

# ONCENTER

WINTER 2021 • ISSUE 2

MAGAZINE



## ADVANCED CARE WHEN IT MATTERS MOST – JEANNETTE SHADE'S STORY

A LIVING LEGACY – JAN EVEROTE

BASICS OF BUYING ORGANIC FOODS

RADIATION ONCOLOGY TECHNOLOGY



Ridley-Tree  
Cancer Center  
at Sansum Clinic



CANCER  
FOUNDATION  
of SANTA BARBARA

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# ONCENTER MAGAZINE

WINTER 2021

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

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

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

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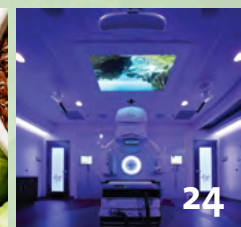
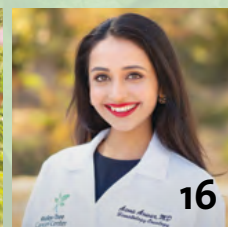
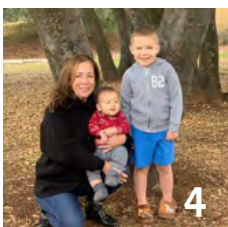
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# DEAR FRIENDS,

In this first *OnCenter* of 2021, we want to thank you for your support. With a steady, collective focus on our mission, the expert teams at **Ridley-Tree Cancer Center** and the **Cancer Foundation of Santa Barbara** continue to deliver outstanding

care for our patients. Our compassionate physicians and staff members are prepared to protect patients against COVID-19 so they can still receive essential, life-changing treatments and therapies regardless of their ability to pay. This is our firm commitment.

Our doctors and surgeons with specialized training from top institutions are greatly motivated by the latest advancements in research and technology. Like our **newest oncologists** introduced on page 16, our multidisciplinary team strives to treat cancer using the highest standards, complemented by a personalized approach to care. We understand how innovative treatments, national clinical trials and research-based supportive care and wellness programs give patients the optimal plan for a successful outcome.

One of the greatest benefits of working at Ridley-Tree Cancer Center is the ability to make a difference in the lives of those around us. Patient **Jeannette Shade** resides down the street from us, and grew trusted bonds with her medical team. Learn more on page 4 about Jeannette and how the care she received made her feel like a family member.

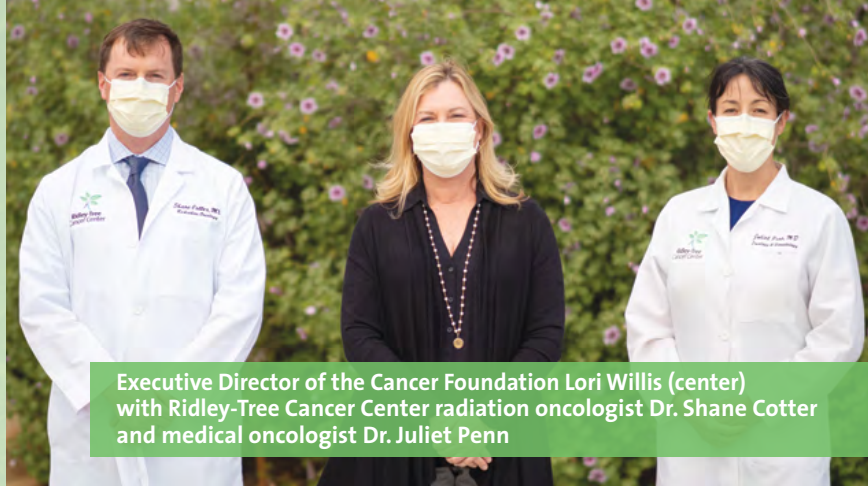
The Cancer Foundation maintains its singular focus on fundraising and grant making to ensure that all patients in Santa Barbara County receive superior cancer care that takes advantage of every medical breakthrough. It is through our partnership that we focus on procuring the needed resources. Ridley-Tree's state-of-the-art, accredited **Radiation Oncology Department** harnesses the latest technology and data to benefit our patients. On page 24, we invite you to read about our powerful world-class linear accelerators which deliver this therapy, and the highly-trained and experienced staff who go the extra mile so patients feel safe and comfortable.

The Cancer Foundation's **21<sup>st</sup> Annual Barbara Ireland Walk and Run for Breast Cancer** is on March 13. We invite you to participate virtually with family and friends. Visit page 3 to read more about this legacy of direct investment in research, genetic counseling and supportive care programs for breast cancer patients.

While we continue to adapt to the challenges of a pandemic, we are confident our team, community supporters and dedicated donors will keep us on course. It is always a privilege to serve and we promise to be a beacon of positivity in this moment, learning from our journey and always looking toward the future with great hope.

With gratitude,

**The Ridley-Tree Cancer Center and Cancer Foundation of Santa Barbara Leadership Team**



Executive Director of the Cancer Foundation Lori Willis (center) with Ridley-Tree Cancer Center radiation oncologist Dr. Shane Cotter and medical oncologist Dr. Juliet Penn



# HOW WE ARE KEEPING YOU SAFE

At **Ridley-Tree Cancer Center**, the health and safety of our patients and staff are our top priorities. To make sure you get the care you need, we are taking the following precautions. For the latest information, visit [ridleytreec.org](http://ridleytreec.org).



**Screening all who enter our facilities**



**Providing and requiring medical face masks for all physicians, staff and patients**



**Restricting visitors, with limited exceptions**



**Practicing social distancing**



**Rigorous cleaning and disinfecting throughout our facilities**



**Providing online wellness classes and support groups**



**Testing patients and staff when necessary**



**Increasing telehealth visits**

If you have an upcoming appointment and have questions about any symptoms you might be experiencing, or are interested in scheduling a telehealth appointment, please call or send a MyChart message to your provider in advance of your appointment.

For Sansum Clinic's latest information on testing, the vaccine, and precautions in place at all facilities, visit [covid19.sansumclinic.org](http://covid19.sansumclinic.org).



## MEET LARRY!

Medical assistant Larry Kane is our lead screener who has worked at Ridley-Tree Cancer Center for more than 20 years, previously in the Nuclear Medicine department. He greets everyone with a smile under his mask, and is deeply committed to ensuring our patients receive safe care.

Register today at  
[cfsb.org/irelandwalk2021](http://cfsb.org/irelandwalk2021)



## 21ST ANNUAL VIRTUAL BARBARA IRELAND WALK FOR BREAST CANCER

Join **Barbara Ireland**, her family and other champions of breast cancer for the Cancer Foundation's virtual **21st Annual Barbara Ireland Walk and Run for Breast Cancer** on **Saturday, March 13**. This year the Barbara Ireland Walk and Run offers five virtual course options: **1 mile Shamrock Shuffle**; **5K Leprechaun Leap**; **5 mile Happy St. Paddy**; **10K Irish Jig** and the **15K Pot of Gold**. Help us reach our goal of \$50,000 for breast cancer research and programs in Santa Barbara!

Participants have the opportunity to complete one, two, three, four or all five distances on a course of their choosing – in their neighborhood, on a trail or at the beach – and upload their time. A presentation will be shown on March 13 to mark the event.

Registration is open at [www.cfsb.org/irelandwalk2021](http://www.cfsb.org/irelandwalk2021). The registration fee is \$50 for adults and includes a bandana and goody bag. The cost for children 12 and under is \$20.

Participants who raise \$100 or more will have their registration fees waived! 100% of the funds raised from event registration fees and pledges benefit local breast cancer research and supportive care programs at Ridley-Tree Cancer Center. 🍀



# ADVANCED CARE

## WHEN IT MATTERS MOST

When **Jeannette Shade** moved from the Sierra Foothills into a condo in downtown Santa Barbara, she felt out of place. The busyness of city life was different from the wide open space of her northern California residence. Jeannette always hoped she might somehow find her way back to the Central Coast, where she had previously lived for 28 years. Proximity to longtime friends and her son in Ojai made the change to city life worthwhile. One of the greatest benefits of returning to Santa Barbara was hidden then, but within a few short months, Jeannette would give thanks for her new location, a quick 5-minute ride from **Ridley-Tree Cancer Center**. *“It turned out to be a gift,”* she recounts.

Jeannette admits she had been neglecting her health for some time. Sansum Clinic recommends that asymptomatic people start regular colorectal cancer screening at age **45 to 50 years**, with the **preferred screening test a colonoscopy**. Jeannette chose to do at-home **Cologuard®** tests starting at age 50. They all showed negative results until 2019 when at age 58, Jeannette received a positive result from the test. This came at the same time she was experiencing certain symptoms that were too great to shrug off. Jeannette’s Sansum Clinic primary care physician **Dr. Laurel Bliss** recommended a colonoscopy. When Jeannette visited Sansum Clinic gastroenterologist **Dr. James Egan** for the procedure, the gentle and kind manner of the team melted away fears she’d harbored about this test. What could not be erased, however,

*“I was embarrassed and ashamed that I had not gotten a colonoscopy sooner, because I think this all could have been avoided.”*

was evidence of cancer. Dr. Egan referred Jeannette to **Dr. Cristina Harnsberger**, Sansum Clinic’s fellowship-trained colorectal surgeon. Like Jeannette, Dr. Harnsberger had recently returned to Santa Barbara. The physician had spent the previous 12 years in medical training in preparation to receive her double-board certification in

colorectal and general surgery. *“I just remember thinking, ‘What do I need a surgeon for?’ I couldn’t process all of this,”* Jeannette shares. *“I had no idea what the protocol was. I knew nothing about cancer.”*

After reviewing multiple tests, the surgeon confirmed Jeannette had stage 3 rectal cancer, and would need two surgeries: one to completely remove the cancer and lymph nodes and reattach the colon back to the rectum, and a second to reverse an ileostomy. Jeannette would also require the services of Ridley-Tree oncologists. Regret washed over Jeannette as she digested the news. *“I was embarrassed and ashamed that I had not gotten a colonoscopy sooner, because I think this all could have been avoided,”* she notes. *“A colonoscopy is the gold standard diagnostic test,”* remarks Dr. Harnsberger. *“The main difference between a colonoscopy and other tests is the ability to remove asymptomatic polyps*

*before they have a chance to turn into cancer.”*

Once connected to medical oncologist **Eric Bank, MD** and radiation oncologist

**George Cheng, MD, PhD**, Jeannette liked knowing the duo would collaborate on her treatment, along with a tumor board of specialists to review her case and offer recommendations. *“I was very impressed to be in the hands of many people. That was really good for my psyche,”* she remarks. The team determined that simultaneous radiation therapy and oral chemotherapy would be the best course to shrink the cancer before surgery. Jeannette remembers Dr. Cheng’s empowering statement *“Your cancer though stage 3, is closer to stage 2 than stage 4. Our goal is to cure you.”* She greatly appreciated the doctor’s personal phone calls and his thoughtful consideration to schedule around a trip she planned to see family. Dr. Bank’s calmness and questions about her home support meant so much to her. They’d often lighten the mood by chatting about Jeannette’s grandson and Dr. Bank’s baby on the way. *“It was that type of experience that was so helpful, people caring not just about your cancer, but also about your head and your heart,”* she says.

Patient Navigator **Pam Wells** provided Jeannette with a respite from the emotional overload of this new diagnosis. Jeannette calls Pam her *“guardian angel.”* When the blur of information clouded Jeannette’s memory during the first critical medical appointments, Pam answered questions and took notes. She also functioned as Jeannette’s first point of contact for any



Jeannette and her son, CJ, after her first day of radiation

Story continues on page 6 ▶

*“It was that type of experience that was so helpful, people caring not just about your cancer, but also about your head and your heart.”*



Jeannette with her grandchildren

questions or concerns, and checked in on her often. Pam noticed how her patient's positive attitude and brightly-colored outfits lifted everyone up "as if she was bringing her own brightness to get through a hard day." Jeannette's youngest son captured this very spirit in a



photo taken on her first day of treatment. Her motivation to push through the difficult moments was her three sons and grandchildren. When she frequently sat in the waiting room with patients who drove from afar to receive treatment, Jeannette felt grateful for her space only blocks away. She looked forward to seeing the radiation therapy technologists and department members every day who now felt like old friends. When Jeannette was admitted to Cottage Hospital for a case of diverticulitis in December of 2019, visits and cards from her radiation therapy technologists and oncologists made her feel like a V.I.P. and her new Ridley-Tree family kept her afloat.

Once Jeannette's radiation therapy was completed, RN Specialist **Andrea Hodosy** prepped Jeannette for her upcoming surgeries. Andrea is also a certified wound, ostomy and continence nurse and her years of experience explaining complicated procedures to patients shone through. In February of 2020, Jeannette underwent the first surgery in the capable hands of Dr. Harnsberger. Recovery was tough, but the payoff came on Valentine's Day when Jeannette was healing from her procedure. Dr. Harnsberger had just reviewed the pathology results for Jeannette's surgery. The surgeon calls pathologists "unsung heroes" who work efficiently and precisely behind the scenes to evaluate a patient's cancer and help direct clinical decisions. Local pathologists from Mission Pathology Consultants, including **Dr. David Martin-Reay**, who evaluated Jeannette's tumor, and fellowship-trained gastrointestinal pathologist **Dr. Eric Himmelfarb**, regularly

assist Dr. Harnsberger and Dr. Bank by determining the source, molecular type, and extent of involvement of a patient's cancer. In Jeannette's case, her cancer was eliminated, joyful news that Dr. Harnsberger wanted to share in person. "We both stood there with tears in our eyes," explains Jeannette.

*"I thought, just like my parents, these people gave me life."*

Once healed from surgery, Jeannette began infusion chemotherapy and oral chemotherapy to blast any remaining cancer cells. The early surge of COVID-19 kept anyone from accompanying her for treatment, but her Ridley-Tree team provided critical support. "I was not going through it alone, not at any one step. I always just felt like I was the only patient they had," Jeannette adds. Oncology Nurse Specialist **Jay Nubia** and the team of RNs "worked their magic" and reduced her worry over getting a port. Dr. Bank explained how this type of chemotherapy would not cause her to lose her hair. As the end of her treatment plan neared, Jeannette began to believe even more deeply that her return to Santa Barbara was more than just good luck. It was where she needed to be for this specific time in her life. This place gave her new life in more ways than one. Her mission now is to inform anyone who will listen about the importance of colonoscopies. "I have encouraged 12 people to go in for screenings, and I tell them not to be afraid," she comments. "Sharing my story seems like proper closure, if I can help even one person. I do think this was meant to be, and there is a reason this happened to me." Dr. Harnsberger calls Jeannette one of the most grateful and positive patients she has ever had. "Her quiet strength, determination and positive attitude carried her through with support from her team and family. Seeing this and the success in Jeannette's smiling eyes when she came for follow-up, this is why I love my job." 🍀

## MARCH IS COLORECTAL CANCER MONTH

Sansum Clinic recommends that asymptomatic people start regular colorectal cancer screening at **age 45-50 years**. **A colonoscopy is the preferred screening test.**

The most common symptoms of colorectal cancer are **rectal bleeding, abdominal pain and change in bowel habits**. If you have any of these symptoms, you should contact your primary care physician to see if you should be referred to a gastroenterologist or a colorectal surgeon.

You may be at an increased or high risk of colorectal cancer if you meet any of the factors on the right. If you are at an increased risk, please consult your doctor to discuss your screening recommendations.

- ✔ **A family history of colorectal cancer or polyps**
- ✔ **A personal history of colorectal cancer or polyps**
- ✔ **A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)**
- ✔ **A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis or Lynch syndrome**
- ✔ **A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer**





Dr. George Cheng, Jeannette, Dr. Cristina Harnsberger and Dr. Eric Bank

*“I thought, just like my parents, these people gave me life.”*

*“Our patients are not just patients, they become our family. All of the staff here is one big family doing our part to welcome in new members. You cannot find better individuals to spend and share the day with.”*

– DIANA MORALES



Inspiring messages in Ridley-Tree Cancer Center's Healing Garden



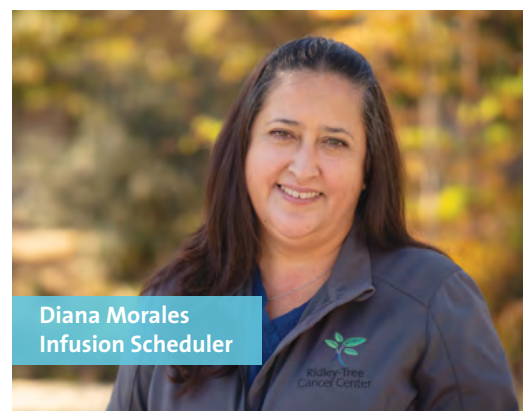
# HIDDEN HEROES OF RIDLEY-TREE CANCER CENTER

## INFUSION SCHEDULERS

These key employees coordinate and schedule **patients' infusion appointments** at **Ridley-Tree** and **Cottage Hospital**, as well as visits with physicians. They collaborate from behind-the-scenes with nurses, pharmacies and insurance authorization specialists to streamline and confirm many medical and financial details before and during treatment. The schedulers understand the challenges of managing cancer alongside work and family responsibilities and they frequently speak with patients to help them keep track of what can sometimes be a complicated calendar. This close contact also ensures that the important life events and activities which promote patients' self-care, recovery and healing can still take place.

Infusion schedulers **Diana Morales** and **Kristine Villa** work at Ridley-Tree in Santa Barbara, and **Tammy Rayas** is located in the Solvang branch. Tammy says the personal relationships formed with patients are the most rewarding part of her job. *"We get to know them well since they spend a fair amount of time with us. The appreciation they often show for their care is what has kept me here for nearly 15 years,"* notes Tammy, who has scheduled many happy "Last Chemo Day" celebrations and even one infusion suite bridal shower! The team is mainly unseen and only heard over the telephone or through emails, however their dedication to the job stems from great care and concern for those they serve. *"Our patients are not just patients, they become our family. All of the staff here is one big family doing our part to welcome in new members. You cannot find better individuals to spend and share the day with,"* remarks Diana. 🌿

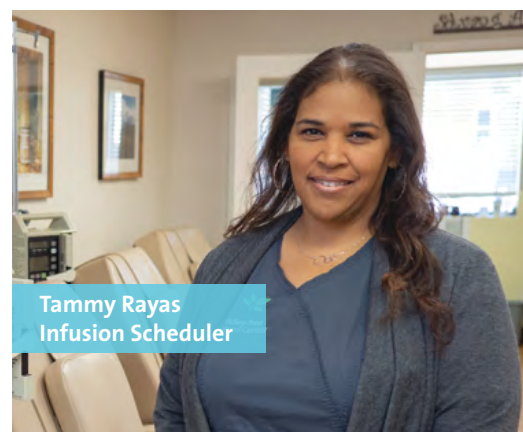
Some of the important work performed by Ridley-Tree team members is less visible to our patients, but their contributions are an essential part of the top-quality, multi-disciplinary care for our community.



Diana Morales  
Infusion Scheduler



Kristine Villa  
Infusion Scheduler



Tammy Rayas  
Infusion Scheduler

# CLINICAL RESEARCH

Testing the newest treatments and providing our patients with access to cutting-edge therapies

*“In the past five to ten years, there has been tremendous progress in the field of oncology research. The increasing number of breakthroughs is enhancing care and treatment for an array of cancer types.”*

– MUKUL GUPTA, MD

A clinical trial is a research study in which patients participate to help determine the effectiveness of a new medical treatment, procedure or technology. Our **Clinical Research** program contributes to the development of oncological therapies and advancements that result in a better future for patients here, and around the world. *“In the past five to ten years, there has been tremendous progress in the field of oncology research. The increasing number of breakthroughs is enhancing care and treatment for an array of cancer types,”* remarked **Mukul Gupta, MD**, Ridley-Tree Cancer Center’s director of the Clinical Research Department.

As part of our commitment to keeping the Central Coast at the forefront of modern cancer care, Ridley-Tree Cancer Center partners with **US Oncology Research Network, TRIO-US Network**, leading pharmaceutical companies and universities. Our new affiliation with the **NRG Oncology Network**, an **NCI** funded collaborative, broadens our study portfolio adding **Radiation Oncology** and **Surgical Oncology** studies to our strong **Medical Oncology** pipeline, providing our patients with access to clinical trials at Ridley-Tree Cancer Center. Through these networks, we identify and initiate trials based on the science and the need in our community. Currently, we participate in 20 to 30 trials at any given time, spanning diagnoses including breast cancer, lung cancer, lymphoma, melanoma, prostate cancer, ovarian cancer and more.

Our oncologists work with members of the Clinical Research Department to review patient records and identify those who would benefit from the promising new therapies offered in clinical trials. Implementation of these studies requires a team of dedicated physician principal investigators, highly-trained research coordinators as well as regulatory and data specialists. This team is recognized for their focus on patient safety and personalized care, and they compassionately guide patients through each step of their treatment.

The Clinical Research program at **Ridley-Tree Cancer Center** is made possible thanks to generous support from the **Cancer Foundation of Santa Barbara**. 🌿

## LEARN MORE

Browse our current clinical trials at [ridleytrecc.org](http://ridleytrecc.org).

For any questions, call (805) 879-0643 or email [research@ridleytrecc.org](mailto:research@ridleytrecc.org)



# A LIVING LEGACY

As a three-time patient at Ridley-Tree Cancer Center, 69 year-old **Jan Everote** describes the decision to join the **Elaine & Edward Stepanek Legacy Society** and include the **Cancer Foundation** in her estate plan as an easy one. She has appreciated having top-quality cancer care close to home and made giving back to the place that offered it a regular practice. *“It was huge that I was able to be treated in such a wonderful facility, and that we could access this kind of care right here in Santa Barbara,”* remarks Jan.

At age 9 while living in Chicago, Jan needed surgery to remove a tumor in her upper thigh. Her childhood continued cancer-free until as a 21 year-old college student, she learned she had a malignant lymph node in the same leg. By that time, her family had relocated to Santa Barbara, and they turned to the Cancer Center for help. *“We were new to the community then and we all were pleasantly surprised that we didn’t have to trudge off to Los Angeles or San Francisco,”* Jan notes. After a lumpectomy and radiation therapy, she felt inspired to begin donating to the place and the people that returned her life to normal. Jan says the amounts were nominal back then, but she wanted to express her gratitude for the people that made her cancer journey much easier. *“It was not a great experience to have cancer as a young woman, but the Cancer Center made it OK.”*

More than 20 years later, while Jan was working as a financial consultant in Los Angeles, she received a diagnosis of chronic lymphocytic leukemia or CLL. Because this form of cancer often grows slowly, not all patients require immediate treatment, as was the case with Jan. She took a “watch and

wait” position with regular medical check-ins. In 2009, now living back in Santa Barbara and married to her husband, Robert, Jan needed the Cancer Center and all its resources a third time for breast cancer. The technology and treatment led by medical oncologist **Dr. Fred Kass** and radiation oncologist **Dr. Warren Suh** was practically unrecognizable from years before. Yet the compassion and care from her team during chemotherapy and radiation therapy felt familiar and friendly. *“You just can’t say enough about the people that work there,”* she comments. *“I was able to benefit from all of the latest advances available so I think my timing was good,”* she comments.

Once past her breast cancer treatment, Jan decided to join the Stepanek Legacy Society. *“I had increased my donations in later years always with the intent that the foundation would be one of the major beneficiaries in my life,”* she explains. Jan greatly enjoys Cancer Foundation talks and lunches with physicians and specialists, as well as lectures, which keep her well-informed on

the latest oncology research and developments. Jan has been treated at nearly every building that’s ever housed

the Cancer Center, and she marvels at the new facility where she now visits Dr. Kass for annual check-ups. The matter-of-fact way she discusses her cancer is because it’s been part of her life from the very start, she says. *“The good news is, I’m still here,”* chuckles Jan. *“There are many more treatments that have come through the pipeline, allowing us to prolong lives, and sometimes turn cancer into a chronic not fatal condition. But while there has been progress, we must always move forward and support the goal of beating and eradicating the disease.”* 🌿

*“It was not a great experience to have cancer as a young woman, but the Cancer Center made it OK.”*

## ELAINE & EDWARD STEPANEK LEGACY SOCIETY

The **Elaine and Edward Stepanek Society** recognizes and honors donors who have included the Cancer Foundation in their estate plans through Planned Gifts. Membership is conferred upon those who have communicated to the Foundation their intention to make a gift through their will, living trust or other planned agreement to support the Ridley-Tree Cancer Center. Please let us know if you have remembered or would like to remember the Foundation in your plans so that we can acknowledge your support and say thank you. For more information or questions, please call **Lori Willis, Executive Director of the Cancer Foundation of Santa Barbara**, at **(805) 898-2187**.



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



*“There are many more treatments that have come through the pipeline, allowing us to prolong lives, and sometimes turn cancer into a chronic not fatal condition. But while there has been progress, we must always move forward and support the goal of beating and eradicating the disease.”*

– JAN EVEROTE

Jan next to the tree she sponsored in the Healing Garden

# MULTIDISCIPLINARY BREAST CANCER CARE

Ridley-Tree Cancer Center's breast cancer team includes **breast surgeons, medical oncologists, radiation oncologists, radiologists, researchers, patient navigators, oncology dietitian nutritionists** and other support staff providing prompt, compassionate diagnostic services and comprehensive care, close to home. We collaborate with many providers from the broader community specializing in medical oncology, surgery, pathology and other fields to ensure seamless, high quality and multi-disciplinary care for

all cancer patients in our area. In addition to treating breast cancer, we also care for patients with benign breast disease, including complications of lactation.

Visit [breastcancer.ridleytrecc.org](https://breastcancer.ridleytrecc.org) for more information on our team and services. 



Members of Ridley-Tree Cancer Center Breast Surgery Team



What's  
New:



# NEW MYCHART FEATURES

We've upgraded our electronic health record system and are pleased to offer new exciting features. These updates can be accessed from your desktop, tablet or phone:

## ONLINE BILL PAY

- Pay outstanding balances and co-pays online at your convenience
- Store your credit card number securely for faster payments in the future
- Opt-in to paperless billing

## SEND A MESSAGE TO YOUR HEALTHCARE TEAM

## REQUEST YOUR APPOINTMENTS ONLINE ANYTIME

## CHECK YOUR TEST RESULTS

## E-CHECK-IN – AVAILABLE IN MOST DEPARTMENTS

- Complete and verify information prior to your appointment, including demographic information, insurance, and more
- Pay your co-pay securely online

## ENHANCED TWO-WAY COMMUNICATION

- Expanded customer service via MyChart messaging, including answers to questions about appointments and scheduling, billing or payment, insurance coverage, medical records, and referrals

## VIEW YOUR MEDICAL INFORMATION

## ACCESS YOUR FAMILY'S RECORDS

## EXPLORE HEALTH EDUCATION RESOURCES

Need a MyChart account?

Visit [mychart.sansumclinic.org](http://mychart.sansumclinic.org) 



My Life, My Health, My Way, MyChart!

# MEET OUR NEW ONCOLOGISTS

## DR. ASMA ANWAR

**M**edical oncologist and hematologist **Asma Anwar, MD** completed her hematology-oncology fellowship at the University of Washington/Fred Hutchinson Cancer Research Center, her internal medicine residency at the University of Washington and her internal medicine internship at the University of Connecticut. She has an extensive background in clinical research, writing and designing clinical trials, and the presentation of scientific papers at national and international oncology meetings. Dr. Anwar joins Ridley-Tree Cancer Center from the Ironwood Cancer & Research Centers in Arizona.

Dr. Anwar feels strongly about providing data-driven information on each cancer treatment option so patients and their families can make well-informed decisions. Her multidisciplinary focus and dedication to kind, empathetic and compassionate care aligns with the mission of Ridley-Tree Cancer Center, as well as all of its supportive care and wellness programs.

Dr. Anwar's interest in science and her desire to make a difference in other people's lives began at an early age. As a trainee physician, she was drawn to many medical specialties, but she most appreciated being with cancer patients and their families. She finds great fulfillment in her ability to reassure patients during some of the toughest times of their lives.

Outside of work, Dr. Anwar enjoys traveling, hiking, playing chess and poker and spending time with her husband and four year-old daughter. She is an enthusiastic sports fan of the Seattle Seahawks and Real Madrid. 🌿






## DR. JUSTIN VOOG

**R**adiation oncologist **Justin Voog, MD, PhD** received his medical degree from the University of California San Diego. He completed his internship at Scripps Mercy Hospital in San Diego, followed by a residency at Harvard's Radiation Oncology Program. There, he received expert training on the most advanced forms of radiation therapy and techniques.

Dr. Voog has an extensive clinical and research background. He's served on the faculty of Memorial Sloan Kettering Cancer Center and Massachusetts Institute of Technology. He considers himself a physician scientist, and has published original, high-impact, peer-reviewed clinical research as well as commentaries in major scientific journals.

While Dr. Voog holds a special interest in cancers of the prostate and genital and urinary organs, he cares for patients with all types of the disease. He believes that working closely with colleagues in all areas of a multidisciplinary team towards the goal of evidence-based medicine is the foundation of true, personalized cancer care.

Outside of work, Dr. Voog enjoys outdoor activities, competitive sports and spending time with his young family. 



## DR. ERIC BANK

**E**ric Bank, MD recently relocated his primary medical oncology practice from Ridley-Tree Cancer Center's Solvang branch to our Santa Barbara location. Although the majority of his time is spent in Santa Barbara, he continues to see patients in Solvang one day a week.

Dr. Bank grew up in Santa Barbara, graduating from Santa Barbara High School. He studied cognitive science at Yale University. He earned his medical degree from Columbia University College of Physicians and Surgeons, where he says his interest in oncology began during a rotation with the palliative care team. His experience working with cancer patients was especially meaningful, and he decided to specialize in oncology. After graduating from medical school, Dr. Bank did an internal medicine residency at UCLA Medical Center. He completed a hematology and oncology fellowship at UCLA – Olive View/Cedars-Sinai prior to returning to his hometown in 2019 to join the team at Ridley-Tree Cancer Center.

Dr. Bank greatly enjoys the process of getting to know each patient and learning about their healthcare goals. One reason he chose to practice at Ridley-Tree is because of his strong belief that a multidisciplinary team and access to research-based programs like wellness, supportive care and research can improve patient outcomes and quality of life.

Outside of work, Dr. Bank enjoys being a parent and helping his wife care for their infant daughter. He is grateful for the opportunity to have his own family here in Santa Barbara, and for the chance to serve the community that raised him. 🌿



## DR. APRIL KENNEDY

**A**pril Kennedy, MD received her medical degree from the University of Oklahoma College of Medicine. She completed an internal medicine residency at the University of California, Davis, and a hematology and oncology fellowship at the University of Oklahoma Health Sciences Center/Stephenson Cancer Center. Because of her interest in biology and its ties to oncology, she earned a masters degree in developmental genetics, and participated in research at the Oklahoma Medical Research Foundation before starting medical school.

Dr. Kennedy joins Ridley-Tree Cancer Center's Solvang branch from First California Physician Partners (FCPP) in San Luis Obispo and Central Coast Medical Oncology in Santa Maria where she worked for more than a decade

as an oncologist and hematologist. As an experienced principal investigator on numerous clinical trials for cancer therapies, she's published her findings in national medical journals and put her research knowledge into practice when treating patients. Her passion for collaboration and community outreach led her to direct the Marian Medical Center Breast Tumor Board, and participate in public forums on cancer prevention and screening.

In her spare time, Dr. Kennedy enjoys hiking, trail running and mountain biking with her husband and two sons. She's also an aficionado of the symphony, and enjoys cooking and baking. 🌿

# BASICS OF BUYING ORGANIC FOODS

By Sarah Washburn, MS, RDN, CSO

**B**uying organic food shouldn't be so confusing, but it does require some attention. The United States Department of Agriculture defines produce as organic if it is certified to have grown on soil with no synthetic fertilizer and pesticides for three years prior to harvest. Meats can be labeled "organic" if animals are raised in living conditions that accommodate their natural behavior, are fed 100% organic food and are not given antibiotics or hormones. There is continued debate about whether these laws are adequate enough to protect our health and the health of our planet.

The **Environmental Working Group (EWG)** created the **2020 Shopper's Guide to Pesticides in Produce** that includes helpful lists of popular fruits and vegetables with the highest and lowest pesticide contents. Their analysis included sampling each produce to test the amount and number of pesticides present. For example, multiple samples of kale showed higher pesticide content than other crops, and these samples contained many different pesticides. Prior to EWG's testing, the produce samples with inedible peels were peeled and those with edible peels were rinsed under cold running water and drained.

Popular lists from the 2020 Shoppers Guide to Pesticides in Produce include:

- **The Dirty Dozen list consists of produce with the highest pesticide content ranked from highest to lowest: strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery and potatoes.**

**TAKEAWAY:** *If you would like to decrease your pesticide exposure, you may prefer to buy these foods organic.*

- **The Clean Fifteen list consists of produce with the lowest pesticide content ranked from lowest to highest: avocado, sweet corn, pineapple, onions, papaya, sweet peas (frozen), eggplant, asparagus, cauliflower, cantaloupes, broccoli, mushrooms, cabbage, honeydew melon and kiwi.**

**TAKEAWAY:** *These foods contain less pesticides, so you may be more comfortable buying these foods conventionally-grown.*

Whether your fruits and vegetables are organic or conventionally-grown, they are the foundation of a healthy diet. Make these foods the main focus of your meals. **Here are a couple of ways to increase your intake of fruits and vegetables:**

- 1 Start eating vegetables in the morning. Add lots of veggies to your eggs or add cucumbers and a handful of spinach to your toast with almond butter.
- 2 Keep cut up fruits and vegetables in your refrigerator for easy access. Add them to soups, sandwiches, salads, meat and whole grain dishes, or snack on them throughout the day.

Finally, enjoy your meals, allow time to "rest and digest" during mealtime and stay as active as medically able.

You can find the complete 2020 Shoppers Guide to Pesticides in Produce at [ewg.org/foodnews](http://ewg.org/foodnews). 🌿





*The United States Department of Agriculture defines produce as organic if it is certified to have grown on soil with no synthetic fertilizer and pesticides for 3 years prior to harvest.*



## WARM COLLARD GREENS AND BLACK-EYED PEAS

Recipe shared by Ridley-Tree Cancer Center Oncology Nutrition Team

Collard greens are an excellent source of calcium, vitamin A, vitamin C, vitamin K, manganese and fiber and a very good source of choline, riboflavin, B6 and iron. They also contain phytonutrients, such as glucosinolates, which have been shown to have anti-cancer activity. *Enjoy!*

### INGREDIENTS:

- 2 tablespoons plus 1 teaspoon olive oil
- 1/4 cup minced shallots
- 2 teaspoons Dijon mustard
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon maple syrup
- 1 tablespoon minced garlic
- 1 pound collard greens, stems removed, thinly sliced
- 1 cup rinsed and drained canned black-eyed peas

### INSTRUCTIONS:

- 1 Heat a 4-quart pan over medium heat and add 1 teaspoon of olive oil.
- 2 Add shallots and cook for 3 to 4 minutes or until browned.
- 3 In a small mixing bowl, whisk together remaining olive oil, mustard, vinegar, salt, pepper, maple syrup and garlic. Set aside.
- 4 Add collard greens to pan, top with prepared dressing and stir to combine.
- 5 Cook for 5 to 6 minutes or until greens are softened but still bright green. Add black-eyed peas and toss to combine before serving.

Serves 4, 1 cup each. 125 calories, 13 grams carbohydrates, 6 grams fiber, 5 grams protein and 7 grams fat per cup. 🌿

Adapted from Food and Nutrition Magazine Jan/Feb 2019





# SUPPORT FROM DIAGNOSIS THROUGH RECOVERY

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

## CLINICAL TRIALS



Leading our community's involvement in cancer research, we work on global studies alongside other major medical facilities. This includes providing our patients with

access to many of the same trials that are available at leading cancer centers and academic centers around the country. Ask your doctor if there is a clinical trial that is right for you.

**(805) 879-0643**

## GENETIC COUNSELING



We offer hereditary cancer risk counseling to help patients and families, with a history of cancer, better understand and manage the risk for developing cancer through

genetic risk assessment and genetic testing. Our genetic counselors translate genetic information into understandable recommendations for patients, physicians and families. Ask your doctor if genetic counseling is right for you.

**(805) 879-5653**

## ONCOLOGY NUTRITION



Our oncology dietitian nutritionists provide personalized food and supplement recommendations to correct nutritional deficiencies and help enhance nutritional health and

well-being during and after treatment. Individuals currently in treatment or within one year of their last treatment may receive nutrition counseling free-of-charge.

**(805) 879-5652**

## PATIENT NAVIGATION



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

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

**(805) 879-0660**

## ONCOLOGY SOCIAL WORK SERVICES



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

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

**(805) 879-5690**

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

**CANCER FOUNDATION**  
of SANTA BARBARA

# RADIATION ONCOLOGY

Harnessing the latest technology to provide the most advanced treatment options for our patients.



## LINEAR ACCELERATOR

Elekta Versa HD™ linear accelerators are the gold standard technology found at major academic cancer centers, delivering the full spectrum of radiotherapies with the highest level of accuracy, precision and efficiency.

*As the premier provider of radiation oncology in Santa Barbara County, we serve more than 1,500 patients each year.*



## VISION RT

**Vision RT** is a contact-free technology that uses 3D cameras and computer vision to ensure radiation therapy is delivered safely to cancer patients. Vision RT allows us to offer radiotherapy without the use of tattoos or marks.

## CT SIMULATOR

**CT simulators** are used to design every course of radiation therapy to meet the individual needs of each patient. This technology captures, records and analyzes patient anatomy, recognizing the complex differences between healthy and cancerous tissues.



## SENTIENT TECHNOLOGY

**Sentient Technology** allows patients to fully customize treatment rooms by choosing their own music and imagery. Calming LED lighting, video screens and surround sound allow patients to personalize their therapy experience so it provides a relaxing peaceful setting.



## OUR TEAM

**Our robust team** consists of **radiation oncologists, physicists, dosimetrists, radiation therapists, nurses, schedulers and coordinators** who work together to achieve a common goal of delivering the best treatment for our patients.



## APEX ACCREDITATION


Our **Radiation Oncology** program earned national recognition for exceptional quality of cancer care from the **American Society for Radiation Oncology's (ASTRO) Accreditation Program for Excellence (APEX)**.



Online! 

# Ridley-Tree Cancer Center Community Lectures

In partnership with the **Cancer Foundation of Santa Barbara**, our Community Lectures program presents free lectures open to the community to discuss relevant topics in cancer care and cancer prevention. To adhere to

social distancing guidelines, we are offering pre-recorded Community Lectures which can be viewed online at any time on our website. New lectures are being recorded and released regularly. 

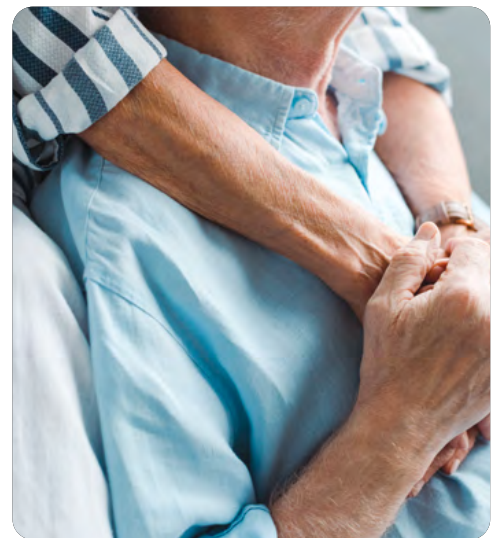
## STAY TUNED FOR UPCOMING TOPICS:



**Mindfulness Meditation  
in Cancer Care**



**Breast Radiology and Pathology:  
Behind the Scenes of Breast  
Cancer Care**



**Sex, Intimacy & Cancer**

Check out our past lectures and watch them online at your convenience:

- **The Science of Sleep and Its Effect on Health**
- **Pancreatic Cancer: Screening, Diagnosis and Treatment**
- **Nutrition and Immunity: Supporting Your Immune System with Foods and Other Lifestyle Choices**
- **Advances in Melanoma and Skin Cancer Prevention**
- **Vaping Among Youth and Young Adults**
- **Genetic Counseling and Hereditary Cancer**
- **Improving Outcomes from Colorectal Cancer: Diet, Lifestyle and Chemoprevention**
- **Medical Cannabis and Cancer: What You Need to Know**
- **Cancer Prevention: From Research to Public Benefit**

Watch these lectures online at [lectures.ridleytrecc.org](https://lectures.ridleytrecc.org)   
For any questions, contact (805) 879-5698 or [events@ridleytrecc.org](mailto:events@ridleytrecc.org).



***Our comprehensive team of physicians and staff are taking all the necessary precautions to ensure Ridley-Tree Cancer Center is safe for patients to receive the critical care they need.***

***For up-to-date information on our COVID-19 safety measures and the COVID-19 vaccine, visit [ridleytreecc.org](https://www.ridleytreecc.org).***

***Pictured above are breast surgeons Dr. Rosa Choi and Dr. Katrina Mitchell.***

# WELLNESS PROGRAMS, SUPPORT GROUPS AND LI

## WELLNESS PROGRAMS

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

### Finding Joy Through Painting

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

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

### Relieving Stress Through Tai Chi Yoga

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

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

### Gentle Yoga

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

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

### Sing Together From Home

*Let's sing together! Join our music therapist for a fun singing class to help make connections and keep active while staying at home.*

**Call for schedule**  
(805) 879-5654

### Active Stretching

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

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

### A Path to Serenity: Relaxation Time with Sound

*Join our music therapist for a relaxation class using the HAPI drum to help reduce stress with peaceful and soothing sounds.*

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

### Knitting Together

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

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

### Yoga for Strength and Empowerment

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

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

### Meditation for Survivorship

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

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

### QiGong

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

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

### Finding the Light: Meditation in Challenging Times

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

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

### Yoga for Resilience in Challenging Times

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

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

### Restorative Yoga for Peace

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

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

### Look Good, Feel Better Class

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

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

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

# BRARY RESOURCES ARE **NOW AVAILABLE ONLINE!**

## SUPPORT GROUPS

### Life After Cancer - Discovering Your New Normal

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

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

### Gynecological Cancer Support Group

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

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

### Breast Cancer - Beginning the Journey to Wellness

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

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

### Head and Neck Tumors

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

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

### Caring for the Caregiver

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

Call for schedule  
(805) 879-0647

### Sobreviviendo el Cancer

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

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

### Managing Metastatic Cancer

*This is a group for those with advanced stage cancer. It's a group where patients can openly share and connect with others living with similar challenges.*

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

### Prostate Cancer Discussion Group

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

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

### Tools for Coping with a Cancer Diagnosis

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

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

### Living with Lung Cancer

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

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

### Young Adult Support Group

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

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

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

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

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

## RESOURCE LIBRARY

### Resource Library

*The Resource Library remains temporarily closed, however resources are available for patients and community members. If you would like to check out books, CDs or DVDs, please contact us and materials can be mailed to you along with a prepaid mailing packet for returns. We follow strict handling guidelines for the safety of our patrons.*

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

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

# Comprehensive Cancer Care. Close to Home.

Our integrated team of 21 highly-trained physicians and compassionate staff care for patients with the most advanced treatments and technology, national clinical trials, and research-based supportive care and wellness programs.

**Right here in Santa Barbara.**



**Ridley-Tree** Cancer Center



**CANCER FOUNDATION**  
of SANTA BARBARA