

in TOUCH

Inside

- ▶ Behind the Scenes...
- ▶ American Cancer Society
- ▶ Cancer Facts
- ▶ New Oncology Unit Opens
- ▶ Clinical Notes
- ▶ Looking Into Lymphedema
- ▶ Holidays a Time of Celebration and Support
- ▶ Quarterly Spotlight

Colorectal Cancer Awareness Month

Get Your FREE Colon Cancer Testing Kit!

When it comes to colorectal cancer, Fountain Valley Regional Cancer Center wants you to know early detection is your best chance for survival. While colon and rectal cancer are the third most common cause of cancer-related deaths, they are up to 90 percent curable when detected in the earliest stage. According to the American Cancer Society, men and women should have routine screening for colorectal cancer beginning at age 50.

Screening methods such as fecal occult blood testing, which looks for hidden blood in a stool sample, may detect cancer in its early stages. Fountain Valley Regional Cancer Center is offering free fecal occult blood testing kits in honor of Colorectal Cancer Awareness Month.

To receive your kit or for more information, please call (714) 979-1408.

HOPE BLOOMS DURING

Daffodil Days

The spirit of hope takes on visible form once again during the American Cancer Society's annual Daffodil Days campaign. Each year the ACS raises thousands of dollars through the flower sale to aid in the fight against cancer. Daffodils are the first flower of spring and symbolize hope for cancer patients. Bouquets may be purchased for yourself or a loved one, or you can make a Gift of Hope donation to help the ACS send an anonymous bouquet to an Orange County cancer patient. Last year many cancer patients at Fountain Valley Regional Cancer Center received bouquets.

ACS volunteers hope to raise \$585,000 this year. Bouquets were delivered on March 18.



Breast Center Greets Spring with Daffodils

The Center for Breast Care is Fountain Valley Regional Hospital's on-campus hub for the American Cancer Society's Daffodil Days, says Lynn McBride, R.T. "This is my eighth year as co-coordinator of the event," she adds, "and I love how the money raised contributes to keeping our ACS Information Center supplied with helpful materials for people dealing with a cancer diagnosis for themselves or a loved one."

"We want to thank everyone for their support. Last year flowers were distributed by volunteers as young as four!"

Vietnamese Mammogram Day

This ongoing program is designed to help reach those who have not had an opportunity to schedule a mammogram. Vietnamese-speaking staff will be available during mammograms. For more information on Center for Breast Care services or Vietnamese Mammogram Day, please call (714) 966-5001.

Hope is contagious

DAFFODIL DAYS

Behind the Scenes...

By Nancy Lean, R.N., M.H.S.A.,

Fountain Valley Regional Cancer Center Director

As spring begins, we have a lot of exciting things going on in our Cancer Center.

Our inpatient oncology unit moved to a beautiful new floor in the East Tower building. You can read about it in this

issue of *In Touch*. We are also looking into expanding services in our infusion and breast centers. A comprehensive schedule of free cancer screenings is planned for this year, as well as ongoing monthly community lectures given by the renowned physicians here at



Nancy Lean, R.N., M.H.S.A.

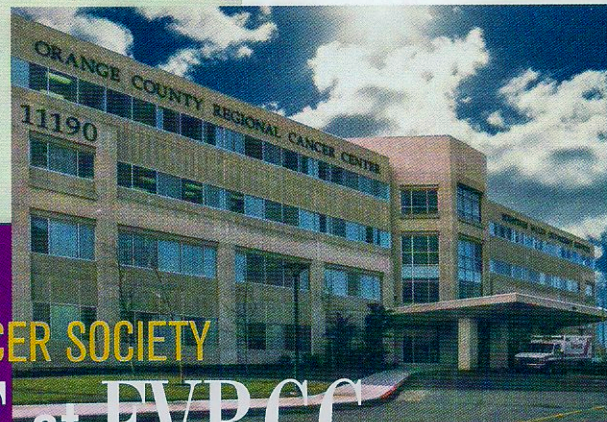
Fountain Valley Regional Hospital. We will also be adding a new colorectal cancer support group to meet the growing needs of our community.

A new member has recently joined our team of professionals. I am very pleased to introduce **Linda Reyes, R.N.**, our new Research Nurse Coordinator. She comes to us from UCLA Medical Center, where she was involved with research for the past five years. She received her masters degree in nursing from UCLA.

Our research program is extensive. We are involved in more than 30 active clinical trials that include cancers of the breast, prostate, lung, colon, lymph system and ovaries, as well as symptom control studies on pain, anemia, nausea and vomiting. In collaboration with the USC/Norris Cancer Network, we participate in large-scale trials conducted by cooperative groups nationally. Last year more than 145 patients participated in clinical trials. Our medical staff is very actively involved in our research program.

If you have any questions about the Cancer Center programs or services, please feel free to call me at (714) 966-5005.

Wishing you a very happy spring!



AMERICAN CANCER SOCIETY

ACTIVE at FVRCC

The American Cancer Society is a vital presence on the Fountain Valley Regional Hospital campus. The ACS Information Center provides brochures, a lending library of books and a cancer information database that is updated daily, according to Center Director Joanne O'Heany.

"We also have a transportation program where volunteer drivers transport Orange County cancer patients to and from therapy sessions or doctor's office visits," says O'Heany.

"In addition, the American Cancer Society coordinates Look Good, Feel Better, a program that teaches women with cancer about skin care, make-up and image enhancement. And we have a Breast Protheses Bank that provides breast protheses and bras to those in need." The Breast Protheses Bank recently received a donation of bras and breast protheses, valued at \$3,500, from Kristen's, a lingerie shop in Newport Beach.

The American Cancer Society Information Center is located on the first floor of the Fountain Valley Regional Cancer Center, 11190 Warner Avenue. Hours are 9 a.m. to 5 p.m., Monday through Friday. All services are free. Volunteers are always welcome.

For more information about services, or to volunteer, please call (714) 966-5025.

CONTROVERSIES IN PROSTATE CANCER

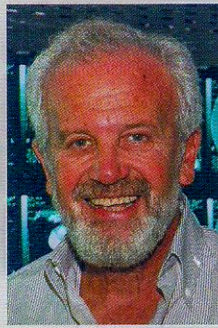
Informative Panel Will Lead Q&A Session

Information on prostate cancer detection and treatment was offered at a seminar hosted by the Orange County Cancer Education and Research Foundation in collaboration with Fountain Valley Regional Cancer Center. Titled "Controversies in Prostate Cancer," the seminar was held Monday, March 18 at 5:30 p.m. at the Hilton Waterfront Beach Resort. Guest speakers included Eila Skinner, M.D., and David Quinn, M.D. The evening featured dinner, a panel discussion of issues related to prostate cancer and a question and answer period.

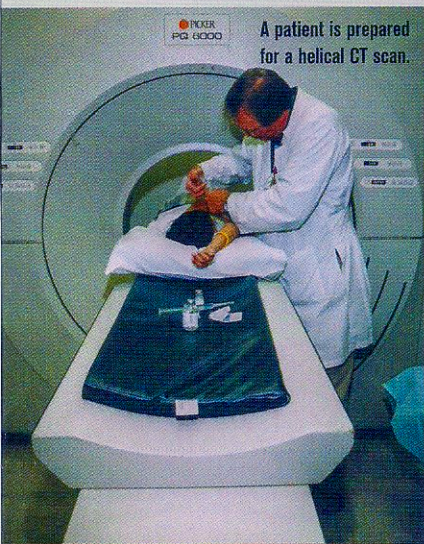
CANCER facts

Helical CT Scan Helps Detect Lung Cancer

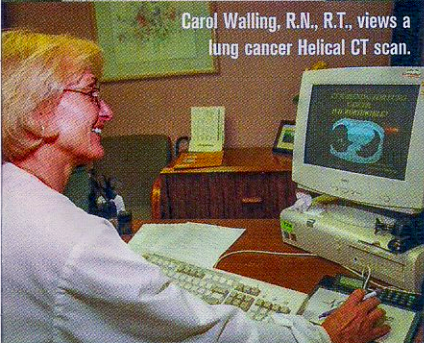
More men and women die from lung cancer than any other type of cancer. During 2002 over 160,000 new cases of lung cancer will be reported in the United States, and more than 150,000 will die from the disease. Daunting numbers, but radiologist Aaron Esrig, M.D., answers questions about a new weapon—helical (spiral) CT scan screening for lung cancer.



Aaron Esrig, M.D.



A patient is prepared for a helical CT scan.



Carol Walling, R.N., R.T., views a lung cancer Helical CT scan.

Why is helical CT scan screening important?

If a patient is diagnosed with Stage I lung cancer, the five-year survival rate is nearly 50 percent. Survival rates drop to 20 percent or below once the cancer has spread.

Unfortunately, previous attempts to detect lung cancer early depended on plain chest radiography (X-ray), which has a low rate of detection for tumors 1 cm or less. Only the advent of the newest helical CT scan allows us to detect tiny abnormalities with precision.

What does a helical CT scan show?

It reveals a cross-section of the body that is much clearer than conventional X-rays. The computer-generated image, which can be enlarged, shows a tumor's location, shape and size.

How does a helical CT scan work?

The equipment uses a thin beam of radiation to take a series of exposures from various angles. A slightly different view of the lungs is shown by each angle. When the information is fed into a computer, it calculates how they overlap and then produces a single image that

mimics what a slice removed from a specific area of the body would look like.

What is the screening like for the patient?

The patient changes to a robe and then lies on a table in the CT scan room. The scanner completely surrounds the table and rotates around the person's body. The screening is painless, and the actual scan only takes about a minute.

How does a patient schedule a helical CT scan lung screening?

Fountain Valley Regional Cancer Center has a program offering low-cost helical scanning of the lungs. Patients may be referred by their doctor, or they can contact the hospital directly to arrange a scan.

For more information, or to schedule a helical CT screening, please call (714) 966-8041.

LOOKING INTO LY

If you are a breast cancer patient who has had the axillary lymph nodes removed, or you have undergone radiation therapy in the breast or armpit area, you may face the risk of lymphedema.

"The first sign that you have a problem may be an abnormal swelling, most likely in the arm or leg," according to Tonia Denton, P.T., Certified Lymphedema Therapist at Fountain Valley Regional Cancer Center.

"Lymphedema is a buildup of lymph, the fluid that moves through the lymph system, carrying cells to fight infection or disease. The condition may often be seen as a side effect of cancer or cancer treatments."

Symptoms of lymphedema can include swelling; an achy, heavy, tired feeling in the affected limb; limited movement; clothing or jewelry feeling too tight; skin thickening, and recurring infections in the affected area. While there is no cure for lymphedema, there are treatments to control it and precautions to take to avoid it.

"I provide a four-step program for lymphedema patients," says Denton. "The program consists of good skin care, therapeutic exercise with a physical therapist, compression bandaging and Manual Lymph Drainage (MLD), which is a gentle massage to stimulate the lymphatic system."

To prevent lymphedema, these precautions should be taken:

- ▶ Do not have blood pressure taken, blood drawn or injections given in the arm that has had lymph glands removed.
- ▶ Protect hands and arms with long sleeves and heavy gloves when gardening.
- ▶ Be careful to avoid cat scratches.
- ▶ Protect skin from minor injuries and irritations during cleaning, as well as from insect bites.
- ▶ Maintain nails with timely manicures.
- ▶ Use an electric razor to shave arms and legs.
- ▶ Do not lift objects weighing over 15 lbs.
- ▶ Avoid tight jewelry or clothing.
- ▶ Avoid sunburn, extreme temperature changes and burns.
- ▶ Elevate affected limb above the heart when reclining.

LYMPHEDEMA

- ▶ Wear a compression garment/bandage on airplanes.
- ▶ Control weight by reducing salt and fat intake.
- ▶ Be sure shoes fit properly.

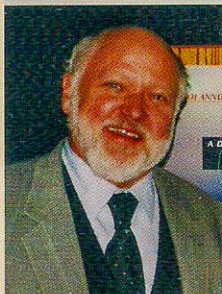
Patients are cautioned to keep the affected limb very clean with a glycerin-based soap and to watch carefully for signs of infection such as redness, fever or skin that is warm to the touch. "Contact your doctor immediately if there is pain or any sign of infection," advises Denton.

Tonia Denton is available for community outreach programs. She recently conducted a lymphedema presentation, featuring a Q&A session, at Fountain Valley Regional Cancer Center. For more information, please call (714) 966-8001.

Clinical Notes

By Glen Justice, M.D.

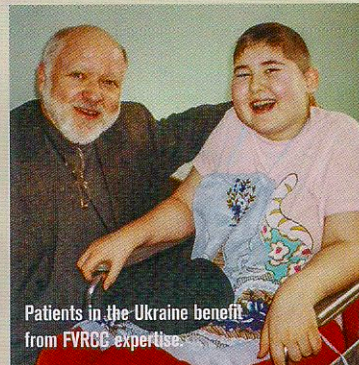
Medical Director, Fountain Valley Regional Cancer Center



Glen Justice, M.D.
Medical Director
Fountain Valley Regional
Cancer Center

FVRCC Travels to the Ukraine to Aid Kids with Cancer

The Chernobyl nuclear power accident may seem like a long time ago, but increased cancer rates among the Ukraine population indicate the effects are still being felt today. The children's hospital in Kiev treats numerous children with leukemia and other forms of cancer, but support for the physicians and their facility is inadequate to meet their needs. Our cancer center, in conjunction with Mariner's Church in Irvine, recently sent a team of physicians, nurses and support personnel to help Ukrainian pediatric oncologists. The team also brought cases of critical supplies such as antibiotics, chemotherapy, pain medication, surgical instruments and toys. We plan to make two-week trips three to four times a year to foster a relationship of mutual exchange. We are now planning to invite two or three Ukrainian physicians to come to Fountain Valley to visit our hospital in early summer.



A New Approach to Thoracic Oncology

Here in Orange County, FVRCC is changing the way lung cancer patients receive treatment. Many forms of lung cancer are curable, yet some patients do not have an oncologist. Our new thoracic oncology program brings a multi-disciplinary approach to treatment, including pulmonology, radiation therapy, pathology and screenings such as spiral CT, to give patients the highest possible chance of beating cancer.

Clinical Trials News

Fountain Valley Regional Cancer Center leads the way in clinical trial participation. Clinical trials offer advanced methods of treatment that are not widely available to the public. We recently concluded a pain trial for a new COX-2 inhibitor which, when combined with an opiate, helps relieve pain for chemotherapy patients. We may present the results of the study at a national conference in May. In addition, we are currently studying the effects of the drug Aranesp, which stimulates red blood cell growth to relieve anemia and fatigue from chemotherapy. Ask your physician for more information about current and future trials.

Expanded Oncology Unit Opens

And lastly, our new 28-bed Oncology Unit opened its doors in late December. The new unit includes several private suites to help patients feel more comfortable. We will have an open house this spring, so look for details about the event in the next issue of *In Touch*.

The center's expansion, our pursuit of continued research through clinical trials and even our aid to those in need on the other side of the globe demonstrate our devotion to helping cancer patients defeat their disease to live long, healthy lives.

Holidays a Time of Celebration and Support

Fountain Valley Regional Cancer Center support groups were in the holiday spirit last season.

Both the Breast Cancer support group and the Our Family Has Cancer Too!* group were treated to a performance by the Celebration of Life Singers at their holiday parties, reports Dani Daniels, Coordinator of Psychosocial Services at Fountain Valley Regional Cancer Center.

According to Daniels, "The singers are all cancer survivors, and they gave a great performance."

Other support groups celebrating the season included Kids, Inc., a group for children who have a loved one with cancer. Holiday festivities were also enjoyed by our Prostate Cancer support group and our Caregiver support group.

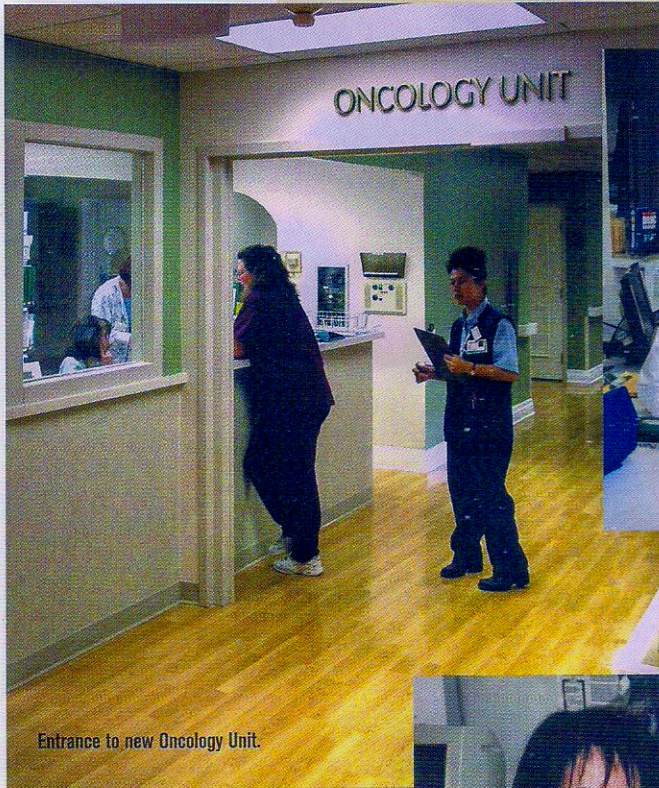
For more information about these groups or any of our other cancer support groups, please call (714) 979-1408.

* Our Family Has Cancer Too! is a support group for the entire family of a child with cancer.



Dani Daniels, Coordinator
of Psychosocial Services

NEW Oncology Unit *Opens*



Entrance to new Oncology Unit.



Staff members Sandra Foley, R.N.; Carmen Franco, R.N.; Gina Banua, R.N.; Juan Villalobos, C.N.A.; Virginia Turlis, R.N.; Veronica Ramirez, W.S.; Corazon Arabaca, R.N.; Jesusa K. Crucillo, R.N.; Erin Kosmowski, R.N.; Thai Vu, Central Supply Technician; Unit Director Jenny Mendola, R.N.; Michael Choi, Oncology Pharmacist; Karla Emond, CNA/Runner; and Ward Secretary, Julie Galang, in their new surroundings.

Inpatient Oncology has a new home at Fountain Valley Regional Hospital and Medical Center. The unit recently moved to the East Tower building, and both staff and patients are delighted with the new location.

“It’s a very nice unit, and patients seem to appreciate the cosmetic aspects. There is more privacy for patients and their families, and that’s important,” said Bichlien Nguyen, M.D.

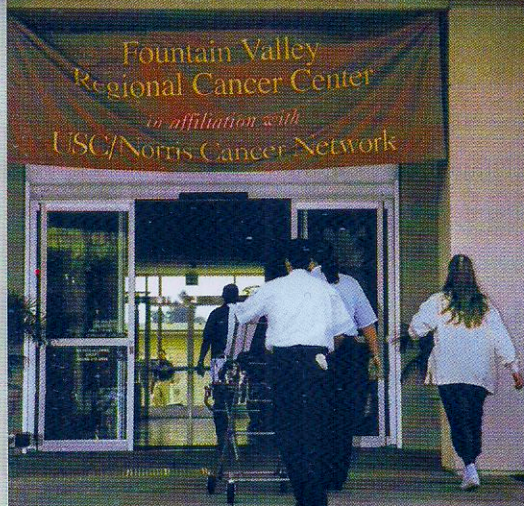
Comments from other physicians included Lalita Pandit, M.D., who said, “Overall, they did a wonderful job. Because the unit is dedicated to oncology, the nurses are extremely well trained and very compassionate to my patients.”



Bichlien Nguyen, M.D., enjoys the new unit.



The 28-bed unit features 16 private rooms, as well as semi-private accommodations.



Cancer patients from throughout Orange County come to Fountain Valley Regional Cancer Center.

QUARTERLY *spotlight*

Support Groups

Fountain Valley Regional Cancer Center offers numerous ongoing support groups for those diagnosed with cancer and their loved ones. Groups are free of charge and include a light meal.

Lynne (Dani) Daniels, L.C.S.W., facilitates many of the meetings and welcomes new participants. "With all of our groups, we can offer support and information to a variety of people," she says.

Preregistration is required only for Kids, Inc. Embracing Life—Breast Cancer Support Group (Patients and loved ones, women only)

Dates: Every Tuesday

Time: Noon to 1:30 p.m.

11100 Warner Avenue, Suite 112

(corner of Euclid and Warner).

Prostate Cancer Support Group

(Patients and loved ones)

Dates: First and Third Tuesdays

Time: 7 to 9 p.m.

11250 Warner Avenue.

(Enter on Mt. Hope off Warner: four-story building on southeast corner of hospital campus)

Kids, Inc.

(Children 6 to 18 who have a loved one with cancer)

Dates: Second and fourth Wednesdays

Time: 6:30 to 8 p.m.

11250 Warner Avenue

Preregistration required.

Caregivers Support Group

(Patients and loved ones)

Dates: Second and fourth Wednesdays

Time: 6:30 to 8 p.m.

11250 Warner Avenue

General Cancer Support Group

(Patients and loved ones)

Dates: First and third Thursdays

Time: 6:30 to 8 p.m.

11250 Warner Avenue

Vietnamese Breast Cancer Support Group

(Patients and loved ones, women only)

Dates: Last Friday of the month

Time: 6:30 to 8 p.m.

Education Trailer B, Classroom A

Vietnamese General Cancer Support Group

(Patients and loved ones)

Dates: Second and fourth Wednesdays

Time: 6:30 to 8 p.m.

Education Trailer B, Classroom A

Helping Hands Vietnamese Support Group for Blood-Related Diseases

(Patients and loved ones)

Dates: Last Tuesday

Time: 6 to 8 p.m.

Education Trailer B, Classroom A

Colorectal Cancer Support Group

(Starting soon. Call for details)

Dates: Second and Fourth Thursdays

Time: 6:30 to 8 p.m.

11250 Warner Avenue

Christian Cancer Support Group

(Starting soon. Call for details)

For support group information, please call (714) 966-8055.

Community Education Lectures

Cancer and Genetics:

How Important is Family History to Your Risk?

Tuesday, March 26, 6 to 8 p.m. at Fountain Valley Regional Cancer Center Lobby. **Steve Kopczak, M.S., Ph.D.**, is the guest speaker.

Free Skin Cancer Screening

Thursday, April 4, 6:30 to 8 p.m. in the Fountain Valley Regional Cancer Center lobby. Please call (714) 979-1408.

Colon Cancer: Prevention, Detection and Treatment

Saturday, April 6, 2:30 p.m. **Christopher Bui, M.D.** will be the guest speaker. Please call (888) 204-6162.

for more information.

Vietnamese Lecture

SCREENINGS

Early Detection is the Best Tool Against Cancer

Studies show that early detection increases the odds for cancer survival. For this reason, Fountain Valley Regional Cancer Center offers a variety of screening tests for various types of cancer.

Breast Cancer Screening

Center for Breast Care at Fountain Valley Regional Hospital and Medical Center offers next-day appointments for screening mammograms. (Cash discount price \$65)

Vietnamese Breast Cancer Screening and Self-Exam Training are held the last Tuesday of each month.

8:30 a.m. to 5 p.m.

Center for Breast Care at

Fountain Valley Regional Hospital and Medical Center

Call (714) 966-5001 for details.

Lung Cancer Screening

CT Scan Lung Screening is available.

Call (714) 966-8041 for an appointment.

(Cash discount price \$300)



Fountain Valley Regional

Hospital and Medical Center

Tenet HealthSystem

11190 Warner Avenue, Fountain Valley, CA 92708

Thirty years of caring

Glen Justice, M.D., Medical Director



USC/NORRIS CANCER NETWORK

in affiliation with

Fountain Valley Regional Hospital and Medical Center

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See front cover for details.

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