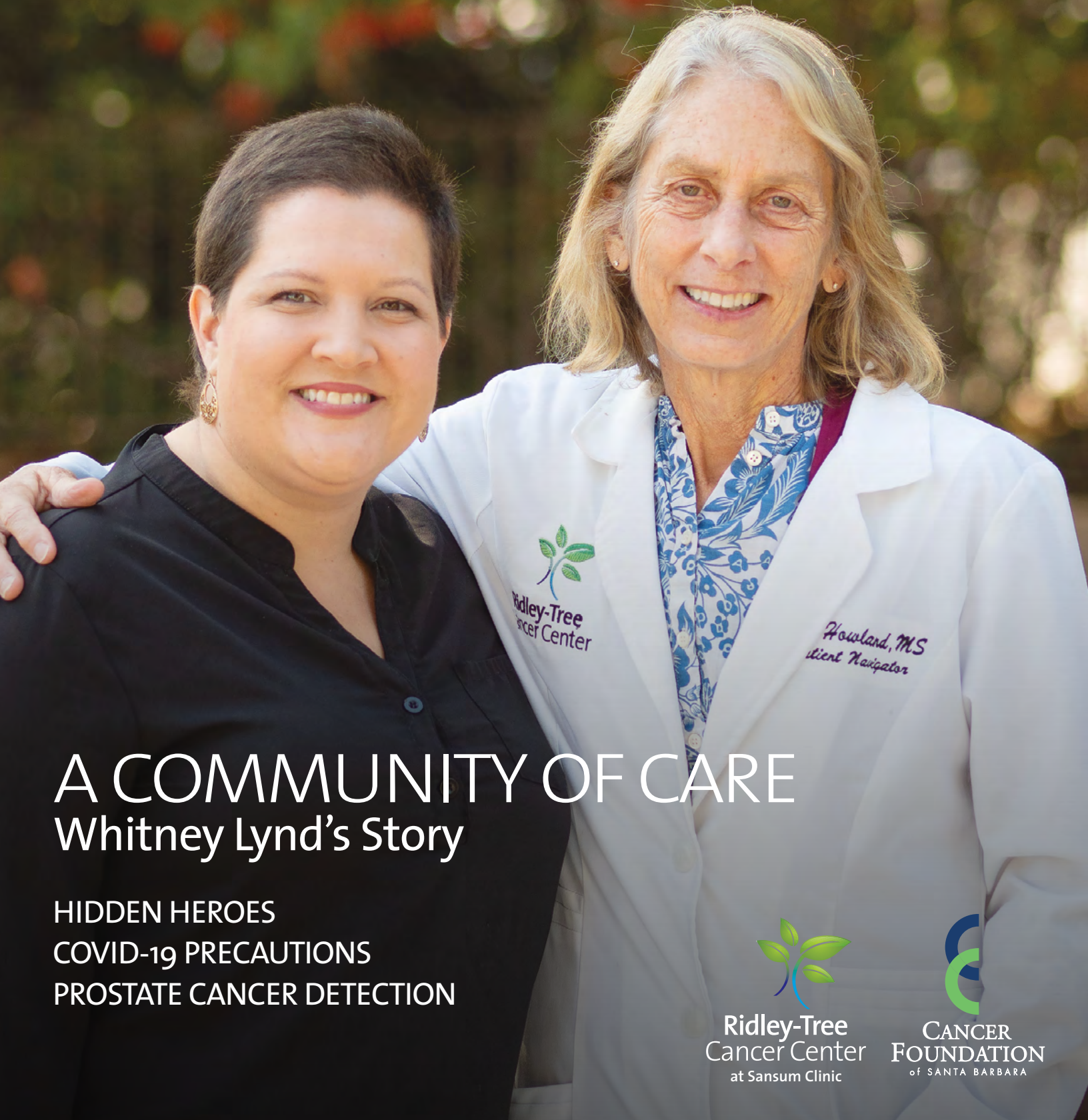


ONCENTER

FALL 2020 • ISSUE 1

MAGAZINE



A COMMUNITY OF CARE

Whitney Lynd's Story

HIDDEN HEROES
COVID-19 PRECAUTIONS
PROSTATE CANCER DETECTION



Ridley-Tree
Cancer Center
at Sansum Clinic



CANCER
FOUNDATION
of SANTA BARBARA

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ONCENTER MAGAZINE

FALL 2020

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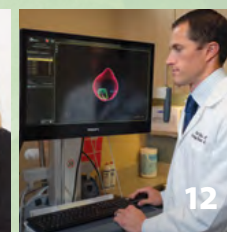
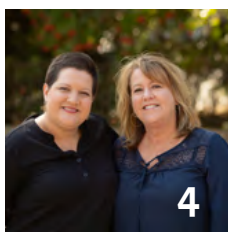
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The content of this magazine is not intended to be a substitute for medical care. If you have any questions about a medical condition, please contact your physician.

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donotmail@sansumclinic.org • info@cfsb.org



DEAR FRIENDS,

As we enter a season focused on gratitude and hope, we here at **Ridley-Tree Cancer Center** and the **Cancer Foundation of Santa Barbara** are truly thankful for the tremendous commitment from our incredible doctors, staff, donors and community. The high standard by which we provide critically-needed care helps to make us the premier regional resource for the diagnosis, treatment and prevention of cancer. What an honor!

In this issue of OnCenter, we are pleased to introduce a fresh new look for the publication. While the appearance is new, it will still contain all of the important happenings at Ridley-Tree Cancer Center that we are pleased to share with our patients and their families, our donors and community partners. Especially throughout the COVID-19 pandemic, our center cemented its status as an essential and encouraging respite for patients. From our enhanced protocols and precautions to limit viral spread, to the transition of our wellness and supportive care programs to online platforms, we moved with diligence and flexibility to upgrade care for those we serve when they needed it most. You can learn more about our **COVID-19 safety measures** in more detail on page 2. Without the ability to gather together in large groups, fundraising in 2020 is a great challenge for non-profits everywhere. The Cancer Foundation's annual **Cancer Center Walk/Run**, which is typically the largest event raising funds for cancer research and supportive care programs at Ridley-Tree, required great creativity to carry on the tradition. See page 3 to discover how for the first time in its history, this celebration went virtual.

More than ever, the use of world-class technology is interwoven into cancer care at every step. From high-tech treatment for liver cancer to advanced imaging to detect prostate cancer, our physicians and oncologists utilize the same state-of-the-art equipment found at top institutions around the country. We describe our **latest acquisitions** and how they are being used starting on page 12.

Because advanced imaging is an integral part of breast cancer care, the recent addition of fellowship-trained diagnostic breast radiologist **Dr. Winnie Leung** to our breast cancer program is a huge win for patients. While having sophisticated screening tools is important, the value of an experienced radiologist focused solely on breast cancer cannot be understated. Learn more about Dr. Leung and how she views the landscape of breast cancer screening and detection on page 14.

As we move towards the close of 2020, a year unlike any we could have ever imagined, we stand in awe of our partnership and the strength of the foundation we have built here. Delivering superior care to patients in the most innovative, passionate and personalized way possible, close to their homes, is always our privilege. We thank you for your support and encouragement, wish you a joyful and peaceful holiday season, and look forward to all we will accomplish together in the New Year.

Sincerely,



Ridley-Tree
Cancer Center

Matthew Kunkel, MHA
Vice President, Oncology Services
Ridley-Tree Cancer Center at Samsom Clinic



CANCER
FOUNDATION
OF SANTA BARBARA

Lori Willis
Executive Director
Cancer Foundation of Santa Barbara





COVID-19 PRECAUTIONS

COVID-19 has continued to evolve in our community and many of you experience the extraordinary precautions taken at Ridley-Tree Cancer Center to protect our patients and staff. We thank you for your patience and understanding. These measures allow us to provide the best care possible during this time.

For those who have not visited the Cancer Center since the pandemic began, below are the precautions we are taking to ensure Ridley-Tree Cancer Center is safe for patients to receive the critical cancer care they need. Please visit our website at ridleytreec.org to stay up to date on future changes.

- We are screening patients, visitors and employees for symptoms and exposure to COVID-19 prior to entry into the building.
- We are requiring medical face masks be worn by all patients and essential visitors entering the Cancer Center, for the duration of your visit. This includes while in public areas, exam room and restrooms. Upon entering the building, you will be given a medical face mask. If you arrive with a cloth face mask, we ask that you please wear the medical face mask while at the Cancer Center.
- We are not allowing visitors at this time as regulating the people in the building allows us to ensure the best safety for all patients and staff. We know that family members and caregivers are so important to your care and we encourage you to include them over a phone or video call. Any exceptions will be determined on a case-by-case basis and the approval will come from your physician. If bringing a caregiver is critical to your visit, please reach out to your care team.



- We are offering Telehealth visits to provide you care at home. Not all visits can or should be handled through Telehealth. Your provider and staff will work together to determine whether an appointment should proceed in-person or move to Telehealth. If you have a scheduled appointment and you think a Telehealth appointment might be right for you, please do one of the following:
 - Send a MyChart Appointment Request and ask for a Telehealth visit.
 - Call your Ridley-Tree Cancer Center provider and request a Telehealth visit.
- We have suspended in-person wellness classes and support groups and are offering many of our longstanding wellness classes and all support groups online. Please turn to page 16 to read about the programs available and visit calendar.ridleytreec.org to register. 🌿

GERM-ZAPPING ROBOT

Ridley-Tree Cancer Center's use of the **Xenex LightStrike Germ-Zapping Robot** became even more critical in 2020! The Xenex robot, named "Dr. Lightstrike Flash" was purchased by the **Cancer Foundation of Santa Barbara** thanks to a very generous donation by the RoKe Foundation. "Flash" uses pulsed xenon ultraviolet (UV) light to quickly destroy bacteria, viruses, fungi and bacterial spores. The portable Xenex system can disinfect a typical patient or procedure room in five minute cycles without warm-up or cool-down times and is effective against even the most dangerous pathogens.





WALK/RUN GOES VIRTUAL

On October 18, participants celebrated the 28th annual **Cancer Center Walk/Run**. While hundreds did not gather at Montecito Union School to celebrate completing the 5K, 10K or Kids' 1 Mile Run as in the past, participants instead connected virtually - sharing photos, uploading times to an interactive leaderboard and watching a commemorative video to recognize their achievement. Despite the change in format, more than **250** participants took part and raised more than **\$156,079**. Congratulations to our award winners: **Julie Main's Team** for earning the Silver Cup, awarded to the team that raises the most money on average/person; **The Miracle Chefs**, the Largest Team; **Julie Main's Team**, the Team that Raised the Most Money; **Tiffany Ball**, Best Finish Line Celebration; **Lee Skeen and Rachel Stojanovski**, The Social Media Influencer Award; **Bookworms!**

for the Most Colorful Costume; and **Laura's Supporters** for the Best Quaran-Team. This year the Julie Main Award was presented to **Isabelle Patton**. All of the proceeds from entry fees and pledges support research and supportive care programs at the Ridley-Tree Cancer Center. Even though we weren't together this year and the event looked different than expected, the one thing that didn't change is the Cancer Foundation's commitment to supporting local cancer care.



A COMMUNITY OF CARE

Whitney Lynd is one of those “*six degrees of separation*” stories of Santa Barbara, a phenomenon common to those born and raised here who constantly run into people they know. A daughter of restaurant owners, she attended local schools and then forged a career in hospitality. As a young girl, Whitney participated in the **Cancer Foundation’s Walk/Run** fundraiser every year. In her 20s, Whitney would often work catering events and observe the kind nature of Lady Leslie Ridley-Tree, never knowing she’d one day receive treatment at the facility built on her generosity. In the fall of 2018, at age 31, Whitney discovered a lump in her breast, the same day she worked a community breast cancer fundraising event. Her cancer journey would unfold in just this way, with local connections serendipitously crossing as she built her circle of care.



Whitney and her mom, Kacy

When imaging and a subsequent biopsy confirmed breast cancer, Whitney says she cried, then got busy about the work of protecting her health. ***“At first, everything just spirals, as quickly as you can ever imagine. The hardest part with cancer is not knowing what will happen and having to be comfortable with that,”*** she notes. Whitney gained quick access to a group of local breast cancer experts, beginning with breast surgeon **Kim Grafton, MD**. Because of the size and certain characteristics of the tumor, Dr. Grafton immediately referred Whitney to Ridley-Tree Cancer Center. There, she met with her medical oncology team and genetic counselor **Hannah Andrews, MS, LCGC**. The genetic tests revealed Whitney carried a germline BRCA1 mutation, which significantly increases a woman’s lifetime risk of developing breast cancer and other cancers. Whitney felt some relief in having an explanation for her cancer at such a young age. ***“It was genetic, I just got a bad hand. I am glad it’s me and not my sister or my cousins. I joke that I am taking one for the team this year,”*** she says.

Dr. Grafton and Ridley-Tree oncologist **Julian Davis, MD** knew Whitney’s case would benefit from a multidisciplinary review at the weekly breast cancer case conference, a varied group of specialists who could examine the genetic data, imaging and pathology report to determine Whitney’s best course of treatment. The conference’s recommendation included lymph node surgery by Dr. Grafton first, then chemotherapy, followed by a mastectomy, then radiation therapy. Armed with the advice of the tumor board, Whitney felt confident and back in control when crafting her treatment plan. In

addition to her mother, **Kacy**, Ridley-Tree patient navigator **Sam Howland, MS, CBPN-IC** became Whitney’s care coordinator. Sam laid out her coming year, cheering her on to stay positive and keep going. ***“Sometimes I didn’t want to leave my bed, and Sam would tell me, ‘You can do it,’”*** shares Whitney.

“Sometimes I didn’t want to leave my bed, and Sam would tell me, ‘You can do it.’”

– Whitney Lynd

As her bond with her Ridley-Tree team was growing, so was the number of community physicians who would lend their expertise to Whitney’s care. Fertility doctor **René Allen, MD** came on board to freeze her eggs, preserving her ability to have children in the future. When Dr. Grafton performed Whitney’s mastectomy, surgeon **Wesley Schooler, MD** joined the procedure to reconstruct her breast. Afterwards, a short but debilitating infection led to a stay at Cottage Hospital. Despite the setback, Whitney’s humor and spirit were unshakable. She took the challenge in stride and determined to progress and maintain her therapy schedule.

When Whitney returned to Ridley-Tree to continue her treatment, a big team of clinical and support staff surrounded Whitney to guide and encourage her. She visited the Resource Library to educate herself on her condition, tackled insurance issues with support services case worker **Sherry Massey** and attended a support group for young



Members of Whitney’s Ridley-Tree care team

adults with cancer to give herself an outlet for managing the challenges of work and home. As chemotherapy began, Whitney consulted with her oncology dietitian nutritionist **Rebecca Colvin, MPH, RDN, CSO** and together, they designed

“The radiation team ended up being a huge part of my treatment in a way I didn’t expect.”

– Whitney Lynd

her diet to help manage gastrointestinal issues. Whitney’s humor remained intact even as her hair was disappearing. ***“This was the job I never applied for,”*** she jokes. ***“But I did feel losing my hair was a sign that the drug was working.”*** When Whitney’s course of radiation therapy started, she especially appreciated the kindness and special attention

she received from each member of the Radiation Oncology Department, from her Radiation Oncologist **Shane Cotter, MD, PhD** to the technicians and nurses. ***“The radiation team ended up being a huge part of my treatment in a way I didn’t expect,”*** she says.

In the same way Whitney’s longtime friends and family span the city, so did the many players in her medical team. This combined force of people gave Whitney the best possible chance for a successful outcome from breast cancer. The emotional lift she received was so profound, it changed her goals for the future. ***“I want to do something that gives back more,”*** she explains. ***“I think the support here and the genuine feeling of people caring about you makes the process go better. The Ridley-Tree Cancer Center is the best place to take care of you.”*** 🌿


SANTA BARBARA BREAST CARE ALLIANCE

Many members of Whitney’s care team are part of the accredited **Santa Barbara Breast Care Alliance**. This breast care center “without walls” offers patients a network of local specialists, including breast surgeons, reconstructive surgeons, medical and radiation oncologists, pathologists, radiologists, clinical researchers, genetic counselors, patient navigators, oncology dietitian nutritionists, social workers, physical therapists and lymphedema specialists. Its weekly

multi-disciplinary breast cancer case-review conference is the centerpiece of the program. The collaboration of this highly-qualified team greatly exemplifies our medical community. The Alliance is dedicated to staying at the leading edge of breast medicine and to ensuring that all patients in our community receive the best care possible. 🌿



Santa Barbara Breast Care Alliance Team

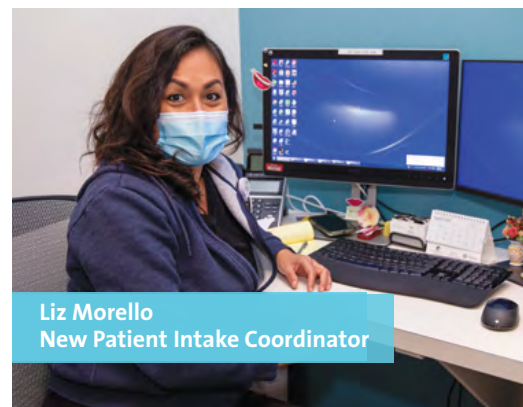


HIDDEN HEROES OF RIDLEY-TREE CANCER CENTER

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.

NEW PATIENT INTAKE COORDINATORS

The first touch patients receive from our staff is an opportunity for them to learn about our model of cancer care, and to begin to build a relationship and trust with their care team. Our New Patient Intake Coordinators, **Christi Satchwell**, **Liz Morello** and **Mary Montalvo**, are a big part of that process. They work with patients to record all of the critical information the team will need to provide care. They answer questions and introduce patients to the many programs and services that Ridley-Tree offers. Often when patients first learn they have cancer, they can be nervous, anxious or scared. *"We are able to provide peace of mind and ensure they receive the best possible care,"* shares Liz. *"I look at my job as, 'if I was given a diagnosis of cancer or a hematologic diagnosis, how would I like to be treated?'"* says Christi. *"The most rewarding thing for me is making a difference in the lives of our patients. I give comfort, listen, and offer support and empathy."*



Liz Morello
New Patient Intake Coordinator



Christi Satchwell
New Patient Intake Coordinator



Jennie Rodriguez
Patient Financial Counselor

ONCOLOGY PATIENT FINANCIAL SERVICES

Assistance in handling the financial hurdles that come with a cancer treatment plan is one of the great benefits of care at Ridley-Tree. Our Patient Financial Counselors **Cat Morales** and **Jennie Rodriguez** are experienced with helping patients navigate the maze of insurance coverage and benefits, as well as all the possible expenses associated with cancer care. *"Our goal is to take that strain off them as much as possible and get them whatever resources they need early in their care,"* states Cat, Supervisor of Oncology Patient Financial Services. The team's many years of experience in billing, finance and the community partners which offer aid is a tremendous asset for patients. *"I started at the Cancer Center at age 15 as a Medical Records Clerk. I grew up here under the guidance of some amazing people,"* adds Cat. *"When you see the dedication, the sacrifice and the love for what people do here, it motivates you and pushes you forward."* Team members like Cat, along with Authorization Specialists Jenny Honafius, Patty Nielson and Phillip Huffard also contribute to supporting the financial needs of patients. 🌱

DID YOU KNOW ...

Congress recently enacted tax law changes that include several charitable tax provisions such as the CARES act to encourage giving. These include:

- A new deduction for charitable donors who do not itemize when filing their tax returns.
- An increase in the deduction limit up to 100% of a donor's annual income for cash gifts (previously the deduction was capped at 60% of annual income).



Cancer Foundation of Santa Barbara
Elaine & Edward
Stepanek Legacy Society

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.

A GIFT FOR THE FUTURE

Award-winning opera singer, actress and playwright **Christina Murphy Allison** made many artistic contributions to Santa Barbara and communities around the world over the course of her lifetime. Known for her vibrant personality, Allison would often surprise those around her with an impromptu singing performance, whether she was attending a Cancer Foundation of Santa Barbara fundraising event, a Santa Barbara Museum of Art function or a social gathering in Montecito. Born in Brooklyn, New York in 1939 and raised in Vancouver, B.C., Allison was a gifted soprano who sang with many European opera companies before moving to California in the mid-1970s. She married **David Allison** of the locally prominent Knapp family in 1980 and the couple traveled widely so she could participate in artistic endeavors across the globe. It was her husband's cancer diagnosis which led to her decision to include the Cancer Foundation in her estate - a decision which may have an impact equal to or greater than her memorable stage performances. While Allison's love for singing beautifully carried her out from this world as she sang for her caretakers in the last moments before her death in 2018, her wish to brighten the lives of those facing cancer will continue long into the future because she chose to honor the Cancer Foundation with her gift. 🌿



Christina Murphy Allison (center) with family members

CANCER FOUNDATION BOARD OF TRUSTEES

The volunteer **Board of Trustees** of the **Cancer Foundation of Santa Barbara** focuses exclusively on fulfilling the Foundation's cancer-focused mission: to ensure superior cancer care for all citizens of Santa Barbara County regardless of means.

WELCOME NEW TRUSTEES



Andy Chou. Andy is a Region President for Northern Trust and is responsible for all aspects of their integrated investment, corporate fiduciary and private banking business. He has over 32 years of broad financial advisory, capital markets, corporate finance experience and joined Northern Trust in Santa Barbara in

2000. He is an active supporter and former Board member of several local charitable and cultural institutions including Direct Relief, United Cerebral Palsy, Music Academy of the West, Lobero Theater and the Foundation for Lotusland. Andy lives in Santa Barbara with his wife, Lynn and his two children, Abigail and James.



Larry Dam. After practicing law for 15 years, Larry held several executive positions in Los Angeles and New York City with Grupo Televisa, a Mexican-based entertainment conglomerate. Retiring to Santa Barbara, he remains active as a consultant and mediator. He is a supporter of many charities in the area and has served on the Board of Directors of several non-profits, including Direct Relief and the Montecito Retirement Association. 



Front: Brier Turpin Allebrand, Sue Birch, Kimberly Schizas, Val Montgomery, Kristen Blabey, Vicki Hazard, Priscilla Higgins, PhD and C. Michael Cooney

Back: Frank Foster, Fred Kass, MD, Patty MacFarlane, William Meeker, Shane Cotter, MD, PhD and Denny Bacon

Not pictured: Charlie Petersen, Amalia Priego and Tom Weisenburger, MD

Online! 

Ridley-Tree Cancer Center 

Community Lectures

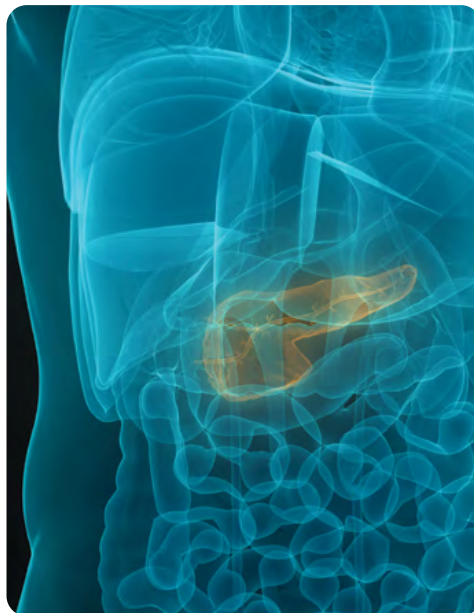


OCTOBER

Nutrition and Immunity: Supporting Your Immune System with Foods and Other Lifestyle Choices

Rebecca Colvin, MPH, RDN, CSO
Oncology Dietitian Nutritionist
Ridley-Tree Cancer Center

The immune system is constantly working to defend the body from infection, injury and disease. Diets that lack certain nutrients may disrupt the production and activity of immune cells. Watch this lecture to learn about foods and lifestyle choices that will help support your immune system.



NOVEMBER

Pancreatic Cancer: Screening, Diagnosis and Treatment

W. Charles Conway, II, MD, FACS
Surgical Oncologist
Ridley-Tree Cancer Center

Pancreatic cancer accounts for approximately 3% of all cancers in the United States. Though it is often difficult to diagnose and treat, researchers are advancing methods of prevention, detection and treatment. This lecture will discuss risk factors, screenings and techniques used to diagnose pancreatic cancer, as well as the latest surgical and medical treatments for the disease.



DECEMBER

The Science of Sleep and Its Effect on Health

Ann M. Lee, MD
Pulmonary & Critical Care Physician
Sansum Clinic

Both doctors and medical researchers understand that getting the right amount of sleep is essential to the health of your body and mind. This lecture will discuss the effects of sleep deprivation, the various conditions and lifestyle choices that can impact the quality of your sleep, and the appropriate testing and treatment options for insomnia and sleep disorders.

To adhere to social distancing guidelines, these lectures are available online at lectures.ridleytreecc.org 

To learn more about our upcoming lectures or to access our library of past lectures, visit lectures.ridleytreecc.org. For any questions, contact (805) 879-5698 or library@ridleytreecc.org.

TIPS TO SUPPORT YOUR IMMUNE SYSTEM

The relationship between nutrition and the immune system is complex and not completely understood. The Oncology Dietitian Nutritionists at Ridley-Tree Cancer Center share the following tips to help support your immune system during COVID-19 and the flu season:

1. Avoid or minimize eating foods and beverages with added sugar which may disrupt the immune system. Added sugars in cakes, candies and cookies are obvious but check out the added sugars in yogurts, cereals, breads, crackers, protein bars, salad dressings, condiments and “healthy” beverages. Less added sugars is better. Sweeten your foods with natural flavors from whole foods such as fruits, vegetables and whole grains.

2. Eat a wide variety of colorful fruits and vegetables, five or more cups per day. The fiber and phytonutrients in these foods can help keep the gut microbiome diverse and resilient to support the immune system.

3. Eat slowly, breathe and sit down when eating meals and snacks. This is important to help activate the “rest and digest” part of the nervous system and can ultimately positively impact the immune system.



Sarah Washburn, MS, RDN, CSO and
Rebecca Colvin, MPH, RDN, CSO

GREEK GRAIN SALAD

Servings: 6-8

INGREDIENTS:

- 1 cup farro
- Kosher salt
- 2 red bell peppers, cored, seeded and cut in 1/2-inch wide strips
- Extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons red wine vinegar
- 1 teaspoon minced garlic (1 large clove)
- 1/2 teaspoon dried oregano
- Freshly ground black pepper
- 1 large cucumber, halved lengthwise, seeded, and 1/2-inch diced
- 1 pint cherry tomatoes, halved lengthwise
- 3/4 cup red onion, diced small
- 1/2 cup chopped fresh parsley
- 1/2 cup pitted Kalamata olives
- 8 ounces feta cheese, 1/2-inch diced (optional)

DIRECTIONS:

- Preheat the oven to 400 degrees and line a sheet pan with parchment paper.
- In a large saucepan, combine the farro, 2 3/4 cups water, and 1 teaspoon salt. Bring to a boil, then lower the heat and simmer, uncovered, for 30 minutes, or until the farro is tender. If all the water evaporates before the farro is tender,

add an additional 1 cup water. Drain any remaining liquid and place the farro in a large bowl.

- Meanwhile, place the red pepper slices on the prepared sheet pan and toss with 2 teaspoons olive oil and 1/4 teaspoon salt. Roast for 20 minutes, turning once halfway through, then set aside to cool.
- In a small glass measuring cup, whisk together the lemon juice, vinegar, garlic, oregano, 1 teaspoon salt, and 1/2 teaspoon pepper. Slowly whisk in 3 tablespoons olive oil. Pour the dressing over the hot farro, stir well, and allow to cool to room temperature, stirring occasionally.
- Add the roasted peppers, cucumber, tomatoes, red onion, parsley, and olives to the farro. Mix until combined, then gently fold in the feta. Serve or store in the refrigerator, covered, for up to 3 days, before serving.

Adapted from www.lideylikes.com.



ADVANCEMENTS IN TECHNOLOGY

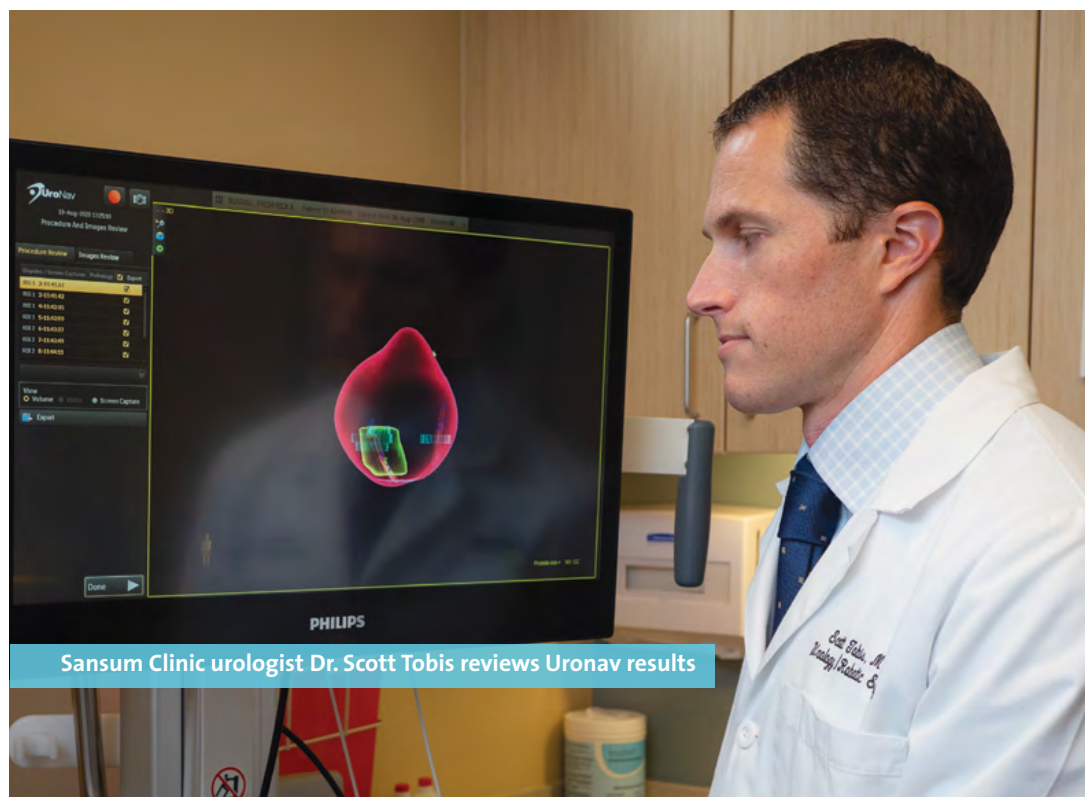
URONAV BOOSTS PROSTATE CANCER DETECTION

Prostate cancer is one of the most common cancers among men in the United States, with one in every seven men diagnosed in their lifetime. Sansum Clinic urologists and Ridley-Tree Cancer Center oncologists partner on a team approach to offer patients the latest diagnostic tools and treatments for prostate cancer.

Precise prostate cancer diagnostics are critical for treatment planning. Thanks to a generous donation from the Cancer Foundation of Santa Barbara, Sansum Clinic's Urology Department is now equipped with the **UroNav Fusion Biopsy System**, a sophisticated technology which blends pre-biopsy magnetic resonance imaging (MRI) views with ultrasound-guided biopsy images in real time, producing a detailed 3D look at the prostate and any concerning lesions. Sansum Clinic's board-certified Urology team, which includes **Dr. Daniel Curhan, Dr. Ron Golan, Dr. Alex Koper, Dr. Alexandra Rogers** and **Dr. Scott Tobis**, has performed more than 100 of these state-of-the-art biopsies since April of 2020. Procedures have continued during the pandemic with enhanced safety precautions. *"Already we have had patients whose cancers would not have been detected without this technique,"* explains Dr. Tobis. *"It's changed the course of treatment for the better for those people."* The more complete imaging and subsequent biopsies created using UroNav give patients an added degree of certainty to make critical decisions about their care and treatment.

Treatment options for prostate cancer range from active monitoring for low-risk cancers that don't require immediate treatment, to minimally-invasive robotic

surgery and targeted radiation therapy. For advanced stage prostate cancer, patients have access to hormonal therapies and clinical trials at Ridley-Tree Cancer Center. Determining the virulence of the cancer is a daily challenge for oncologists. *"UroNav allows us to see which area of the prostate contains the most worrisome-looking cells, so we can biopsy that specific area. Once we know how favorable or unfavorable the prostate biopsy looks, we can begin to think about which treatment strategy is most appropriate for that specific patient,"* remarked Ridley-Tree Cancer Center Oncologist **Gregg Newman, MD**. Additionally, Dr. Newman notes that when **UroNav** identifies patients who are considered "low-risk," treatments known to have more severe side effects can be delayed or even avoided; and similarly, for those with more concerning biopsies, their physicians can focus on more aggressive treatments designed to eliminate the cancer. When urologists, medical oncologists and radiation oncologists have access to the most state-of-the-art equipment to view and biopsy the prostate, patients and their medical teams have the maximum information upon which to make decisions about treatment. 🌱



Sansum Clinic urologist Dr. Scott Tobis reviews Uronav results

NUCLEAR MEDICINE: AT THE FOREFRONT

Advances within **Ridley-Tree Cancer Center's Nuclear Medicine Department** place this program at the forefront of this field, and on par with major hospital systems. A new highly-advanced but minimally-invasive therapy which uses **TheraSphere™ Y-90 Glass Microspheres**, is now offered in our community to treat tumors in the liver. TheraSphere™ allows for precise delivery of high-dose radiation to targeted regions of the liver through arteries which supply blood and nutrients to the cancer. This therapy can be used to slow tumor growth with the potential of eliminating the tumor altogether. During the procedure performed by radiologist **Manu Singh, MD** at Santa Barbara Cottage Hospital's Interventional Radiology Suite, millions of micro-sized glass beads containing radioactive Yttrium-90 are sent directly into the tumor, sparing surrounding healthy tissues and internal structures which otherwise may have required a lower-dose of radiation or a less-effective treatment. The dose calculation and imaging is conducted by **Ridley-Tree's Nuclear Medicine Department**.

Nuclear medicine physicians **William Pace, MD** and **David Carlson, MD**, along with nuclear medicine technologists **Tricia Peters, CNMT** and **Nicholas Heath, R.T.(R)(N)**, collaborated with Cottage Health on this achievement. "We are proud to partner with gifted young physicians like Dr. Singh to bring cutting edge treatments and techniques to Santa Barbara," commented Dr. Pace, Ridley-Tree's Nuclear Medicine Director. "We strive to provide a sophisticated array of therapies and the Y90-Microsphere program is a validation of what can be achieved when talented people across multiple departments collaborate to achieve a common goal."

Theranostics is the term used to describe the combination of using one radioactive drug to identify (diagnose) and a second radioactive drug to deliver therapy to treat the main

tumor and any metastatic tumors. The word **Theranostics** is a combination of the terms therapeutics and diagnostics. This fall, the **Nuclear Medicine Department** began offering the theranostic **Dotatate** (diagnostic) and **Lutathera®** (treatment) for patients with pancreatic-based neuroendocrine tumors as well as neuroendocrine tumors in the gastrointestinal tract. Recently approved by the FDA, Lutathera helps to reduce disease progression by delivering radiation directly to the tumors while sparing the normal cells, similar to TheraSphere™. Until recently

"We strive to provide a sophisticated array of therapies and the Y90-Microsphere program is a validation of what can be achieved when talented people across multiple departments collaborate to achieve a common goal."

– Dr. William Pace

within California, this treatment has only been available at large academic institutions in the Los Angeles and San Francisco areas. Drs. Pace and Carlson will collaborate with Ridley-Tree's medical oncologists to offer patients with these more rare cancers another treatment option. 🌱



Nicholas Heath, R. T.(R)(N), William Pace, MD, David Carlson, MD, Tricia Peters, CNMT

ADVANCED INFUSION PUMPS & CHAIRS IN SOLVANG

The Solvang office received new **BD Alaris™ infusion pumps** for the delivery of chemotherapy and immunotherapy. These pumps have improved functions to keep patients safe. They utilize a programmable medication library that ensures the dose is correct for a person's body surface area, and that the dose is delivered over the correct amount of time. These pumps can infuse up to four different drugs simultaneously or can run one drug after another, if that is the preferred course of treatment. The Cancer Foundation of Santa Barbara generously contributed **\$185,293** for the purchase of this new equipment and infusion chairs. 🌱



ADVANCED IMAGING WITH DR. WINNIE LEUNG

Sophisticated imaging technology is used to locate breast cancer in its beginning stages. It guides treatment decisions and can monitor a patient's response to different therapies. **Winnie Leung, MD**, Sansum Clinic's new fellowship-trained breast radiologist, has spent most of her career leveraging the power of imaging technology to glean real clarity on women's breast health. *"We can find more breast cancers and also pick up fewer false-positives, decreasing our chances of having to call women back for more imaging or possibly unnecessary biopsies,"* she explains. As part of Sansum Clinic's Advanced Imaging Department, Dr. Leung works alongside three other radiologists, all who have experience and training using world-class equipment like tomosynthesis (mammography), automated whole breast ultrasound and MRI. Making the screenings feel easy, pleasant and stress-free is important to Dr. Leung. *"Breast imaging should be like going for a dental checkup. Nothing scary. I liken it to looking for a small cavity before it requires a big filling."*

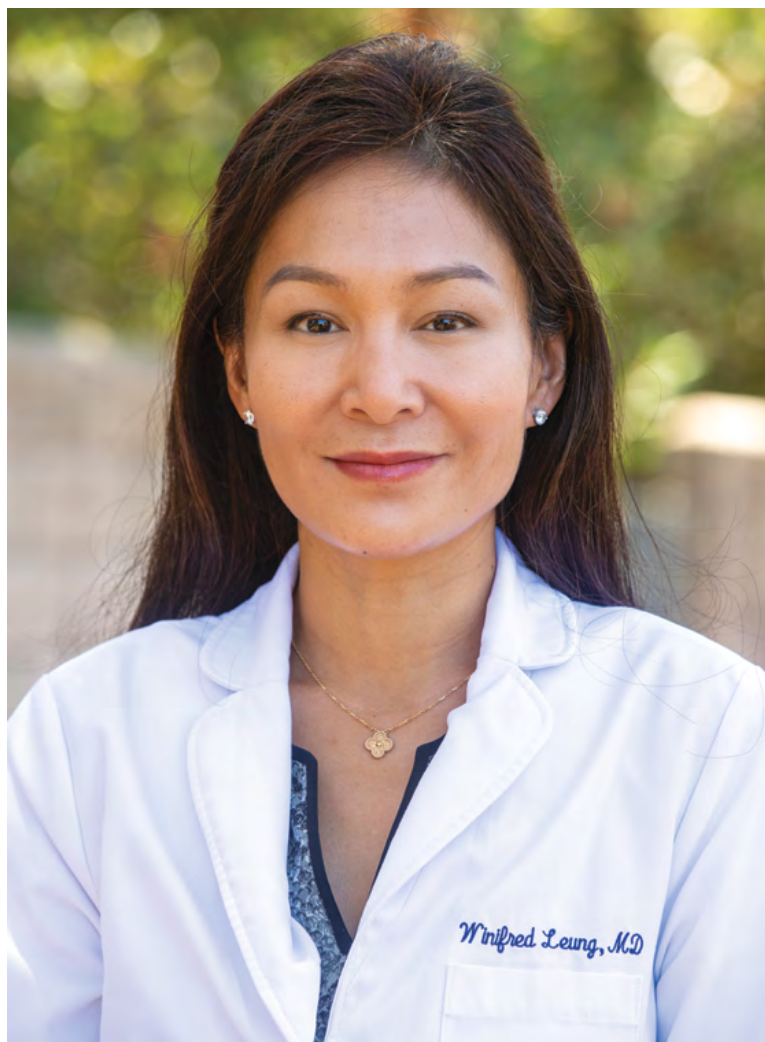
Dr. Leung likes to dispel the myth that radiologists are hidden away in dark rooms examining digital pictures on computer screens. While evaluating imagery is part of the job, Dr. Leung relishes the interactions with patients, mammographers and sonographers, as they converse while gathering the studies. She may have a woman show her an area of concern, or she may perform a physical exam of the breast or ask about the size of a lump or mass. *"Is it the size of an M&M? An olive? A golf ball?"* she often inquires. She might pull up the digital pictures for the patient on an exam room

computer screen, commenting about what she's learned. The conversation lays the groundwork for a partnership between the woman and her breast team. Should a breast cancer diagnosis be confirmed, Dr. Leung has full confidence in referring her patients to Ridley-Tree Cancer Center.

After practicing in Santa Barbara for nearly a decade, Dr. Leung joined Sansum Clinic in the spring of 2020, excited to join the multidisciplinary Breast Cancer Program at Ridley-Tree, supported by a large group of experienced medical oncologists, radiation oncologists, breast surgeons, advanced practice providers, breast navigators, nurses, genetic counselors, researchers, social workers, oncology nutritionists and wellness instructors. *"One of the reasons I moved was to be more collaborative with those who participate in cancer care in this town,"* expresses Dr. Leung. She knew the program's ease in collaborating with other independent clinicians to offer the most informed and comprehensive breast cancer care available. Dr. Leung currently chairs the **Santa Barbara**

Breast Care Alliance, an accredited group of breast cancer experts who use a team approach to care for those with breast health concerns. *"It's a model used at large academic cancer centers. You don't need to drive down the 101 to get world-class breast cancer care. It's not a mystery. We know what to do and the resources are right here in this town,"* she confirms.

Dr. Leung's foray into radiology began while an undergrad at Dartmouth College during a **STEM** internship with a practicing radiologist



Early Detection Saves Lives

The American College of Radiology and the American College of Surgeons recommend annual mammograms for women, starting at age 40. Women with an increased risk of breast cancer should contact their doctor to discuss suggested frequency of screenings.

trained in both radiology and nuclear medicine. She continued to grow and learn in her specialty during a radiology residency and breast radiology fellowship at the University of Wisconsin-Madison School of Medicine. The “human side” of radiology solidified for Dr. Leung that this slice of the medical field was for her. *“I love being a consultant to my fellow physician peers. That was the excitement,”* she describes. *“It’s the best of radiology combined with being with people, being with women and that is why I love it.”*

Receiving world-class training in a focused specialty was not the only benefit from Dr. Leung’s years in Wisconsin. She also met her husband, **William (Hod) Dunbar, MD**, a Sansum Clinic orthopedic surgeon. The couple often leans on each other for empathy and understanding while they balance practicing medicine with raising children. *“Having a fellow physician spouse makes it easier, because we are able*

to sort it out and put it into perspective together,” admits Dr. Leung. Whether she is practicing yoga, playing tennis or hitting some golf balls with her family, she takes a holistic approach to her personal life, as well as her patients. *“Radiologists are often the first to see women, the first people to triage them,*

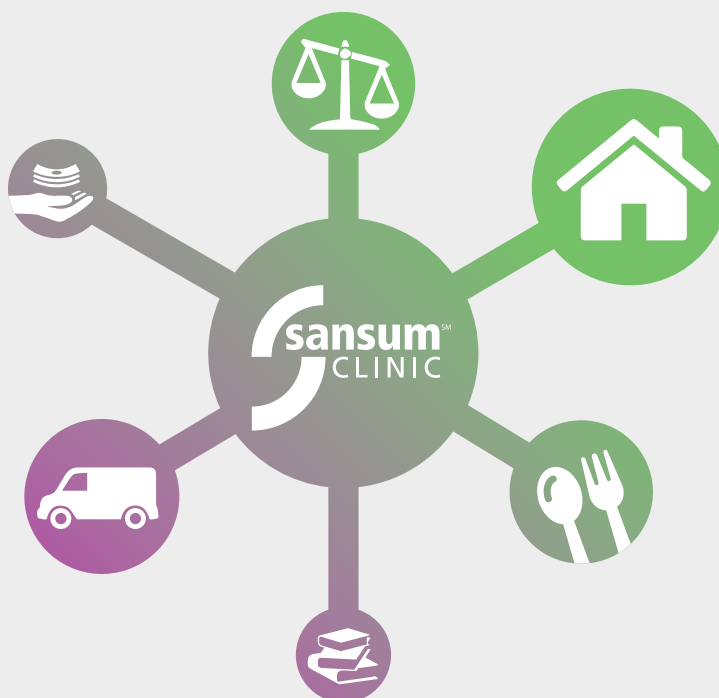
“Breast imaging should be like going for a dental checkup. Nothing scary. I liken it to looking for a small cavity before it requires a big filling.”

– Dr. Winnie Leung

review their history, and look for the red flags. I want to make their care tailored and personalized. And if there are questions surrounding their imaging, we can find an answer.” 🌿

Community Resources Hub

[COMMUNITYRESOURCES.SANSUMCLINIC.ORG](https://communityresources.sansumclinic.org)



Food

Housing

Goods

Transit

Health

Money

Care

Education

Work

Legal

The Community Resources Hub was created to help bridge the gap between healthcare and social services. This online resource offers anyone in our community access to free or reduced-cost services. Because everyone needs a little help sometimes.

Need a little help?

WELLNESS PROGRAMS, SUPPORT GROUPS AND L

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.

Tuesdays, 2:00 – 3:00 pm
(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.

Tuesdays, 10:30 – 11:30 am
(805) 879-5654

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 staged 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

All programs are online and require registration. For more information or to register, visit calendar.ridleytrecc.org 



Ridley-Tree Cancer Center

CANCER  **FOUNDATION**
of SANTA BARBARA



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

Ridley-Tree Cancer Center and the Cancer Foundation of Santa Barbara work in partnership to deliver exceptional cancer care to everyone in Santa Barbara County regardless of means. Our combined mission is to provide a comprehensive diagnostic, treatment, prevention and research program that allows cancer patients to receive the highest level of care without having to leave Santa Barbara County. To keep the Central Coast at the forefront of modern cancer care, this partnership invests in the

recruitment, development and education of highly-trained medical staff; timely acquisition of new medical equipment; active participation in clinical research; integration of oncology services; and continual introduction of promising new methods of treatment. With your help, we will continue to be a regional resource to which both the public and the medical community can look for leadership regarding the diagnosis, management and prevention of cancer. *Thank you.*



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instagram.com/cancerfoundationsb



youtube.com/CancerCenterSB