

# ONCENTER

WINTER 2022 • ISSUE 4

MAGAZINE



## BATTLING FIRES & CANCER Christopher Martinez's Story

EARNED 2<sup>ND</sup> ASTRO APEX<sup>®</sup> ACCREDITATION

COMPREHENSIVE BREAST SURGERY PROGRAM

STAYING HYDRATED DURING CANCER TREATMENT

  
Ridley-Tree  
Cancer Center  
at Sansum Clinic

  
CANCER  
FOUNDATION  
of SANTA BARBARA

# CONTENTS

COVID-19 Update	2
22nd Annual Barbara Ireland Walk for Breast Cancer	3
Radiation Oncology Earned 2nd ASTRO APEX® Accreditation	4
Advanced Breast Surgery	6
Breast Imaging Center of Excellence Designation	7
Raising Awareness	8
Community Lectures	9
Battling Fires & Cancer – Christopher Martinez’s Story	12
Colorectal Cancer Awareness	14
Merovick Fund for Patient Assistance Tops \$3 Million	16
Cancer Foundation Welcomes New Trustee	16
Stepanek Society – Planning for the Future	17
Hidden Heroes	18
Improving Cancer Diagnostics with Pylarify®	19
Staying Hydrated During Cancer Treatment	20
Recipes to Promote Hydration	21
Dedicated Space to Relax and Reflect	22
Optimize Your Use of MyChart	24
Welcome New Providers & Staff	25
Online Wellness Programs & Support Groups	26
Support from Diagnosis through Recovery	28
Our Locations & Phone Numbers	29

# ONCENTER MAGAZINE

WINTER 2022

A publication of Ridley-Tree Cancer Center and the Cancer Foundation of Santa Barbara.

Ridley-Tree Cancer Center is a world-class regional cancer facility located in Santa Barbara, California. Our highly-trained physicians and compassionate staff utilize the latest technology and treatments, clinical research, and evidence-based wellness programs and support services to provide every opportunity for successful treatment and recovery. Ridley-Tree extends its reach with a branch in Solvang to provide all patients in Santa Barbara County access to the myriad services offered, close to home. This kind of care is made possible thanks to the generosity of community donors and our long-standing partnership with the Cancer Foundation of Santa Barbara.

## EDITORS

Kristen Adams  
Jill Fonte

## WRITER

Nicole Young

## CONTRIBUTORS

Stephanie Carlyle  
Rebecca Colvin, MPH, RDN, CSO  
Sam Howland, MS  
Youngmi An

## PHOTOGRAPHERS

Kristen Adams  
Nik Blaskovich  
Rob Dunton  
Fritz Olenberger  
Nicole Young

Designed by WaltersGroup

The content of this magazine is not intended to be a substitute for medical care. If you have any questions about a medical condition, please contact your physician.

## CORPORATE OFFICE

470 South Patterson Avenue  
Santa Barbara, CA 93111  
(805) 681-7700  
[www.ridleytreecc.org](http://www.ridleytreecc.org)

If you would like to be removed from our mailing list, please send an email with your full name and address to both of the email addresses below:  
[donotmail@sansumclinic.org](mailto:donotmail@sansumclinic.org) • [info@cfsb.org](mailto:info@cfsb.org)



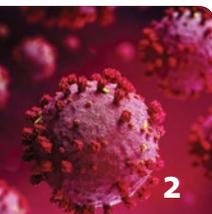
[facebook.com/RidleyTreeCC](https://facebook.com/RidleyTreeCC)  
[facebook.com/cancerfoundationsb](https://facebook.com/cancerfoundationsb)



[instagram.com/ridleytreecc](https://instagram.com/ridleytreecc)  
[instagram.com/cancerfoundationsb](https://instagram.com/cancerfoundationsb)



[youtube.com/CancerCenterSB](https://youtube.com/CancerCenterSB)  
[bit.ly/cancerfoundationsb](https://bit.ly/cancerfoundationsb)



# DEAR FRIENDS,

**W**e understand that for patients and their families, starting a new year facing cancer and a pandemic is extremely challenging. The Ridley-Tree team is here to safely guide you toward better health during this difficult time. Our highly-trained physicians and staff provide expert treatment, connection and wellness, so you can return to the activities that enrich your life. All this, alongside world-class technology, participation in clinical research, and a robust offering of supportive care programs is what distinguishes us from many other cancer centers.

The four-year re-accreditation of our Radiation Oncology Department by the **American Society for Radiation Oncology (ASTRO) Accreditation Program for Excellence (APEX®)** clearly sets us apart. The comprehensive and rigorous, voluntary accreditation process focuses on safety, quality and adherence to patient-centered care. Ridley-Tree was the second facility in California to earn this recognition back in 2017, and we are now one of only 23 facilities in the state with this accreditation, and the only one on the Central Coast.

High-quality imaging is critical to the proper diagnosis and treatment of cancer. Sansum Clinic's Breast Imaging Program is now recognized as a **Breast Imaging Center of Excellence by the American College of Radiology (ACR)**, proving we have achieved the highest standard in stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy, breast MRI and mammography. If cancer is found during the imaging process, Sansum Clinic's radiologists can easily refer the patient to oncologists at Ridley-Tree Cancer Center. Access to the most advanced technology and groundbreaking clinical research strongly influence where patients choose to receive their care. The partnership between Ridley-Tree and the Cancer Foundation of Santa Barbara enables us to consistently offer these resources to our community.

We are pleased to welcome our new **Vice President of Oncology Services, Matt Baumann, MBA**, whose background and experience will help us in advancing the level of medical excellence at Ridley-Tree. Matt spent the last several years in executive leadership roles at the Miami Cancer Institute. A former United States Marine Corps captain, Matt's approach to problem solving, decision-making, planning and strategy is rooted in his technical and operational military experiences.

Ridley-Tree Cancer Center has been at the **forefront of comprehensive cancer care on the Central Coast** for more than 70 years combining big-city medicine with small town compassion. Despite COVID-19, Ridley-Tree still shines as a gem in our community, lighting the way for cancer patients and their families. For that, we are exceptionally proud. We hope this latest issue of OnCenter provides you a glimpse into the marvels and miracles that happen here each day.



Lori Willis, Kurt N. Ransohoff, MD, FACP  
and Matt Baumann, MBA



  
**Kurt N. Ransohoff, MD, FACP**  
CEO and Chief Medical Officer  
Sansum Clinic



  
**Lori Willis**  
Executive Director  
Cancer Foundation of Santa Barbara

# COVID-19 UPDATES

Despite COVID-19 presenting unique challenges with each new variant, we want to remind you of our commitment to your health and safety.

## SCREENINGS

Everyone must pass a **temperature check** and **COVID-19 symptom screening**, and wear a **surgical mask**. If you do not pass the screening, your physician will be informed so that he or she can evaluate you and determine the best next steps for your care. If you have been exposed to COVID-19 or are experiencing symptoms of COVID-19, please reach out to your care team **prior** to your arrival.

## VISITOR POLICY

We currently have a **no visitor policy in place, with limited exceptions**. We know that families and caregivers are essential members of your care team and we encourage you to have them join your appointment virtually. If bringing a caregiver is critical due to physical or cognitive needs, an exception can be made to allow one adult visitor.

## TELEHEALTH APPOINTMENTS

If you have a scheduled appointment and you **prefer a telephone or video call**, please call or send a MyChart message to your provider. Not all visits can or should be handled through Telehealth. Your care team will determine whether an appointment should proceed in-person or move to Telehealth.

## COVID-19 VACCINE ASSISTANCE

If you are interested and eligible to receive a COVID-19 **vaccine** or **booster**, please let your care team know so that they can arrange for this at an upcoming appointment. If you have any concerns about receiving the vaccine, please reach out to your physician for guidance.

**Please do not hesitate to lean on your care team for additional support during these challenging times. We are here for you.**

**If you are experiencing COVID-19 symptoms, have been exposed to COVID-19, or need a visitor exception, please call your clinical care team:**

**Medical Oncology:** (805) 879-0670  
**Surgical Oncology:** (805) 879-0680  
**Radiation Oncology:** (805) 879-0650  
**Palliative Care:** (805) 879-0675

Save the Date!

# MAY 21, 2022 BARBARA IRELAND WALK/RUN

#22 IN '22

Help us celebrate the **22nd Barbara Ireland Walk and Run in 2022!** This year marks the expected return of an in-person event on **Saturday, May 21** at **Chase Palm Park**. Registration opens in mid-February for \$50 and increases to \$60 beginning May 1. All proceeds benefit breast cancer research and programs at **Ridley-Tree Cancer Center**. While some things may look a little different this year, we're excited to see everyone in person again!

Visit [www.cfsb.org/irelandwalk2022](http://www.cfsb.org/irelandwalk2022) to register! 🍀



# RADIATION ONCOLOGY EARNED 2ND ASTRO APEX® ACCREDITATION

**R**idley-Tree Cancer Center has successfully met the highest standards of the **American Society for Radiation Oncology (ASTRO) Accreditation Program for Excellence (APEX®)** – by receiving a second four-year accreditation for radiation oncology services. ASTRO is the world’s premier radiation oncology society which recognizes facilities that deliver exceptionally safe, high-quality care to patients. The comprehensive and rigorous, **voluntary accreditation process** focuses on the functions of the entire radiation oncology team, **and how well safety, quality and adherence to patient-centered care are prioritized.**

*“This re-accreditation by the most important professional body in our field shows that Ridley-Tree’s Radiation Oncology Department is truly dedicated to providing our patients with the highest level of care,”* commented **W. Warren Suh, MD, MPH, FACR**, Medical Director, Radiation Oncology Department.

In 2017, Ridley-Tree Cancer Center was the **second facility in California to earn this accreditation**, ahead of many major academic cancer centers. Currently, we are one of only 23 facilities in the state with APEX® accreditation, and the only one on the Central Coast, to reach this benchmark. 🌿



Members of the Radiation Oncology team: Nurse Manager Beverly Toole, RN, OCN, Director of Radiation Oncology Clarence Thompson, Medical Director W. Warren Suh, MD, MPH, FACR, Senior Therapeutic Medical Physicist Meg Barker



## PRECISION TECHNOLOGY

We use **Vision RT**, a state-of-the-art technology that tracks your body movement down to a fraction of a millimeter to confirm you are positioned correctly before and during radiation treatment. The 3D camera system projects a red light over your body, monitoring movement across thousands of points

on your skin in real time. If movement is detected, your therapist will be alerted and treatment paused, immediately. This innovative technology can be used from head to toe to increase treatment accuracy and patient comfort during radiation therapy. 🌱

# ADVANCED BREAST SURGERY

For women who require the services of a breast surgeon, the Ridley-Tree team of **Rosa Choi, MD, FACS** and **Katrina B. Mitchell, MD, IBCLC, PMH-C, FACS** offer patients a combined 30+ years of experience solely focused on breast concerns. Whether surgery is required for breast cancer or another condition, Drs. Choi and Mitchell utilize the latest surgical advancements in their practice, including oncoplastic techniques for breast conservation.

Along with training from top academic medical centers, our breast surgeons are **certified by the top professional societies** in their field, and utilize the latest clinical research when recommending care for women.

Fellowship-trained in breast surgical oncology, Dr. Mitchell is also a certified lactation consultant, and has developed a course on breastfeeding medicine for breast surgeons.

Breast surgical treatment, together with medical and/or radiation oncology, are the mainstays of breast cancer care. Our breast surgeons work with patients to determine which type of surgery is most appropriate, and if it should occur before or after chemotherapy. Drs. Choi and Mitchell also collaborate with local plastic surgeons when women choose mastectomy with reconstruction. 



At Ridley-Tree, our breast surgeons are uniquely supported by a team of experts in breast imaging, medical oncology, radiation oncology and supportive care services, all under the same roof.



# BREAST IMAGING CENTER OF EXCELLENCE



Radiology plays a critical role in detecting, treating and monitoring breast cancer. Our **Breast Imaging Program** is an integral part of Ridley-Tree's comprehensive, team-based approach to caring for women and men with breast cancer and benign breast disease. Our breast radiologists and technologists have extensive training with the latest image technology and image-guided procedures. Their expertise alongside this world-class technology helped Sansum Clinic earn the **American College of Radiology Breast Imaging Center of Excellence** designation, signifying the highest level of imaging quality, safety and care. This accreditation recognizes services ranging from mammograms to breast MRIs and ultrasounds, to image-guided procedures such as biopsies and localizations.

**Winifred Leung, MD** is Sansum Clinic's fellowship-trained breast radiologist. Dr. Leung specializes in all aspects of breast imaging including MRI and image-guided biopsy. She is the current chair of the Santa Barbara Breast Care Alliance, an NAPBC-accredited "breast center without walls" of which Sansum Clinic and Ridley-Tree are founding participants.

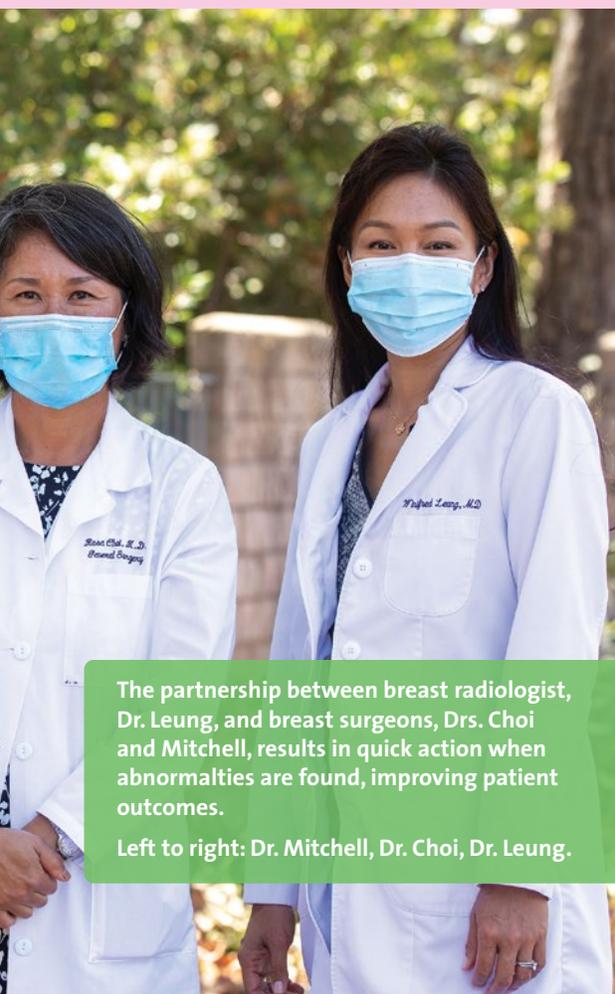


## LOCATION

### Pesetas Multi-Specialty Clinic

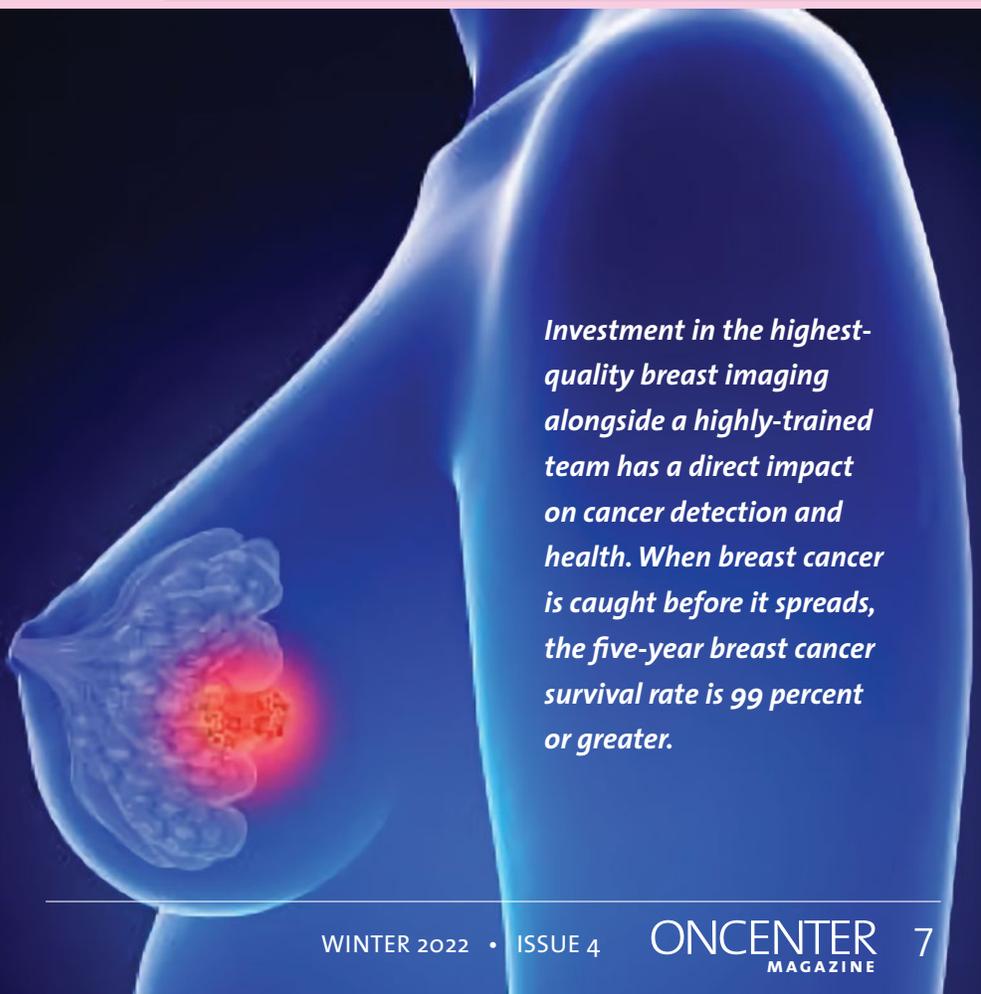
215 Pesetas Lane Santa Barbara, CA 93110

To schedule a breast screening appointment, call **(805) 681-7671** or visit [imaging.sansumclinic.org](http://imaging.sansumclinic.org) for more information. 



The partnership between breast radiologist, Dr. Leung, and breast surgeons, Drs. Choi and Mitchell, results in quick action when abnormalities are found, improving patient outcomes.

Left to right: Dr. Mitchell, Dr. Choi, Dr. Leung.



*Investment in the highest-quality breast imaging alongside a highly-trained team has a direct impact on cancer detection and health. When breast cancer is caught before it spreads, the five-year breast cancer survival rate is 99 percent or greater.*

# RAISING AWARENESS

**A**t Ridley-Tree Cancer Center, we recognize and celebrate the diversity of our Santa Barbara County community. February is both **Black History Month** and **National Cancer Prevention Month**, an important time to highlight the higher incidence of cancer among black Americans and remind our community members of essential steps to take towards cancer prevention.

According to the CDC, black men are diagnosed with and die from cancer at higher rates than men of other races and ethnicities in the United States. Black women who develop breast cancer are 40% more likely to die from the disease as compared to white women. Cancer is the second leading cause of death among black people in our country. Researchers and communities are actively working to identify and address the issues that lead to this disparity, including social and economic inequalities.

**Given this disproportionately higher cancer burden on the black community, the following cancer prevention strategies are especially important to reducing your risk of cancer:**

## SCREENINGS:

- Learn about the screening exams that detect the five most common types of cancer, and speak to your primary care physician to receive a specific recommendation for when you and your loved ones should receive your screenings:
  - Mammograms for breast cancer.
  - Pap smears for cervical cancer.

*Cancer is the second leading cause of death among black people in our country.*

- Prostate-specific antigen (PSA) testing for prostate cancer.
- Colonoscopies for colon cancer.
- CT scanning for lung cancer.

## FAMILY HISTORY:

- Discuss cancer with your family members to determine if there is any family medical history that could increase your cancer risk.

## DIET:

- Eat a healthy diet with fruits, vegetables, whole grains and low-fat milk products. Choose foods that are low in saturated fats, cholesterol, salt and added sugars.

## EXERCISE:

- Exercise regularly by participating in 30 minutes of daily physical activity.

## LIFESTYLE:

- Avoid tobacco products and alcoholic beverages. If you choose to drink, do so in moderation, no more than one drink a day for women and two for men.

Our team is dedicated to providing superior cancer care to anyone that walks through our doors. If you would like to learn more about our Community Health program that provides cancer prevention services for our community, please call **(805) 879-5678**. 

In January 2021, the U.S. Senate passed the Henrietta Lacks Enhancing Cancer Research Act. The legislation seeks to reduce barriers and improve access to clinical trials for communities that are traditionally underrepresented in trials.

Online!

# Ridley-Tree Cancer Center Community Lectures

In partnership with the **Cancer Foundation of Santa Barbara**, our **Community Lectures** program presents free lectures open to the public covering current topics in cancer care and cancer prevention. Lectures are pre-recorded and released online at [lectures.ridleytrecc.org](http://lectures.ridleytrecc.org).

WATCH OUR LATEST LECTURES ONLINE, AT YOUR OWN CONVENIENCE:



## **Cognitive Behavioral Therapy: Addressing Unhelpful Thought Patterns through the Cancer Journey**

*Cognitive Behavioral Therapy (CBT) is an evidence-based approach for helping to treat many common diagnoses, such as anxiety and depression. Our Oncology Social Workers discuss how CBT can be used to address unhelpful thought patterns throughout the cancer journey.*



## **Sex, Intimacy & Cancer**

*Scott McCann, PhD, LCSW, examines how cancer and cancer treatment can affect self-image, sexual functioning and intimacy. Individuals and couples will learn ways to build and maintain intimacy and sexual activity while living with cancer.*

To adhere to social distancing guidelines, lectures are available online at [lectures.ridleytrecc.org](http://lectures.ridleytrecc.org) 

STAY TUNED FOR UPCOMING TOPICS:

**Bone Health During and After Cancer Treatment**

**Cancer Survivorship: Life After Cancer Treatment**

**Advancements in Detecting and Treating Prostate Cancer**

For any questions, contact (805) 879-5698 or [events@ridleytrecc.org](mailto:events@ridleytrecc.org).

# The Only Comprehensive Cancer Care in Santa Barbara



Your Community Cancer Center for more than 70 years

**At Ridley-Tree Cancer Center, you have access to the latest technology and treatments, clinical research, evidence-based wellness programs and support services, all under one roof.**

- **A team of 21** board-certified physicians, **5** advanced practice providers and **160** highly-trained and compassionate staff members delivering the best cancer care for our patients
- **A multidisciplinary Breast Cancer Program** with physicians specializing in breast imaging, surgical oncology, medical oncology and radiation oncology
- The latest **Medical Oncology and Hematology** treatments including chemotherapy, immunotherapy and targeted therapy
- **27 bay Infusion Suite** with floor-to-ceiling windows available with views of the Mesa and the Santa Ynez mountains
- **Multidisciplinary Tumor Boards** where experts from the community review individual cases and determine a patient's multidisciplinary treatment plan together
- State-of-the-art **Radiation Oncology** technology, including (2) Elekta Versa HD™ linear accelerators, CT Simulator, Vision RT and Sentient Technology
- **Radiation Oncology Department Achieved Accreditation** by the American Society for Radiation Oncology (ASTRO) Accreditation Program for Excellence (APEX®)
- **Clinical Research Program** providing patients with access to a broad network of clinic trials in medical oncology, radiation oncology, surgical oncology and medical research
- **A Palliative Care & Advance Care Planning Program** to help seriously ill patients achieve the best possible quality of life
- Integrated **Patient Navigation, Genetic Counseling, Nutrition and Social Work** programs to meet the multilayered needs of our patients
- **Authorization Team and Patient Financial Counselors** coordinate insurance coverage and payment options before treatment begins to prevent financial challenges
- A wide range of **Supportive Care Services** including counseling, support groups, mind-body classes, exercise programs, library resources and education to provide healing and support for patients and caregivers
- **Leadership role in the Santa Barbara Breast Care Alliance** accreditation as a Center of Excellence "without walls", by the National Accreditation Program for Breast Centers (NAPBC)
- A **Solvang** branch providing medical oncology, infusion, nutrition, genetic counseling and support services to patients in North Santa Barbara County



**Ridley-Tree**  
Cancer Center

[ridleytreecc.org](http://ridleytreecc.org) • Santa Barbara • Solvang

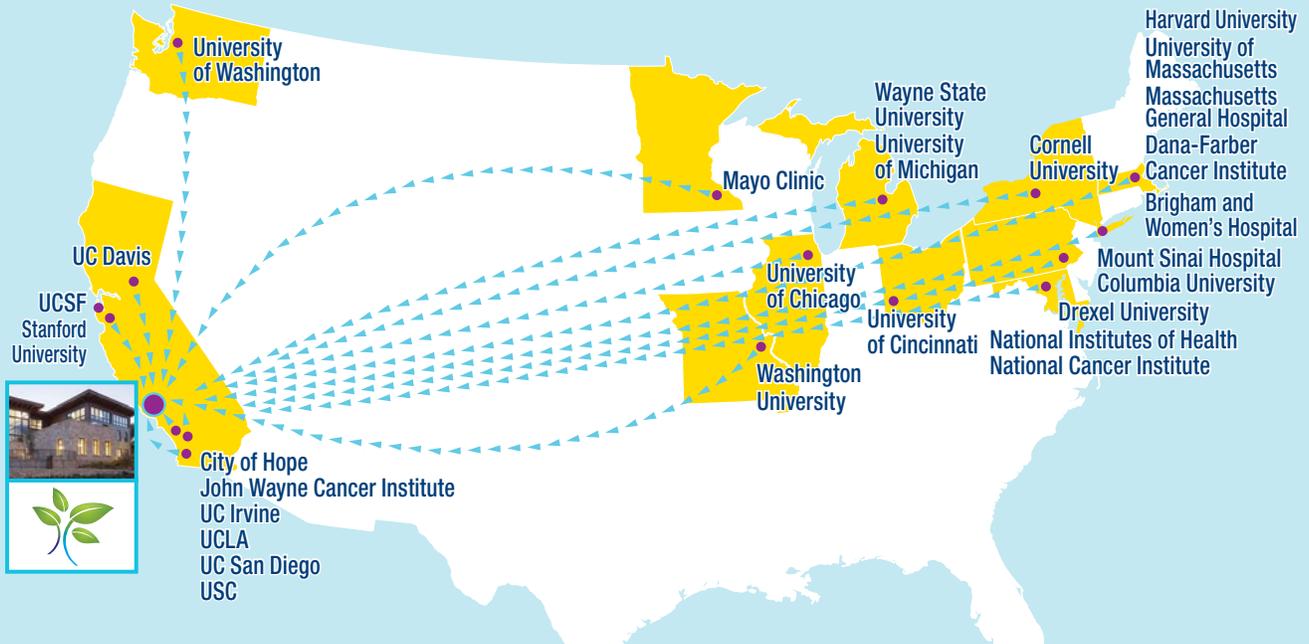


Exclusive Fundraising Partner

[cfsb.org](http://cfsb.org)

# We've Brought the Best Physicians to You

Our doctors come from some of the best medical schools and centers around the country.



Dr. Abate Dr. Anwar Dr. Bank Dr. Campos Dr. Gupta Dr. Kendle Dr. Kennedy Dr. Newman Dr. Penn Dr. Woliver  
 Jessica Davis, NP Kristin DeHahn, NP-C Marissa P. Jobe, PA-C Erica S. Koeppen, DNP, NP Andrea Krensreiter, PA-C

## MEDICAL ONCOLOGY AND HEMATOLOGY



Dr. Cheng Dr. Cottler Dr. Suh Dr. Voog Dr. Carlson Dr. Pace Dr. Leung Dr. Choi Dr. Mitchell Dr. Meyers Stefanie L. Rashti, NP

### RADIATION ONCOLOGY

### NUCLEAR MEDICINE

### BREAST IMAGING

### BREAST SURGERY

### PALLIATIVE CARE



Dr. Conway Dr. Harnsberger Dr. Howard Dr. Zerey

SURGICAL ONCOLOGY COLORECTAL SURGERY ENDOCRINE SURGERY GENERAL SURGERY

*Receive the highest-quality cancer care rivaling major medical centers throughout the country, close to home.*

## COMMUNITY PHYSICIAN PARTNERS

*Ridley-Tree Cancer Center would like to recognize these physicians for their invaluable partnership*



Dr. Yurcho COLORECTAL SURGERY Dr. Hogan GYNECOLOGIC ONCOLOGY Dr. Rodriguez GYNECOLOGIC ONCOLOGY Dr. Delio NEUROLOGY Dr. Chung NEUROSURGERY Dr. Jones NEUROSURGERY Dr. Oni-Orisan NEUROSURGERY Dr. Zauner NEUROSURGERY Dr. Schooler PLASTIC SURGERY Dr. Soares PLASTIC SURGERY Dr. Yegiyants PLASTIC SURGERY Dr. Baay THORACIC SURGERY

# BATTLING FIRES & CANCER

The physical demands firefighters face on the job are extreme, impacting their safety and their health. Exposure to pathogens and toxic elements within an already stressful work setting leaves firefighters at heightened risk for cancer and cardiovascular problems. A National Institute for Occupational Safety and Health (NIOSH) study completed in 2020 looked at 30,000 career firefighters over a 50-year period and discovered a 9% increase in all cancer diagnoses and a 14% increase in all cancer-related deaths. The rising cases of cancer in younger firefighters could be linked to environmental exposures, or to more frequent cancer screenings.

Lompoc Fire Captain **Christopher Martinez** is a passionate advocate for annual firefighter physicals, since the 2019 exam required by his own department wound up flagging stage II colon cancer. The 44-year-old

*“Sometimes, kids take a lot of that brunt. Ridley-Tree supported that aspect, so I could focus on recovery”*

husband and father was the picture of health, a non-smoker and healthy eater with a rigorous daily exercise regimen and no family history of cancer. When results from his department exam showed he was anemic, Christopher visited his primary care physician **David Phreaner, MD**. The bloodwork abnormality was puzzling to them both since the same tests appeared completely normal eight months earlier. The only symptom Christopher had at that time was minor fatigue, which as a hardworking firefighter, seemed like just a regular part of the job. Not long after their appointment when Christopher noticed a bloody stool, Dr. Phreaner referred him to gastroenterologist **Vincent DeRosa, MD** who performed a combined endoscopy and colonoscopy. Those tests and a subsequent biopsy confirmed Christopher’s colon cancer diagnosis.

Surgical oncologist **W. Charles Conway, MD, FACS** removed Christopher’s tumor and said he was lucky to have found the fast-growing malignancy before any

more symptoms had begun to appear. Dr. Conway’s warm, caring manner and attention to detail comforted Christopher, his wife, Xochitl and sister, Laura, both nurses at Cottage Hospital. “*He listened to all of us. It was a big weight off my shoulders,*” says Christopher. Post-surgery, Dr. Conway referred the family to Ridley-Tree Cancer Center, where they selected oncologist and hematologist **Mukul Gupta, MD** to guide them through treatment. They all appreciated Dr. Gupta’s immense time investment to help them understand the medical research and information surrounding the diagnosis. “*I felt like he gave me the opportunity to feel empowered in the decision-making process,*” shares Christopher. When chemotherapy began, Christopher and Dr. Gupta coordinated to try and find the best ways for his strenuous, pre-dawn workouts to continue. Christopher pushed through his daily run and hundreds of push-ups despite fatigue and nausea. “*I was determined to be stronger from this,*” he recalls. A big motivator was his daughter, Luisa, eight years-old at the time. Having lost his mother as a third grader, Christopher longed to protect his child from any fear or worry caused by his illness. Oncology social worker **April Calderon, MSW** met with Luisa to help her manage the stress of having a parent with cancer. “*Sometimes, kids take a lot of that brunt. Ridley-Tree supported that aspect, so I could focus on recovery,*” explains Christopher. His patient navigator **Sam Howland, MS** commanded care logistics, so he could reap all the benefits of a multi-disciplinary center where specialist teams rally around patients to provide support. Oncology nutrition dietitian **Sarah Washburn, MS, RDN, CSO**, personalized a diet for Christopher that would provide adequate nutrition, while limiting any side effects from the chemotherapy. Special attention from Nurse Practitioner **Erica Koeppen, DNP** and Medical Assistants **Elizabeth Cuevas** and **Kathy Judy** was the icing on the cake, and made Christopher feel right at home during his visits.

The transition into remission felt a little rocky for Christopher, who was boosted mentally knowing he was cancer-free, but frustrated that his stamina and mental sharpness was taking time to return. “When you hear about people with cancer who are in remission, you think they are fine, they beat it, they don’t need support,” he admits. “I struggled, but I learned this is typical.” Dr. Gupta encouraged Christopher to be patient since his body might need many months to be fully-restored. Meantime, he channeled his energies into advocacy for annual firefighter physicals for all area fire departments. Christopher built a cancer awareness curriculum for firefighters, used by California’s Office of the State Fire Marshal, where he is one of only a handful of certified behavioral health and cancer awareness

instructors. He regularly presents lectures for Allan Hancock College’s Fire Academy, and he gave a 2021 community presentation at an event co-hosted by Ridley-Tree and Cottage Health where he inspired the audience of Spanish speakers to stay current with their

***“I was determined to be stronger from this.”***

annual medical exams and cancer screening tests. With cancer, heart disease, lung disease and infectious disease among the leading causes of death for firefighters, there is no time to waste, according to Christopher. “The fight doesn’t just end, it continues. I want to address this so we can support each other.” 🌿



**Fire Captain Christopher Martinez (center) with Engineer Evan Nesby and Firefighter Richard West**

# MARCH IS COLORECTAL CANCER AWARENESS MONTH

**R**idley-Tree Cancer Center's colorectal cancer experts provide the most advanced diagnostics and treatments available for colon and rectal cancers. Patients receive comprehensive evaluation and personalized treatment plans from a multidisciplinary team of experts in **gastroenterology, pathology, surgical oncology, medical oncology, radiation oncology, clinical research, genetic counseling, oncology nutrition** and **patient navigation**.

*"The resources that we have in Santa Barbara for colorectal cancers are very extensive in relation to the size of our community. Thanks to the generosity of donors in the area, we have the ability to provide the level of top-notch care that would be delivered at major academic medical centers. Contributions from these donors allow us to attract excellent physicians and staff, utilize advanced technology and treatment techniques so that even patients with the most complex cases can receive their treatment close to home."*

– Sansum Clinic's Colorectal Surgeon **Dr. Cristina Harnsberger**



## TUMOR BOARDS

Our physicians, staff and other cancer experts from Santa Barbara County attend weekly **Gastrointestinal Tumor Board Conferences** to discuss the condition of patients diagnosed with colorectal or other GI cancers and determine an optimal, multidisciplinary treatment plan together. 🌿

## STAGES OF COLORECTAL CANCER

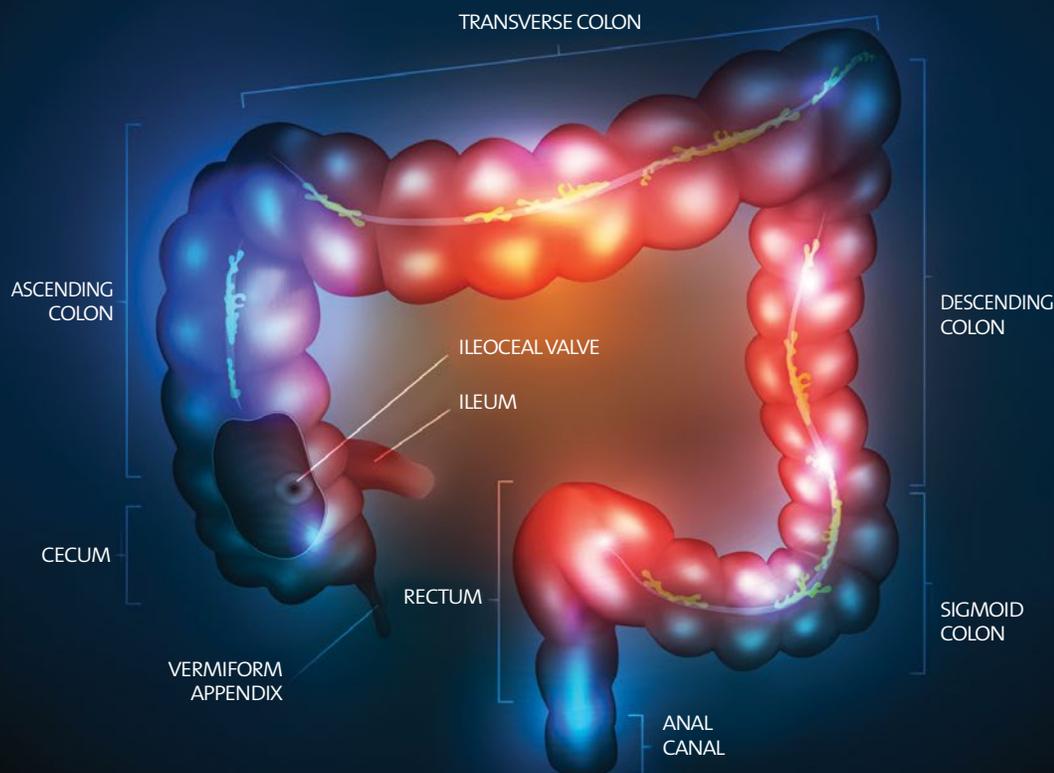
**STAGE I:** Tumor has grown into the inner wall of the colon or rectum but not grown through the wall.

**STAGE II:** Tumor extends more deeply into or through the wall of the colon or rectum. Cancer cells may have spread into nearby tissue but not the lymph nodes.

**STAGE III:** Cancer has spread to nearby lymph nodes but not other parts of the body.

**STAGE IV:** Cancer has spread to other parts of the body, such as liver or lungs.

## COLON AND RECTUM



# DON'T DELAY YOUR SCREENINGS

## 1 IN 3 PEOPLE ARE NOT UP-TO-DATE

### GET SCREENED!



Sansum Clinic recommends that **asymptomatic** people start regular colorectal cancer screening at age **45 years**.

If you have any of the **following symptoms**, call your doctor to schedule a colonoscopy immediately:

- **Rectal bleeding**
- **Change in frequency and consistency of bowels**
- **Abdominal pain**
- **Anemia**

### COLONOSCOPY



A **colonoscopy** is the preferred screening test and should be **repeated every 10 years** so that any **polyps** can be removed before they turn into cancer. If any polyps are found, the colonoscopy may be repeated sooner.

### FAMILY HISTORY



Approximately **5% to 10%** of colon cancers are **hereditary**. If you or someone in your family has been diagnosed with colon cancer you may benefit from meeting with our genetic counselors. They can provide a personalized risk assessment to help you and your physician better understand your genetic risk for colon cancer. This information will help personalize both you and your loved one's screening plans. For more information, visit [geneticcounseling.ridleytrecc.org](http://geneticcounseling.ridleytrecc.org).



**Call (805) 898-3120 to schedule your colonoscopy today.**

# MEROVICK FUND FOR PATIENT ASSISTANCE TOPS \$3 MILLION

Since 1949, **Cancer Foundation of Santa Barbara** has been committed to providing the finest cancer care for residents of Santa Barbara County through the recruitment of highly-trained oncology physicians, the acquisition of new technology and active participation in clinical research.

A core aspect of the Foundation's mission is to ensure access to today's best cancer care for everyone in our community regardless of their ability to pay. **Ridley-Tree Cancer Center's** capacity to deliver on this commitment was strengthened in 2011 with the establishment of the **AJM Endowment Fund for Patient Assistance**, created in honor of **Art Merovick** for his many years of service to the Foundation. Through the generosity of Art's family, friends and members of our community, the AJM Fund recently **surpassed the \$3 million mark**. As the need for this charitable support continues to grow, the extraordinary success of the fund will enable the Cancer Center to continue providing the finest cancer care to patients who are unable to cover the cost of their treatment or who are not adequately covered by Medicare and insurance.

Cancer care is often expensive and leaves many Santa Barbara residents unable to afford potentially life-saving treatments. Support of the AJM Fund means that world-class care offered by the Ridley-Tree Cancer Center's medical team will continue to be available to everyone in our community who faces a cancer diagnosis, allowing them to focus on their recovery without the burden of the accompanying financial challenges.

**Thank you** to all who have supported this effort, allowing us to continue to deliver on our commitment to patients in Santa Barbara County.



## CANCER FOUNDATION WELCOMES NEW TRUSTEE, GEORGE THARAKAN

**George Tharakan** is the co-founder and chief investment officer of **Alamar Capital Management**, a private wealth management firm in Santa Barbara. Prior to becoming a professional investor, George was an engineer at **Intel Corporation**



where he designed microprocessors. His volunteer activities have included serving as a member of the Board of Trustees of the Riviera Ridge School (2011-2017), Co-Chair of the CFA Institute - Santa Barbara Chapter (2015 – 2020), and the Santa Barbara High School MAD Academy (2017 – 2021). He currently serves on the boards of the UCSB Deans Investment Group and the Ensemble Theater Company Foundation. George is a graduate of the Indian Institute of Technology, with an MS in Computer Engineering from the University of Illinois, and an MBA in Finance from the Anderson School of Business (UCLA). He is also a member of the Los Angeles Society of Financial Analysts.

The volunteer Board of Trustees of the Cancer Foundation focuses exclusively on fulfilling the mission of ensuring excellent cancer care close to home for all residents of Santa Barbara County. Executive Director **Lori Willis** explains, "*George's investment expertise will enhance our ability to support those on their journey with, through and beyond cancer. We are grateful that he is willing to share his time and knowledge and he is a welcome addition to the Board.*" 



# PLANNING FOR THE FUTURE

The **Cancer Foundation** works tirelessly to bring hope to our community and those facing a diagnosis of cancer by ensuring that state-of-the-art equipment and a wide-range of supportive care programs are available to all patients of Santa Barbara County, regardless of means. Through the generosity of the community, including people just like you, the Foundation provides essential funding to the **Cancer Center** to enable access to these critical services and programs for all residents as they journey with, through and beyond cancer.

One of the primary ways we are able to plan for the future is because of individuals and couples who leave a planned gift to the Foundation. Not only do these gifts contribute to their legacy, but they make certain that funds are available to safeguard the integrity of the offerings at the Cancer Center moving forward.

The Cancer Foundation's **Elaine and Edward Stepanek Legacy Society** honors those who have communicated their intention to make a gift through their will, living trust or other planned gift arrangement. After you have taken care of those close to you, we invite you to consider providing hope for those in Santa Barbara who may face a cancer diagnosis by leaving a gift to the Cancer Foundation in your estate.

Only a small number of individuals and couples have notified the Foundation that they have thoughtfully remembered us in their estate. If you have included the

Cancer Foundation in your estate but have not informed us, please let us know so we can recognize you. If you have considered doing so, we would be happy to discuss the many options available that may provide income for life or significant tax savings.

For more information or questions, please contact **Lori Willis**, Executive Director of the **Cancer Foundation of Santa Barbara**, at **(805) 898-2187** or [lwillis@cfsb.org](mailto:lwillis@cfsb.org). 



Cancer Foundation of Santa Barbara's  
**Elaine & Edward  
Stepanek Legacy Society**



Helen Brown



Jan Everote



Christina Allison



Kay Gainey



Yvonne Baker  
Heltman

# HIDDEN HEROES

## OF RIDLEY-TREE CANCER CENTER

### ONCOLOGY SOCIAL WORK CASEWORKERS

Because a cancer diagnosis often brings many psychological, social and economic challenges for patients and their families, caseworkers in Ridley-Tree's **Oncology Social Work Department** are at the ready to provide critical assistance so patients' basic daily needs are met, and so any barriers to treatment can be removed.

**Caseworkers** help patients to obtain medical services, transportation, food and housing. They advocate for patients, so they can better coordinate with state and community agencies. *"This greatly eases the burden,"* explains **Sherry Massey**, a 25-year veteran of the Oncology Social Work Department. *"I often receive requests from patients who tried to resolve issues with Medi-Cal, Social Security or California's Disability Insurance Department on their own, but have not been successful. Not knowing where to start can feel overwhelming. It is most rewarding when we can help to resolve these problems."*

New caseworker **Ana Manzo** assists patients with filling out free drug enrollment applications, receiving handicap

placards, writing time-off letters to employers, and many other tasks that help to lighten the load. *"I have the opportunity to provide great resources,"* says Ana. *"This team works so hard for the wellbeing of the patient."*

**Laura Gonzalez** has been a Ridley-Tree caseworker for the last 7 years. She enjoys speaking with her patients by phone, meeting to discuss their medical bills or calling healthcare insurance providers to coordinate coverage. This is invaluable assistance for patients whose time and energy are drained. *"I love working at Ridley-Tree, especially when patients share how grateful they are for your support,"* shares Laura.

To request an appointment with one of our caseworkers, call the Oncology Social Work Department at one of the numbers below:

**Santa Barbara (805) 879-5690 • Solvang (805) 879-5685**



Sherry Massey, Ana Manzo and Laura Gonzalez

# ADVANCEMENTS IN TECHNOLOGY

## IMPROVING PROSTATE CANCER DIAGNOSTICS WITH PYLARIFY®

**R**idley-Tree's Nuclear Medicine Department is now using a radioactive agent called **PYLARIFY® (F18-PSMA)** to provide more accurate and earlier detection of prostate cancer than our previous imaging methods. This diagnostic tracer, approved by the FDA in May 2021, helps physicians in two scenarios: 1) when a patient is newly diagnosed and the physicians want maximum information about the prostate cancer's location before treatment, and 2) when a patient who was previously treated for prostate cancer has a blood test that suggests cancer has returned.

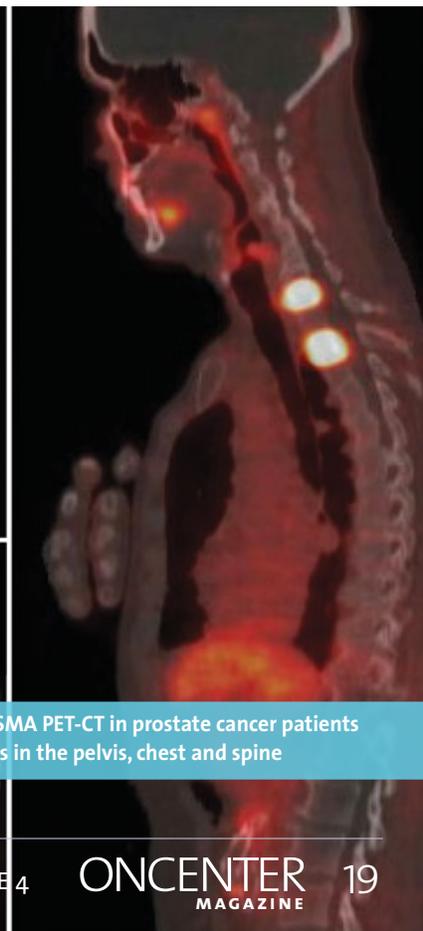
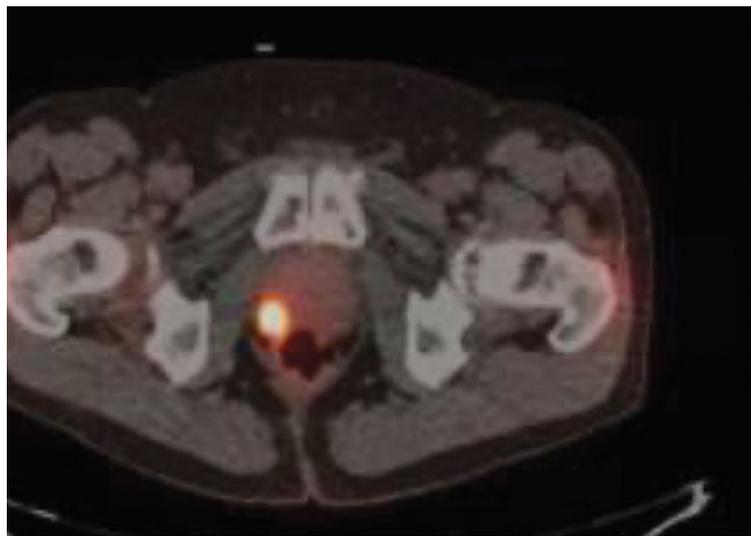
*"Conventional imaging is limited in terms of its ability to find prostate cancer in the initial staging, and when determining if the disease has recurred or spread,"* explains **William Pace, MD**, Nuclear Medicine Physician. *"PYLARIFY® provides us with exceptional clarity and precision that can find and track the spread of prostate cancer much earlier, giving our patients better information when deciding on a treatment plan with their doctor."*

**F18-PSMA / PET-CT imaging** has greatly advanced how urologists and oncologists can view prostate cancer metastases and how they stage the disease. In patients with an elevated **prostate specific antigen (PSA)**, Pylarify® was able to detect the location of the recurrent disease in nearly 2 out of 3 patients, when the disease was

undetectable by prior imaging methods.

In addition to the advances in diagnostic imaging, Ridley-Tree Cancer Center **recently opened a clinical trial utilizing lutetium therapy** in the treatment of patients with newly-diagnosed metastatic prostate cancer. This process involves injecting a radioactive molecule (lutetium) into the vein, allowing a high dose of radiation to be delivered straight to cancer cells in any location within the body. This therapy, available in Germany for many years, improved outcomes in patients who received but progressed on chemotherapy. *"The medical oncologists and the nuclear medicine physicians at Ridley-Tree hope to bring this treatment to patients earlier in their course of therapy, even before receiving chemotherapy,"* remarks **Gregg Newman, MD**, Medical Oncologist. 🌱

**To learn more about PYLARIFY® or clinical trials, speak with your Ridley-Tree physician or call (805) 879-0670.**



Images of PSMA PET-CT in prostate cancer patients show tumors in the pelvis, chest and spine

# NUTRITION

## FOR CANCER PATIENTS



Tips from Oncology Dietitian  
Nutritionist Rebecca Colvin,  
MPH, RDN, CSO

## STAYING HYDRATED

Every day, we lose fluid through normal bodily functions, making replenishing fluids very important for optimal health. For cancer patients, staying hydrated is essential because cancer treatment can be taxing on your body and increases your risk of dehydration.

### WHY IS STAYING HYDRATED IMPORTANT?

- Fluids transport nutrients and oxygen, protect our internal organs, lubricate our joints and digestive tract, help sustain energy and regulate heart rate and blood pressure.
- Fluids help your body get rid of toxins and the byproducts of chemotherapy.
- Good hydration can reduce treatment side effects, such as dehydration, diarrhea, vomiting, dry mouth, constipation, fatigue and nausea.

### HOW MUCH FLUID DO YOU REALLY NEED?

Each person has unique hydration needs. For healthy adults, divide your weight by two to determine how many ounces of fluid to aim for in a day. For example, if you weigh 150 pounds, your daily fluid intake should be at least 75 ounces. If you are in cancer treatment, it is important to consult your medical care team, including your oncology nutritionist, to help determine your specific hydration needs.

### COUNT ALL FLUIDS, NOT JUST WATER!

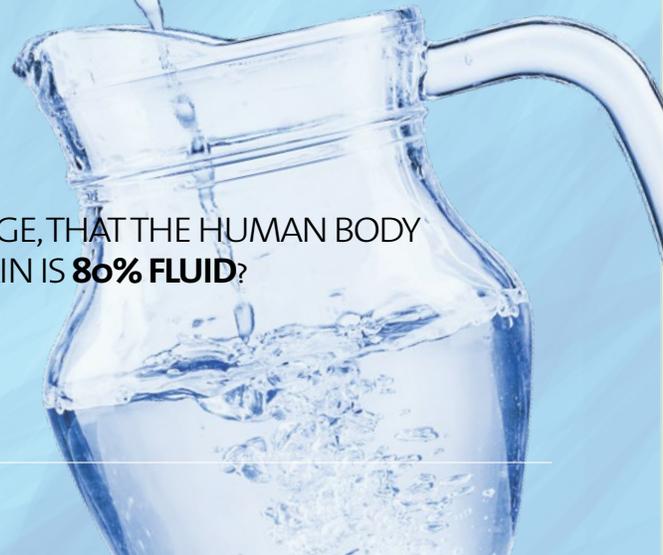
Tea, juices and liquid foods like soups, smoothies and yogurt can also count towards your fluid goal. The following options provide not only hydration, but also nutrients from food:

- Coconut water, cactus water, aloe vera water
- Electrolyte beverages
- Juices, milks, lemonade, iced tea and popsicles that are unsweetened or lightly sweetened
- Protein shakes, smoothies and bottled nutritional supplements
- Bone broth, soups, yogurts and frozen yogurts

### MAINTAINING HYDRATION IS HARD. HERE ARE SOME TIPS:

- Drink fluids throughout the day with a goal of 4-6 ounces every hour.
- Fill a pitcher with your daily water needs and drink from it until it is empty.
- Keep a hydration journal or use a smart phone app to track your daily progress.
- If water tastes funny or bad to you, try adding lemon, cucumber or watermelon. 🍋

DID YOU KNOW, ON AVERAGE, THAT THE HUMAN BODY IS **60% FLUID** AND THE BRAIN IS **80% FLUID**?



# RECIPES

## TO PROMOTE HYDRATION

### VEGGIE SMOOTHIE

#### INGREDIENTS:

- avocado
- medium cucumber
- 1 stalk celery
- 1-2 handfuls of greens (spinach, swiss chard)

#### INSTRUCTIONS:

Add all ingredients to blender and blend until smooth.  
Add water to desired consistency.



### GINGER-INFUSED CHICKEN NOODLE SOUP

#### INGREDIENTS:

- 4 – 4 1/2 oz chicken breast (bone in or boneless)
- 3 quarts of chicken stock
- 1 large onion, diced
- 3 stalks celery, diced
- 3 medium carrots, sliced
- 1 tbsp ginger, minced
- 2 bay leaves
- 1/4 cup chopped parsley
- 1 cup spaghetti (broken into 1" pieces)
- 1 small tomato, diced
- Salt and pepper to taste

**Serves 6**

#### INSTRUCTIONS:

- 1 In a medium stock pot, add chicken stock and chicken, and bring to a boil.
- 2 Boil for 5 minutes then skim the fat off the top.
- 3 Turn to a simmer and add onions, celery, ginger, carrots, bay leaves and tomatoes and simmer for 30 minutes.
- 4 Remove chicken and let cool.
- 5 Chop chicken and place back into the broth. Add broken spaghetti and simmer for 15 minutes, stirring occasionally.
- 6 Add salt, pepper and parsley. Enjoy!

*By Chef Marc Gilberti*





# HEALING GARDEN

## DEDICATED SPACE TO RELAX AND REFLECT

Our half-acre **Healing Garden** provides a serene area surrounded by shaded walking paths, tables and umbrellas, and benches for patients, families and caregivers to enjoy. The landscaping features a variety of beautiful native plants. Tucked in the back under the shade of sycamore trees is the Tribute Wall, featuring personalized tiles honoring patients, physicians, donors and loved ones.



Turpin-Allebrand  
Family Garden

OPTIMIZE  
YOUR USE OF

# mychart

Access **MyChart**, our patient portal, to stay involved in your medical care. It is convenient and can help you save time!



## DOWNLOAD AND USE THE MOBILE APP



To access your medical information on the go, you can download the **“MyChart”** app from the **App Store** or **Google Play Store**, open it, and select Sansum Clinic as your organization. Your login information remains the same.



## SCHEDULE APPOINTMENTS

If you are an established patient, you can directly schedule some appointments through MyChart. Select **“Schedule Appointment”** from the quick links; select the provider or type of appointment; choose a day and time that works for you; and hit **“Schedule.”** No phone calls are necessary!



## GET IN TOUCH WITH YOUR CARE TEAM

If you are an established patient, you can ask your medical team non-urgent medical questions, check on a referral, or submit feedback. Select **“Ask a Question”** from the quick links and select the appropriate option.



## SIGN UP TODAY!

- Visit [mychart.sansumclinic.org/MyChart/signup](http://mychart.sansumclinic.org/MyChart/signup) or scan the QR code.
- Sign up at your next visit by asking a member of your healthcare team.
- Call the **MyChart Help Desk** at **(805) 898-3333** to sign up over the phone. 



# WELCOME NEW PROVIDERS & STAFF



**Matthew Baumann, MBA**, joined Ridley-Tree as Vice President of Oncology Services. He directly oversees operations and serves as a key member of the Sansum Clinic Executive Team. Prior to

Ridley-Tree, Matt was an executive leading oncology operations at Miami Cancer Institute. Prior to his work in healthcare, he spent seven years as an Infantry Leader in the United States Marine Corps. Matt received bachelors and masters degrees in business administration from the University of Central Florida and will complete a Doctor of Business Administration degree from Florida International University in 2022.



**Maíra Campos, MD**, board certified in medical oncology, joined Ridley-Tree in August 2021. Dr. Campos attended medical school and completed her Masters in Public Health at Faculdade de Medicina

do ABC in Sao Paulo, Brazil. She completed her internal medicine residency at Jackson Memorial Hospital at the University of Miami, and her Hematology/ Medical Oncology fellowship at the David Geffen School of Medicine at UCLA. She joins Ridley-Tree from St. Charles Cancer Center in Bend, Oregon.



**Jessica Davis, NP**, joined Ridley-Tree's Medical Oncology Department in June 2021. She earned her nursing degree from Columbia University, received her masters degree in nursing from

UCLA, and completed her doctorate at the University of Colorado. She is a certified adult oncology nurse practitioner and an advanced-certified hospice and palliative care nurse practitioner. Prior to Ridley-Tree, Ms. Davis worked for a decade at the Rocky Mountain Cancer Center in Boulder, Colorado.



**Kristin DeHahn, NP-C** began a new role as a certified nurse practitioner in Ridley-Tree's Medical Oncology and Hematology Department, after working for five years as an

infusion nurse. Kristin graduated from the University of Southern California's Family Nurse Practitioner Program. She also received her masters degree in nursing from USC, and her bachelors degree in nursing from Rush University. She previously worked as a nurse at The Methodist Hospital in Texas.



**Pam Wells, MA, RDN** began a new role in December as an oncology dietitian nutritionist, after previously working as a patient navigator at Ridley-Tree. Pam completed her bachelors degree

in nutrition and dietetics from Samford University in Birmingham, AL and has over 5 years of experience as a registered dietitian working with adult and pediatric cancer patients.



**Ellen McLaughlin, MS, LCGC** joined Ridley-Tree's Genetic Counseling Department in December 2021. She received her masters degree in human genetics and genetic counseling from Keck Graduate

Institute, and completed her bachelors degree in chemistry at Westmont College. Ellen is certified by the American Board of Genetic Counseling and licensed by the State of California. 



# ONLINE WELLNESS PROGRAMS

## WELLNESS PROGRAMS

These classes are offered free to those under the care of an oncologist and currently in active cancer treatment (as defined by provider) or within one year of their last treatment. Programs are also offered to their caregivers during this period of time.

### Finding Joy Through Painting

*Learn how the creative process can develop joy by exploring self-expression through painting. If needed, painting supplies can be provided.*

**Mondays, 10:00 am – 12:00 pm**  
(805) 879-5678

### Relieving Stress Through Tai Chi Yoga

*Join us for a meditative practice that can help relieve stress and tension, and increase energy flow.*

**Mondays, 1:00 – 2:00 pm**  
(805) 879-5678

### Gentle Yoga

*A restorative class featuring supported yoga postures, breath work and guided imagery to help manage side effects, reduce stress and support healing.*

**Wednesdays, 2:15 – 3:15 pm**  
(805) 879-5678

### Active Stretching

*This class works with Chinese meridian lines to promote active movement that strengthens muscle groups while protecting joints. You will need a comfortable space on an exercise mat or chair.*

**Tuesdays, 9:00 – 10:00 am**  
(805) 879-5678

### Knitting Together

*This online knitting circle is intended to bring us together to enjoy the creative process as well as each other's company. All supplies can be mailed to participants.*

**Wednesdays, 11:00 am – 12:00 pm**  
(805) 879-5678

### Yoga for Strength and Empowerment

*Geared for those seeking to reduce stress and restore strength as part of their cancer recovery process.*

**Wednesdays, 2:00 – 3:00 pm**  
(805) 879-5678

### Meditation for Survivorship

*Meditation can be used to calm the mind and put the body in a relaxed state. Please join us in this ancient practice of stress relaxation.*

**Wednesdays, 7:00 – 8:00 pm**  
(805) 879-5678

### QiGong

*Slow, gentle, yet energizing, QiGong is a practice of movement and breathing techniques that guides one's body, mind and spirit into a state of balance.*

**Thursdays, 9:30 – 10:30 am**  
(805) 879-5678

### Finding the Light: Meditation in Challenging Times

*A guided meditation that focuses on supporting the body and mind during this challenging time. Join us to find the lightness and joy that surrounds us.*

**Thursdays, 11:30 am – 12:30 pm**  
(805) 879-5678

### Yoga for Resilience in Challenging Times

*Join us for gentle strengthening and slow mindful stretches to support wellness. Guided relaxation, breath work and self-massage included.*

**Fridays, 9:45 – 10:45 am**  
(805) 879-5678

### Restorative Yoga for Peace

*This class incorporates restorative yoga, gentle yoga, guided imagery and breath work to support the body in clearing stress, so it can focus on healing.*

**Fridays, 11:00 am – 12:00 pm**  
(805) 879-5678

### Look Good, Feel Better Class

*Professionals teach women how to cope with skin changes and hair loss. Free cosmetic kit provided.*

**Call for schedule**  
(805) 879-5678



All these programs are funded by the Cancer Foundation of Santa Barbara.



*We aspire to provide a safe place for those in the midst of a difficult time, and to provide a healing and supportive atmosphere. Participants are asked to respect and support the program guidelines. We reserve the right to deny anyone admittance. Please call (805) 879-5678 with any questions.*

# & SUPPORT GROUPS

## SUPPORT GROUPS

### Life After Cancer - Discovering Your New Normal

For those one year past diagnosis, this group provides a place where experiences can be shared and new tools learned to manage life during and after cancer treatment.

1st and 3rd Tuesday/month  
12:00 – 1:15 pm  
(805) 879-0647

### Gynecological Cancer Support Group

This group provides a safe place where women can share their experiences and exchange information about gynecological cancers.

2nd Tuesday/month, 2:00 – 3:00 pm  
(805) 879-0647

### Breast Cancer - Beginning the Journey to Wellness

A group where those living with breast cancer can exchange information, provide mutual support and learn tools to manage life's changes.

2nd and 4th Thursday/month  
4:00 – 5:00 pm  
(805) 879-0647

### Head and Neck Tumors

A group for those diagnosed with cancer of the head and neck to learn from others and share their experiences to help manage the process of treatment and recovery.

4th Tuesday/month, 5:00 – 6:00 pm  
(805) 879-0647

### Caring for the Caregiver

This class is designed for relatives and friends who are caring for a loved one with cancer. Learn the importance of self-care and tools to assist in the caregiver role.

Call for schedule  
(805) 879-0647

### Sobreviviendo el Cancer

Todos estan invitados a estas platicas para familias y personas que tuvieron o que estan bajo tratamiento de cáncer.

1st and 3rd Wednesday/month  
12:00 – 1:00 pm  
(805) 879-5690

### Managing Metastatic Cancer

This is a group for those with advanced stage cancer. Patients can openly share and connect with others living with similar challenges.

3rd Tuesday/month, 4:30 – 5:30 pm  
(805) 879-0647

### Prostate Cancer Discussion Group

This group provides a forum for men and their family members to discuss their experience with prostate cancer, its treatment and the impact on their lives.

2nd Tuesday/month, 12:00 – 1:30 pm  
(805) 879-0647

### Tools for Coping with a Cancer Diagnosis

This group provides a safe place for those who are newly diagnosed with cancer to learn coping skills for the cancer journey. Topics include shock, sharing the diagnosis, regaining control, self-image, living with uncertainty and more.

Santa Barbara: 1st and 3rd Thursday/month  
North County: 1st and 3rd Monday/month  
(805) 879-0647

### Living with Lung Cancer

This group provides a safe place for those living with lung cancer and their families to exchange information and provide mutual support.

1st Tuesday/month, 4:00 – 5:00 pm  
(805) 879-0647

### Young Adult Support Group

This group provides a place where young adults, ages 18 - 40, can share their cancer experience and support one another.

3rd Thursday/month, 5:30 – 7:00 pm  
(805) 879-0647

### I Count Too – Teen Support Group: When a Loved One Has Cancer

This is a bimonthly support group for teens, age 11-17, who have a close family member with cancer.

1st and 3rd Mondays, 4:00 – 5:00 pm  
(805) 879-0647

## RESOURCE LIBRARY

### Resource Library

The Resource Library is open for patients and visitors who are at the Cancer Center for scheduled appointments. Materials can also be mailed to you along with a prepaid mailing packet for returns.

NEW Online Catalog! To browse our collection from home, visit [rtclibrary.libib.com](http://rtclibrary.libib.com).

(805) 879-5648 • [library@ridleytrecc.org](mailto:library@ridleytrecc.org)

All programs are online and require registration. For more information or to register, visit [calendar.ridleytrecc.org](http://calendar.ridleytrecc.org) 

# SUPPORT FROM DIAGNOSIS THROUGH RECOVERY

Evidence-based clinical support services are a vital aspect of comprehensive care at **Ridley-Tree Cancer Center**. Our providers in these fields work alongside our oncologists to provide personalized care plans for the specific needs of each patient. To learn more about these services, contact your doctor or call the program's phone number below.

## CLINICAL TRIALS



Our oncologists work with members of the Clinical Research Department to provide our patients with access to many of the same clinical trials available at leading cancer centers and academic centers around the country. Ask your doctor if there is a clinical trial that is right for you.

**(805) 879-0643**

## GENETIC COUNSELING



We offer hereditary cancer risk counseling to help patients and families with a history of cancer, better understand and manage the risk for developing cancer through genetic risk assessment and genetic testing. Our genetic counselors translate genetic information into understandable recommendations for patients, physicians and families. Ask your doctor if you should pursue genetic counseling.

**(805) 879-5653**

## ONCOLOGY NUTRITION



Our oncology dietitian nutritionists provide personalized food and supplement recommendations to correct nutritional deficiencies and help enhance nutritional health and well-being during and after treatment. Individuals currently in treatment or within one year of their last treatment may receive nutrition counseling free-of-charge.

**(805) 879-5652**

## ONCOLOGY SOCIAL WORK SERVICES



Our clinical social workers provide emotional and practical support for patients, their families and their friends. This includes individual and

family counseling, case management, support groups, assistance with home care and long-term care, insurance, transportation, finances and advocacy. These services are available at no cost to patients receiving cancer care.

**(805) 879-5690**

## PATIENT NAVIGATION



Our patient navigators educate patients and families, provide support at times of transition in care and act as liaisons between individual patients and the

various healthcare providers required for proper diagnosis, treatment and disease management.

**(805) 879-0660**

**All these programs are funded by the Cancer Foundation of Santa Barbara.**

**CANCER FOUNDATION**  
of SANTA BARBARA

# OUR LOCATIONS & PHONE NUMBERS

We are proud to serve patients in the entire Central Coast region.  
Please use these phone numbers to contact your cancer care team.

## 540 W. PUEBLO STREET, SANTA BARBARA

### Medical Oncology

Monday - Thursday, 8:00 am - 5:00 pm  
Friday, 8:00 am - 12:00 noon  
(805) 879-0670

### Radiation Oncology

Monday - Friday, 8:00 am - 5:00 pm  
(805) 879-0650

### Surgical Oncology

Monday - Thursday, 8:00 am - 5:00 pm  
Friday, 8:00 am - 12:00 noon  
(805) 879-0680

### Palliative Care

Monday - Thursday, 8:00 am - 5:00 pm  
Friday, 8:00 am - 12:00 noon  
(805) 879-0675

## 300 W. PUEBLO STREET, SANTA BARBARA

### Nuclear Medicine

Monday - Friday, 8:00 am - 5:00 pm  
(805) 563-5870

## 2040 VIBORG ROAD, SUITE 140, SOLVANG

Monday - Thursday, 8:30 am - 5:00 pm  
Friday, 8:30 am - 12:00 noon  
(805) 686-5370

## ONCOLOGY SUPPORTIVE CARE PROGRAMS

<b>Patient Navigation Program</b>	(805) 879-0660
<b>Genetic Counseling</b>	(805) 879-5653
<b>Oncology Nutrition Program</b>	(805) 879-5652
<b>Oncology Wellness Program &amp; Classes</b>	(805) 879-5651
<b>Oncology Social Work Services</b>	(805) 879-5690
<b>Research &amp; Clinical Trials</b>	(805) 879-0643
<b>Cancer Resource Library</b>	(805) 879-5648



# Comprehensive Cancer Care. Close to Home.

Our integrated team of highly-trained physicians and compassionate staff care for patients with the most advanced treatments and technology, national clinical trials, and research-based supportive care and wellness programs.

**Right here in Santa Barbara.**

