

YOU+US

TOGETHER FOR HEALTH AND HEALING • SPRING 2015

“MY BEST FRIEND
SAVED MY LIFE”

One woman's breast cancer journey



San Joaquin Community Hospital
— Adventist Health

FOCUS ON WOMEN'S HEALTH

See the all-new **Breast Center** at San Joaquin Community Hospital!

ALL-NEW QUEST IMAGING

WE'RE NOW DOWNTOWN



**We can
see you now!**

Quest Imaging now has
three convenient locations!

Call 661-214-3522 to schedule
your appointment with
Kern County's leader in
diagnostic imaging.

Quest Imaging at San Joaquin Community Hospital (SJCH) now has three locations. We take pride in our beautiful facilities and friendly staff. Best of all, the latest technology reduces wait times and helps make a faster diagnosis. The new facility is located downtown. We look forward to seeing you!



3-D mammography
machine at Quest Imaging

3-D MAMMOGRAPHY

3-D mammography is a brief, low-dose X-ray sweep around the breast. It takes multiple images in a matter of seconds. These images help the doctor make a clear diagnosis. Quest Imaging is the only place in Kern County that offers this technology. It's proven to be 41 percent more effective at detecting breast cancer than traditional mammography.

"This is exactly what you want in a screening test: increased tumor pickup and decreased false-positives," says James A. Cusator, MD, a diagnostic radiologist and the medical director at Quest Imaging. "The combination of the two helps with earlier detection of cancer and also decreases anxiety and cost from unnecessary recalls."

The American Cancer Society urges most women to have yearly mammograms starting at age 40. For appointments, let your doctor know that you want to go to Quest Imaging for 3-D mammography.

*"Doctors treating patients will have more information
than ever before, and patients will have the most
comfortable experience possible."*

—Lorenzo Michaels, director, Quest Imaging



X-ray machine, redesigned for convenience

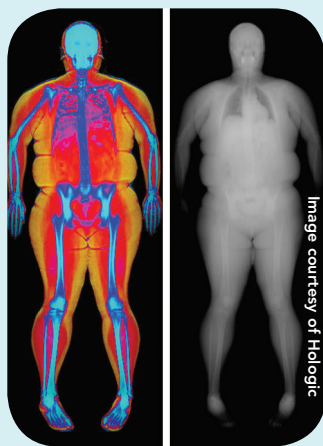
X-RAY SCOLIOSIS AND ORTHOPEDIC IMAGING

Quest features the latest in X-ray equipment. It's all designed to make the process easier for patients. For example, lower tables are easier to get up and down from. The X-ray room also has orthopedic capability. That means technologists can look at the full length of the leg or spine in one image. It makes scoliosis diagnosis much more accurate.

DEXA SCAN

Dual energy X-ray absorptiometry (DEXA) is the most common way to measure bone density. It's the most accurate way to diagnose osteopenia or osteoporosis. The test:

- Is more accurate than regular X-rays
- Exposes patients to less radiation than a CT scan
- Costs less than an X-ray or CT scan



DEXA scan

Image courtesy of Hologic

Quest has the Lunar Prodigy system from GE. This innovative system also gives doctors data that goes beyond bone health, such as a person's body composition.

3 TESLA FUNCTIONAL MRI

Magnetic resonance imaging (MRI) produces accurate and highly detailed images. They show differences between healthy and unhealthy tissue. Quest has the latest in MRI technology with a magnet that is double the strength of most local MRI units. That means higher resolution images and shorter exam times.

"The strong magnetic field on this system allows us to generate unprecedented image quality," says Lorenzo Michaels, director of Quest Imaging. "One physician explained that this system 'allows us to see detail that you can only see in textbooks.' For doctors and patients who are looking for the right diagnosis the first time, there are no better MRI units in this part of California."



3 Tesla MRI



PET/CT HYBRID SCANNER

State-of-the-art positron emission tomography/computed tomography (PET/CT) provides high-definition images—fast. Its open design allows better access and minimizes radiation exposure.

It can be used to:

- Detect cancer
- Diagnose Alzheimer's Disease
- Show internal body structure and functions

With the hybrid PET/CT scanner, you get the best of both technologies. That means better detection and shorter scan times.

"Doctors treating patients will have more information than ever before," says Lorenzo Michaels, director of Quest Imaging. "And patients will have the most comfortable experience possible."



PET/CT hybrid scanner



"Everyone cheers you up when you are down, finds time to listen to you and sometimes will even dance to get you to smile. I'm so glad I had them on my team. They didn't let me give up."

Kelly found the lump on a Thursday morning in April 2014. The following Monday she had a mammogram and ultrasound at Quest, followed by a biopsy. It was the day after the biopsy she got the call—she had cancer.

Kelly, 41 at the time, didn't have a family history of cancer of any kind. "I never thought it would happen to me."

After hearing the news from her doctor, she immediately called her husband, Aaron. "He just told me he was there for me and asked what the next steps were." Kelly, a building inspector for Kern County, was on her way to a jobsite. But she didn't call it a day. "After I talked to my husband, I just knew I needed to keep on going. I put my sunglasses on to hide my eyes and worked."

Kelly's story

FACING BREAST CANCER WITH SUPPORT, GRIT AND HUMOR

Kelly Sanders burst into tears when she learned her longtime best friend, Dana, had breast cancer. She also did something else—the next morning she checked her own breasts. "My best friend saved my life," Kelly says. "Because she was diagnosed, I did a breast self-exam and found a lump. I called Quest [Imaging] that morning as soon as they opened to schedule an appointment."



Facing cancer together: "My best friend saved my life."



For the love of her life: Kelly Sanders receives treatment at The AIS Cancer Center at SJCH.

Two friends, two journeys

Kelly and Dana would face breast cancer together. But because they had different forms of the disease, they would each need a custom treatment plan. Dana's cancer was treatable with surgery alone.

"I just kept hoping my cancer was like hers," Kelly says.

But Kelly's cancer was more serious: invasive ductal carcinoma. Her treatment plan would need to be more aggressive and would include chemotherapy. "I told her I had to one-up her with my cancer."

'They didn't let me give up'

First, Kelly met with Francesca Hoehne, MD, at The AIS Cancer Center at San Joaquin Community Hospital (SJCH). Hoehne specializes in the treatment of breast disease, particularly cancer therapy.

Kelly talked over her options with Hoehne and opted to have surgery along with other recommended therapies. Kelly had all her treatment, which included surgery, chemotherapy and drug infusions, at The AIS Cancer Center.

The cancer center became a central part of her life—a caring place she knew she could count on. "From the nurses to the doctors, the entire staff has made me feel wonderful, including Kelly [Giblin] with Lemonade Locks Wig Boutique."

"Everyone cheers you up when you are down, finds time to listen to you and sometimes will even dance to get you to smile," she laughs. "I'm so glad I had them on my team. They didn't let me give up."

Kelly, a mother of three adult children, says she had a lot of people on her side. "The support of my husband, family, friends and co-workers was

outrageous." Her co-workers took time each week to send a card signed by everyone, including funny comments to cheer her up. "I really looked forward to those cards!"

Aaron let his support show in a can't-miss way—by dyeing his beard pink for Breast Cancer Awareness Month in October. "He waited until after our son got married that month and then dyed his beard," Kelly says. "Everyone got a kick out of it. It was a great conversation starter."



Knowing what matters

Kelly's treatment, particularly chemotherapy, was draining, and some weeks were tougher than others. But it helps her appreciate her life now, she says.

She sees things differently too. "It's the little things that used to get me upset—that I realize now don't really matter," she says. "I've prayed to God every night since I was diagnosed. I didn't do that before."

She's also grateful for every birthday. "I don't care how old I am," she says with a laugh. "I'm proud of birthdays." Kelly turned 42 in February.

Kelly still has drug infusions at The AIS Cancer Center to help her stay cancer-free. Her mission now is to share her story with others to raise their awareness. "If sharing my story encourages one woman to do a self-exam or get a mammogram, I've made a difference."



▲ **On the green together:** Aaron and Kelly Sanders posing for a quick shot in the middle of the game.

◀ **Real men wear pink:** Aaron Sanders shows his support for his wife and other breast cancer survivors by dyeing his beard pink.



The AIS Cancer Center at San Joaquin Community Hospital offers comprehensive care. Visit us at www.sjch.us/cancercenter.



THE BREAST CENTER AT SJCH

WE'RE HERE FOR YOU

A dedicated team provides high-quality care and peace of mind

What you need—when you need it most. That's what The Breast Center at San Joaquin Community Hospital (SJCH) is committed to providing. Here are four keys to how The Breast Center fulfills this mission every day in the fight against breast cancer:

1. A caring place close to home

The AIS Cancer Center offers complete care in one centralized location. That includes screenings, treatment and surgery. Located across from SJCH,

it's the first full-care cancer center with 3-D mammography in Kern County.

2. The care you need quickly

The team at The Breast Center knows timing matters. A timely response can help women beat breast cancer.

"Our goal is to ensure treatment begins as quickly as possible," says Jennifer Lavers, operations manager of The AIS Cancer Center. "Within 48 hours of getting mammograms, patients

You're in the pink! At The Breast Center, a team of experts designs a treatment plan for you—then supports you every step of the way.

receive their results," she says. "If there is any abnormality, we immediately schedule additional imaging tests to understand exactly what's going on."

If breast cancer is detected, a team of experts meets. They design a custom treatment plan. It's personalized so each person gets the care that's right for them, Lavers says.

3. Steady support

Facing breast cancer can feel daunting. But at The Breast Center, you won't go it alone. You'll have your own nurse navigator—someone to guide and support you each step of the way. That's someone you can call whether you need to make an appointment, ask a question or share a concern.

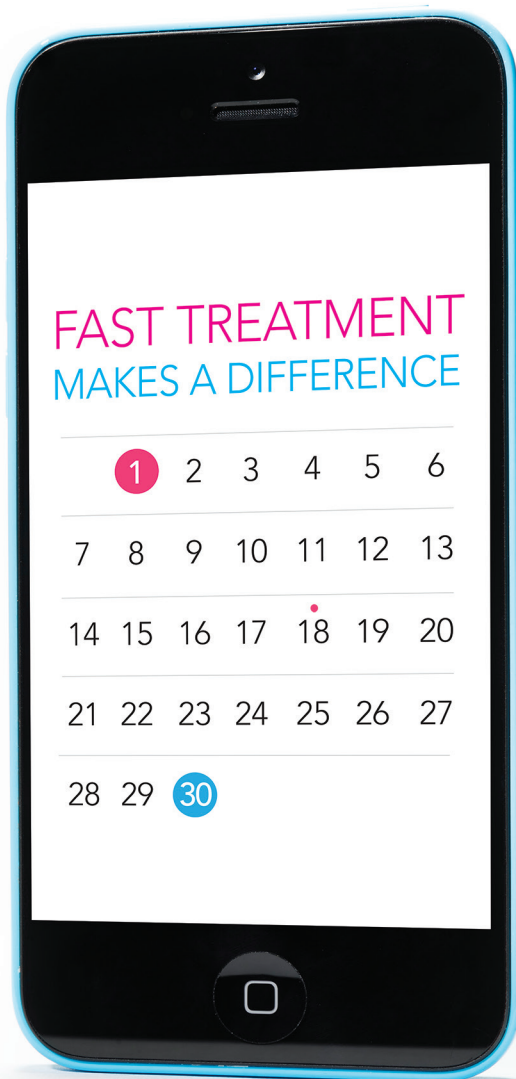
4. Care for the body, mind and spirit

SJCH believes in whole-person health care. We're here for your medical needs. We also care about the emotional and spiritual well-being of the patients and families we serve.

In addition to every patient being paired with a nurse navigator we also offer services to help. That includes support groups, nutrition classes and spiritual counseling.

Screenings save lives. Are you due for a mammogram?
Or have you noticed a lump or other breast changes?
Don't hesitate—call The Breast Center at **661-214-3530**.





Your own dream team

If you are diagnosed with breast cancer, you'll have the powerful and caring support of an expert team. They'll develop a care plan that's right for you. In addition to radiation and medical oncologists, The Breast Center team includes a board-certified breast surgeon, a pathologist, a radiologist, a clinical research nurse and a social worker.

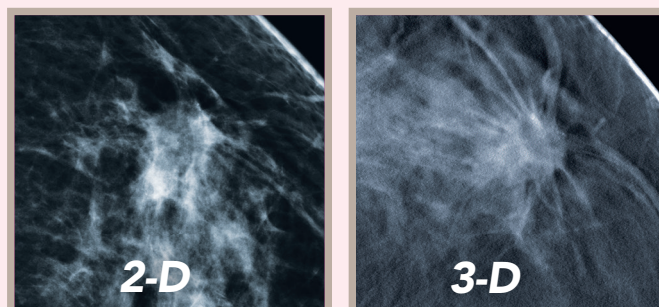
Experts on hand!

Constance Stoehr, MD; Irene Dansby, MD; and Francesca Hoehne, MD, are MVPs at The Breast Center.



Wasting no time

Timely treatment gives you the best odds for a complete recovery. "In many places, the wait is over 100 days between screening and the start of treatment, says Jennifer Lavers, operations manager at The AIS Cancer Center. "Our goal at The Breast Center is to ensure that every patient begins treatment within 30 days of their mammogram or screening."



A better view

Finding cancer early saves lives. And 3-D mammography is a significant advance in breast cancer detection. In fact, a recent study in *The Journal of the American Medical Association* found that 3-D mammography is 41 percent more effective at revealing invasive breast cancer than traditional mammography.

These 3-D images give doctors clearer, more detailed views. This helps them detect breast cancer earlier and more accurately. Quest Imaging offers the only 3-D mammography in Kern County. It has locations in downtown and southwest Bakersfield.

Don't wig out! Located on the second floor of The AIS Cancer Center at SJCH, Kelly Giblin's Lemonade Locks provides beautiful wigs to cancer patients.



Turning lemons into Lemonade Locks

Kelly Giblin started Lemonade Locks Wig Boutique after experiencing hair loss first-hand. As her hair started falling out, she looked for options for hiding her growing bald spots. She found a line of comfortable, stylish wigs that made her feel great. Now she shares that discovery with others.

Located on the second floor of The AIS Cancer Center, Lemonade Locks is a full-service wig boutique. You'll also find other products—such as makeup and clothing—that are ideal for people living with cancer.

For information or to schedule an appointment, call **661-549-WIGS (661-549-9447)**.





YOUR CHANCE TO WIN!
Somewhere within *YOU + US*, we've hidden a picture of a golf tee. Find it, take a selfie with the page and post it along with the hashtag #MeAndSJCH to Facebook, Twitter or Instagram—and you could win a...

FREE iPad!

 SJCHBakersfield
 @SJCHBakersfield
 sjchbakersfield

Find me 

San Joaquin Community Hospital

 **Adventist Health**

2615 Chester Ave.
Bakersfield, CA 93301

Nonprofit Org.
U.S. Postage
PAID
Long Beach, CA
Permit No. 2041

BAKERSFIELD'S MOST PREFERRED HOSPITAL WE'RE YOUR PLAN



SAN JOAQUIN COMMUNITY HOSPITAL

The first hospital to bring open-heart surgery to Bakersfield and is your plan for the most complex surgical procedures, including brain and spine, cardiac and orthopedic surgery.



QUEST IMAGING & THE AIS CANCER CENTER

Quest Imaging and The AIS Cancer Center offer the area's most complete cancer program, including diagnosis, treatment, surgery and Bakersfield's only 3-D mammography – proven to be 41% more effective at detecting breast cancer.



ADVENTIST HEALTH PHYSICIANS NETWORK

Looking for a new doctor? AHPN physicians are conveniently located throughout Bakersfield. Find the perfect doctor for your family by calling 661-241-6700.



*San Joaquin
Community Hospital*

 **Adventist
Health**

sjch.us