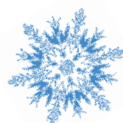


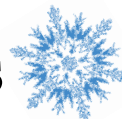


Rideout Cancer Center

CANCER NETWORK



Cancer and Holiday Celebrations



excerpts from Journey Of Hope

Cancer Center Staff:

Administrator

Margaret Murphy, MBA

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

Inside this issue:

Wellness Classes **2**

Clinical Trials **3**

Open Clinical Trials **4**

Nutrition & Co-Pay Assistance **5**

A Look Ahead & Resources **6**

The holiday season is typically a time of traditions, celebrations, and renewed connections with family and friends. It can also be a challenging time of family obligations and stress.

If you're ministering to or supporting someone who is fighting cancer, the holidays become even more complicated. The cancer patient may experience a mixture of complex and conflicting emotions, including excitement, sadness, worry, exhaustion, hope, and uncertainty. It can be difficult to balance these complex feelings with the holiday spirit.

Adjusting to a New Season

Amidst the joy and festivity of the holiday season, the cancer patient may feel different inside. While loved ones struggle to make the holidays as pleasant as possible, the cancer patient may worry about being a burden, or disappointing them if he or she doesn't share in the expected holiday cheer.

In addition, the effects of cancer and cancer treatment may make the patient look and feel out of sorts. He or she may feel self-conscious about appearance or worried about having the strength and energy to participate in holiday activities. S/he may also worry about being treated differently. Even though the patient feels like things have changed, s/he may not want others to dwell on the cancer or take pity on him or her.

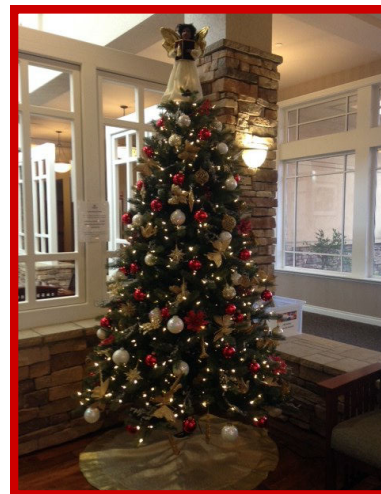
Finding A Way to Celebrate

Cancer doesn't happen to just one person. It happens to family members and friends as well. During the holidays, cancer can challenge each one in different ways. Therefore, as the patient copes with cancer this holiday season, communication with loved ones becomes essential. It is also important to keep in mind that there is no right or wrong way to handle the holidays. The cancer patient needs to discover what works best for him/her.

Tips for Coping with Cancer During the Holidays

- **Prepare yourself emotionally.**
- **Keep it simple.**
- **Don't pressure yourself to prepare a big meal**
- **Find different ways to shop.**
- **Pace your activities.**
- **Know your physical limitations.**
- **Let people help you.**
- **Discover new traditions.**
- **Share your feelings.**

And remember what the season means to you.



Wellness Classes

Start the New Year Off Right with these Great Wellness Classes



Rideout Cancer Center General Support Group

Every Thursday 11:30 a.m.—12:45 p.m. in the Cancer Centers' Library of Life

American Cancer Society Wig Day

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



“Look Good, Feel Better”

The American Cancer Society offers a **FREE** session to learn and cope with appearance related side effects from chemotherapy and to regain a sense of self confidence monthly. Please see social worker, to register.

Cancer Transitions Class

Learn how to be successful as you transition to life after cancer. Patients will create an individualized transition plan. Please visit with our Oncology Educator or Social Worker for more information.

Art & Meditation Class

Come and let your creativity flow and learns way to relax. Fridays from 10-12 pm. Open to everyone.

Clean Break Smoking Cessation Classes

Classes are held at the Rideout Cardiac Rehabilitation, 401 I St., Marysville, CA. For more information and Registration call: (530) 741-3840. All classes are **FREE**.



Clinical Trials

Helping you, helping others.

Rideout Health (RH) Cancer Center in partnership with UC Davis Medical Center benefits our community and patients by providing clinical trials and access to the latest cancer treatments. By participating in a clinical trial our patients play a more active role in their own health care. Clinical trials improve the lives of patients everywhere.

Clinical trials are varied in their purpose. Some clinical trials experiment with new drugs while others use new combinations of proven drugs to their best advantage.

Why would I enroll in a clinical trial? The first reason to enroll is that you have access to the new, upcoming treatments available which show great promise. The second reason is studying how you benefit from a drug regimen will help other patients receive these treatments, sooner. ***This is helping you, helping others.***

Am I eligible for a clinical trial? Not all patients meet the criteria to be placed in a particular drug study. Meeting the criteria is good news for you, your cancer and prognosis. In cancer clinical trials, no patient goes without treatment. The best standard of care is always provided. Clinical trials are routinely monitored for the efficacy of the drugs.

Are there risks in enrolling in a clinical trial? Risk and benefits have been reviewed assuring that patient participants are protected. Because clinical trial protocols require regular medical examinations and physician visits, your treatment is consistently evaluated for the intended results.

Are there added costs? Clinical trials are paid for by your insurance provider or paid for by a sponsor of the specific drugs.

Here at RH Cancer Center we have two dedicated staff members from UC Davis that meet with you and discuss all the information about your clinical trial. Family and friends are encouraged to participate in this important decision. Richard Jovan, CCRP, is a registered clinical trials expert who has been working at RH Cancer Center for over 10 years. Ofilio Vigil, CCRP has worked at UCSF as a clinical research coordinator managing a clinical research lab before joining the RH Cancer Center 2 years ago.



Richard "RJ" Jovan and Ofilio Vigil

Clinical Trials

Open Clinical Trials at RCC

LUNG

A151216 (ALCHEMIST): Stage IB (≥ 4 cm), II, IIIA resectable non-squamous NSCLC. Patients might enroll in **E4512** (ALK-rearranged; crizotinib vs. placebo) or **A081105** (EGFR mutant; erlotinib vs. placebo)

S1400 (LUNG-MAP): Stage IV squamous cell NSCLC; not EGFR mutant; not ALK-rearranged; biomarker profiling through Foundation Medicine. Patient will enroll in biomarker matched sub-studies

RTOG-1306: Stage III NSCLC; newly diagnosed and unresectable; non-squamous; EGFR mutant and/or ALK-rearranged. EGFR cohort: randomized to either Erlotinib induction followed by concurrent chemo/rad or concurrent chemo/rad; ALK cohort: randomized to either Crizotinib induction followed by concurrent chemo/rad or concurrent chemo/rad

S1507: KRAS Mutation positive Stage IV or recurrent NSCLC with progressive disease following one or two prior systemic therapies. Patient will be treated with Trametinib and Docetaxel until progression or unacceptable toxicity.



GENITOURINARY

S1314: Newly diagnosed Stage CT2-T4a N0M0 urothelial carcinoma. Prior to cystectomy, randomized to neoadjuvant gemcitabine+cisplatin or dose-dense methotrexate+vinblastine+doxorubicin+cisplatin

S1216: Newly diagnosed metastatic hormone sensitive adenocarcinoma of the prostate with PSA ≥ 2 ng/ml; no brain metastases. Randomized to LHRH agonist+TAK-700 or LHRH agonist+bicalutamide

RTOG-0924: Moderate to high risk prostate cancer. Patients randomized to neoadjuvant ADT + prostate & seminal vesicle RT + boost to prostate & proximal seminal vesicles OR neoadjuvant ADT + whole-pelvic RT + boost to prostate & proximal seminal vesicles

BREAST

S1207: Invasive Breast Carcinoma; not metastatic; positive estrogen and/or progesterone; negative HER-2; "high risk". Patients will be randomized to receive either everolimus or placebo

A011203: Metastatic estrogen positive and HER-2 negative in postmenopausal women. Patients randomized to receive either Z-Endoxifen HCL or Tamoxifen

NRG-BR003: Node-Positive or High-Risk Node-Negative Triple-Negative Invasive Breast Cancer; post mastectomy/lumpectomy. Patients randomized to either Doxorubicin/ Cyclophosphamide followed by Paclitaxel vs Doxorubicin/ Cyclophosphamide followed by Paclitaxel and Carboplatin

S1416: Metastatic Triple-Negative and/or BRCA Mutation-Associate Breast Cancer. Patients randomized to either Cisplatin + placebo or Cisplatin + ABT-88 (Veliparib)

MELANOMA

S1404: High Risk Resected Melanoma; Stage IIIA-IV; within 98 days of surgery. Patients randomized to physician/patient choice of HDI Interferon Alfa-2b or Ipilimumab OR MK-3475 (Pembrolizumab)

MULTIPLE MYELOMA

E1A11 (ENDURANCE): Symptomatic Standard-Risk Multiple Myeloma. Randomization at two steps: induction - Bortezomib/Lenalidomide/Dexamethasone or Carfilzomib/Lenalidomide/Dexamethasone; maintenance - Lenalidomide for 24 cycles or Lenalidomide until progression

VARIOUS

EAY131 (MATCH): Master Screening Protocol for advanced refractory cancers/lymphomas/multiple myeloma. Patients enrolled will have a tumor biopsy for molecular characterization and those with molecular variants addressed by treatments included in the trial will be offered treatment.

Nutrition

Ginger-Carrot Salad with Cranberries

- 1 Tbsp. freshly squeezed lemon juice
- 1/2 tsp. honey
- 1 tsp. freshly grated or finely minced ginger
- 1/8 tsp. cinnamon
- Pinch of salt
- 2 cups grated or julienned carrots (can use part cabbage)
- 1/4 cup dried cranberries
- 2 Tbsp. sliced almonds or peanuts



In medium bowl, whisk together lemon juice, honey, ginger, cinnamon and salt. Toss with carrots, cabbage and cranberries. Garnish with sliced almonds or peanuts and serve. Enjoy this easy, healthy salad!



Rideout Cancer Center wishes you and your family, Happy Holidays.

Co-Pay Assistance Programs

The beginning of the year can be difficult if you have a large deductible or out-of-pocket medical expenses. You may qualify for co-pay assistance to help cover the cost of chemotherapy and cancer medication. Please visit our Reimbursement Analyst to see if you qualify for assistance. Call Xia at 749-4400 ext. 1653 for more information.

A Look Ahead

Grass Valley Cornish Christmas Celebration: Fridays December 2, 9, 16, 23 from 6-9 pm. Historic Downtown, Mill and West Main Streets Enjoy the sites and sounds of an old-fashioned Cornish Christmas. For more information visit: www.downtowngrassvalley.com

Nevada City Victorian Christmas: Sundays December 4, 11, 18, from 1:30-6 pm & Wednesdays December 14 & 21 from 5-9 pm Holiday activity fun for all ages: carriage rides, live entertainment, food, craft vendors, and Father Christmas set in a magical Christmas setting. For more information visit: www.nevadacitychamber.com

Yuba City Downtown Christmas Stroll: December 10, 2-9pm This is a family-friendly community event that brings everyone out to enjoy a day "strolling" on Plumas Street. The festivities officially begin at 2:00pm and end at 9:00pm.

Cancer Resources

American Cancer Society

(530) 741-1366 or
1-800-227-2345, www.cancer.org

National Cancer Institute

1-800-422-6237, www.cancer.gov

Cancer Care

1-800-813-4673 www.cancercare.org

Cancer Hope Network

1-877-HOPENET



Rideout Cancer Center
618 5th St.
Marysville, CA 95901