENERO 12 & FEB 9; 4:00 PM Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

Apoyo y Educación para Personas con Cáncer

ENERO 10 & FEB 14; 3:00 PM

Virtual/Zoom Meeting
Llame a Teresa at 805.458.4526

Aquatic Therapy Class

Allan Hancock College, SM

Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land.

JAN 27 & FEB 3, 10, 24

Reservation and assessment required; please call 805.346.3413 (Santa Maria)

or 805.474.5334 (Arroyo Grande)

Art Therapy Class

Offering art workshops that use varied art materials and techniques to help boost creative expression and promote relaxation. Materials supplied; no experience necessary.

Mission Hope Cancer Center, SM

JAN 10 & FEB 14; 10:00 AM **Origami Class**

JAN 12; 9:00 AM

Tie Dye Heart Apron

JAN 13: 10:00 AM

Word of the Year Rock Painting

FEB 2: 10:00 AM

Valentine Truck Acrylic Painting

FEB 10; 10:00 AM

Valentine Creative Coloring

Held onsite, class seatings are limited. Reservations required; please call 805.219.HOPE (4673)

Art classes, continue

Mission Hope Cancer Center, AG

JAN 13; 9:00 AM

Tie Dye Heart Apron

FEB 3; 1:00 PM

Valentine Truck Acrylic Painting

Held onsite, class seatings are limited. Reservations required; please call 805.474.5303

Barre Exercise Class

Combining classic ballet dance movement with yoga and Pilates, Barre exercise is low impact and suitable for all ages and abilities.

Mission Hope Cancer Center, AG

JAN 5, 12, 19, 26 & FEB 2, 9, 16, 23 Reservation and assessment required; please call 805.474.5334

Support Groups for Women: Breast Cancer Support Group

Women gather to share valuable information and resources to manage the challenges a breast cancer diagnosis can bring. Find a support group that resonates with your individual needs to forge friendships and gain valuable strength from others who understand your feelings.

JAN 3, 17 & FEB 7, 21; 4:00 PM

■ Virtual/Zoom Meeting

Reservations required; please call 805.346.3402 to register

MOST TUESDAYS; 5:45 PM

☐ Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Nutritional Counseling with a Registered Dietitian

Mission Hope Cancer Center,

Santa Maria/Arroyo Grande

By appointment; 805.346.3403

Hearst Cancer Resource Center, San Luis Obispo

By appointment; 805.542.6234

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

♦Breast Cancer Support Group for Young Women

Young women can and do get breast cancer and the impact of the disease can be significant. This group addresses the unique challenges young women face as we gather to learn and enjoy our time together in engaging activities.

Mission Hope Cancer Center, SM JAN 30; 5:30 PM Charcuterie Platter Making FEB 27; 5:30 PM Reservations required; please call 805.346.3405

○Gynecologic Cancer Support Group

Our newest support group is designed to give individuals with gynecologic cancers a forum to share their experiences and expand their support system.

Mission Hope Cancer Center, AG TUESDAY, JAN 10; 4:30 PM Guest Speaker: Kathryn Cherkas, Laughter Yoga

MONDAY, FEB 13; 4:30 PM (Option for Zoom or in-person)
To register, call 805.219.HOPE (4673)

Metastatic Breast Cancer Support Group

Please join our support group and share your story when we resume meeting in March.

Mission Hope Cancer Center, SM RESUMES IN MARCH (Option for Zoom or in-person)

Reservations required; please call 805.346.3405 to register

Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment.

JAN 24 & FEB 28; 1:00 PM

Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

New discussion group...

Taking Care of Your Loved One with Cancer

Led by: Katie Crafton, MSW, LCSW, Oncology Social Worker

The caregiver role comes with a long list of new expectations and tasks which may include balancing a career, family needs, medical appointments and treatments. Mission Hope offers support for the hardworking caregivers among us.

Wednesdays: January 25 and February 22 • 1:00 p.m.

1325 East Church Street, Santa Maria

Reservations required; please call 805.219.HOPE (4673)

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise. Each participant meets one-on-one with our Certified Exercise Trainer to develop personal fitness goals which are tailored to your specific needs and abilities for an individualized program.

Marian Health & Wellness Center, SM Mission Hope Cancer Center, AG

Reservation and assessment required; please call 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

Cancer Support Group General

This group is open to anyone in active treatment or in remission. Our hope is that we can offer a safe place to share your stories, ask questions of your peers, and receive supportive feedback.

JAN 16 & FEB 13; 11:00 AM **Mission Hope Cancer Center, SM** To register, call 805.219.HOPE (4673)

Circuit Training

Circuit training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another which targets strength building and muscular endurance. A typical class will consist of 6-10 different exercises done three or more times per workout. The intensity level will be modified to fit your needs.

Marian Health & Wellness Center, SM

JAN 4, 11, 18, 25 & FEB 1, 8, 15, 22

Reservation and assessment required; please call 805.346.3413

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being.

JAN 23 & FEB 27; 11:00 AM



Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Fight Against Falls Exercise Class

If you are experiencing symptoms from your cancer treatments such as peripheral neuropathy in the feet or generalized muscle weakness don't wait until you have fallen to do something about it. 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 6, 13, 20, 27 & FEB 3, 10, 17, 24

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

JAN 5, 12, 19, 26 & FEB 2, 9, 16, 23

Reservation and assessment required; please call 805.474.5334

First Steps: in Nutrition and Physical Activity

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines nutrition advice with practical exercise tips. *New*: we'll be making and eating delicious and nutritious snacks at each session!

Mission Hope Cancer Center, SM JAN 10 & FEB 14; 2:00 PM

January Topic: Starting the New Year Off Right with Nutrition and Exercise February Topic: Help Prevent Cancer through Nutrition and Exercise

Reservations required, please call 805.219.HOPE (4673)

⇔Gentle Stretching for Beginners

Stretching should be a part of your exercise routine whether you are a beginner or you exercise on a regular basis. In this relaxing class we perform static stretching which means we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting—no pain involved. With a consistent routine you should feel less stiffness and enjoy a greater range of motion without pain.

Mission Hope Cancer Center, AG JAN 5, 12, 19, 26 & FEB 2, 9, 16, 23 Reservation and assessment required; please call 805,346,3413

Guided Meditation

Experience healing energy and calmness with a gentle guided meditation session.

JAN 4 & FEB 1; 5:00 PM

Virtual/Zoom Meeting

Reservations required; please call HCRC at 805.542.6234 or email HCRC@ dignityhealth.org

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

Monarch Dunes, Nipomo

RESUMES IN MARCH

Please call 805.346.3413 for details

Living with Advanced Cancer Support Group

Informal meeting provides support for the specific needs of patients with advanced cancer.

JAN 5, 19 & FEB 2, 16; 5:30 PM

■ Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include skincare and makeup (cosmetic kit included) and wigs/head coverings. Includes wardrobe tips to manage concerns such as infusion ports, mastectomy and reconstruction and more.

Virtual/Zoom Meeting

For more information, please call 805.219.HOPE (4673)

¡DISPONIBLE EN ESPAÑOL! Favor de llamar para una cita a 805.346.3410

Lymphedema Evaluation

Hearst Cancer Resource Center, SLO Contact Jamie Cinotto, DPT, CWS, CLT-LANA, ONC, for an evaluation: 805.782.9300

Lymphedema Prevention Exercise

Systematic exercise can play a major role in avoiding the onset of lymphedema. This therapeutic exercise class is designed for breast cancer survivors and those battling chronic conditions.

Marian Health & Wellness Center, SM JAN 3, 10, 17, 24, 31 & FEB 7, 14, 21, 28

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG JAN 9, 16, 23, 30 & FEB 6, 13, 27 Reservation and assessment required; please call 805.474.5334

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.

FEB 8: 1:00 PM

■ Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Improved quality of life

Fight Against Falls Exercise Class

Led by: John Malinowski, ACSM-CET

Some side effects from cancer treatment can negatively affect balance such as peripheral neuropathy in the feet or generalized muscle weakness which can lead to a serious fall. Join our exercise class that focuses on building general muscle strength and implements specific balance activities to help prevent falls.

Fridays: January 6, 13, 20, 27 & February 3, 10, 17, 24 Marian Health & Wellness Center, Santa Maria

Fridays: January 5, 12, 19, 26 & February 2, 9, 16, 23

Mission Hope Cancer Center, Arroyo Grande

Please call 805.346.3413 or 805.474.5334 to register to attend

Pelvic Floor Strengthening for Men with Prostate Cancer

There are ways to reduce or manage the side effects of prostate cancer. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

Marian Health & Wellness Center, SM

JAN 13, 27 & FEB 10, 24 Reservations required; please call 805.346.3413

Qigong Class

Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves health, balance, flexibility and stamina.

(Hosted offsite; weather permitting)

Hearst Cancer Resource Center, SLO EVERY WEDNESDAY; 4:00 PM Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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

Head and neck cancer impacts a survivor both functionally and aesthetically. These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. All welcome.

FEB 21; 3:30 PM

☐ Virtual/Zoom Meeting
Guest Speaker: John Malinowski,
ACSM-CET

To register, call 805.219.HOPE (4673)



Monday, February 20 is a national holiday and Mission Hope Cancer Center will be closed.

Support for Pediatric Oncology Patients and their Families

Virtual support groups are available in English and Spanish for children, teens and parents.

☐ Virtual/Zoom Meeting

Please call 805.219.HOPE (4673) or 805.786.6130 (Español) for details

Tai Chi Chih

Increase energy and improve health, balance, flexibility and stamina. (Hosted offsite; weather permitting)

Hearst Cancer Resource Center, SLO EVERY WEDNESDAY; 11:00 AM Please call 805.542.6234 for details

○Taking Care of Your Loved One with Cancer Discussion Group

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

Mission Hope Cancer Center, SM JAN 25 & FEB 22; 1:00 PM Reservation required; please call 805.219.HOPE (4673)

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 5, 12, 19, 26 & FEB 2, 9, 16, 23 Reservation and assessment required; please call 805.474.5334

Warm Yarns Knitting and Crocheting Support Group

Friends and caregivers at all experience levels are welcome to join. Instructions, needles and yarn are provided.

Mission Hope Cancer Center, SM JAN 9, 16, 23 & FEB 6, 13; 2:00 PM Call 805.219.HOPE (4673) to register Specifically for men...

Pelvic Floor Strengthening for Men with Prostate Cancer

Led by: John Malinowski, ACSM-CET

Treatment for prostate cancer may cause a range of side effects, which varies depending on the treatment and from person to person. Fortunately, with specific instruction and exercises there are ways to reduce or manage side effects. Join us to learn how to strengthen your pelvic floor with exercise and feel better.

Fridays: January 13, 27 and February 10, 24

Marian Health and Wellness Center Santa Maria

Reservations required; please call 805,346,3413

Yoga for Cancer Patients and Survivors

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. These classes features slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

JAN 9, 16, 23, 30 & FEB 6, 13, 27 Reservation and assessment required; please call 805.474.5334

JAN 19 & FEB 16; 4:00 PM

■ Virtual/Zoom Meeting

Reservations required; please call HCRC at 805.542.6234 or email HCRC@ dignityhealth.org

■ 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

805.219.HOPE (4673) • Se habla español: 805.346.3410

www.missionhopecancercenter.com

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Mission Hope Cancer Center, Santa Maria Phone Numbers

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Marian Cancer Care				
Marian PET/CT Center				
Radiation Oncology				
SECOND FLOOR:				
Breast Imaging and Bone Densitometry Center 805.346.3490				
Cancer Rehabilitation Program				
Mission Hope Surgical Oncology				
Colleen O'Kelly Priddy, MD, FACS, Breast Surgical Oncologist				
Jonathan Tammela, MD, FACOG, Gynecologic Oncologist				

THIRD FLOOR:

Medical Oncology	.805.349.9393
Mission Hope Infusion Center	805.346.3419
Mission Hope Lab (Office hours: 8:00 a.m. to 4:30 p.m.)	805.346.3480

Constantine Melitas, MD, Advanced Gastroenterology 805.434.5530



TURN TO US FOR ANSWERS ABOUT CANCER



Mission Hope Cancer Center, Arroyo Grande

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Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:

THIRD FLOOR:

 Cancer Rehabilitation Program
 805.474.5334

 Cancer Resource Center
 805.474.5300

 Medical Oncology
 805.474.5310

 Mission Hope Infusion Center
 805.474.5325 or 805.474.5326



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ADVANCED CANCER SERVICES IN OUR COMMUNITIES

Marian Regional Medical Center Honored with Three Year Cancer Program Accreditation from the American College of Surgeons, Commission on Cancer

Three-Years with Commendation Accreditation

on Cancer® ACCREDITED

PROGRAM

Marian Regional Medical Center and Arroyo Grande
Community Hospital have recently been re-accredited
by the College of Surgeons, Commission on Cancer,
receiving an accreditation of "Three-Years with
Commendation," as a Comprehensive Community
Cancer Program. This award honors cancer programs
who are not just meeting nationally recognized
standards for the delivery of quality cancer care, but
exceeding expectations and raising
the bar on cancer services.

"We are honored to be recognized for our comprehensive cancer care.

It shows the true dedication of our team," says Sue Andersen, President & CEO, Marian Regional Medical Center. "We have made and continue to make a significant commitment to advanced cancer services in our communities. We are proud to offer state-of-theart technologies that enable our staff and physicians to provide the highest quality of care available, with the comfort of being close to home."

Additionally, surveyors praised community work done increasing colorectal cancer screenings and awareness education. This goal was established after community surveys that indicated a high rate of late stage colorectal cancer in our area as well as barriers to care. Following the surveys, MRMC's physicians and Mission Hope together created more outreach and enhanced programs which has resulted in significant

drop in the percentage of Stage IV colorectal cancer and an increase in detecting Stage I and Stage II cases. Not only have outcomes from

the outreach campaign shown a profound and steady climb in colonoscopy screening numbers locally, but the accreditation body stated that outreach to our community through our monthly community calendar is a best practice for cancer prevention screening numbers.

The CoC is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through standard-setting, prevention, research, education, and the monitoring of comprehensive quality care.













COLLEGE OF SURGEONS

A QUALITY PROGRAM of the AMERICAN COLLEGE OF SURGEONS





