



Rideout Cancer Center

CANCER NETWORK

Happy Retirement Susan!

Cancer Center Staff:

Administrator

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Director of Nursing

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Cancer Program Coordinator

Glenda Farrell, CTR

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Rideout Cancer Center has been opened nearly sixteen years and its Administrator has been here since inception. Susan Vague was hired in the spring of 2000. She came from Riverside, California where she worked at the Redlands Cancer Center, Radiation Oncology Department. Susan applied for the Executive Director position of the new Rideout Cancer Center because it was a great opportunity and presented a new challenge in her career. When she arrived in Marysville, the Cancer Center was under construction. Grand opening was September 11, 2000. It was a special day for the community because so many patients were travelling out of town for their cancer treatments and now their care would be close to home.

Rideout Cancer Center is a joint venture between Rideout Health and UC Davis Health System, and serves as a model for other advanced cancer care centers in the region, the foundation of the UC Davis Cancer Care Network.

Susan was born in Orange, California. She traveled to various states because of her father's military commitments. She settled in Southern California to pursue a career as a licensed Radiation Therapist, and certified by the American Registry of Radiologic Technicians (AART). Susan also holds a Bachelor of Arts degree in Healthcare Management from Ottawa University, Kansas. She has been married to the love of her life, Russ for almost 35 years. Their family includes Henry and Lucy, their pet poodles. After Susan retires, she looks forward to traveling with her husband, home projects, reading and gardening. I know Susan is grateful for the unique opportunity she received. Rideout Cancer Center has made a difference in the lives of cancer patients, and the work that started years ago will continue to help patients for years to come.

Congratulations on a job well done and a retirement well deserved!

Written By: Nancy Kirkpatrick, Retired Executive Secretary



Rideout Cancer Center's Annual Survivor Party!

Thursday, May 26th from 6-8 pm

Join us in the Cancer Centers' Garden for Fun, Food, & Games!

Clinical Trials Update

Written by: Ofilio Vigil, CCRP

Colorectal cancer is the third most commonly diagnosed type of cancer in both men and women in the United States. According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths. However, this rate has been dropping in both men and women for several decades and the number of colorectal cancer survivors continues to grow - currently estimated by the ACS to be more than one million individuals. Successful colorectal cancer screenings resulting in earlier treatment for disease is one of the likely reasons for the increase in colorectal cancer survivorship. Rideout Cancer Center (RCC) is committed to reducing the number of late stage colorectal cancers in our community by establishing a screening program.

Treatment for colorectal cancer, even for late stage disease, has improved over the last few decades. An emerging area of research for new treatments is Targeted Therapy. In this field, researchers are exploring treatments that affect specific parts of cancer cells that make them different than other cells. For example, investigations of kinase inhibitors as a way to increase the overall survival in metastatic colorectal cancer are ongoing. Kinases are a type of protein on or near the surface of a cell that transmit important messages to a cell's central center and blocking of that pathway could stop the growth of cells. Uncontrolled growth is a necessary step for the development of cancers. In colorectal cancer, a kinase pathway defect can lead to uncontrolled growth. Drugs that inhibit steps in that pathway could prove to be potential cancer treatments. In addition, these "defects" have been shown to be associated with specific genetic tumor mutations which patients could be tested for before starting treatment. The hope is that this type of "personalized" cancer treatment will be more effective in slowing/stopping cancer growth.

Clinical Trials are not only a method for exploring new treatments in colorectal cancer but are also an important option for those seeking treatment. Through its membership in the UC Davis Cancer Care Network, RCC offers interested and eligible patients an opportunity to join several clinical trials. RCC is currently enrolling patients in two clinical trials focused on advanced or metastatic colorectal cancer. One of them aims to study patients' response to standard of care treatments. The other clinical trial is investigating whether a new Targeted Therapy treatment is better, the same, or not as effective than the usual approach. In this trial, patients will have their tumor genetically tested and if their tumor has the BRAF mutation then they may be eligible to participate. The targeted therapy would include the use of the selective kinase inhibitor vemurafenib.

If you are interested in learning more about colorectal cancer clinical trials, please ask your physician or contact **RCC Clinical Trials Coordinators at 530-749-4400 extension 1579 or 1685.**

Meet Rideout Cancer Center's newest Clinical Research Coordinator



Ofilio is a Certified Clinical Research Professional and has been involved in clinical research for over 7 years. His work in the past has focused on Psychiatry, HIV, and neuropsychology. Most recently, he worked at UCSF as a clinical research coordinator managing a clinical research lab. Ofilio lives "up the hill" from Rideout Cancer Center where he enjoys hiking and backpacking in the Sierra Nevadas.



Colorectal Awareness

**MARCH IS NATIONAL COLORECTAL
CANCER AWARENESS MONTH**

PREVENTABLE • TREATABLE • BEATABLE

*Colorectal Cancer is the 3rd most common diagnosed cancer in men and women in the US according to the American Cancer Society data.

*If you have a change in bowel habits, blood in stool, abdominal cramping or pain, unintended weight loss, or a strong family history of colorectal cancer see you doctor.



Come out to New Earth Market located in Yuba City on **March 5th** to Celebrate Dress In Blue Day! Rideout Cancer Center will have a booth with Colon Cancer Information and Prevention.

Don't forget to wear you BLUE!!!

Colorectal Screening

Screening is the #1 way to prevent colon cancer because it finds cancer in the early stages, or, before it even has the chance to grow or develop according to the Colon Cancer Alliance.

Adults should start screening with a colonoscopy at the age of 50, or earlier if you are at a higher risk.



Relay For Life



Relay For Life is an event where communities come together to honor cancer survivors, remember loved ones lost, and to fight back against cancer. Relay for Life events can last up to 24 hours as teams camp out and walk or run, because Cancer never sleeps. Relay for Life takes place in more than 5,200 communities in over 20 countries. This event is a fundraiser for the American Cancer Society, which raises more than \$400 million each year. The funds are used to invest in research and to provide free information and services to cancer patients and their caregivers.

For more information please visit: www.relayforlife.org or visit your local American Cancer Society office.

Local Relay For Life Events:

Live Oak: April 16, 2016 at Live Oak High School

Gridley: April 30, 2016 at Butte County Fairgrounds

Lincoln: May 14, 2016 at Lincoln High School

Oroville: May 15, 2016 at Oroville High School

Wheatland: May 20, 2016 at Bear River Middle School

Yuba City: May 21, 2016 at Gray Ave School Track

Nevada County (Grass Valley) June 4, 2016 at Sierra College

Colusa: August 6, 2016 at Colusa County Fairgrounds

Wellness Classes

The Rideout Cancer Center will be holding a new Wellness Series beginning in March. The series will be held monthly on the 2nd, 3rd, and 4th Wednesdays of every month from 11 a.m. to 12 p.m. in the Cancer Center's Wellness room. Anyone is welcome to attend and there is no need to sign up. Classes will be facilitated by our Medical Social Worker, Mindy Johnson.



Class 1: Anxiety Reducing Techniques- Anxiety is the most reported emotional challenge experienced by patients at Rideout Cancer Center. To help patients and family members address this, participants will learn how to identify and respond to anxiety using proven techniques. We will practice the various methods in class and the participants will leave with tools to help them cope with their anxiety.

Class 2: Diet and Nutrition- We will review diet and nutrition specifically for cancer patients. Healthy recipes will be provided along with a cooking demonstration on how to prepare healthy food. A light lunch and dessert is provided during the course.

Class 3: Cancer Transitions- Transitions during cancer treatment often cause emotional challenges for patients. Participants will learn how to prepare for the transitions and leave with an individualized transition plan.

Cancer Registrar Week



Cancer Program Staff and Certified Registrars: (from left) Jennifer Perkins, Glenda Farrell, and Tara Clune Taylor

A Look Ahead

Bok Kai Festival March 12-13: The 136th Annual Bok Kai Festival is a Chinese-American ritual also known as Bomb Day. The celebration honors Bok Eye, the Chinese water god believed to protect this city, situated at the juncture of two major rivers, from flooding. Located in downtown Marysville, with the Parade kick off at 11 am on March 12th.

Colusa Indian Community Center Health Fair March 31: This Health Fair will be held from 10am-2pm. Located at 3740 Hwy 45, Colusa, CA 95932

Bike Around the Buttes April 16: 31st Annual benefit for the Yuba-Sutter Children's Type 1 Diabetes Support Group and Research Center. For more information or to register for the event call (530) 763-4171 or visit www.bikearoundthebuttes.com

Fairway to Health Golf Tournament May 5-6: 26th Annual Golf Tournament is a fundraiser for Rideout Health Foundation. This years proceeds will go to benefit Rideout Regional Medical Center's Neonatal Intensive Care Unit to help purchase new state of the art equipment. This event will be held at Peach Tree Golf & Country Club in Marysville. For more information please visit www.frhg.org or call (530) 751-4070.



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