



Rideout Cancer Center

CANCER NETWORK



8th Annual Cancer Survivor Party “Finish Strong”

Cancer Center Staff:

Administrator

Margaret Murphy, MBA

Director of Nursing

Joy Morgan, RN, OCN

Cancer Program Coordinator

Glenda Farrell, CTR

Medical Oncologists

Amandeep Gill, MD

David Harrison, MD

Brady Miller, MD

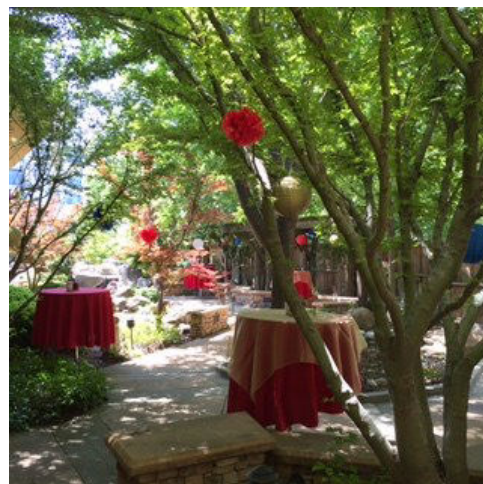
Hoa P. Nguyen, MD

Pamela R. Oster, MD

Radiation Oncologist

Charles Wilkinson, MD

On May 26th the Rideout Cancer Center hosted the 8th Annual Survivor Party with a derby theme “Finish Strong”. Survivors and guests were welcomed by our new Administrator, Margaret Murphy. Dr. Amandeep Gill, opened the party with a heartwarming speech about why he choose to be a medical oncologist. Guests were able to eat delicious appetizers, play games, and enjoy fun raffle give-a-ways. A picture taking event was the highlight of the party, as survivors were able to leave with them a photo of themselves and their loved ones. Art work was on display throughout the Cancer Center, loaned to us for a week from Lily Oncology on Canvas. The artwork was



created by cancer patients and caregivers. We had very special guests for the event as we were all treated to some live entertainment from the Marysville Stampede. Amazing longhorn cattle lined the streets followed by the Wells Fargo stagecoach driven by beautiful Clydesdale horses as they paraded right past the Cancer Center headed to Beckworth Riverfront Park to kick off the rodeo. The Marysville Stampede raised money for the Rideout Cancer Center’s Discretionary Fund which help patients with expenses during treatment.

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Art work from Lily Oncology on Canvas



Table centerpieces



Dr. Gill and Dr. Nguyen

Community Spotlight

Meet Margaret Murphy Our New Cancer Center Administrator



Margaret Murphy, Cancer Center Administrator

With over 25 years of radiation oncology experience, first as a therapist, then as a dosimetrist, and the last 15 years in executive leadership. She is passionate about excellence in patient care delivery and systematic processes that ensure the best care.

Her experience includes steering large, multi-million dollar healthcare revenue environments. Margaret's proven strengths lie in building cohesive multi-disciplinary teams and establishing high performance standards, significantly improving the workplace by applying a systematic and practical approach. She is a proven catalyst for several highly successful award-winning projects utilizing Lean Six Sigma methodologies, resulting in millions of dollars in denials reduction and cost avoidance.

Margaret earned her MBA from St. Mary's College in Moraga, California. She has both a Black Belt in Lean Six Sigma and her Certification for Manager of Quality and Organizational Excellence through the American Society for Quality.

She has lived in Paradise for 8 years and enjoys fly fishing, quilting and music.

ACS Partnership

American Cancer Society Wig Bank Program

Rideout Cancer Center will be hosting a **FREE** wig bank to all cancer patients regardless of income or health insurance status in the Library of Life. Please contact our Medical Social Worker for more information.

Wednesday, July 13th
Wednesday, July 27th

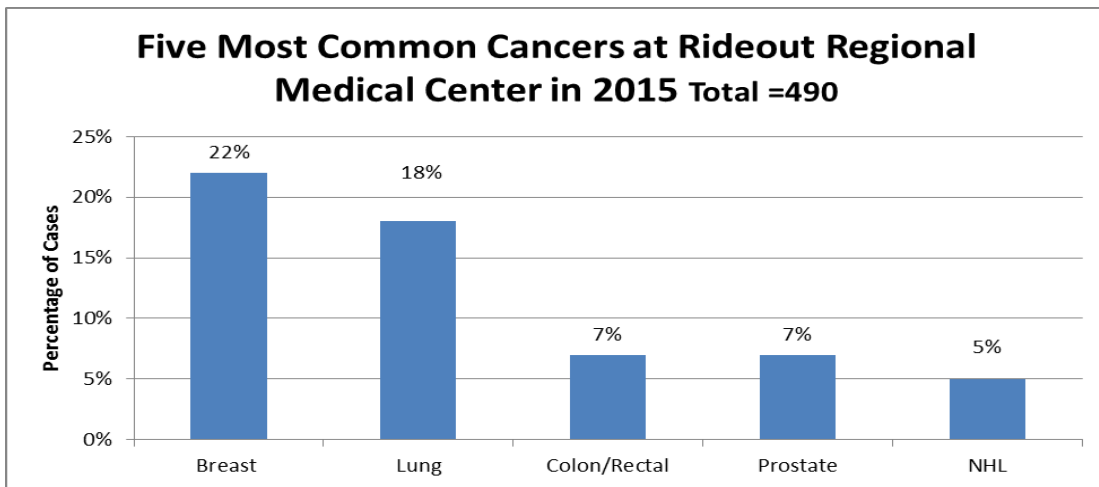
Wednesday, August 10th
Wednesday, August 24th



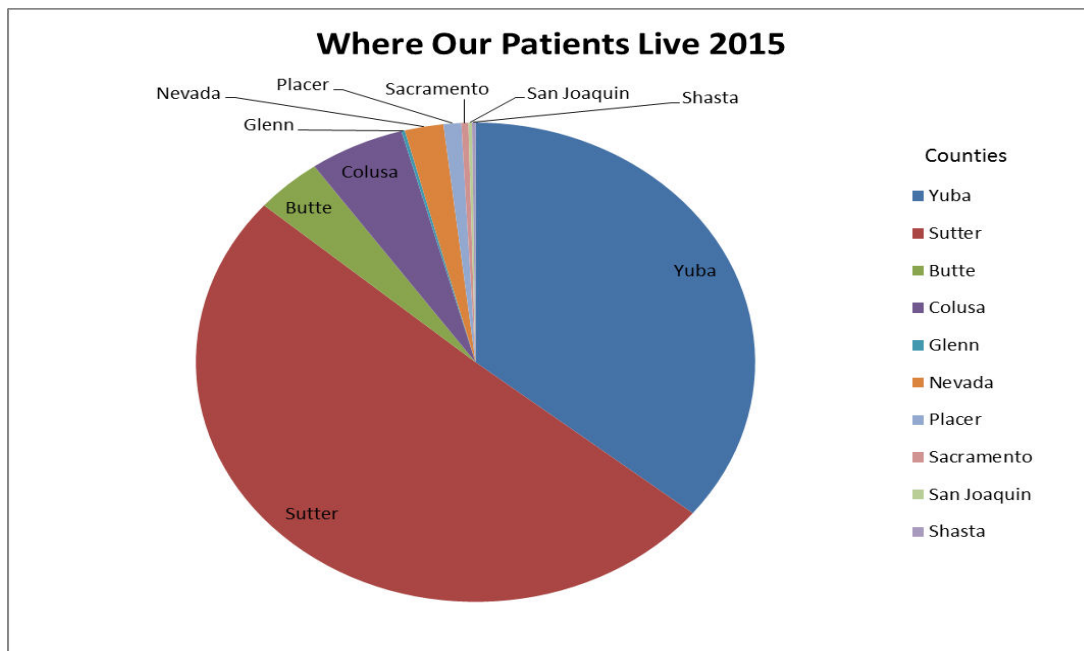
Cancer Registry Corner

Rideout Health’s Cancer Center and UC Davis Medical Center are partners which ensures quality and the most up to date treatment available and is accredited by the American College of Surgeons Commission on Cancer.

The most common type of cancer in the USA is breast cancer, with more than 249,000 new cases expected in the United States in 2016. The next most common cancers are lung cancer and prostate cancer and colon/rectal cancer. This chart shows the most prevalent type of cancers in our community which are similar to national data.– Taralyn Clune-Taylor, CTR



Distribution of patient residency: “Cancer Care Close to Home” is Rideout Health’s (RH) Cancer Center’s motto. This chart confirms the majority of our patients are from Yuba and Sutter counties. Residents of neighboring counties are also seen at RH.



Sun Safety

Summer is a time to get out and enjoy the warm weather, but make sure that you are protected. Follow these tips from the American Cancer Society for Sun Safety!

“Slip! Slop! Slap! & Wrap!”

- * **SLIP** on a shirt
 - dark tight woven clothing
- * **SLOP** on sunscreen
 - SPF of 30 or higher recommended
 - Slather 1 oz. of sunscreen per application
 - Apply 15 minutes before exposure and reapply every 2 hours or after swimming perspiring, or toweling off
- * **SLAP** on a hat
 - large brimmed hat recommended to help cover face
- * **WRAP** sunglasses to protect eyes and skin
 - ensure sunglasses block UVA and UVB rays



Skin Cancer Awareness

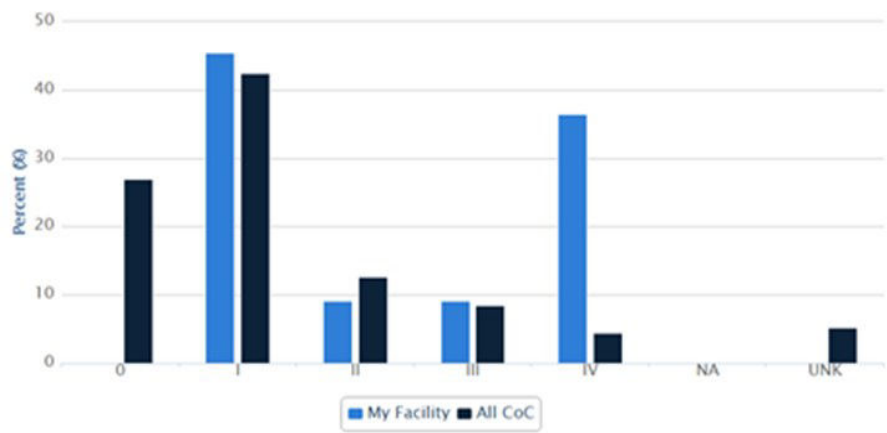
Skin Cancer is the most common cancer with 5.4 million cases diagnosed in 2015 according to the American Cancer Society.

Risk Factors

- * too much exposure to UV radiation (Sunlight & tanning beds)
- * pale skin (sunburns easily or with natural red or blond hair)
- * family history of skin cancer
- * multiple or unusual moles
- * severe sunburn in past
- * weakened immune system
- * exposure to chemicals

Follow up with your physician if you feel you are at risk

Stage Distribution - Melanoma Cancer Diagnosed in 2013
My Facility vs. All CoC



	0	I	II	III	IV	NA	UNK
My Facility	0 % (n=0)	45.5 % (n=5)	9.1 % (n=1)	9.1 % (n=1)	36.4 % (n=4)	0 % (n=0)	0 % (n=0)
All CoC	26.9 % (n=14107)	42.4 % (n=22254)	12.6 % (n=6629)	8.5 % (n=4467)	4.4 % (n=2332)	0 % (n=2)	5.2 % (n=2716)

Nutrition

Healthy Summer Eating

By Jennifer Stein RD, Rideout Health Outpatient Dietitian

Good nutrition is important if you or a loved one has cancer. As the summer temperatures have risen, barbecue meals can be a fun way to cook your food without heating up your house. Keep ready-to-eat meals and snacks available to make meal and snack time less work and let friends and family help with barbecue meal preparation. Drink beverages between your meals and avoid drinking fluids with your meals if you have a poor appetite. Food safety is important during the summer, especially for people with compromised immune systems, it is important to remember to wash hands thoroughly before, during and after food preparation. Clean your grill prior to each use to reduce exposure to bacteria. Always marinate foods in the refrigerator; never at room temperature on the counter. Do not leave perishable foods outside in hot weather (90°F or above) for more than one hour to prevent the growth of harmful bacteria. Also, use a food thermometer to make sure that your meats are grilled to a safe internal temperature to have destroyed harmful bacteria. A healthful barbecue should be built around fruits and vegetables which are high in antioxidants and fiber. Fill half of your grill with fruits or vegetables along with the meat that you are grilling. This can include Portobello mushroom burgers that have been marinated, cook for about 15 minutes or until softened. Create colorful vegetable kabobs using any combination of bell peppers, onions, zucchini, eggplant, cherry tomatoes and mushrooms. Brush the kabobs with olive oil and grill for about 12 minutes or until tender. Create flavorful desserts by grilling pineapple, peaches or nectarines until slightly golden and then serve on frozen yogurt or angel food cake. You can even try grilling watermelon slices for about 30 seconds and then drizzle with honey, lime and a pinch of salt.

Some material referenced from www.eatright.org













A Look Ahead

Yuba-Sutter Fair Aug 4-7: 442 Franklin Ave, Yuba City Fairgrounds. For more information visit ysfair.com or call 674-1280.

Movie in The Park July 9: Enjoy a family evening in the park watching Zootopia (PG) on the lawn. Located at Twelve Bridges Park, 2450 Eastridge Dr, Lincoln. 5:30-10 p.m. Movie starts at sundown. FREE

Look Good, Feel Better July 11 & Aug 8: FREE program from the American Cancer Society designed for woman dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your experience while undergoing treatment. Please call 1-800-227-2345 or visit the Rideout Cancer Center's social worker.

Calendar of Cancer Awareness Months			
January Cervical Cancer Awareness 	February National Cancer Prevention Month Gallbladder and Bile Duct Cancer Awareness 	March Colorectal Cancer Awareness Kidney Cancer Awareness Multiple Myeloma Awareness 	April Testicular Cancer Awareness Esophageal Cancer Awareness Head and Neck Cancer Awareness 
May Melanoma and Skin Cancer Awareness Brain Cancer Awareness 	June National Cancer Survivor Month 	July Sarcoma Awareness Bladder Cancer Awareness 	August
September Childhood Cancer Gynecological Cancer Leukemia/Lymphoma Ovarian Cancer Prostate Cancer Thyroid Cancer Awareness 	October Breast Cancer Awareness Liver Cancer Awareness 	November Pancreatic Cancer Lung Cancer Stomach Cancer Carcinoid Cancer Awareness Caregivers Month 	December