



Cancer Awareness, Resources, and Education

Spring 2012



**San Francisco General Hospital
Community Wellness Center
1001 Potrero Ave, 2nd Floor, 2D35
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 12-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.

Table of Contents

Week	Date	Topic	Speaker	Pg.
1	Feb. 7th	ORIENTATION	Blue Walcer, MPH Jeyling Chou Adam Schoenfeld	3
2	Feb. 14th	NEW AND EXCITING DEVELOPMENTS IN CANCER TREATMENT	Brad Lewis, MD	6
3	Feb. 21th	SELF-ESTEEM, SELF- CONFIDENCE, AND CANCER	Susan Scheidt, PhD	7
4	Feb. 28th	PHYSICAL THERAPY AND CANCER RECOVERY	Fiona McCusker, PT	8
5	March 6th	GETTING A GOOD NIGHT'S SLEEP	Rick McKinney, MD	9
6	March 13th	EASY SEASONAL COOKING	Laura Brainin-Rodriguez , MPH, MS, RD Mylene Dominguez	10
7	March 20th	LIVING BEYOND CANCER	Ann Hughes, RN, PhD	12
8	March 27th	HEALING MOVES: BOLLYWOOD	Joti Singh	13
9	April 3rd	CANCER AND SEXUALITY	Sueann Mark, PhD	14
10	April 10th	QIGONG	Effie Chow	15
11	April 17th	MASSAGE		16
12	April 24th	WRAP-UP/ GRADUATION		17
CARE ADVISORY BOARD BIOGRAPHIES				19

Event Descriptions

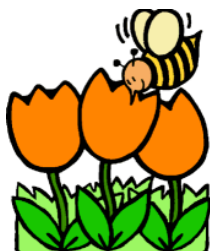
ORIENTATION

Tuesday, February 7th

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. We will also meet the oncology social workers at SFGH and learn about the care and services they provide.

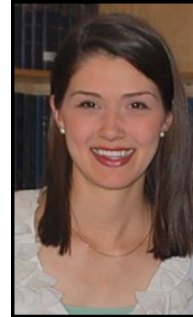
Facilitator and Program Director: Blue Walcer, MPH

Blue Walcer, Founder and Director of the CARE program and Wellness Innovator for the SFGH Community Wellness Center, 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. 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: Carolina Bravo, MPH

Carolina Bravo is the CARE Program Coordinator and also supports other AVON programs at SFGH at Patient Education Coordinator. Carolina received her Bachelor's degree in Nutritional Sciences and Spanish at the University of Connecticut and more recently completed her Master's in Public Health at Columbia University focusing on Health Promotion. She has been involved with several community projects in Connecticut and New York including nutrition education and environmental health programming and research. Carolina recently moved to San Francisco and is very excited to explore this area of the country and get involved with the CARE program. In her spare time, Carolina enjoys cooking, playing tennis, practicing yoga, and hiking.



CARE Program Assistant: Sylvia Romero-Pagan

Sylvia Romero-Pagan is currently working on obtaining a B.S. in Nursing from San Francisco State University - Cañada College Redwood City, CA. A strong advocate for community health and wellness, she is also currently working as Patient-Community Navigator at the San Francisco General Hospital-AVON Comprehensive Breast Center providing breast health education and community resource information to patients. In addition, she serves as a member for the SFGH Community Wellness Committee. More importantly, she is a mother of two young boys that keep her involved in year-round sports and activities. Sylvia is also an avid runner and is currently training for her first marathon this coming spring!



Co-facilitator: Jeyling Chou

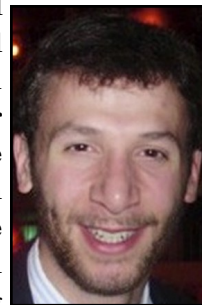
Jeyling Chou is a first year medical student at UCSF, and she is very excited to be involved with CARE. After completing her undergraduate degree at UCLA, she worked as an analytical chemist in the pharmaceutical industry and as a basic science researcher in the microscopic workings of cancer. Jeyling's greatest



passions, which continue to direct her path in medicine, remain patient health education and preventive medicine in the community. She's worked as a health coach in weight management for over 3 years with Kaiser Permanente. Her father is a survivor of relapsed leukemia and she is grateful every day for the privilege to have made it through the journey with her incredible, close-knit family. In her free time, Jeyling enjoys muay thai kickboxing, spending time with her friends and boyfriend, and exploring the amazing restaurants of San Francisco.

Co-facilitator: Adam Schoenfeld

Adam Schoenfeld is a third-year medical student at UCSF. Since entering medical school, he has done extensive clinical research investigating the optimal management for certain types of brain tumors. He has also done public health work and research in Latin America. He received his undergraduate degree in Biophysical Chemistry at Dartmouth College. In his free time, he enjoys anything



related to the outdoors such as hiking, biking, kayaking, swimming, etc. He is very excited to be apart of the CARE team!

NEW AND EXCITING DEVELOPMENTS IN CANCER TREATMENTS

Tuesday, February 14th

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. Treatments include surgery (taking out the cancer in an operation), radiation therapy (using high-dose x-rays to kill cancer cells or keep them from dividing and growing) and chemotherapy (using anticancer drugs to kill or stop the growth of cancer cells). Learn what types of treatment are available for you, the risks and benefits, possible side effects, and how to manage side effects. Learning about your options and discussing them with your doctor can help you with these important decisions. In this session, we will look at slides of actual cancers and discuss the ways cancer affects the body.

Speaker: Bradley Lewis, MD

Brad Lewis was initially pursuing a career as an historian and unexpectedly found himself becoming a doctor and loving it. He obtained a BS and BA in History and Biochemistry at MIT, then attended Brandeis as a History major and finally, went to UCLA where he received his medical degree. Dr. Lewis was trained in hematology at the University of Rochester, NY and then entered private practice in hematology in 1984. In 2006 he left private practice to pursue a long time dream of being able to teach full time and is now a Professor at UCSF and the Chief of Hematology here at SFGH. Dr. Lewis' other interests include skiing and cycling as well as flying and fly fishing.



SELF-ESTEEM, SELF-CONFIDENCE, AND CANCER

Tuesday, February 21st

Cancer and its treatment can change the way you feel about yourself. Having confidence and healthy self-esteem are important to a healthy life. However, the intense emotions that one experiences with cancer may also affect self-confidence. You may begin to feel as though you have lost control over your life. It can be very difficult to boost your self-esteem and self-confidence when you feel very low. But there are things that you can do to help yourself feel better. In this session, we will discuss the ways a cancer diagnosis can affect the way you feel about yourself and your overall confidence. We will also learn strategies for building self-confidence, self-esteem, and improving the overall quality of your life.

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-eight years, working in primary care clinics for over a decade. She is currently the Director of the Healthy San Francisco-Psychosocial Medicine Team. 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.

PHYSICAL THERAPY AND CANCER RECOVERY

Tuesday, February 28th

Cancer can impact patients physically in a variety of ways making physical recovery a challenge for many people. However, there are many basic strategies you can use to help improve your path to recovery. In this session, through discussion, demonstration, and hands-on techniques, you will explore ways to increase strength and flexibility. You will leave with an overview of how physical therapy can be instrumental in improving your physical wellbeing and overall quality of life.

Speaker: Phiona McCusker, PT

Fiona McCusker is a trained physical therapist and certified lymphedema therapist. She obtained her degree from the University of Ulster, Northern Ireland in 1988, gained work experience in the British Isles and Thailand, and has been working in the United States for the past 19 years. Currently Fiona is working in the cancer rehabilitation program at St. Mary's



Medical Center, where they evaluate patients who have many different kinds of issues after cancer treatments including lymphedema, weakness, cancer related fatigue, joint stiffness, pain, chemo related neuropathy, and scar tissue.

GETTING A GOOD NIGHT'S SLEEP

Tuesday, March 6th

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: Richard McKinney, MD

Dr. McKinney describes that he has been blessed with a job he loves. His current practice ranges from integrative consultations at the Osher Center to teaching residents and students and directing the Minor Procedure clinic at the San Francisco General Hospital (SFGH) Family Health Center (FHC). Most of his



recent efforts have been focused on integrative medicine (IM), and especially on providing it to the underserved. He has recently been working with the Integrative Medicine for the Underserved (IM4US) group, which has developed a new web site (IM4US.org) featuring over 200 documents (patient handouts, clinician guides, and teaching aides), all on topics of IM appropriate for underserved populations. In his work at SFGH Dr. McKinney has been asked to develop and direct an IM program in the FHC. Dr. McKinney teaches and presents both locally and nationally on topics including IM4US, spirituality and health, spirituality and cancer, living with chronic disease, and diet and inflammation.

EASY SEASONAL COOKING

Tuesday, March 13th

Eating well is an important part of cancer treatment. Eating the right kinds of food before, during, and after treatment can help you feel better and stronger. Maintaining a nutritious diet can be difficult, and cancer treatment may present additional challenges, however there are many fun and easy ways to help us eat well. During this session you will learn about healthy nutrition as it relates to cancer while exploring how to prepare foods that are easy to make and in season. We will not only learn what foods are good for you but also how to make them taste great!



EASY SEASONAL COOKING, CONT.

Tuesday, March 13th

Speaker:

Laura Brainin-Rodriguez, MPH, MS, RD

Laura Brainin-Rodriguez is with Nutrition Services of the San Francisco Department of Public Health. There she provides staff and provider training and consultation and develops and implements community nutrition education programs for the Network for a Healthy California. Ms. Brainin-Rodriguez has a Master's in Nutrition and a Master's in Public Health Nutrition, both from U.C. Berkeley. She previously worked at Highland Hospital's Department of Obstetrics and Gynecology, the SF WIC Program, the Stanford University Student Health Center and Health Improvement Program and the SF CHDP Program. Ms. Brainin-Rodriguez has also provided individual nutrition consultation to over 10,000 people seeking to improve their nutritional well-being. She has been a speaker for the CARE Program since its inception and has a personal and professional interest in nutrition and cancer.



Speaker: Mylena Dominguez

Mylena Dominguez has two years of nutrition undergraduate studies from the School of Dietetics and Nutrition from her native Mexico City, Mexico. In 2010, she received a certification as a Nutrition Assistant from the City College of SF Nutrition Assistant Program. In the past she has led nutrition and wellness classes at the Mission Neighborhood Health Center and 30th Street Senior Center. She works for the Department of Public Health, Nutrition Services where she co-teaches and assists in the development of nutrition education classes for the Feeling Good Project. Ms. Dominguez is passionate about healthy eating and has had a lifelong interest in nutrition, cooking, and learning about different cuisines. She is currently pursuing a B.S. in Dietetics at SFSU. In her free time she enjoys spending time with her husband and friends, going to the farmer's market, trying new foods, cooking, and attending physical activity classes at local YMCAs.



LIVING BEYOND CANCER

Tuesday, March 20th

Knowledge, support, and hope are essential tools to help cancer survivors face some of the challenges ahead. Building and maintaining relationships with family, friends, and medical providers are all important for helping to meet these challenges not only during treatment but also beyond. In this session, we will learn practical strategies to better deal with some of the physical and emotional aspects of the cancer experience, even after the course of treatment.

Speaker: Ann 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 Gwyned-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.



HEALING MOVES: BOLLYWOOD

Tuesday, March 27th

Bollywood is an energetic dance that combines various styles including hip hop, classical Indian dances, Bhangra, Latin, African and more. Bollywood is a social and fun way to get active and gain all the wonderful benefits of exercise. Exercise can improve physical functioning in cancer patients, while helping to 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 our mind, body, and spirit!

Speaker: Joti Singh

Joti Singh teaches Bhangra dance all over the San Francisco Bay Area. She also teaches, studies, and performs West African dance from Guinea. Joti has traveled to Guinea several times to study with Master Dancer Moustapha Bangoura and other members of Les Ballets Africains. She has performed throughout the Bay Area, including at UC Berkeley's Zellerbach Hall and on ABC TV's program "View from the Bay." Joti has participated in the Alliance for California Traditional Arts' (ACTA) Apprenticeship program with Alseny Soumah and recently received a grant from the organization to study with Youssouf Koumbassa. Joti founded Duniya Dance Company in April 2007. She was also an Artist in Residence at CounterPULSE during the summer of 2008 culminating in the show Dhoom Dhamaka! She holds an M.A. in South Asian Studies from UC Berkeley.



CANCER AND SEXUALITY

Tuesday, April 3rd

Sexuality is a topic that is often overlooked. Like every other aspect of your life, sex may never be the same after cancer. If cancer treatment has drained you of your desire, altered your body image, or sent your juicy hormones packing, the “ABC’s of Sex After Cancer” is for you! With a little attention you can get your mojo back after cancer! In this session we will create a safe and non-judgmental environment that will invite everyone to an honest discussion about sexuality. Join us for a presentation where you will learn these three basic sexual health concepts to help you get your sex life back on track:

- Adapting to your new, post-cancer body
- Broadening your definition of sex to include sensual pleasures and new experiences
- Communicating sexual needs and desires to partners

Speaker: Sueann Mark, PhD

Dr. Sueann Mark is a clinical sexologist in private practice in San Francisco, a breast cancer survivor, and the creator of STEPSÓ: Sexual Transformation & Empowerment Program for Survivors. She is board certified by the American College of Sexologists. In addition to her private practice, Dr. Mark serves as a Gynecological Teaching Associate at UCSF, Stanford Medical School, and Touro University College of Osteopathic Medicine. Dr. Mark is an avid cyclist, Giants fan, and enjoys playing endless games of fetch with her terrier-poodle mix.



QIGONG

Tuesday, April 10th

Qigong (pronounced "chee-gung") is translated from the Chinese to mean "energy cultivation" or "working with the life energy." Qigong is an ancient Chinese system of postures, exercises, breathing techniques, and meditations. Its techniques are designed to improve and enhance the body's qi. According to traditional Chinese philosophy, qi is the fundamental life energy responsible for health and vitality. In this session, we will learn more about how qigong works and practice some qigong techniques. Please wear comfortable clothes and come prepared to be energized!

Speaker: Effie Chow, PhD, RN, LAc

Dr. Chow has a Ph.D. in higher education, and a master's degree in behavioral sciences and communication. She is a registered public health and psychiatric nurse, Qigong Grandmaster and acupuncturist with over 40 years of experience. Dr. Chow received her training in Traditional Chinese Medicine and Qigong in China, Hong Kong, Taiwan, Canada and the United States. Dr. Chow has won



numerous awards such as the "Visionary of the Year 1997" "The Humanitarian of the Year 1999" and "The Visionary of the Decade 2000" Awards. She was appointed by President Clinton to the original 15 member White House Commission on Complementary and Alternative Medicine Policy. For over 40 years Dr. Chow has been working to integrate Qigong and Traditional Chinese Medicine (TCM) with Western Medicine. Toward this goal, she founded the East West Academy of Healing Arts (EWAHA) in 1973 in San Francisco. Clients come from all parts of the world to consult with Dr. Chow. She also travels internationally to see clients, give seminars and train practitioners.

MASSAGE

Tuesday, April 17th

Through the ages, people have used touch in an effort to heal. Massage therapy is based on the principle that healing touch can increase blood circulation and enhance the immune system. By improving circulation, a healing massage brings oxygen and nutrition to tissues and helps remove waste products. Massage also helps return blood to the heart, which decreases blood pressure, calms the nervous system, and relieves muscle tightening and fatigue. Massage can relieve insomnia, stiffness, anxiety, and depression. Massage cannot cure cancer, but because it promotes muscle relaxation and stress reduction, people with cancer report that massage makes them feel more relaxed and improves their quality of life and well-being. Because it soothes the soul and the mind, massage is helpful not only physically, but emotionally as well. In this session, we will explore



different types of body therapies including acupressure and Swedish massage. We will each have an opportunity to receive a chair massage from a trained massage therapist and try self-help acupressure techniques to promote our own health and wellbeing. This experiential session will provide us with valuable information, healing touch, and important self-healing strategies.

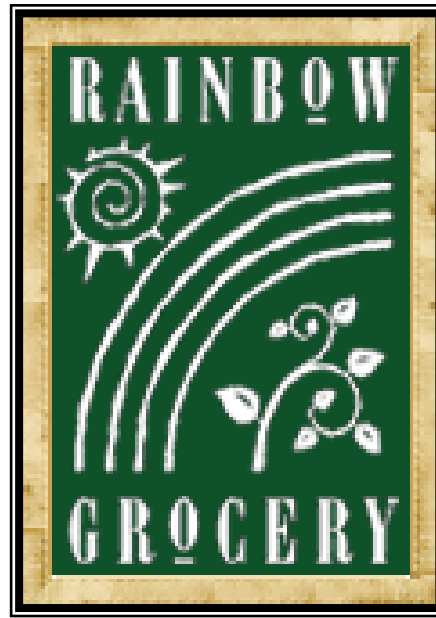
WRAP-UP/GRADUATION

Tuesday, April 24th

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!



SAVE THE DATE!
FRIDAY, MAY 4TH



RAINBOW GROCERY
EXCURSION



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 Tongo, 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 husband 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.



Blue Walcer, MPH

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The CARE Program is sponsored by:
The San Francisco Foundation

The San Francisco General Hospital Foundation

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