



San Francisco General Hospital Medical Center

CARE

Cancer Awareness, Resources, and Education

Summer 2008 Program

Sponsored by the San Francisco Foundation

AVON Breast Center, SFGH
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 and support. 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 3rd

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, the Immune Enhancement Project (IEP), 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 Bachelor's degree in Education and Social Justice and her Master's in Public Health in Community Health Education from the University of California, Berkeley. Her background includes work with adolescents, immigrants, injured workers, and victims of domestic violence.

Program Coordinator: Angela Alvarez

Angela Alvarez is the coordinator for San Francisco General Hospital's CARE (Cancer Awareness, Resources, and Education) program. Her background includes work with women and children with HIV/AIDS, coordinating programs for youth, people with disabilities, and the elderly. Angela received her Bachelor's of Science in Health Education from San Francisco State University. She was born and raised in Peru and enjoys traveling and salsa dancing.

CARE Intern: Karla Iñiguez

Karla Iñiguez is currently working towards her Bachelor's degree in Psychology at the University of California, Berkeley. She is also working towards a minor in Spanish Literature and another minor in Interdisciplinary Studies in Early Childhood. Karla has assisted mental and emotionally delayed children at Imperial Valley Center for Exceptional Children. She has worked as an English and Spanish Interpreter at East Bay Sanctuary Covenant, a refugee rights program. She has also volunteered as an exhibitor guide at the Oakland Museum of California. In her spare time, Karla enjoys going to the opera, singing, dancing, and drawing.

Co-facilitator: Edward Sheen, MD, MBA

Edward Sheen recently earned his medical degree from UCSF. This fall, he will begin studies at Harvard School of Public Health as a Zuckerman Fellow at the Center for Public Leadership, Kennedy School of Government. Edward holds an M.B.A from Stanford University where he specialized in general management, government, and socially responsible business. He earned his B.A. in Public Policy from Brown University in conjunction with the Program in Liberal Medical Education (PLME). Edward is committed to caring for the most vulnerable patients and helping to build a more equitable, effective, and innovative health care system. In his spare time, Edward enjoys running, cheering on his favorite teams, mentoring, and most of all, friends and family.

Co-facilitator: Lisa Singer

Lisa Singer is a third year UCSF medical student who is also pursuing a PhD in Bioengineering from UCSF and UC Berkeley. Lisa's research background has included projects at the National Institutes of Health in Bethesda, Maryland, as well as at SFGH and other UCSF campuses. She looks forward to pursuing a medical career in which she can make a difference in the lives of people with cancer. She received a B.S. in Biological Sciences with honors and distinction from Stanford University. Lisa has won numerous honors and awards for her academic excellence and research skills. In her spare time, Lisa enjoys running, baking, and spending time with friends and family.

THE DOCTOR – PATIENT RELATIONSHIP

Tuesday, June 10th

One of the most important aspects of health care is the interaction between a health care provider and a patient and his or her family. We know that people do better when they understand and clearly participate in their health care. Yet participating and understanding is not always easy, for a lot of reasons. In this session, we will use group discussion and role-plays to talk about barriers to effective communication with your health care provider and offer strategies for making the most of your doctor visit.

Speaker: Alicia Fernandez, MD

Alicia Fernandez, MD is Associate Professor of Clinical Medicine at UCSF at San Francisco General Hospital where she is currently a primary care physician and has been director of inpatient services. Her research centers on improving the care of chronic disease for low income patients. Dr. Fernandez received a mayoral achievement award from the City of San Francisco for innovative care of immigrant and poor patients, and has received numerous teaching awards including the Henry J. Kaiser Award for Excellence in Teaching, 2000 and the Society of General Internal Medicine Clinician-Educator of the Year Award, California region, 2002. She is a member of the UCSF Academy of Medical Educators.

CANCER AND RELATIONSHIPS

Tuesday, June 17th

A cancer diagnosis changes your life and relationships in many ways. Some people withdraw and avoid talking to you. Others smother you and treat you like a child. This can lead to disappointment, worry, and frustration for everyone. Some cancer survivors say they would not have been able to cope without the help and support of family and friends. For others, problems that were present before the cancer diagnosis still exist, or new ones develop. You may receive less support from others than you had hoped. It may be hard for you and your family and friends to express feelings or know how to talk about cancer. In this session, we will discuss ways in which cancer affects relationships and share strategies for improving relationships with family and friends.

Speaker: 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 fiance Brett, and loves traveling, rock climbing, bike riding and reading.

ARE WE MAKING PROGRESS ON THE WAR ON CANCER?

Tuesday, June 24th

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. More than 1.2 million Americans develop cancer each year. A new cancer is diagnosed every 30 seconds in the United States. Cancer is the second leading cause of death after heart disease in the United States. After more than three decades, the "War on Cancer," declared by President Nixon in 1971 with the enactment of the National Cancer Act, is still going on in this country. The question is, "Are we making progress in the war on cancer?" In this session, we will discuss advances in cancer detection, prevention, and treatment and learn about promising future breakthroughs.

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.

WHAT'S NEW IN CANCER CARE

Tuesday, July 1st

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: Ari Baron, MD

Ari Baron, MD, is a hematologist/oncologist and Director of Clinical Research at California Pacific Medical Center (CPMC) and Associate Clinical Professor at UCSF. Dr. Baron coauthored the pivotal trial of avastin that got the drug approved in 2004. He received his medical training at UCSF and Tufts University School of Medicine. Among the professional societies in which Dr. Baron is active include the American Society of Clinical Oncology, San Francisco Medical Society and American College of Physicians.

EATING HEALTHY AND DELICIOUS

Tuesday, July 8th

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.

GETTING A GOOD NIGHT'S SLEEP

Tuesday, July 15th

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: Ellen Hughes, MD, PhD

Ellen Hughes is a Clinical Professor of Medicine in the Division of General Internal Medicine at UCSF who has a longstanding interest in complementary and alternative medicine. She received her PhD in cell biology from UC Berkeley and then her MD from UCSF in 1984. She completed residency training in internal medicine at UCSF and a yearlong fellowship in primary care internal medicine. In 1997, she helped launch the UCSF Osher Center for Integrative Medicine as its Interim Director and now serves as the center's Director of Education. Dr. Hughes is Principle Investigator of a 5-year NIH/National Center for Complementary and Alternative Medicine grant to develop curriculum in the field of integrative medicine and has been recognized with several major teaching awards.

ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

Tuesday, July 22nd

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: Misha Cohen, OMD, L.Ac.

Misha Cohen has been practicing Asian Medicine since 1977. She is the Clinic Director of Chicken Soup Chinese Medicine, Research & Education Chair of [Quan Yin Healing Arts Center](#), and a Research Specialist at UCSF Institute for Health and Aging. “Doc Misha” is the author of *The Chinese Way to Healing: Many Paths to Wholeness*, *The HIV Wellness Sourcebook*, and *The Hepatitis C Help Book*. She conducts research on Chinese medicine and has lectured and written extensively on the subjects of gynecology, HIV, hepatitis, cancer, and other Asian Medicine topics on an international level for several years.

HEALING MOVES

Tuesday, July 29th

Exercise can help improve physical functioning in cancer patients. Exercise can also 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 and experience how exercise can help heal your body, mind, and spirit!

Speaker: Sherminah Jafarieh, M.S.

Sherminah Jafarieh is the AVON Program Manager at San Francisco General Hospital (SFGH). She supports and evaluates the various activities of the Avon Comprehensive Breast Cancer Program at SFGH, such as equal access to the best breast care for medically-underserved women and new methods of educating providers and the public in all aspects of breast care and treatment. Since 1993, Sherminah has been committed to breast cancer awareness, knowledge and early detection. She established the first standardized mobile mammography service tailored to reach the medically underserved women in Santa Clara and southern San Mateo counties. Sherminah was also a Training Coordinator/Health Consultant with the California Department of Health Services, Cancer Detection Section. She established training protocols and coordinated and implemented continuing education training programs for primary care providers in California. Sherminah is also a certified group exercise instructor, teaching fitness classes around the bay area since 1996. She provides fitness tips and demonstrations as a frequent guest on Channel 7, View from the Bay. Sherminah believes that exercise is one of the best therapies for healing the mind, body and soul.

WRAP-UP/GRADUATION

Tuesday, August 5th

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!



CARE Advisory Board

Donald Abrams, MD

Donald I. Abrams, MD, is chair of the Hematology/Oncology Division at San Francisco General Hospital and Director of Clinical Programs at 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.

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.

Geraldine Padilla, PhD

Geraldine Padilla is Professor and Associate Dean for Research at the University of California, San Francisco School of Nursing. She previously served as Professor and Associate Dean for Research at the University of California, Los Angeles School of Nursing. Dr. Padilla received her BA in History from Assumption College in Manila, her MA in Psychology from Ateneo University in Manila, and her Doctorate in Psychology/Public Health from the University of California, Los Angeles. Her research focuses on cancer, quality of life, chronic illness, and culture. Dr. Padilla has published widely and is the recipient of numerous honors and awards in recognition of her outstanding leadership and research accomplishments.

Kavitha Ramchandran, MD

Kavitha Krishnan is a primary care resident at the University of California, San Francisco. Prior to her residency, Dr. Ramchandran worked with the SFGH Patient Education program where she served as a CARE co-facilitator. At SFGH, Dr. Ramchandran also contributed to the design and implementation of multilingual, interactive health education programs. Her background includes clinical research, as well as work in women's and international health. Dr. Ramchandran received her Bachelor's degree in Human Biology and Feminist Studies from Stanford University and her medical degree from the 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

CARE PROGRAM

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