

A Tale of Two **Survivors**

Many years ago, a breast cancer diagnosis was likely a death sentence. Fortunately, medicine has advanced to the point where it no longer has to be. That is the case for two Marshall Medical Center patients: Angela Chance and Linda Bloodsaw. Both were able to detect their cancers early and thanks to the advanced medical care they received at Marshall, they are both cancer free today.



ANGELA'S TALE

Angela was diagnosed with breast cancer in September 2017. "I felt a lump in my right breast as I was showering. Because I have an aunt that had breast cancer, I was aware of the need to do self-exams. I called the doctor and reported the lump – they got me in for an appointment for an exam and referral for a mammogram and ultrasound."

Initially, Dr. Siricilla didn't think the lump was malignant, but did a biopsy just to be sure. As it turned out, Angela had invasive ductal carcinoma and would need chemotherapy, followed by radiation, to treat the cancer. A PET scan showed that the cancer was contained to her right breast and hadn't spread. It was a small bit of good news in the midst of everything.

"On September 19, I started chemotherapy. The Marshall oncology nurses were not only professional but genuinely good people to me, my family and my friends. Amazing they were. I quickly found myself looking forward to my sessions because I knew they were saving my life and rooting for me. I had many visitors during my sessions, and they brought a party to the infusion center whenever we could. I felt it was important to not just be positive but to be happy."

Dr. Siricilla monitored her progress regularly throughout the chemotherapy process and was pleased to report the tumor was shrinking. Two months after treatment, it was no longer detectable via ultrasound.

"I spent December through February in a 'chemo brain' fog. Even though the tumor wasn't detectable any longer, there was still a possibility that there were cancer cells

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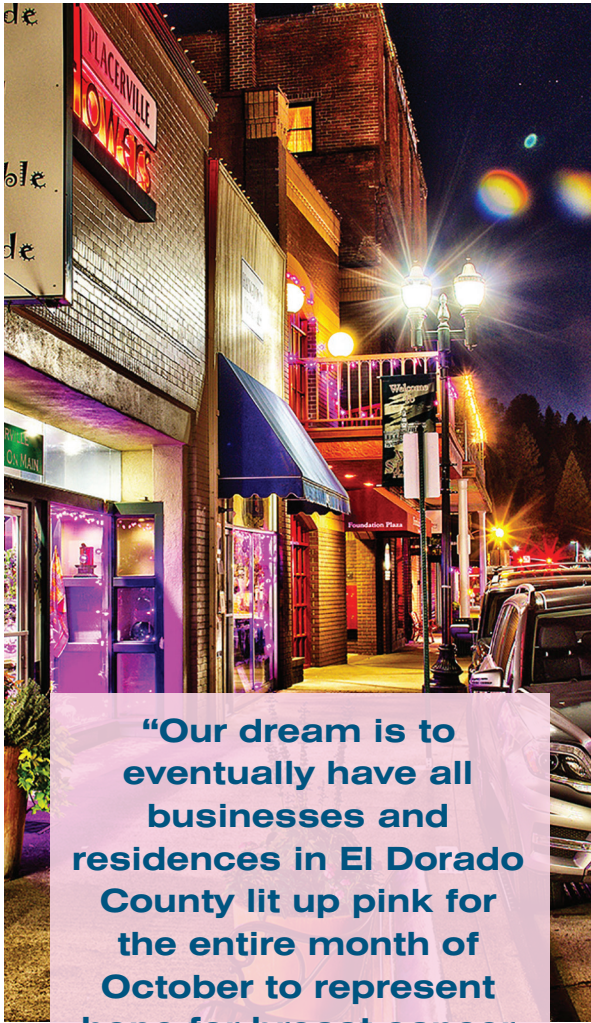
in my tissue so I continued the rest of the recommended chemo treatments. The fatigue that had been slowly increasing hit me full on – I took lots of naps. It was such a bizarre time."

After five months of chemotherapy, side effects and a roller coaster of emotion, Angela took on the next step – a lumpectomy to remove the tissue where the tumor had been. Detailed testing of the tissue showed no cancer cells.

"Given all of my statistics it was determined that I would need to do radiation to cut my odds of re-occurrence down from a 40% change of re-occurrence to a 10% change of re-occurrence. It meant going every day for four weeks – but it was a commitment I was willing to make."

"A big milestone just passed—in August 2018, my mammogram and ultrasound had showed no lumps. My hair has started growing; I may even keep it short for a while."

Angela's advice: "be happy and be positive as much as you can. It's easy to say, not always easy to do, but definitely worth trying always.



“Our dream is to eventually have all businesses and residences in El Dorado County lit up pink for the entire month of October to represent hope for breast cancer survivors.”

Wendy Goossen, Director,
Marshall Cancer Resource Center

Pink in the Night

In support of Breast Cancer Awareness Month, Images of Hope is sponsoring the annual Pink in the Night event during the month of October. Merchants along Main Street are invited to decorate their storefronts in pink and have been provided with pink lights for each window.

The event serves as a reminder to women to take charge of their health by getting annual mammograms, doing monthly self-exams and seeing their physicians for regular checkups, as well as to reminder all family members to get annual screenings that can help in the early detection of other cancers.

Residents and businesses of El Dorado County may also request a pink light bulb for their porch lights during October by calling 530-672-7050 or emailing wgoossen@marshallmedical.org.

View the pink storefronts during the Placerville Art & Wine Festival on October 20 in Downtown Placerville. Enjoy street art offerings and live music. Local wineries will be hosted within the shops along Main Street to allow for and encourage exploration of the wonderfully unique small businesses and art galleries. Merchants will be offering food pairings designed to highlight the wines they serve and our local restaurants will be available for dinner as well.

ABOUT IMAGES OF HOPE

Images of Hope (IOH) is a community-funded organization dedicated to helping those whose lives have been affected by cancer. With the bevy of supportive services and classes they offer, free of charge to patients, their families and caregivers, IOH is turning the often frightening and lonely experience of having cancer and going through treatment into something else — something healing, something that helps people flourish. To learn more, visit www.imagesofhopeeldorado.com.

THIRD ANNUAL BREAST CANCER BENEFIT SHOOT

Come on out to the El Dorado Rod and Gun Club on Saturday, October 13, 2018 for two events to benefit Marshall Cancer Resource Center. With a \$20 donation, participate in one of two events: Wobbles Trap and Rimfire Rifle. Each participant will receive a commemorative t-shirt marking their support of this event. Registration starts at 8 a.m. Join us for lunch after the shoot. For more information about Wobbles Trap, email Jim Jerwers at JJerwers@sbcglobal.net. For more information about Rimfire Rifle, email Jim Shipley at Shipley.JL@sbcglobal.net.

Could your blood be the answer?

Marshall Medical Center partners with the StemExpress Foundation to help accelerate important medical research. Patients with significant medical conditions such as cancer, lupus or multiple sclerosis can donate a small amount of blood, which will be used to research and develop treatments for their specific condition.

Each donation candidate will be evaluated to make sure a donation is safe for that donor. Patients can speak to their physician to arrange a donation at one of the Marshall Laboratory locations, or call the StemExpress Foundation directly to learn more and schedule a blood draw appointment at the Stem Cell Collection Center located in Folsom.

To learn more visit stemexpressfoundation.org or call 530.303.3800.



Comfortable Infusion Environment

A cancer diagnosis is life altering. There are so many questions to be answered and it is very common for patients to fear the vast unknown that is chemotherapy. The Infusion Center at Marshall Medical Center strives to ease those fears and make infusion therapy as comfortable as possible.

Located adjacent to Marshall Hematology & Oncology in Cameron Park, Marshall's Infusion Center is staffed by compassionate nurses who attend to patients and their needs. Supervised by physicians, it is a comfortable and safe place to receive advanced care for difficult conditions.

The infusion center currently has 15 chairs. The caring, experienced and certified staff, along with the convenience of being onsite with the medical clinic elevates Marshall's outpatient therapy center.

"The team has made my treatments pleasant and positive, rather than uncomfortable or scary. Their professional actions and positive empathetic demeanor are always reassuring. Any questions I have (and I have had many) are always answered honestly and with patience. They are always concerned about my physical comfort," says a cancer patient.

Aside from receiving quality care, Marshall's Infusion Center offers several perks. Among them are:

- Reiki therapy during treatment
- Live harp and guitar music
- Snack station for patients and family members

"The team has made my treatments pleasant and positive, rather than uncomfortable or scary..."

– Marshall Medical Cancer Patient

SUPPORT GROUPS AND CLASSES

Marshall Medical Center's Cancer Center offers a number of support groups and classes to help patients and survivors along their journey located in Cameron Park.

New Patient Treatment Orientation
Every Thursday from 1-3 p.m.

Prostate Cancer Support Group
First Thursday of each month at 3:00 p.m.

Breast Cancer Support Group
Second Thursday of each month at 3:30 p.m.

Ostomy Support Group
Third Thursday of each month at 1:00 p.m.

A Variety of Healing Arts Classes

Cancer Patient Navigators



Understanding and moving through the care continuum for patients and families with cancer diagnoses is a time of confusion and overwhelming challenges. Often, patients don't know much about cancer and treatment options, much less how to work with the medical system to make appointments and arrange transportation to the various physicians' offices.

Additionally, once they have been seen by a physician, they may not remember or understand what they have been told. To facilitate their cancer journey, Marshall Medical Center offers a comprehensive patient navigation program. The Patient Navigators are nurses who provide education, resources, transportation options, consultations and services to help patients and their families understand the process and what their care providers have told them.

Often, the navigators attend physician appointments with patients, and provide continuing oversight of their cancer care. They assist the physicians with referrals to the next treatment step and reduce their time demands because they are available both by phone and in person to provide these services. At the conclusion of treatment, the navigators initiate and complete a survivorship care plan --which is approved by their physician-- and provided to the patient in order to ensure their cancer surveillance for the rest of their lives.

Marshall's Cancer Center Offers More

Marshall Medical Center offers comprehensive services at their nationally accredited Cancer Center. Patients can expect to receive expert, compassionate care from a team of experienced oncologists/hematologists, nurses and support staff.

MEDICAL CARE

Marshall's Oncologists are all board-certified in medical oncology and hematology. They provide treatment for cancer in all its forms and stages with a blend of cutting edge technology, including cancer genomic studies, the latest treatments and authentic concern for each patient. Oncology is a medical treatment of tumor-based cancers and hematology is the medical treatment of blood cancers such as leukemia and other blood related disorders, including anemia.

Marshall physicians work closely with each patient. They're also able to research the best treatment and in the case of some rare diseases where sub-specialists are needed, Marshall doctors can easily transfer patients to the best facility for that unique condition, free from the constraints of affiliation with a hospital system.

Marshall offers the services of a clinical trials navigator, who works with physicians and patients eligible to explore clinical trial options. If a patient decides to join a clinical trial at another hospital, they can



continue their regular treatment at Marshall while receiving their clinical trial treatment elsewhere.

Some of the medical services available through Marshall's Hematology & Oncology Department include:

- Genomics
- Provenge for prostate cancer
- Stem cell immunotherapy
- Immune modulation
- Iron deficiency and all forms of Anemia
- Hormone therapy
- IV & oral chemotherapy
- IV targeted therapy
- Onsite lab draws and CBCs
- Referral to clinical trials



HEMATOLOGY/ONCOLOGY

3581 Palmer Drive, Suite 400
Cameron Park, CA
530-676-6600

CANCER RESOURCE CENTER

3581 Palmer Drive, Suite 400
Cameron Park, CA
530-672-7050

SUPPORT SERVICES

Aside from the advanced medical care a patient receives at Marshall, there are also a number of support services available. Questions, concerns, worries, fears and hopes are all part of the process for a patient who has been diagnosed with cancer. The process can be difficult to navigate while processing a barrage of information and emotions. Marshall's Cancer Resource Center provides a vast array of classes, support groups and other services to help make it easier.

Patient Navigators

- Oncology patient navigators are on staff to address questions and help patients through treatment.

Social Services

- Full time oncology social worker on staff to address non-medical needs and concerns like work, insurance, emotional well-being, help at home, etc.

Nutrition Services

- Registered dietitian available to address dietary questions and concerns for those going through treatment.

Transportation Assistance

- Marshall offers free rides to and from appointments for patients unable to drive or who cannot obtain transportation to and from treatment. Local volunteer drivers donate their time and gas cards are provided to those who can drive but require financial assistance.



Education

- New Patient Treatment Orientation
- Lymphedema Education
- Look Good, Feel Better Class

Cancer Support Groups

Onsite American Cancer Society Wig Bank

Cancer Screenings

- Free mammogram assistance for the under-insured
- Free FIT (colon cancer screening) for eligible patients

Images of Hope: Healing Arts and Movement

Images of Hope is a local nonprofit that partners with Marshall to provide monthly therapeutic and supportive services free of charge to cancer patients and caregivers. Services include:

- Licensed Oncology Massage Therapy
- Equine Therapy
- Pet Therapy
- Mindfulness-Based Stress Reduction

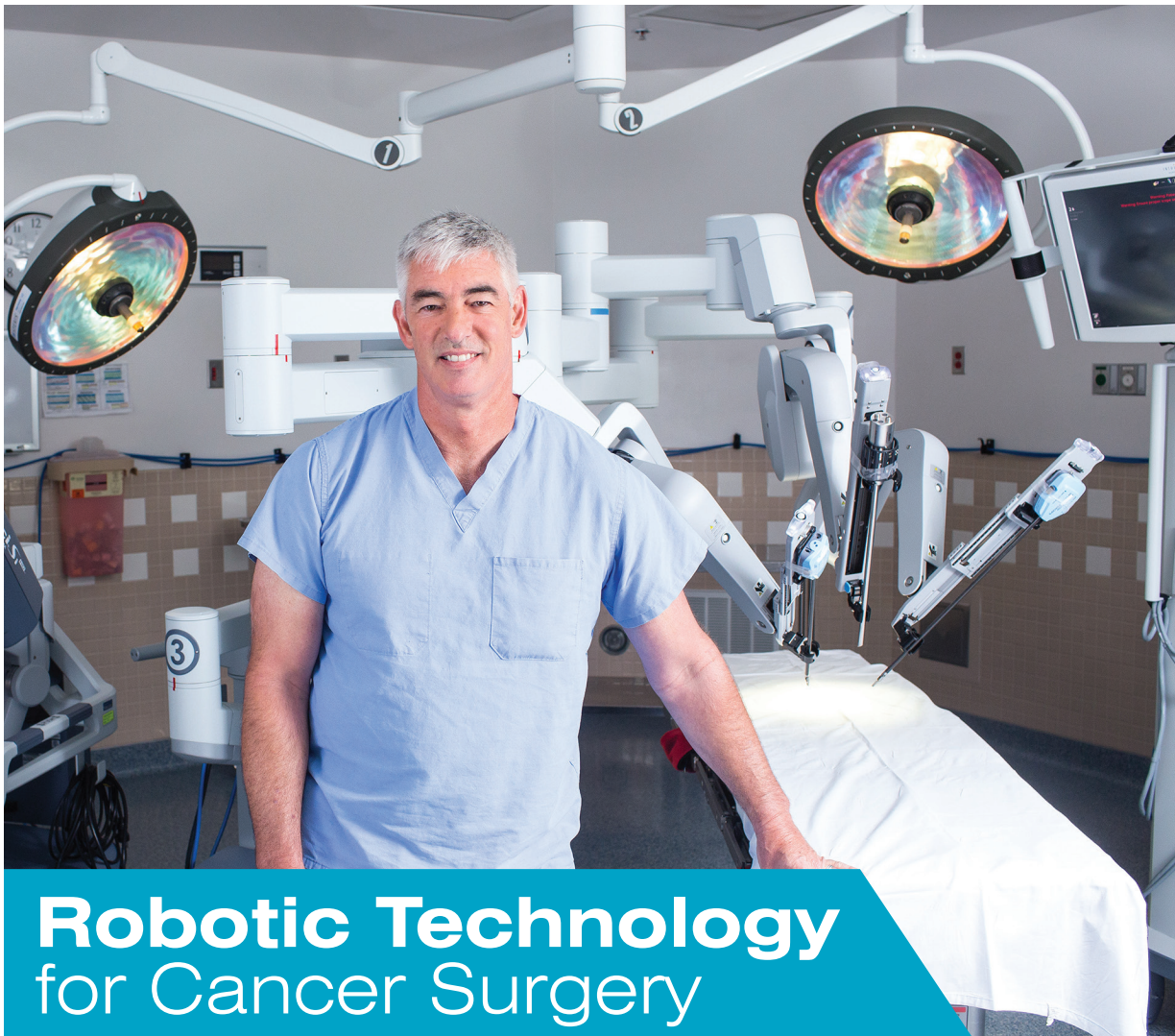
TRANSPORTATION PROGRAM

Marshall's Cancer Program is dedicated to addressing transportation barriers for our patients. Ron Thompson's generous donation provides rides for our patients who are unable to drive or cannot obtain transportation to and from treatment. Volunteer drivers donate their time to support this program.

TO VOLUNTEER:

Contact our Volunteer Coordinator, Kelly Murray, at 530-344-5458 or mmcvolunteer@marshallmedical.org

- Pilates, Yoga and Mindful Movement Classes
- Tranquil Journeys Guided Meditation
- Music Therapy
- Additional resources available upon request



Robotic Technology for Cancer Surgery

Marshall has invested in modern technology and equipment most would be surprised to find in a local hospital. The operating suite is dedicated to providing advanced, minimally invasive surgeries utilizing the da Vinci Robotic Surgery System. A minimally invasive operation requires few, if any, incisions, resulting in shorter recovery times and a reduced risk of infections. Most minimally invasive procedures can be done on an outpatient basis. Surgeries using the da Vinci robotic surgery system have reduced blood loss, recovery time and pain. This technology offers patients safe, minimally invasive options for surgery.

In da Vinci surgery, the surgeon sits at a console that controls the robot, which is

positioned above the patient. Real time, magnified 3D views of the surgical area enhance the views surgeons can see. The robot itself is equipped with incredibly precise instruments that can rotate better than a human hand and wrist.

Marshall General Surgeons perform surgery and procedures at the Outpatient Surgery center in Cameron Park, as well as at Marshall Hospital in Placerville, depending on the nature and extent of the surgery. Patients can benefit from options for minimally invasive surgery when appropriate, including skilled and experienced surgeons certified to operate using the da Vinci robotically-assisted surgical system.

A Tale of Two Survivals

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This will sound super corny but my close friends/family know this is true – Even on my worst days this past year I still made a point of telling myself that I loved me and that I loved the people around me. The more you say it the more it's true and that will help with whatever challenge we face. You have to love yourself to fight for yourself!"

LINDA'S TALE

"It was May of 2017 and time for my bi-annual mammogram. As usual, I went to Marshall Hospital for my scheduled appointment and just as we were done, the technician stopped me. "Let me take one more of that left side. I need to get a clearer picture so you don't have to come back." I felt a twinge but quickly put it aside and as she made some adjustments, I relaxed and felt glad that she was being diligent."

Later that week, Linda received a call to come back in for an ultrasound. They'd found something and needed a second look. Two weeks later, she was having a biopsy and was then diagnosed with breast cancer.

"I was lucky in many ways. This was an early catch and my lymph nodes were clear. The tumor was buried deep in my left breast and was a bit larger than a dime but smaller than a nickel. I quickly learned that every situation is unique and all aspects are carefully reviewed and considered by the team. Yes, there is a team looking at each case of cancer. Opinions and experience are shared, recommendations are made but the patient is ultimately responsible for their own decisions."

"So it was on a warm Saturday morning in July when I sat outside with a cup of coffee, the pathology report, a notebook and my tablet to search the internet for terms, definitions, and lots of statistics. I wanted to be prepared and educated for the next meeting with the oncologist, Dr. Ramasubbaiah." Although the cancer had not spread, further testing showed that the specific type of cancer was a fast-growing, aggressive ductal cancer with a high risk of recurrence. Like Angela, Linda decided

Do it for yourself, *and for those you love.*

DON'T RISK IT

Breast Cancer affects millions of women in the world. The best way to fight it is early detection. Marshall uses digital technology for precise detection, backed by Board Certified Radiologists and Oncologists for expert interpretation, diagnosis and treatment. Call your physician for a referral and schedule your mammogram with Marshall Diagnostic Imaging.



NO COST SCREENINGS

The No Cost Mammogram Program is made possible through a generous grant from the Janet Nachtman Fund and administered by Marshall Foundation for Community Health. **Call 530-672-7050 to qualify for your mammogram today!**



PLACERVILLE

1100 Marshall Way
530-626-2861

CAMERON PARK

3581 Palmer Dr., Suite 300
530-626-2861



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to proceed with chemotherapy followed by radiation.

Linda and her husband made their first visit to the Marshall Cancer Resource Center in Cameron Park for their Introduction to Chemotherapy class. "While I had extended family members who had experienced cancer, I didn't really know much about treatments and possible side effects, except, of course, for the prospect of being bald. I recall making jokes... I suppose to keep the fear at bay. But I was surprised at the available support, including a social worker and a dietitian. The next day I participated in the first of several classes sponsored by Images of Hope for cancer patients, caregivers, and family members."

"The chemotherapy was difficult. I grew weak, got an infection and had to postpone treatment

while I received a blood transfusion. But the staff at the Infusion Center in Cameron Park was amazing. Everyone, from the receptionist to the nurses, greeted each patient with smiles and genuine warmth. Facing a wall of windows, coffee and tea as well as snacks were available as patients reclined in chairs with medication flowing through a port inserted by a surgeon. My favorite days were when the harpist was playing. There was also a volunteer who performed reiki, a holistic method to reduce stress, promote healing and manage pain. Sometimes the staff would even surprise patients with a potluck meal!"

Linda took full advantage of the free support services offered at the Cancer Resource Center provided by Images of Hope. "In addition

to art classes, I also participated in Yoga, Mindful Movement, and Tranquil Journeys, all sponsored by Images of Hope. If I needed a ride, it would be provided. Need help with gas? It's available. I was able to choose a wig and take a makeup class. While I knew losing my hair was a probability I never thought about losing eyebrows and eyelashes. Learning to draw eyebrows is something I had to master."

Like Angela, Linda also has some words of wisdom to share: "Certainly, this experience has changed some things and I've learned a lot, like how glorious each day is, how some things don't really matter while other things have taken on great importance. And especially how kind, caring and generous people can be."

About Marshall Medical Center's Cancer Program

COMPREHENSIVE SERVICES

A life-altering illness deserves the most comprehensive care possible. Marshall's Cancer Program is El Dorado County's patient-centered cancer treatment hub, where doctors remain on-call 24 hours a day and provide referrals to specialists nationwide. The staff includes two board certified hematology/oncology physicians, in addition to two oncology certified nurses. Patients also benefit from patient navigators, registered dietitians, and a social worker.

Accredited by both the American College of Surgeons (ACOS) and Commission on Cancer (CoC), Marshall Hematology/Oncology offers a broad range of cancer-fighting services – expert physicians, an infusion center, and a certified (USP 800 compliant) oncology pharmacy – all under one roof.

Since 2005, Marshall Medical Center's Cancer Program has been accredited with commendation by the American College of Surgeons, Commission on Cancer (CoC). This means our program has been rigorously evaluated and ensures that we meet or exceed the standards established by the CoC.

Marshall's Cancer Program is all-inclusive, meaning that all medical and support services needed for effective treatment of all cancers we treat is available close by.

TUMOR BOARD

The Tumor Board Conference at Marshall is an integral part of the hospital's treatment program. It provides a multidisciplinary forum to discuss a patient's diagnosis and the most appropriate treatment options available. To facilitate this, physicians participate in regularly scheduled conferences where cancer specialists discuss the best treatment options available. This team consists of surgeons, medical and radiation oncologists, pathologists, radiologists, nurses, social workers and patient navigators.

Discussion at Tumor Board includes review of patients' medical history, imaging studies, pathology, treatment of disease and staging. National Comprehensive Cancer Network guidelines are discussed, along with American Joint Committee on Cancer staging.

Treatment recommendations are based on a multidisciplinary consensus and presented to the managing physician.



Meet Our Oncologists



Rashmi
Ramasubbaiah, MD, MS



Mamatha Siricilla, MD



Lin Soe, MD

Marshall's Cancer Care-Related Locations

CAMERON PARK

Marshall Cancer Center

Hematology/Oncology 530-676-6600

Cancer Resource Center 530-672-7050

Diagnostic Imaging 530-626-2861

Laboratory 530-672-7087

Marshall Specialty Care General
Surgery Physicians 530-622-1397

Outpatient Surgery

PLACERVILLE

Marshall Hospital
530-622-1441 or 916-933-2273
toll free: 1-866-340-1441

Diagnostic Imaging 530-626-2861

General Surgery 530-622-3682

Laboratory 530-622-8020

