



CARE

Cancer Awareness, Resources, and Education



SUMMER 2009



San Francisco General Hospital Medical Center
AVON Breast Center
Tuesdays, 5:30—7:30pm



What is the CARE Program?

CARE - Cancer Awareness, Resources, and Education.

The CARE Program is designed for people with cancer who receive their care and treatment at San Francisco General Hospital. Through the CARE Program, people diagnosed with cancer receive education and support, as well as a free, healthy, and delicious meal every week.

During each week of this 10-week series, group members participate in relaxation exercises and share information. A different health professional visits each week to share information and skills that can help you take care of yourself. Each session is intended to be interactive, experiential, and practical.

A cancer diagnosis changes your life in powerful ways. Through the CARE program, we want to make sure that no one goes through that experience alone. We want to help you learn about ways to improve your health and well-being. We want to introduce you to people who have a lot of knowledge about cancer — health care professionals and other people with cancer. Each week, group facilitators and guest speakers will guide you in discussion and activities. Participants and guest speakers will share ideas and strategies that can have a positive effect on you and your health.



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Event Descriptions

ORIENTATION

Tuesday, June 2nd

During this first CARE session, we will share our stories and learn ways to help us take care of ourselves. We will learn about some of the programs and services available in the community by hearing from representatives from the American Cancer Society (ACS), the Charlotte Maxwell Complementary Clinic, and others. We will also meet the oncology social workers at SFGH and learn about the care and services they provide.

Facilitator: Blue Walcer, MPH

Blue Walcer, Founder and Director of the CARE program and Health Education Coordinator with the Hematology/Oncology Division at San Francisco General Hospital, works to give patients a greater role in their health care and health care decisions. Blue received her BS in Education and Social Justice and her Master's in Public Health in Community Health Education from the UC Berkeley. Her background includes work with adolescents, immigrants, injured workers, and victims of domestic violence. Blue was the National Grand winner of the California Pacific Award for Excellence in Patient Education and received The American Cancer Society's Quality of Life Award for her work with the CARE program.

Program Coordinator : Angela Alvarez

Angela Alvarez joined CARE in 2007, first as a co-facilitator and later as CARE's program coordinator. She has truly been inspired by the beauty, uniqueness, and resilience of every CARE participant. Angela received her BS in Health Education at SFSU and hopes to pursue a career in Nursing. She has contributed to various community programs in San Francisco and in her native country, Peru. In her spare time she enjoys salsa dancing, traveling, and walks with her new puppy Chaska.

Co-facilitator: Khanhphong Duong Trinh

Khanh is a fourth year UCSF medical student who recently earned a Master's of Public Health degree from Harvard University, where he focused on health policy. He grew up in the Los Angeles area and completed a B.S. in Anthropology with a minor in Public Policy from UCLA. Khanh is a community activist and advocate with an extensive background in working with people who face challenges in accessing quality health care. He greatly enjoys working at SFGH. Khanh avidly follows politics, and believes that patients' voices need to be better represented in policy-making. Upon his graduation from UCSF, Khanh plans to pursue a career in Internal Medicine. In his spare time, Khanh enjoys food (eating & cooking), photography, and exploring new music, and film.

Co-facilitator: Adaku Ofoegbu

Adaku Ofoegbu received a Bachelors degree in Interdisciplinary Studies from the University of California, Berkeley in 2008 . She plans to pursue advanced degrees in both Pharmacology and Public Health. Adaku currently works at Elmhurst Pharmacy in East Oakland and recently served as co-facilitator for the Spanish CARE group. She is of Nigerian decent and is proficient in Spanish. In her spare time, Adaku enjoys bike riding and practicing yoga.



Managing your Health through the Economic Crisis

Tuesday, June 9th

Managing your health with limited or no income can be challenging. Managing your health when you have a serious medical condition such as cancer can present even greater challenges. In this session, we will share strategies for managing your health and well being through these difficult economic times.

Speaker: Mitchell Katz, MD

Mitchell Katz, MD has served as Director of Health for San Francisco since July 1997. He has worked for the San Francisco Health Department since 1991, serving in a number of capacities including Chief of Research for the AIDS Office, Director of the AIDS Office, Director of the Emergency Medical Services Agency, and Director of Health & Safety Branch of the Health Department. He also is Associate Clinical Professor of Medicine at University of California, San Francisco, where he cares for patients (on the inpatient and outpatient settings) and teaches both medical students and residents. He has published extensively in the fields of epidemiology and HIV/AIDS in major peer reviewed journals, and is the author of the book *Multivariable Statistics: A Practical Guide for Clinical Researchers* (Cambridge University Press). He also serves as a consultant to the Board of Directors of the San Francisco Medical Society. He is a graduate of Yale University and Harvard Medical School.

GETTING A GOOD NIGHT'S SLEEP

Tuesday, June 16th

When you lose sleep or do not get a refreshing kind of sleep, it affects your overall quality of life. Many people with cancer experience sleep problems due to pain, anxiety, depression, medications, or night sweats. In this session, we will learn practical strategies and cutting edge techniques geared to help you get a good night's sleep. This session is guaranteed to put you to sleep!

Speaker: Kevin Barrows, MD

Kevin Barrows is an Assistant Clinical Professor with the Department of Family and Community Medicine at the University of California, San Francisco. Dr. Barrows also serves as Director of the Mindfulness-Based Stress Education Program at the Osher Center for Integrative Medicine. He received his MD from the UCSF School of Medicine in 1993 and completed his family practice residency and board certification in 1996. Dr. Barrows has pursued diverse clinical interests including international health, emergency medicine, hospital medicine, and community primary care. Currently, his primary interest is in mind-body medicine, especially the application of mindfulness practice in health care settings.



WHAT DOES CANCER LOOK LIKE?

Tuesday, June 23rd

Cancer occurs for unknown reasons, when cells divide without order or control. There are treatments available for people at all stages of cancer. Often, more than one type of treatment is needed. New developments in cancer treatment include: ways of doing surgery that are less invasive and less destructive; radiation that is much more precise and much less damaging; and strategies to ease the effects of chemotherapy. In this session, we will learn how cancer spreads and discuss the risks and benefits of new cancer treatments.

Speaker: Judith Luce, MD

Judith Luce, Clinical Professor of Medicine at the University of California, San Francisco, is the Director of Oncology Services at San Francisco General Hospital. Dr. Luce received her Bachelor's degree in biology from the University of California, Santa Cruz and her M.D. from the University of California, San Francisco. Dr. Luce has won many awards, honors, and professional appointments, including recognition for her instruction of medical students and excellence as a scientific investigator. She has been active with the National Cancer Institute and the American Cancer Society. Dr. Luce is also a leader in developing educational and other programs for patients who face obstacles in accessing healthcare. Dr. Luce's interests include tennis, knitting, and travel with her family.

IMPROVING YOUR MOOD

Tuesday, June 30th

It's normal to experience changes with your mood, especially when you are dealing with a life altering illness such as cancer. Approaches that focus on how to use your thoughts, daily activities, and your connections with other people to feel emotionally well have been remarkably effective in enhancing well being. In this session, we will learn practical strategies for improving your state of mind.

Speaker: Susan Scheidt, PhD

Susan Scheidt is a Clinical Professor of Psychology in the UCSF Department of Psychiatry, San Francisco General Hospital. Dr. Scheidt has worked at SFGH for the past twenty-five years, working in primary care clinics for the last decade. She is committed to providing culturally competent treatment to the underserved, as well as teaching the next generation of mental health providers to embrace working in public health. The focus of her work has included understanding how chronic illnesses such as diabetes, pain, and cancer affect the emotional lives of people who are experiencing them, and to find meaningful ways for them to cope and thrive. Dr. Scheidt loves jazz, swing dancing, and believes in the power of humor to heal. She is currently coordinating the new Healthy San Francisco-Psychosocial Medicine Team.



Cancer Disparities

Tuesday, July 7th

In the United States, one in three Americans will eventually develop some form of cancer. Each day, 3,400 people in the U.S. are diagnosed with cancer and another 1,500 die from the disease. But the burden of cancer is too often greater for the poor, ethnic minorities, and the uninsured than for the general population. In this session, we will learn about factors that cause and contribute to cancer disparities. We will also discuss strategies to reduce and eliminate inequities in the cancer burden among people experiencing cancer disparities.

Speaker: Andre Campbell, MD

Dr. Andre Campbell is Professor of Clinical Surgery. He is a graduate of Harvard University and the UCSF School of Medicine. Dr. Campbell completed his Internal Medicine, General Surgery and Surgical Critical Care residencies at the Columbia Presbyterian Medical in New York. He is the Director of the RRC-approved UCSF Surgical Critical Care Fellowship, Co-Director of the 4E Medical-Surgical Intensive Care Unit and Director of the UCSF Surgery 110 Course for third-year medical students at seven hospitals. Dr. Campbell's clinical expertise is in the area of General Surgery, Trauma Surgery and Critical Care.



EATING WELL, HEALING WELL

Tuesday, July 14th

Diet is an important part of cancer treatment. Eating the right kinds of foods before, during and after treatment can help you feel better and stronger. Some changes in your diet can even enhance your immune system, and during cancer treatment when your body is weaker, this is especially important. Nutrition requirements for people with cancer can help build up your strength and help you tolerate the effects of your cancer and cancer treatment. During cancer treatment, getting the right nutrients can be difficult, especially if you have side effects or if you just don't feel well. In this session, learn about your nutrition needs during treatment and how to cope with side effects that may affect what you can eat.

Speaker: Laura Brainin-Rodriguez, MPH, MS, RD

Laura Brainin-Rodriguez is the Outreach and Community Education Coordinator for the San Francisco Department of Public Health, Nutrition Services. Ms. Brainin-Rodriguez has provided nutrition education to SFDPH's Child Health Disability Prevention Program; the WIC program; students, faculty and staff at Stanford University, as well as to the KPIX (Channel 5) TV news audience as a nutrition reporter. Ms. Brainin-Rodriguez is bilingual and bicultural, having lived in Puerto Rico for twenty years. She received her Bachelor of Science, Master of Science, and Master's of Public Health in Nutritional Sciences from the University of California, Berkeley.

ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

Tuesday, July 21st

Traditional Chinese Medicine is a system of medicine that has been practiced for several thousand years in the Orient and has become more and more popular here in the United States. Traditional Chinese Medicine includes herbal medicine, moxabustion (mox-ah-bust-shun), Tui Na (twee-nah) or medical massage and often includes nutritional therapy and Qi Gong (chee-goong), a practice that helps build energy. Acupuncture is a Chinese medical practice in which particular body areas are pierced with fine needles to promote healing and symptom relief. In this session, we will learn about Traditional Chinese Medicine and experience acupuncture.

Speaker: Beverly Burns, LAc

Beverly Burns has been practicing Chinese medicine since 1991, specializing in women's health and cancer. She helped to establish the Charlotte Maxwell Complementary Clinic in Oakland and San Francisco, a clinic for low-income women with cancer, where she is Medical Director. Dr. Burns is also part of a multidisciplinary team participating in research for women with breast cancer at the UCSF Cancer Center and practices at the Osher Center for Integrative Medicine at UCSF.

HEALING MOVES

Tuesday, July 28th

Exercise training can improve physical functioning in cancer patients. Exercise can reduce feelings of fatigue, depression, nausea, improve mental well-being and enhance ability to perform daily tasks. Not only does exercise produce positive changes in energy levels, muscular strength, and joint flexibility, exercise can also produce positive changes in an individual's sense of confidence, mood, and quality of life. In this session, we will have fun with movement.

Speaker: Jane Clark

Jane Clark has been in the fitness industry since 1995. She is a certified health fitness instructor (through the American College of Sports Medicine), a certified personal trainer (American Council on Exercise and National Academy of Sports Medicine), a certified Pilates instructor (Physicalmind Institute and Ellie Herman Studios), and a certified cancer exercise specialist (Rocky Mountain Cancer Rehabilitation Institute). Jane has successfully developed and implemented programs in these areas of specialization and is always looking for innovative areas to explore in the fitness arena. She served as fitness director at the University of California, San Francisco, and for the Chevron Corporation. Jane received her bachelor's degree in fine arts from the University of Wisconsin, Madison.

WRAP-UP/GRADUATION

Tuesday, August 4th

In this session, we will reflect on the how the program has affected you in terms of problem-solving, decision-making, forming a patient/provider partnership, coping, and taking action. We also will discuss choices and changes you have made since participation in the CARE program. We will look at ways to respond to challenges and difficulties. We will also discuss ways to continue and build upon the positive changes you have made. In addition to reflecting on and evaluating the CARE program, we will play games, eat cake, and have fun!

In summer! the song sings itself

-William Carlos Williams



CARE Advisory Board

Donald Abrams, MD

Donald I. Abrams, MD, is chair of the Hematology/Oncology Division at San Francisco General Hospital and an integrative oncologist with the UCSF Osher Center for Integrative Medicine. He is a professor of Clinical Medicine at the University of California, San Francisco. Dr. Abrams received an A.B. in Molecular Biology from Brown University in 1972 and graduated from the Stanford University School of Medicine in 1977. After completing an Internal Medicine residency at the Kaiser Foundation Hospital in San Francisco, he became a fellow in Hematology/Oncology at the Cancer Research Institute of the University of California, San Francisco in 1980. Dr. Abrams' interest in botanical therapies led him to pursue a Fellowship in the Program in Integrative Medicine at the University of Arizona, which he completed in 2004.

Kevin Barrows, MD

Kevin Barrows is an Assistant Clinical Professor with the Department of Family and Community Medicine at the University of California, San Francisco. Dr. Barrows also serves as Director of the Mindfulness-Based Stress Education Program at the Osher Center for Integrative Medicine. He received his MD from the UCSF School of Medicine in 1993 and completed his family practice residency and board certification in 1996. Dr. Barrows has pursued diverse clinical interests including international health, emergency medicine, hospital medicine, and community primary care. Currently, his primary interest is in mind-body medicine, especially the application of mindfulness practice in health care settings.

Alicia Boccellari, PhD

Alicia Boccellari is a Clinical Professor of Psychology at the University of California at San Francisco School of Medicine and is the Director of the Division of Psychosocial Medicine at San Francisco General Hospital. Dr. Boccellari has conducted research and clinical trials on a variety of topics, including HIV associated dementia, homelessness, and Post Traumatic Stress disorder. She has published numerous articles on a variety of topics, including bereavement and grief, and helping caregivers cope with family members who have severe physical and/or neurological disorders. Dr. Boccellari's innovative programs have received national recognition as well as numerous honors and awards.

Daniel Dohan, PhD

Daniel Dohan is Assistant Adjunct Professor in the Institute for Health Policy Studies and the Department of Anthropology, History, and Social Medicine at the University of California at San Francisco. His research examines poverty and health, including studies of the provision of cancer and emergency care to the poor, the relationship between low-income communities and healthcare institutions, and

the effects of welfare reform on poor people with substance abuse problems. Dr. Dohan's work is primarily ethnographic, but he also combines ethnographic and quantitative approaches. His background is in sociology with post-doctoral training in health policy through the Robert Wood Johnson Foundation Scholars in Health Policy Research Program and a National Institute on Alcohol Abuse and Alcoholism Post-Doctoral Fellowship in Alcohol Studies. In December 2003, the University of California Press published a book based on his dissertation, *The Price of Poverty: Money, Work and Culture in the Mexican-American Barrio*.

David Elkin, MD

David Elkin received his BA and MD from the University of Pennsylvania. He completed one year of training in internal medicine before changing to a psychiatry residency, which he completed in 1989 at the University of California at Davis. Since then, he has worked at SFGH on the ethics committee as well as on the consultation-liaison service of the Department of Psychiatry. From 1991-1992 he also practiced at the Comprehensive Cancer Center at Alta Bates Hospital in Berkeley, CA. He has small psychotherapy practices in Oakland and San Francisco. Dr. Elkin is an Associate Professor of Clinical Psychiatry at UCSF and helps to coordinate medical student education for the SFGH Department of Psychiatry. He is the editor of *Introduction to Clinical Psychiatry* for medical students, published in 1999 by Appleton and Lange.

Anne Hughes, RN, PhD

Anne Hughes is an advance practice nurse specializing in palliative care at Laguna Honda Hospital. Palliative care helps people living with serious illness improve the quality of their lives and find relief from distressing symptoms and illness related problems. Anne is a nurse practitioner, clinical nurse specialist and nationally certified as an advanced oncology certified nurse (AOCN). Before working at Laguna Honda, Anne worked with persons with HIV/AIDS and cancer at San Francisco General Hospital for ten years. Anne has been a nurse since 1974; she completed her associate degree in nursing at Gwynedd-Mercy College, outside of Philadelphia. She completed her bachelor's degree in nursing at Boston College and master's degree in nursing from University of Washington. In 2007, Anne completed her PhD at UCSF where she studied the meaning of dignity to persons with serious illness, who live in the city and don't have a lot of money. Anne has written and lectured on a number of topics related to living with serious illness.

Diane Jones, RN

Diane Jones is currently a Clinical Nurse III with the UCSF/San Francisco General Hospital (SFGH) Positive Health Program. Ms. Jones is also a trainer/consultant with the Harm Reduction Training Institute. Previous to her work with Health at Home, Ms. Jones worked with the Emergency Department and was Head Nurse at the AIDS/Oncology Special Care Unit at San Francisco General Hospital. Her extensive background in nursing and community organizing includes work with the HIV/AIDS, the San Francisco Women's Center/Women's Building, and as a Peace Corps volunteer in Togo, West Africa.

Shieva Khayam-Bashi, MD

Shieva Khayam-Bashi, MD, Assistant Clinical Professor with the Department of Family and Community Medicine at UCSF/SFGH, is Medical Director of the Skilled Nursing Facility – Ward 4A at SFGH. Dr. Khayam-Bashi received her Bachelor's degree in Sociology from San Francisco State University and her M.D. from the University of California, Davis. Dr. Khayam-Bashi has been recognized with numerous honors and awards for excellence in medical instruction and patient care. Her interests in international health and in providing medical care to underserved communities has led her to work with people in developing countries and with migrant farm workers. In addition to her clinical expertise, Dr. Khayam-Bashi's success as a physician can be attributed to her warm spirit and compassionate nature.

Anita Kline, MSW, LCSW

Anita Kline recently retired as an oncology social worker at San Francisco General Hospital where she gave practical and emotional support to people with cancer in the oncology clinic, the breast clinic and the adult inpatient units. She has helped to facilitate a support group for Spanish-speaking women with cancer, which celebrated its 10- year anniversary in October 2002. Ms. Kline has worked at SFGH since 1985, first on the AIDS ward and then with cancer patients. Prior to SFGH she worked at Cook County Hospital in Chicago. Ms. Kline graduated from the University of Michigan in 1965 with a degree in music. She fell in love with Latin America and the Spanish language as a Peace Corps volunteer in Chile from 1966 to 1968. Ms. Kline received her social work degree from UC Berkeley in 1970. She raised a son at their home in Bernal Heights and continues to travel and make music whenever possible.

Carol Lam, MSW

Carol Lam is an oncology social worker at San Francisco General Hospital. She provides emotional support and resources to both cancer patients and their families via the oncology clinic, breast clinic and adult inpatient units. Ms. Lam began her work as an orthopedic social worker at SFGH in 1998 and became an oncology social worker in 2002, after receiving her Master's in Social Work degree from San Francisco State University.

Judith Luce, M.D. [Advisory Board President]

Judith Luce, MD, Clinical Professor of Medicine at the University of California, San Francisco, is the co-founder and director of the Breast Clinic at San Francisco General Hospital. Dr. Luce received her Bachelor's degree in biology from the University of California, Santa Cruz and her M.D. from the University of California, San Francisco. Dr. Luce has won many awards, honors, and professional appointments, including recognition for her instruction of medical students and excellence as a scientific investigator. She has been active with the National Cancer Institute and the American Cancer Society. Dr. Luce is also a leader in developing educational and other programs for patients who face obstacles in accessing healthcare. Dr. Luce's interests include tennis, knitting, and travel with her family.

Rachel Orkand, MSW

Rachel Orkand is an oncology social worker at San Francisco General Hospital, providing practical and emotional support to people with cancer in the oncology clinic, breast clinic, and inpatient units. Rachel grew up in Sacramento, graduated from Rice University in Texas with a major in Sociology and Policy Studies, and received her Master's in Social Welfare from UC Berkeley. She has also spent many months over the years working on her Spanish in Oaxaca, Mexico, which she continues to perfect with the help of all of the patients at SFGH. She was a recipient of the SFGH Employee Recognition Award along with the entire Hematology-Oncology Clinic Team. Ms. Orkand lives in Oakland with her fiancé Brett, and loves traveling, rock climbing, bike riding and reading.

Kavitha Ramchandran, MD

Dr. Ramchandran graduated from Stanford University with a BA in Human Biology and a minor in feminist studies in 1999. She then went on to receive her MD at University of California, San Francisco in 2004. During her medical training she took a one year hiatus to pursue independent research in the area of micrometastases in breast cancer for which her work was recognized at the San Antonio Breast Cancer Symposium. As a medical student, Dr. Ramchandran collaborated on the development of the Breast Clinic Waiting Room Program and the CARE program at San Francisco General Hospital. Prior to starting fellowship at Northwestern, she completed her internal medicine residency at University of California, San Francisco.

Dawn Surratt, RN, MS

Dawn Surratt works as a research nurse with UCSF focusing on cancer symptom management. After having worked for years in primary prevention and early detection programs, she is now interested in improving the standards and delivery of care to cancer survivors, particularly those receiving palliative care. She is an advanced practice nurse, with a focus in community health. Ms. Surratt has worked as a health educator, direct care nurse, manager and consultant on various public health projects related to reproductive health, STD and HIV prevention and treatment and cancer control in the United States, India, and Kenya. She enjoys singing, day hiking, outrigger canoeing and Brazilian music.

Carmen Vasquez, RN

Carmen Vasquez has been the Resource Nurse for Obstetrics, Dysplasia, and Gynecology Clinics at SFGH's Women's Health Center for the past 22 years. At the Women's Health Center, Ms. Vasquez provides direct educational, medical, and psychosocial care to patients at Ward 86, the Community Health Network, Community Clinics, and the Nutrition and Eligibility Departments at SFGH. Ms.

Vasquez has an extensive background working with diverse people and communities. She was born in Puerto Rico and raised in Brooklyn, New York. Ms. Vasquez received her Nursing degree from Harlem Hospital Center School of Nursing.

Piera Wong, RN, MS, CNS

Piera Wong is the Oncology Clinical Nurse Specialist on Ward 5A at SFGH. She received her Bachelor of Science in Nursing from Cal State Hayward, her Master's of Science and Clinical Nurse Specialist degrees in Oncology Nursing from the University of California, San Francisco. Ms. Wong has conducted extensive research on mucositis pain in head and neck cancer patients. She is the recipient of numerous honors and awards including the Meredith Murphy Scholarship.



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