



RIDEOUT
HEALTH

Rideout Cancer Center

CANCER NETWORK

Cancer Center Staff:

Administrator

Susan Vague, RT (T)

Director of Nursing

Joy Morgan, RN, OCN

Cancer Program Coordinator

Glenda Farrell, CTR

Medical Oncologists

David Harrison, MD

Hoa P. Nguyen, MD

Pamela R. Oster, MD

Brady Miller, MD

Radiation Oncologist

Charles Wilkinson, MD

Rideout Cancer Center would like to welcome two new staff members to our Radiation Department

C. Michael Wilkinson, M.D. began his role of Medical Director of Radiation Oncology at Rideout Cancer Center in September, 2014. Dr. Wilkinson attended medical school at the University of Michigan. He completed his residency at the University of Iowa Hospitals and Clinics, and Wayne State University. He is board certified in Radiation Oncology by the American Board of Radiology. He actively uses all the most recent technologies, including IGRT (image guided radiation therapy), SRS (stereotactic radiosurgery), and SBRT (stereotactic body radiotherapy), as well as having years of experience with HDR (high dose rate) brachytherapy for breast, uterine, and cervical cancers. For the last 10 years he has been a NCI certified investigator who has enrolled patients into RTOG trials as well as Clinical Community Oncology Program trials. He enjoys his free time by camping and horse-back riding with his twin daughters as well as snow skiing, mountain biking, backpacking, fishing and water sports.



Patsy Curneil, RN Patsy has lived in the Yuba Sutter area since she was 6 years old--so almost a native! She has worked at Rideout Hospital for 35 years--the only place she has ever worked, until transferring to the Cancer Center in January 2015. She has been married to her husband, Frank, for 29 years, and they have 3 cats (no kids). They love to travel and Scuba dive, so many of their vacations are to warm, sunny tropical beaches (the next one is scheduled for April)! During her time off she loves to read, play computer games, and garden.

Inside this issue:

Cancer Registrars Corner 2

Coping with depression/
Clinical Trial Update 3

Wellness 4

Community 5

A Look Ahead 6

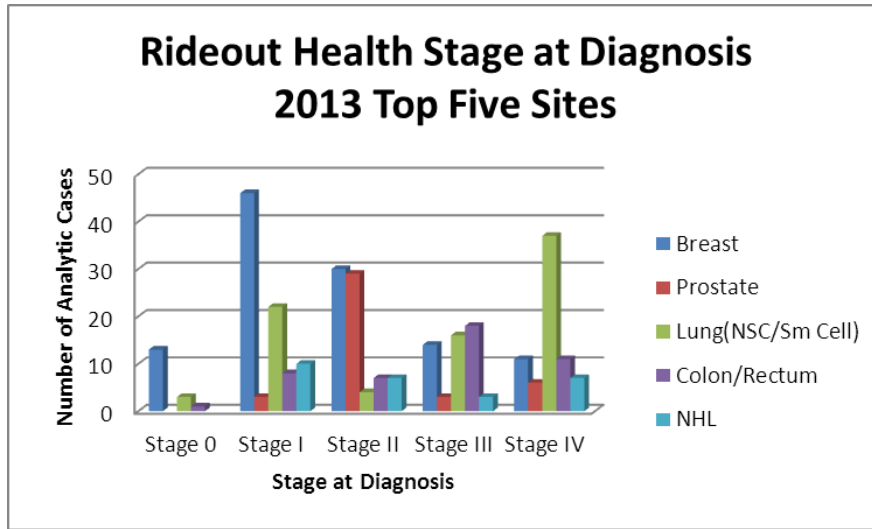
World Cancer Day 2015 February 4th!



Cancer Registrar Corner

Rideout Health Cancer Registry

2013 Report Card



Percentage of New Cancer Cases For the Top Five Cancer Sites at Rideout Health Between 2009-2013

Disease Site	2009	2010	2011	2012	2013
Breast	19%	22%	16%	18%	22%
Prostate	13%	11%	9%	9%	9%
Lung(NSC/Sm cell)	19%	18%	17%	17%	17%
Colon/Rectum	8%	7%	11%	10%	10%
NHL	5%	3%	4%	5%	6%

Comparing “Expected” New Cancer Cases Diagnosed in 2013 (Nation, California State, Yuba/Sutter Counties) with Rideout Health Actual Percentages for Newly Diagnosed Analytic Cancer Cases in 2013 and the National Cancer Data Base (NCDB) 2011⁺

Disease Site	Nation	State	Counties	RH	NCDB
Breast	14%	15%	15%	22%	29%
Prostate	14%	14%	13%	9%	18%
Lung(NSC/Sm cell)	14%	11%	15%	17%	23%
Colon/Rectum	9%	9%	8%	10%	14%
NHL	4%	4%	3%	6%	5%

Coping with Depression and Sadness

By Gayle Lukeman, MFT

Sometimes feelings of depression and sadness come over us like ocean waves. After a few minutes they subside. Recognizing that they often pass in a few minutes can help. Some of the best tools for managing these feelings include taking a deep breath, bringing your attention into the present moment and thinking about people or even pets you love who love you. You can do the happiness exercises: Recall 3 things that went well today, 3 things you are grateful for, and do a random act of kindness for someone. These come from the book, *The How of Happiness*, by researcher Sonja Lyubomirsky. For specific memories that intrude and generate sadness you might want to learn how to do EFT (Emotional Freedom Technique). This is a simple tapping exercise while you say a phrase. There are many websites and you tube videos on the internet that teach this easy to use technique. My favorite EFT exercise is ‘tell the story.’ It is most effective at removing a memory that might be causing sadness. You can learn to do this at this web address: www.emofree.com. If these ways of responding to feelings of depression and sadness don’t help or if feelings of depression are more long term and pervasive consider seeing a mental health therapist. Therapists are adept at listening and helping to resolve issues that can be the cause. Yoga has been proven to reduce feelings of depression. If you are experiencing grief from a loss remember that grief is a healing process that takes time and is helped by self-care and care from friends and family. Grief groups can be very valuable in recovering from loss. If you have thoughts of suicide please call a suicide hotline right away such as 1-800-273-TALK or Sutter-Yuba Mental Health Psychiatric Emergency Services at 673-TALK. These trained support persons will assist you. Thoughts of suicide indicate deep stress, emotional pain and feelings of loss that need immediate care and attention. Depression can have physical causes too so a visit to your doctor can also be important.

Clinical Trials Update



Each year the Cancer Care Network sets an accrual goal for patients enrolled into a clinical trial. This past years goal was 14 patients in 2014. Rideout Cancer Center exceeded that goal by enrolling 23 patients in clinical trials!

Rideout Cancer Center now has two certified clinical research professionals, Steve Swaim, CCRP and Richard Jovan, CCRP

For more information on clinical trials please contact: Steve Swaim at 530-749-4400 x 1579 or Richard “RJ” Joven at 530-749-4400 x 1685



Left: Richard “RJ” Joven
Right: Steve Swaim

“Lymphedema”-Listen to Yourself

By Kimberly Vernier, PTA, CLT

When starting treatment for cancer you are given handouts and brochures detailing potential side effects that may occur as a result of treatments such as surgery, radiation, or chemotherapy. You hear the word lymphedema, a foreign word that is unrecognizable and hard to pronounce. You may wonder what is lymphedema and what can I do about it? We are here to help you! Lymphedema is a side effect that can result from treatment of multiple types of cancer including breast cancer. Detecting the early warning signs of lymphedema can help you to manage symptoms and prevent the condition from becoming more serious.

Examples of early warning signs of lymphedema:

-Swelling, tight skin, heaviness, clothing or jewelry that fits tighter on the affected side, a tight pulling sensation in the armpit when raising arm overhead, bursting or shooting pain, a thin rope like cord extending into the affected arm or in armpit, color changes or a rash in the affected limb, decreased motion of affected limb, itching or burning sensation, and pain or tightness in the chest, underarm or affected limb.

*The most common sign of lymphedema is swelling in the affected limb or trunk.

The great news is that with proper care you can control lymphedema and prevent lymphedema from becoming serious. If you have any of the above symptoms you should speak with your doctor about local treatment options that we have available. The Lymphedema Clinic is located in the Fremont Medical Center in Yuba City. We have two therapists who specialize in Oncology rehabilitation including lymphedema. We will not only help you pronounce the word lymphedema, but also help you manage your symptoms and prevent the condition from becoming more serious. Signs and symptoms of lymphedema can be subtle so listen to your body. You are your greatest advocate! Our hope is that one day you will be able to say “I am better, I am stronger, and I am more resilient than I ever was before.”

For more information about lymphedema or cancer rehabilitation in our area you may call or visit us online: kvernier@frhg.org or 530-751-4715

Nutrition

- ¼ cup olive oil
- 4 cups carrots, chopped
- ½ cup shallots, chopped
- 6 cups low-sodium vegetable stock
- 1 cup orange juice
- Salt and pepper to taste

Carrot & Orange Soup

1. In a medium pot, heat olive oil over a medium high flame. Add carrots and shallots to the pot, cook a minute, then lower the flame to medium and sweat until soft, about 5 minutes.
2. Pour in vegetable stock, raise the flame to medium high and bring to a simmer. Cook for about 15 minutes, or until the carrots are cooked through and soft.
3. Remove the soup from the heat. Pour soup into a blender and puree until smooth. Blend hot liquids in batches with the vase filled only half way up. Hot liquids expand in the blender and can blow the top off and scald.
4. Stir in orange juice to pureed soup and season with salt and pepper to taste.



Community Spotlight



Left: Susan Vague, Administrator, Right: Nancy Kirkpatrick

Happy Retirement Nancy!

The Rideout Cancer Center would like to wish Nancy Kirkpatrick a very happy retirement! After working for Rideout for over 26 years and as the Cancer Center Executive Secretary for 8 years we are saying goodbye. Nancy plans to continue her love of travel with her wonderful husband, Steve. She also plans to spend time with her family and her 8 grandchildren! Nancy will be greatly missed by all.

A Patient's Story

Life After Treatment by Debi Lambert

The giant wooden doors of the Cancer Center closed behind me. An overwhelming heavy sigh and lost feelings erupted from my thoughts. The same feeling when I started my journey in October 2012. The “unknown” struck again. The loss of friends from the center were felt as I opened my car door. “What do I do now that my life after chemo and doctor’s appointments were done?” Near tears, I sat in my car contemplating my life.



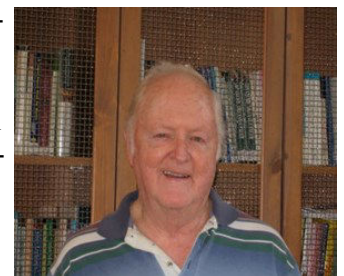
“Pull it together Debi!” It came to me, that my life will continue to be as busy now, as I was in treatment, just calmer. I was and will still be involved with Cancer Support Group at the Center, giving time to fundraisers, public speaking, parades, and so much more with the amazing people I’ve met. I also co-share care for my Father (a stroke patient) and this keeps me busy. Sitting with Dad allows me time to paint ribbons and encouraging words for other cancer patients. My life after treatment hasn’t changed, because I’m still the same person, only better due to cancer. Now, I’m off on another journey..... reconstruction! So, this is the beginning to the end in a good way!

Our Volunteers

2015 American Cancer Society Lane Adams Quality of Life Award Winner

Mike Fortwengler, a driver and coordinator of Road to Recovery, a free program offered by the American Cancer Society Cancer Center and also a volunteer at the Rideout Cancer Center has received the 2015 American Cancer Society Lane Adams Quality of Life Award. This award recognizes the “unsung heroes” of cancer care who provide what Lane W. Adams affectionately called the “warm hand of service.”

As an award recipient, Mike has attained a unique place of excellence among colleagues who provide compassionate care and support to individuals with cancer. Mike, a cancer survivor himself and a US Navy Veteran battled bladder cancer in 1996. He said, “I was part of a very aggressive clinical trial and went from 225 pounds to 140 pounds. I know how cancer patients feel. I can relate to them.” On January 15, 2015, Mike received the Quality of Life award during a luncheon at the American Cancer Society Nationwide Volunteer and Staff Leadership Summit in Atlanta, Georgia. Congratulations Mike on this well-deserved and prestigious award. Thank you for your exemplary work in cancer care!



Look Ahead

Dress in Blue Day March 6: Rideout Cancer Center in Partnership with North Valley GI will be hosting the Strollin' Colon to help bring awareness to colorectal cancer. Please join us from 10 am—2 pm at 870 Shasta St in Yuba City for colorectal information and light refreshments. Don't forget to wear your **BLUE!**

Fight for Air Climb April 11: Experience the climb of your life set in prominent skyscrapers throughout California, the Fight for Air Climb is a unique event for those ready to conquer the disease. For more information or to sign up : CLIMBSacramento@lung.org or call (916) 585-7664

Bike Around the Buttes April 18: 30th Annual benefit for the Yuba-Sutter Children's Type 1 Diabetes Support Group. For more information call (530) 763-4171 or www.bikearoundthebuttes.com

Oral Cancer Screenings : TBD

Relay for Life June 13-14 (Yuba/Sutter): please visit your local American Cancer Society for details for local events. www.cancer.org



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