

Inspired!

FALL 2019

Top-notch, close-knit, and board-certified: A smiling Martin-O'Neil Cancer Center team says thank you for your support over ten dedicated years!



Thank You for Ten Dedicated Years!

Lives you've touched through ten years of
Martin-O'Neil Cancer Center care, page 2

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PLUS: Just the Facts on
Breast Lumps, and more ➤

PHOTO: JOHN KLYCINSKI

Martin-O'Neil Cancer Center team say —

“Thank You for Ten Years of Dedicated Cancer Care!”

How kind support like yours has kept Adventist Health St. Helena's Martin-O'Neil Cancer Center going strong in Napa Valley for ten, patient-centered years...



About the cancer center they helped to start, benefactors **Stephen Martin** and **Dennis O'Neil** of Checkerboard Vineyards said, “By contributing to the creation of this advanced center of healing – right here in our community – we are happy to share in the responsibility for ensuring the health and vitality of this wonderful place where we work.” Our profound thanks to them, and our profound thanks to you too, for supporting St. Helena Hospital Foundation.



Dr. Ethan Schram, a triple board-certified physician in internal medicine, hematology, and medical oncology, discusses patient options in the healing atmosphere of the Martin-O'Neil Cancer Center.

Walk through the doors of Adventist Health St. Helena's Martin-O'Neil Cancer Center and it is clear: this is a place of hope, healing, and peace. But make no mistake. The center's team of dedicated experts is second to none. They are passionate and serious about treating cancer – whatever the kind or the stage of cancer – and the whole person.

World-class tech, hometown soul

The center was built ten years ago thanks to St. Helena Hospital Foundation supporters and benefactors Stephen Martin and Dennis O'Neil. Since then, donations from good people like you have helped it to grow into a world-class facility with a hometown soul. Whether it's genetic testing for hereditary cancer, immunotherapy,

surgery, chemotherapy, or one of nine different types of radiation therapies designed to kill cancer cells and shrink tumors, donations to the Foundation help support and purchase the incredible technology. You'll find clinical trials here, too – plus integrative therapies, including acupuncture and advanced care planning.

What a decade can do

It's astonishing to think that a little over ten years ago, there was nowhere nearby people in the community could turn for best-in-class cancer care. That's all changed today, thanks to the giving hearts of friends like you, and two generous benefactors named Martin and O'Neil. Thank you for ten incredible years. And thank you being our St. Helena Hospital Foundation family! ■

Lives You've Touched —

5,260+

Since 2009, more than 5,260 patients from over 30 states have come to the Martin-O'Neil Cancer Center for world-class cancer care and additional specialty infusion therapies. **Thank you for every life you touch!**

Learn more about the work of the Martin-O'Neil Cancer Center at adventisthealthcancercenter.org, or call **707.967.5721** to request information.

100% Built By You: Bringing Napa Valley Women A Lifesaving New Image

***THE GOAL:** Build a comprehensive women's imaging center with the best technology and the best team in a rural Napa Valley community of less than 7,000. Equip it with everything women need for the earliest cancer detection, best bone density scanning, and much more.*

***THE MISSION?** Accomplished! Learn about the new women's imaging center that's 100% built by you...*

As this newsletter went to press, the last of the finishing touches were underway at the new Women's Imaging Center in preparation for the October 28th ribbon cutting celebration. And what a celebration it will be, because this is the place that you, quite literally, made real. Because of donations like yours to St. Helena Hospital Foundation, women will no longer have to travel out of the area for advanced breast imaging and bone density scanning – screening and diagnostic tests that are critical to both quality of life and the earliest possible cancer detection.

A glimpse at what your generosity is making real at the new women's imaging center...

- **3D mammography** – also called tomography or tomosynthesis, this remarkable technology lets your radiologist scroll through detailed, crystal-clear images of your breast tissue like the pages of a book, often detecting cancers missed by 2D mammography (see sidebar page 4). This is because the radiologist views four images in traditional 2D mammograms vs. thirty-two in new 3D mammograms. Eight times more!

- **DEXA bone density testing** – one out of every two women over the age of 50 will break a bone due to osteoporosis, and a bone density scanning is the only way to tell if you have it before a fall happens.

- **Breast fellowship-trained readers** – Breast fellowship-trained means your images are read by radiologists who elect to receive up to two additional years of training in reading breast images.

- **Certified breast nurse navigator** – through the National Breast Consortium and Oncology Nursing Society, to help patients diagnosed with breast cancer through their individual cancer journeys.

- **Top-tier specialists** – whether it's oncoplastic surgery that combines breast cancer surgery and reconstructive plastic surgery into a single, hidden-scar procedure, or the only genetic-certified physician in Napa County, you are always in the best of hands. ■

Meet Breast Nurse Navigator Laurie Schirling, RN, OCN, CN-BC

About one in every eight women in the US will be diagnosed with invasive breast cancer in her lifetime. It's a staggering statistic that helped bring Breast Nurse Navigator Laurie Schirling onto the Adventist Health St. Helena team. Laurie is a certified breast nurse navigator and oncology-certified nurse with a long career of serving women and families facing breast cancer. "My passion is helping those with breast cancer through the transformative process from fear, to fighter, to empowered advocate. I break down barriers to the continuum of care."



Meet Genetics Testing Program Medical Director Candace Westgate, DO



Research has shown that up to ten percent of cancers are passed on from one generation to the next. These syndromes are known as *hereditary cancers* and there are genetic tests that can search for specific changes in your genes to help determine your risk for developing these cancers. If you or someone you know may be at risk for cancer – factors include a family history of cancer or membership in an at-risk ethnic population – Dr. Candace Westgate is the only certified genetics physician in Napa County. And she’s passionate about how genetic testing can save lives. “The uniqueness of Adventist Health is that they don’t just look at the disease process and how to make more money. That’s not the heart of what this organization is. It’s about helping people stay healthy, and focusing on taking those few steps to try and prevent people from getting cancer – from those that we can prevent. Even if you’re older and you don’t want to do the test for yourself, you’re going to **provide lifesaving information to the rest of your family**, your children, and your grandchildren. Genetic testing is ancestry for your cancer genes.”



Because you cared — **Brenda’s Wonderful Life**

Brenda Munson’s journey began when she visited her gynecologist, Dr. Candace Westgate, for an exam. As the only certified genetics physician in Napa County, Dr. Westgate’s exams include a regular and very specific family history. And as a result, she learned Brenda’s paternal grandmother had breast cancer and her paternal aunt had ovarian cancer. The recommended genetic testing that followed proved lifesaving: Brenda tested positive for BRCA1, a gene with a known link to cancer. Risk of breast cancer in her lifetime was 87 percent and her risk of ovarian cancer, up to 60 percent. “These numbers were just too high to live with,” Brenda recalls. Preventive surgery meant a double mastectomy, hysterectomy, and oophorectomy (removal of the ovaries). “It was a tough decision, but I made it because it was the best thing for me; it was the best thing for my family. I’m happy to share my story because there are a lot of misconceptions about the BRCA1 diagnosis, the treatment options, and the outcomes. **Having providers that are experts in hereditary cancer management is invaluable. It’s a wonderful life, and I am grateful to be a part of it.**” ■

▶ See the video of Brenda’s story – and find out if genetic screening is right for you – at <https://bit.ly/2VN1osu>. Or call 707.967.7550.

Dense Breasts and Cancer: **Just the Facts**

Average size cancer found by...



Self-exam
(approx. 25mm)



Mammography
(approx. 17mm)

50% As many as fifty percent of all women – one out of every two – have dense breasts. Dense breasts can’t be felt by self-examination, and most women have no idea they have them.

7 out of 10 cancers An estimated 70% of all breast cancers are found in dense breast tissue, often requiring an additional tool beyond a mammogram to detect, such as MRI or ultrasound.

40% On average, 3D mammography finds forty percent more invasive cancers than 2D alone.

Early detection matters: to learn more or schedule your next screening, call us at 707.963.1912.

Vital Signs: How your support for the Foundation is future-proofing...

Will You Need A Cardiac Electrophysiologist?

Your heart is the most vital electrical conductor of all, doing the right thing, day after day, beat after beat. Until, for some of us, that beat stumbles. Often it's the result of an arrhythmia called Atrial fibrillation, or "A-fib," an irregular heartbeat that develops increasingly as you age. That's why you need to know about electrophysiology, and Susan Eisenberg, MD...

Studies now show the number of people developing Atrial fibrillation's telltale quivering heartbeats could more than double in less than a lifetime. So it's important to know how your kind support for St. Helena Hospital Foundation "future-proofs" big health problems like A-fib that are happening close to home in two critical ways. First, you help fund advanced medical technology that some large healthcare systems don't yet even have. Second, that technology helps attract top talent like cardiac electrophysiologist, or EP, Dr. Susan Eisenberg.

An electrician for your heart

Dr. Eisenberg's specialty is your heart's electrical system, and more specifically, diagnosing and treating abnormal heart rhythms like Atrial fibrillation. Having had the honor of working at UC San Francisco with Melvin Scheinman, MD – one of cardiac electrophysiology's pioneers – she has become an expert in a field where EP specialists are few and far between. Fewer still (only nine percent) are female. It was the combination of advanced technology, the Napa Valley community, and the promise of working with other



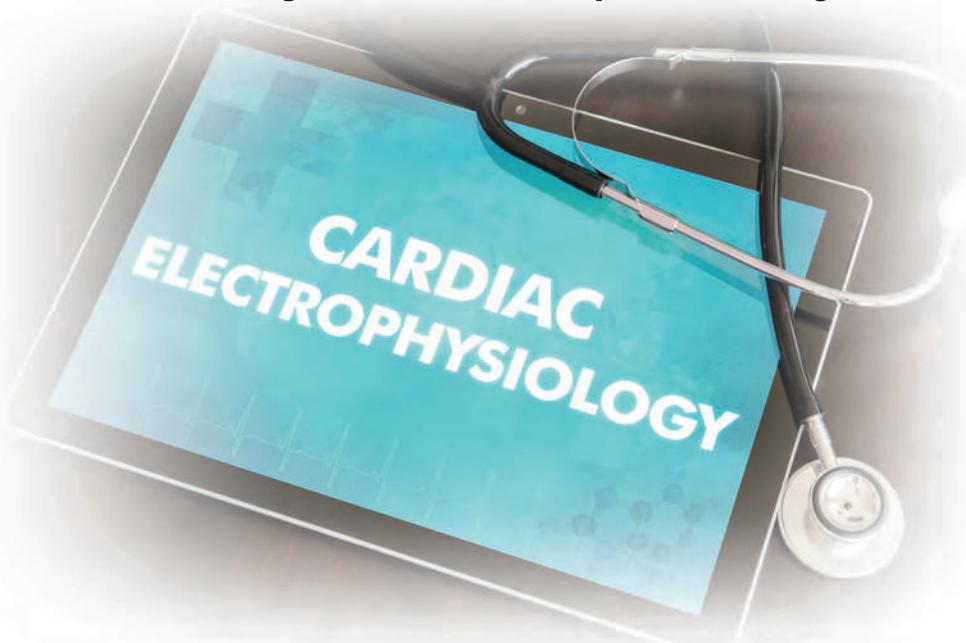
“ I love being out in the community, seeing the people I know. There was never any doubt whether I would live here. To build the kind of electrophysiology and cardiology program that we're working to build, you need to be available. You need to have a presence.” — Dr. Susan Eisenberg, Adventist Health St. Helena board-certified electrophysiologist.

top colleagues that brought her to Adventist Health St. Helena.

Collaboration and cryoablation

Dr. Eisenberg explains the incredible value that donations like yours recently brought to the table in the form of funding for what's called cryoablation. “You can't really have a top cardiology program without electrophysiology (EP), you really need that element. And cryoablation – the technology that Foundation supporters funded – is the cutting edge of Atrial fibrillation ablation.” In cryoablation, the abnormal heart tissue causing A-fib's irregular heartbeats is disabled using cold instead of the traditionally used heat energy. Adventist Health St. Helena is one of the first in the area to perform cryoablation, thanks to Foundation donors. As Dr. Eisenberg explains, your support for such a high caliber program is

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Cardiac Electrophysiologist?

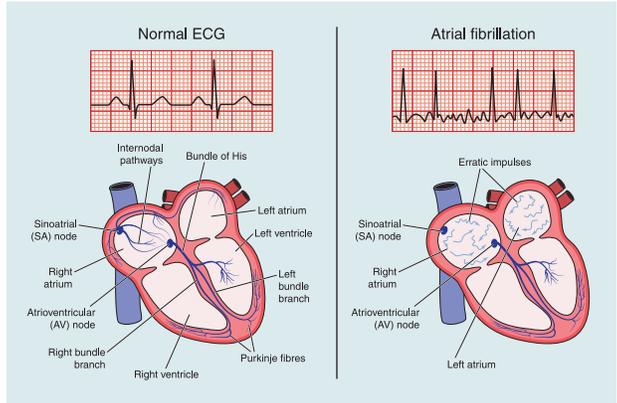
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rare indeed. “**What donors should know is that there are very few of these hybrid programs like you have here**, where a surgeon and an electrophysiologist both want to approach A-fib collaboratively. In fact, I’ve never heard of a cardiologist and a surgeon doing clinic together. But that’s what [cardiothoracic surgeon] Dr. Gan Dunnington and I are going to do. And that’s rare.” ■

➤ To learn more about Dr. Eisenberg and all the amazing work of the Adventist Heart & Vascular Institute at St. Helena, visit adventistheart.org or call **1.888.529.9018**

When Your Heart Skips A Beat: How “A-fib” Happens

Your heart’s electrical system is the stuff of miracles. A cluster of natural pacemaker cells called the *sinoatrial node* (SA node) produces electrical impulses that invisibly set the pace for your heartbeat, beat after beat (image,



left). But in arrhythmias that signal gets jumbled, and erratic impulses cause the heart to beat irregularly (image, right). In *Atrial fibrillation* – the most common of all the arrhythmias – blood can pool and clot. Risk of stroke increases fivefold. And the chance of developing “A-fib” increases with age. Over age 65, about one in ten people will have it. Studies show the prevalence of A-fib could more than double in the next fifty years.

Coming in 2020 — the next issue of your *Inspired!* newsletter, exclusively for friends and supporters of St. Helena Hospital Foundation

Building the Cardiovascular Care program of the Future: The Quest to Bring the Latest Technology to St. Helena Hospital

See how hybrid operating rooms are changing the future of surgery, meet some of the St. Helena specialists who stand trained and ready to use these visionary surgical suites, really a whole floor of the latest and most up to date cardiac care technology, and discover some of the ways you can help bring this shoot-for-the-moon technology to Adventist Health St. Helena.

Inspired! is free: To make sure you’re subscribed, contact the St. Helena Hospital Foundation team at **707.963.6208** or shhfoundation@ah.org



Thank you, today and always, for your kind support of St. Helena Hospital Foundation. Your generosity keeps inspired healthcare close to home.



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