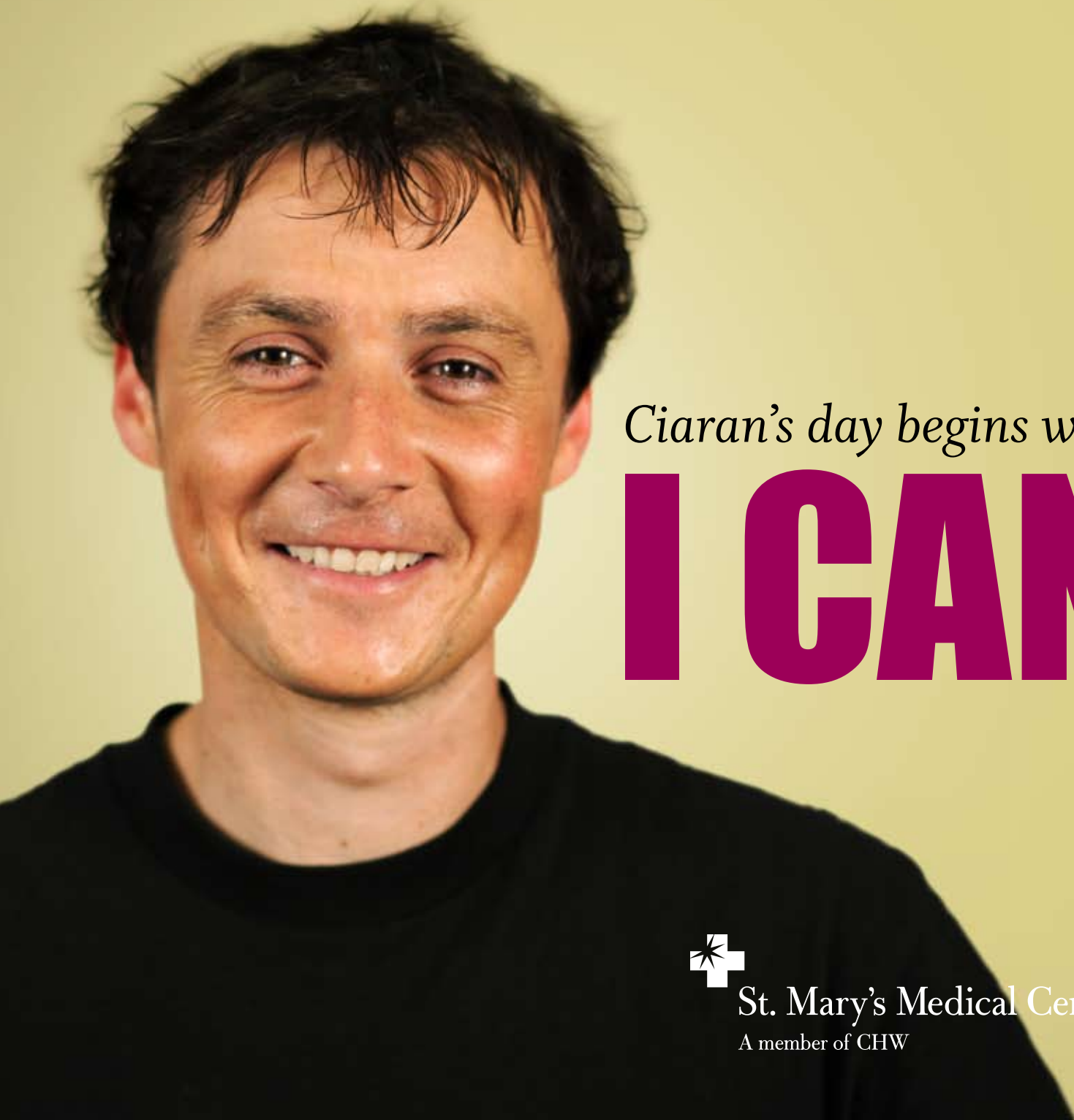


450health

ISSUE
05
WINTER
2011

St. Mary's Medical Center News Magazine



Ciaran's day begins with

I CAN



St. Mary's Medical Center

A member of CHW

PRESIDENT'S MESSAGE: ANNA CHEUNG

We are very proud of the opening of the new Cancer Center at St. Mary's and we built the Center with the patients' needs and comforts in mind. Our goal is and has always been to take care of the entire patient – clinically, physically and emotionally.

St. Mary's has a long history of cancer care, from screening and preventive services to diagnostic services, surgical treatment, medical treatment, infusion services and support groups. We partner with our sister hospital Saint Francis Memorial Hospital to provide a full array of treatment options for the community. With the addition of radiation therapy on St. Mary's campus, patients now have a complete Center for cancer care. Cancer technology has progressed in recent years and St. Mary's is proud to have a new, state-of-the-art linear accelerator (LINAC). This machine treats patients by using photons and electrons to kill cancerous cells while sparing the healthy cells.

The Cancer Center's proximity to the hospital adds to the convenience for patients. If patients require imaging or inpatient services, the hospital is right next door. We were inspired by our current and past patient comments and took great care to create a warm and inviting environment for the patient and their family.

No description of the Cancer Center would be complete without acknowledging the support we have received from the St. Mary's Foundation, our own employees, physicians and the community. Their encouragement, continued involvement and financial support made this new Center possible. Thank you to everyone who has been a part of the new Cancer Center.



**Stay Connected
To St. Mary's!**

Anna Cheung
President and CEO
St. Mary's Medical Center

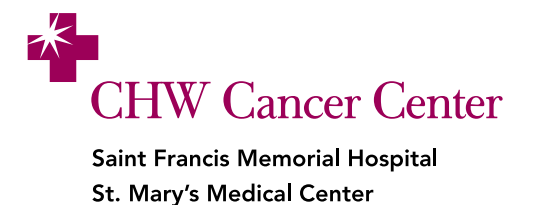
*Today, I can go cycling.
I can go for a run in the park.
I can get coffee with my friends.*

My day begins with

I CAN

There is nothing I can't do.

chwicancer.org



PART OF GROWING



“It was the happiest I have been in two years,” he said. “I finally feel like I’m back.”

ON THE COVER: Ciaran, St. Mary’s Cancer Survivor

At 27 years old, Ciaran knew he was too young to be experiencing back pain. But since he was working in construction, he thought his pain was just part of the job and that he’d get used to it.

Recently relocated to San Francisco after growing up in Ireland and then living in New York, Ciaran had fallen in love with the city. He was lucky enough to have some relatives in the area. And he loved the active lifestyle of the west coast, spending much of his spare time surfing or snowboarding. That is, when the back pain wasn’t too bad.

But that year, his uncle passed away from cancer. It was a wake up call for Ciaran.

“I was in pain...but I let it go, and I let it go. But the day my uncle died, the pain was so bad...I went to St. Mary’s Emergency Room – and I was diagnosed that night,” says Ciaran. He had testicular cancer. And it had spread.

Over the next nine months, Ciaran was treated by the St. Mary’s cancer team, led by Dr. Robert Weber. Ciaran approached his first round of chemotherapy with a casual attitude, as though he was “just a little bit sick,” and would soon be better. This worked for a while, but by Ciaran’s eighth round things were much worse. “I was throwing up constantly. It was really horrible. I finally realized I was really sick, and I started to get worried,” he says.

Ciaran attributes his stamina during the difficult treatments to his support system. He had the support of his partner at the time, Archana, who he describes as his rock during the experience. “I owe her my life,” he says. His aunt and cousins in the area were by his side as much as possible, and his mother and brother visited from Ireland for long periods when they could.

And throughout his treatment, Ciaran had the support of St. Mary’s Cancer Navigator, Cheri Goudy, RN. The two formed a special bond. “Cheri was with me from day one. She knew my story and she took me under her wing like her

own child. She was so personable. Any time I had a question I could ring her up and she’d answer straightaway. She made it easy for me and for my partner, and that was what we needed,” he says.

When Ciaran’s cancer continued to return, even after surgery and twelve rounds of chemotherapy, Dr. Weber still wasn’t ready to call it quits. He recommended Ciaran to a specialist in the area, and worked with the specialist to get Ciaran accepted for an experimental stem cell transplant procedure. That treatment saved Ciaran’s life.

A year and a half since his last treatment, Ciaran’s cancer is gone and the future looks bright. He continues to go to St. Mary’s for his follow-up care, saying, “There’s a difference at St. Mary’s and I will always go back there. I want Cheri and Peggy (from St. Mary’s Infusion Center) and Dr. Weber in charge of my well-being. They know me, and I know they’re looking after me.” About Cheri, he adds, “I love her to bits and I always will. She will have a special place in my heart forever.”

The road to recovery has been rough, both physically and emotionally. But Ciaran speaks about the experience with remarkable positivity and perspective.

“It’s just part of growing up,” he says.

Able to work again, Ciaran has given up construction for now, but has found satisfaction working in his cousin’s bar. He gets to meet lots of new and interesting people and feel like he’s part of his city again.

And he’s even getting back on the slopes. Two Christmases ago, Ciaran’s brother and sister-in-law came to visit and took him snowboarding, and he couldn’t last more than five minutes on the slopes. But this holiday season, Ciaran snowboarded for the entire day at Tahoe without needing a break.

“It was the happiest I have been in two years,” he said. “I finally feel like I’m back.”



CHW CANCER CENTER AT ST. MARY'S OPENED FEBRUARY 2011

Left Side (top to bottom): CT scanner; Main Lobby; Infusion Center; Infusion Chairs; Infusion Nurses, Gloria B. and Peggy M.

Above: State-of-the-art Linear Accelerator (LINAC). The machine treats cancer patients by targeting cancerous cells and killing them while sparing healthy cells.

MEET SARA M. HUANG, MD

MEDICAL DIRECTOR, RADIATION ONCOLOGY AT ST. MARY'S MEDICAL CENTER

What is a radiation oncologist?

A radiation oncologist is a doctor who specializes in the treatment of cancer patients through the use of radiation therapy. Radiation is used to target cancer cells and kill them. It can be given alone or in combination with surgery and/or chemotherapy. Radiation therapy can also be used to alleviate the pain and symptoms of cancer in patients with terminal illness.

What do you enjoy about being a radiation oncologist?

I enjoy the special patient-doctor relationship that grows out of seeing each other every day during treatment for up to eight weeks straight. It is the joint "fight" that we share against a potentially life-threatening disease, one that changes the patient's whole perspective on how to live and plan day to day, which in turn, opens a very special conversation. And the relationship doesn't stop at the end of treatment – it continues for many years after that as the patient returns for careful follow-up.

Radiation oncologists are able to help patients through a diagnosis that is very serious, both medically and psychosocially. To be able to cure a patient is so rewarding, but even in the event that is not possible, it is gratifying to be able to help improve their quality of life, to alleviate their pain or their symptoms. I enjoy my work because of the combination of high-touch clinical skills with advanced technology skills in my practice.

Why did you become a radiation oncologist?

Thirty years ago, cancer was the dreaded "C" word that people did not feel comfortable discussing. I found it gratifying to see how radiation therapy could help cancer patients by actually shrinking and curing cancers. Radiation oncology could stop bleeding, coughing, pain

and a whole host of other symptoms. I enjoyed the luxury of the amount of time that I could spend with patients and their families as they came in for treatment every day. I enjoyed the very concrete results of seeing a cancer on an X-Ray or CT scan and then targeting and irradiating that tumor, ultimately getting immediate feedback on the response to treatment several weeks later. I liked the fact that even being a specialist, I needed to use knowledge of the entire human body and every organ system in my daily work.

How do you go about treating your cancer patients?

The first time I meet a patient for a consultation, I usually spend an hour and a half with the patient and their family members to do a complete medical history and exam followed by a long discussion regarding their diagnosis, stage, further tests, treatment options, the radiation



treatment course, and potential side effects. I see them next for an appointment called a simulation, at which time all the positioning, measurements and planning is completed for their future radiation treatments.

Careful planning is critical for accurate delivery of radiation to the cancer. You want to minimize the amount of the dose that hits the surrounding normal tissues. This is done through a multi-disciplinary approach between the doctor and the physicist and dosimetrist, utilizing a very sophisticated treatment planning process via either 3D CT-based conformal therapy, intensity modulated radiation therapy (IMRT), or image-guided radiation therapy (IGRT).

When the computerized plan is complete, the patient comes in for daily treatments lasting approximately 15 minutes, often for five to seven weeks. Treatments are delivered by specially trained and licensed technologists under my supervision, and patients are monitored closely throughout treatment to evaluate their progress and address any concerns or side effects they might be having. After therapy is completed, I follow up with my patients on a regular basis to assess their response to treatment and to continue appropriate monitoring with exams and diagnostic tests. I am happy to say that I still have many patients who return annually for follow-up 30 years after successfully completing their radiation treatments!

Why should a patient choose St. Mary's for cancer treatment?

St. Mary's has built a completely new and truly integrated cancer center where patients can receive their concurrent outpatient chemotherapy and radiation therapy in the same department, which will be extremely convenient for them. Our integrated computer system keeps track of the patients' chemotherapy and radiation therapy schedules, their medical history, exams, and medications and side effects. The system also allows lab tests to be made available immediately for both the medical and radiation oncologist to review. We have excellent equipment and top notch treatment planning software. We have wonderful, caring nurses who have a wealth of oncology experience. Best of all, we provide highly technical treatment in a very warm, caring environment. St. Mary's is committed to giving personalized patient care and the best possible experience to each and every patient who comes through our doors.

St. Mary's Radiation Oncology Department 415-750-2906

ONCOLOGY CLINICS AT ST. MARY'S

In addition to the new cancer center opening this year, St. Mary's opened the Oncology Clinics on the 6th floor of the main hospital. The Oncology Clinics draw together physicians from multiple disciplines to collaborate in the diagnosis and treatment of cancer.

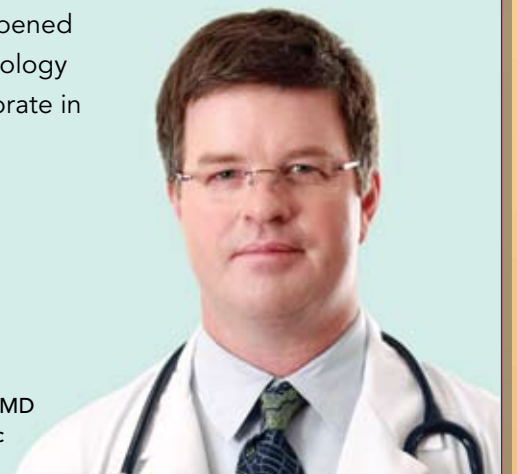
Clinics include:

General Oncology Clinic
Integrative Medicine
Lymphedema Therapy (3rd Floor)
Pain Clinic
Northern California Melanoma Center

New clinics are

under development.
Phone: 415-750-5877

Robert Weber, MD
Oncology Clinic



MEET CHERI GOUDY, RN

CANCER NAVIGATOR

Q: When did you realize you wanted to be an oncology nurse?

One weekend when I was a nursing assistant at USE, I was sent to oncology because they were short staffed and I fell in love with the unit. Oncology care is my passion. I think the patients are at a very vulnerable time in their life. They are facing a life-threatening illness, they are scared, and they are sick, and I feel that I can make a big impact as a nurse with these patients. I feel very satisfied and gratified taking care of cancer patients.

Q: What extra (special) services do you offer patients?

I am the first Cancer Navigator at St. Mary's, and I love my work. I follow all of my patients through their treatment and I coordinate as many services as I can for them, including support groups like the American Cancer Society or Breast Cancer Support Groups. I help them to get their medications covered, talk to their insurance company, arrange scans, and follow up on test results. Patients are overwhelmed when

they get a cancer diagnosis. I try to keep them focused and make sure they are moving forward. I also do a significant amount of support and teaching.

I call patients at home and it makes a big difference to them. They say, "thank you for calling me. You really care." I call five to ten patients a day. I also can have ten voicemails when I come in to work with patient questions/concerns and I go through those and call the patients back or figure out which ones need to be referred to the physician. I reassure my patients and make sure they know that someone cares and is interested in them.

Q: What is the best advice you give your cancer patients?

One thing stays true – people are all scared. I let them know that being scared is okay. I tell them we are going to do this together and they are not alone.

Q: What is the most satisfying thing about your job?

First of all, I love my job! I know that sounds silly, but this is by far the best position I have had in my career. I love my patients. At the end of the day I feel like I have done something important and helped someone – even if I have had a bad day, having to hold someone's hand while they heard bad news. I thank St. Mary's for allowing me to work in this environment. I also have to say that I work with the greatest oncologists in the world; they treat me as part of the team. Our doctors are bright and caring individuals who make my days much more rewarding.

TO LEARN MORE

please call 415-750-2900.

St. Mary's is committed to a cure.

St. Mary's Medical Center

Foundation News



"The South – where roots, place, family, and tradition are the essence of identity"

The roots and important value of family are exactly what Doug Dillard, Foundation Board Chair, learned while being raised in the Deep South – Georgia. It is these values, along with social responsibility and the love of medicine that Doug and his wife, Michele still hold true today in their own family.

As a young professional in the 1990s, Doug moved to San Francisco and began managing large investments. While starting at Standard Pacific Capital LLC, he met and married Michele, a practicing attorney and soon started a family.

"The task of the leader is to get his people from where they are to where they have not been."

— Henry Kissinger

In 2001, Doug was looking to become involved in a compassionate, non-profit organization and came upon St. Mary's Medical Center Foundation. Because of Michele's family's medical background and his sister's proximity to St. Mary's, Doug thought it was a great fit. But what stood out the most? St. Mary's dedicated staff, passionate leadership, and the family-oriented community that makes up St. Mary's Medical Center.

Doug has not only served on the Foundation board for 10 years, but has been the Board Chair for over five years! He led the Foundation through its most challenging period – volatile losses for the hospital, an \$8.75 million capital campaign, and an economy that would implode.

Because of Doug's leadership, the Foundation Board and the hospital gained momentum and trudged forward to do the impossible in a ravaged economy – implement a capital campaign and open the doors to a new state-of-the-art Cancer Center!

He has been a staunch supporter of strong hospital leadership and vision, advocated for St. Mary's to CHW, and believes in strong relationships between the Foundation and the medical staff. Doug's true dedication was highlighted when the Foundation had their October board meeting scheduled on the night of one of the World Series games. Doug, who had VIP tickets to the game, gave them up in order to attend the board meeting. Would you have done that? That was the leader in Doug shining through.

With a lead gift of six-figures from Doug and Michele, the Foundation Board achieved 100% donor participation in the capital campaign. The strong support by our dedicated board not only showed their passion and heart for St. Mary's, but it set a precedent for other gifts from hospital leadership and community donors.

Whether he is south of the equator, flying to Europe, or spending time with his wife and girls, Doug is constantly in contact with the Foundation to rally around our challenges and congratulate our successes. Doug and Michele's passion for supporting the needy and roots in tradition have been evident to all of the St. Mary's community. We cannot say thank you enough!



The Art of FIGHTING CANCER

Merci Mercy: The Colors of Cancer
Photographed by Cathie I. Hoover

The Cancer Center at St. Mary's Medical Center is the recipient of a stunning new work of art, courtesy of an internationally renowned artist whose work is on display at the de Young Museum, the San Jose Museum of Art, the Museum of Art and Design in New York, and the Smithsonian Institute in Washington, D.C.

Yvonne Porcella is a textile artist, who for the past 25 years has specialized in creating fine art quilts. Her quilts are known for their bold colors and originality, articulated through her collage aesthetic and strip quilting. She uses a variety of fabrics and hand-painting to create her designs. She is a central figure in the studio quilt movement – not just as a prolific artist, but also as a teacher, author, and founder of the Studio Art Quilt Associates, an organization which has played a large role in promoting and popularizing the quilt as an art form.

Yvonne also happens to have a special connection to St. Mary's, having been a student, an employee and a patient here. Long before her career as an artist began,

Yvonne was part of the first class of nursing students at the University of San Francisco, completing part of her training at St. Mary's. She later worked as a nurse in the St. Mary's Emergency Department. She still has memories of her many hours spent in the central supply area sharpening hypodermic needles, washing gloves, and threading skin sutures for sterilization.

But it is Yvonne's journey as a cancer patient that led her to create and donate the beautiful and vibrant quilt that will hang in the new Cancer Center. Diagnosed with stage three ovarian cancer in December 2009, Yvonne was having trouble getting an appointment with a surgeon (despite her husband's connections as a retired physician), when she happened to meet Joyce Goode at an art event, who put Yvonne in contact with her husband, Dr. Merton Goode.

Within days, Dr. Goode had connected Yvonne with Dr. Jenta Shen, and Yvonne was able to receive her much-needed surgery at St. Mary's, followed by her first round of chemotherapy treatments. Although she is receiving her

follow-up treatments closer to her home in Modesto, Calif., her St. Mary's physicians continue to monitor her progress, and Yvonne regards the cancer team at St. Mary's as having been critical to her survival. "The cancer therapy coordinator was very helpful in providing me with education on my future treatments," she says.

Close to a year after her procedure at St. Mary's, Yvonne is doing well and her prognosis is good. She hasn't let cancer slow her down. She has completed more than a dozen new quilts during the course of her treatment, drawing inspiration from that experience. She is also working on her 11th book, a retrospective of her life's work, including her early work as a weaver, her wearable textiles, and – of course, her quilts.

The piece Yvonne has donated to St. Mary's, titled "Merci, Mercy," features a pattern she describes as made to look like "modernized stained glass," which she has painted to include "all the colors of cancer," such as the teal commonly used to represent ovarian cancer, and pink for breast cancer. She chose silk fabrics as the base because of their texture and reflective qualities, and included some Asian silks to represent the diversity of San Francisco and the St. Mary's patient population.

Yvonne's quilt is a celebration of the strength of her fellow cancer patients, and she hopes it will bring inspiration to those receiving treatment. St. Mary's and the Foundation are very grateful to Yvonne for the generous donation and to Dr. Goode who is sponsoring the quilt's framing.

To learn more about Yvonne Porcella and her work, visit www.yvonneporcella.com.

St. Mary's Cancer Physicians



Lynn Spitler, MD is the Director of the Northern California Melanoma Center at St. Mary's. She and her team see melanoma patients from all over the world. The Center offers patients clinical trials and other options for treatment.



Pamela Lewis, MD is a breast surgeon and part of the Breast Cancer Tumor Board. She collaborates with other physicians on individual patient cases to offer a second opinion for breast cancer treatment.



Robert Weber, MD is the medical director for oncology services at St. Mary's. He is a general oncologist and treats patients with all types of cancers – sarcoma, testicular, prostate, breast, lung, leukemia, melanoma and others.



Philip Krueger, MD is an orthopedic oncologist and orthopedic surgeon. He treats sarcomas (cancer of the bone) and is skilled in removing bone tumors and replacing bones that have been affected by cancer.

Classes and Support Groups

All SMMC programs and classes are FREE.

Please note classes and programs are not held on holidays.

Breast Cancer Support Group

Tuesdays: 5 p.m. – 7 p.m.
Room 616
415-750-5775

Diabetes Educational Classes

Mondays: 4 p.m. – 5 p.m.
Cardiology Conference Room – Level C
415-750-5513

Gentle Yoga Classes

Thursdays: 1:30 p.m. – 3 p.m.
St. Mary's Hall, 2255 Hayes St.
Room H2-4
415-750-5800

Grief Peer Support Group

For anyone experiencing grief and loss
Mondays: 10 a.m. – 11:30 a.m.
Mercy Conference Room – Level C
415-750-5718

Joint Pain Seminars

Surgical and non-surgical options to ease pain in the hip and knee joints
Tues., Feb. 8; Thurs., Feb. 17; Tues., March 8; Thurs., March 24; Sat. April 2 (11 a.m.); Tues., April 12; Tues., May 10 5 p.m. – 6 p.m. or 6:30 p.m. depending on seminar
Morrissey Hall, 2250 Hayes St.
RSVP to 1-888-457-5202

Failed to Save for Retirement – Now What?

Thurs., Feb. 24 at 2 p.m. – 3 p.m.
George Noceti, CRPS
Wealth Advisor, Morgan Stanley Smith Barney
Morrissey Hall, 2250 Hayes St.
RSVP to 415-750-5790

Six Facets of Holistic Estate Planning

Tues., March 15 at 2 p.m. – 3 p.m.
Paul D. Hunt, Attorney at Law
Law Offices of Paul D. Hunt
Morrissey Hall, 2250 Hayes St.
RSVP to 415-750-5790

Advance Directives

Wed., April 6 at 2:30 p.m. - 3:30 p.m.
Connie Borden, Palliative Coordinator, Father Pablo

Volunteer Opportunities

Do you have time on your hands? Dedicate your time and talent to serving others a few days a week! St. Mary's has a wide variety of volunteer opportunities. To learn more, call 415-750-5646.

Iwaszewicz, Chaplain,
Christina Fernandez, DDiv, JD, BCC, Vice President, Mission Integration and Spiritual Care
Morrissey Hall, 2250 Hayes St.
RSVP to 415-750-5790

Lifeline Personal Help System

(CHW Community) Independence for seniors
24-hour emergency response system
\$45.00 per month and \$50.00 installation fee (one-time)
415-750-5530

Mall Walkers

Get fit at Stonestown Mall
Thursdays: 9 a.m.
Center Court
415-750-5800 or 415-564-8848

Meditation Group

Come drop in to this weekly meditation.
Fridays: 7:30 – 8 a.m.
Saturdays: 10 a.m.- 10:30 a.m.
Meditation Room – Level B (next to cafeteria)

Menopause Matters Support Group

Second Tuesdays: 7:15 p.m. – 8:45 p.m.
Room 616
415-750-5775

Senior Movies

St. Mary's Hall, 2255 Hayes St.
First and third Tuesdays: 1:30 p.m.
Room H2-7
Call 415-750-4849 for movie schedule.

Traumatic Brain Injury Support Group

For people living with traumatic brain injuries
Wednesdays: 3:30 p.m. – 4:30 p.m.
6th Floor, Room 618
415-750-4965

Weight Loss Surgery Support Group

Second Wednesdays: 6 p.m. – 8 p.m.
Cafeteria – Level B
415-668-3200

Interfaith Memorial Services

Honoring those who have died and supporting those who have lost someone dear
Saturdays: March 5, June 4, Sept. 3 and Dec. 3 10:30 a.m.
Chapel, 2250 Hayes St. (6th Floor)
415-750-5718

St. Mary's Medical Center: Frequently Called Phone Numbers

MAIN HOSPITAL OPERATOR	(415) 668-1000
PRIMARY CARE PHYSICIAN REFERRAL LINE	(877) 884-ADOC
SPECIALIST REFERRAL LINE	(800) 444-2303
Admitting/Registration	(415) 750-5705
Cardiology	(415) 750-5779
Diabetes Education	(415) 750-5513
Emergency Room	(415) 750-5700
Financial Services.....	(866) 240-2087
Foundation	(415) 750-5790
Laboratory	(415) 750-5750
Medical Records	(415) 750-5767
Outpatient Infusion Center	(415) 750-5635
Palliative Care	(415) 750-5907
Physical Therapy/Outpatient Therapies	(415) 750-5900
Pre-Surgical Admissions	(415) 750-4900
Radiology	(415) 750-5770
Same-Day Surgery	(415) 750-5754
Senior Services	(415) 750-5800
San Francisco Wound Care and Reconstructive Surgery Center.....	(415) 750-5535
Sister Mary Philippa Clinic	(415) 750-5500
Spine Center	(415) 750-5570
Spiritual Care	(415) 750-5718
Total Joint Center	(888) 457-5202
Vein Center	(415) 750-5545
Volunteer Services	(415) 750-5646

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St. Mary's
Medical Center

A member of CHW

450 Stanyan St.
San Francisco, CA 94117

More than 152 years ago,

eight Sisters of Mercy from Ireland sailed to San Francisco

with a few medical supplies and a plan: To cure suffering.

From smallpox in the 1890s, to AIDS in the 1980s,

St. Mary's has always been, and is still today – committed to a cure.



St. Mary's Medical Center

A member of CHW