

CANCER QUARTERLY

St. Joseph's Medical Center • 1800 North California Street • Stockton, CA • (209) 467-6560 • StJosephsCares.org • Winter 2010

Serious Fun



< Jim Yanko, 41, was diagnosed with a glioblastoma (primary brain tumor) in 2003. He was treated at St. Joseph's and then received Stereotactic Radiosurgery (see related SRS article) using a Gamma Knife at UCSF

in 2004. With his wife and two daughters, he continues to live a very active life. Today, the full range of treatments Jim needed are offered at St. Joseph's, which remains the leader in cancer care in San Joaquin County.

His diagnosis, and relationship to it, has given Jim a perspective that we felt appropriate for the first Cancer Quarterly of the New Year.

In Jim's words: "Being a cancer survivor, my idea about the meaning of the words "Happy New Year" may be a bit different than yours. New years, new birthdays, new weeks, basically any new day, I cherish and thank the Lord daily for giving me another.

I don't measure my life in years anymore, but in moments. Having a wonderful family with two young daughters those moments are numerous and monumental, moments I'm thankful for and will never forget. I tend to take my moments and days a bit slower now, as they say, "one day at a time."

My plan for the New Year is to keep my head up and continue to not only survive, but thrive, and have some "Serious Fun" in 2010.

May God bless you all each and every day."

– Jim Yanko

New Cancer Treatment Now Available

Trilogy Provides SRS

(Stereotactic Radiosurgery)

St. Joseph's Regional Cancer Center is proud to report that with the new Varian Trilogy Linear Accelerator, stereotactic radiosurgery (SRS) is now available to patients locally. Since St. Joseph's began offering SRS in August 2009, treatments have included primary brain tumors, metastatic brain lesions, an inoperable lung tumor, and metastatic bone lesion.

All of these advanced therapy procedures would have required out-of-area travel for patients prior to the installation of the new Trilogy at St. Joseph's.

SRS is a highly precise form of radiation therapy used primarily to treat tumors and other abnormalities of the brain, but SRS also has applications for tumors in other parts of the body. Despite its name, SRS is a non-surgical procedure that uses highly focused x-rays to deliver a single high-dose - or sometimes smaller, multiple doses - of radiation beams that converge on a specific tumor.

When treating brain tumors, a helmet-like device is used to keep the head completely still and three-dimensional, computer-aided planning software minimizes the amount of radiation applied to healthy brain tissue. SRS is a welcome alternative to invasive surgery, especially for tumors and blood vessel abnormalities located deep within, or close to, vital areas of the brain. Radiosurgery is used to treat many types of brain tumors, both benign or malignant, primary or metastatic.



"These procedures were performed on patients who would have otherwise had to travel out of the area for this treatment option," said Charlene Smith, Chief Radiation Technologist.

Although SRS is often completed in a one-day session, sometimes a fractionated treatment (stereotactic radiotherapy) is recommended, in which treatments are given in succession over a period of days or weeks.

Stereotactic radiosurgery works in the same way as other forms of radiation treatment. It does not actually remove the tumor; rather, it distorts the DNA of tumor cells. As a result, these cells lose their ability to reproduce.

The convenience for the patient to receive a therapeutic dose of radiation in one treatment vs 6 weeks of treatment is a key benefit for patients and families. For more information on Stereotactic Radiosurgery, visit <http://www.varian.com/us/oncology/radiosurgery/> or call St. Joseph's Regional Cancer and ask for Charlene Smith, (209) 461-5043.

Know your Mind, Body and Spirit

KMBS is back this
February!

February 2 **Healing Happens with Your Help**

Are healing and curing the same? Is it true "As a person thinketh, so shall he be?" This presentation explores the role of emotions and relationships in the health of your body.

Carol Ritberger, Ph.D., is a medical intuitive, radio host, and an innovative leader in the fields of personality behavioral psychology, behavioral medicine, and neuropsychophysiology. She is the author of five books dealing with personality and health. (Ritberger.com)

February 9 **Nutrition 101 - East and West (aka: A Tradition of Soups!)**

This presentation will integrate the concepts of balancing yin and yang with that of treating deficiency and excess, emphasizing the role of nutrition and health.

Teresa M. Chen, Ph.D., has been a health educator at Pacific Complementary Medicine Center since its founding in 1994 and has recently published a book on healthy eating: *A Tradition of Soups - Flavors from China's Pearl River Delta*. (wuway.com)

February 16 **Harnessing the Healing Power of Sound and Music**

Discover how to identify the music that is most beneficial for you by tuning in to the wisdom of your body-mind with interactive experiences of resonance, rhythm entrainment, subliminal audio programs, and the power of intention.

Steven Halpern is an internationally-acclaimed composer, recording artist and pioneering sound healer. He introduced the modern field of sound healing to the world in 1975, with his innovate recordings and landmark research. (stevenhalpern.com)

February 23 **Awakening the Mystic In You**

Through this experiential evening you will learn how to sustain inner peace while allowing an illness to be a catalyst to the next chapter of living; to become more spiritually connected; and to call upon your "mystic within."

Ramona Harris has her Master's degree in Pastoral Studies with a focus on Christian Spirituality and is currently a Spiritual Director and on the faculty for the Stockton Diocesan School of Ministry.

For registration information call (209) 461-6889

The complete series is \$20; St. Joseph's Medical Center Auditorium; 6:30 – 8:30 p.m.

Managing Lymphedema

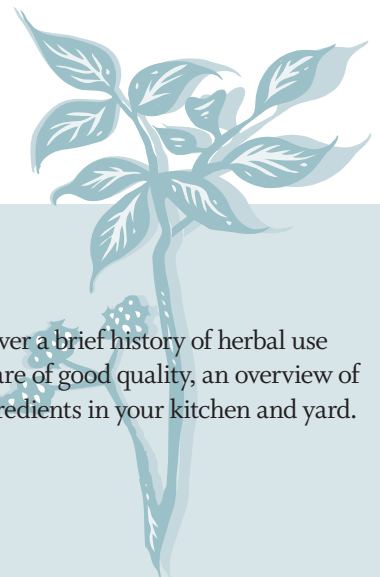
Lymphedema can be defined as an abnormal accumulation of protein-rich fluid (lymph) in the superficial tissues of the arms, legs, or any other body area that could become congested. Because there is no medical cure for this disease, effective therapy programs are the only ways to manage lymphedema. In this class, you will learn about causes and treatment options for the condition, which include: Manual Lymph Drainage (MLD), skin care, compression garments, multilayer compression bandages, exercise programs, and more.

Virtu Arora, DPT, has been a physical therapist for 10 years. She is certified in lymphedema management through the Academy of Lymphatic Studies, and has completed advanced courses in lymphedema management at Stanford University.

**Wednesday, March 24, 2009
6:00-7:30 p.m.**

St. Joseph's Regional Cancer Center Conference Room

FREE – Call (209) 464-0200 or email stocktonpt@sbcglobal.net for more information and/ or registration.



Introduction to Using Medicinal Herbs

Are you interested in using herbs but uncertain how to start? This introductory class will cover a brief history of herbal use for healing, situations in which using herbs can be beneficial, how to tell if herbal products are of good quality, an overview of various herbal preparations, and, finally, how to put together an herbal first aid kit from ingredients in your kitchen and yard.

Presenter: Glenda Glass, Clinical Herbalist, Clinical Microbiologist, CLS
Tuesday, March 16 • 6:00 – 8:00 p.m. Pre-Register by calling (209) 461-5061.
St. Joseph's Medical Center – AUDITORIUM



Holiday Gathering

The annual event was filled with cheer as over 300 people were treated to a Cancer Center open house, children's crafts, the music of the Central Valley Youth Symphony, a touching tree-lighting ceremony and, last but not least, a visit from Santa himself!

Recent Cancer Diagnosis?

Here's a Little "Treat-Meant" To Get You Through The Process...

A special day is being planned just for you! If you were diagnosed with cancer within the last year, and/or are currently undergoing treatment, St. Joseph's Regional Cancer Center is organizing a day full of VIP treatments that will help enhance your mental state and lift your spirits.

Activities include:

- Opportunities to hear about the experience from other current and former cancer patients;
- Complementary therapies such as relaxation, yoga, meditation, guided imagery, massage, acupuncture, and laughter;
- Clinical experts who will discuss topics from nutrition to lymphedema information, radiation, chemo and dealing with side effects of treatment, as well as medications;
- A great lunch in a relaxing atmosphere filled with music and fun!

Saturday, April 30 • 9:00 a.m. – 2:00 p.m.
Lexington Hotel, Stockton

More details will be included in a registration flyer to be mailed in March. If you would like to receive more information, please email SJCancerInfo@CHW.EDU or call (209) 467-6550 with your contact information.



Support Group Information

For information on any of these support groups, please call St. Joseph's Cancer Center Library at 467-6550 or the American Cancer Society, 941-2677.

STOCKTON

These groups meet the first Tuesday of the month at St. Joseph's:

Children's Group

Bring your school-age child to Classroom 3, lower level, by 6 p.m.

Breast Cancer

Facilitated by Sue Winslow, MSW, and 19 year cancer survivor. 6 p.m., Cancer Center.

Grupo de Apoyo en Espanol

Spanish speaking group for all types of cancer. 6 p.m., Classrooms, lower level.

STOCKTON

"Look Who's Talking" Laryngectomy Group

3rd Wednesday at 6 p.m., St. Joseph's Cancer Center.

Shades of Survivorship

for women of color
 For information, call Candy Simbalenko at 461-5366.

Ovarian Cancer Support Information

Contact Bonnie Mitchell, 598-5211.

Prostate Cancer

1st Monday at 7:00-9:00 p.m., Dameron Hospital.

TRACY

General Support Group

2nd and 4th Tuesdays at 6:30 p.m., Sutter Tracy Community Hospital.

CALAVERAS COUNTY

General Support Group

1st Thursday at 10:00-11:30 a.m.
 Contact Debbie Sellick, 754-2566, x2015, Mark Twain St. Joseph's.

HOSPICE & BEREAVEMENT SERVICES

Hospice of San Joaquin • 957-3888
 Hospice of Amador • 223-5500
 Aseracare Hospice • 474-8349



St. Joseph's Medical Center
Regional Cancer Center

A member of CHW

P.O. Box 213008
Stockton, CA 95213-9008

Not-for-profit. Serving our community.

Look for the
Grand Opening
of our new
Patient Pavilion
in March 2010!

Non-Profit
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Permit No. 434
Stockton, CA

Whose Life is it Anyway?

This class provides healthcare providers the information and tools to assist seriously ill patients and their families in understanding the myriad of choices they may face now and in the future. Palliative Care, Advanced Directives, POLST, will all be discussed.

Wednesday – January 27
9:00 a.m. – 4:00 p.m.

\$49 (free to SJMC employees)

For more information call
(209) 467-6331

Cancer Education Symposium for Professionals

The 12th Annual Professional Education Symposium presents

The Cancer Continuum **We are here for life...**

Experts from across the United States will be presenting what is new and on the horizon in cancer care. You will learn about cancer on the continuum, including pediatric malignancies, survivorship issues, and cancers specific to the geriatric population.

Date: February 20, 2009

Time: 7:30 a.m. to 3:00 p.m.

Cost: \$49, includes lunch and vendor fair • 6 CEUs

Location: O'Connor Woods, Main Clubhouse

You must register by February 13, 2009. For a complete registration brochure please call **467-6331** or visit **StJosephsCares.org/Cancer** to download a brochure.