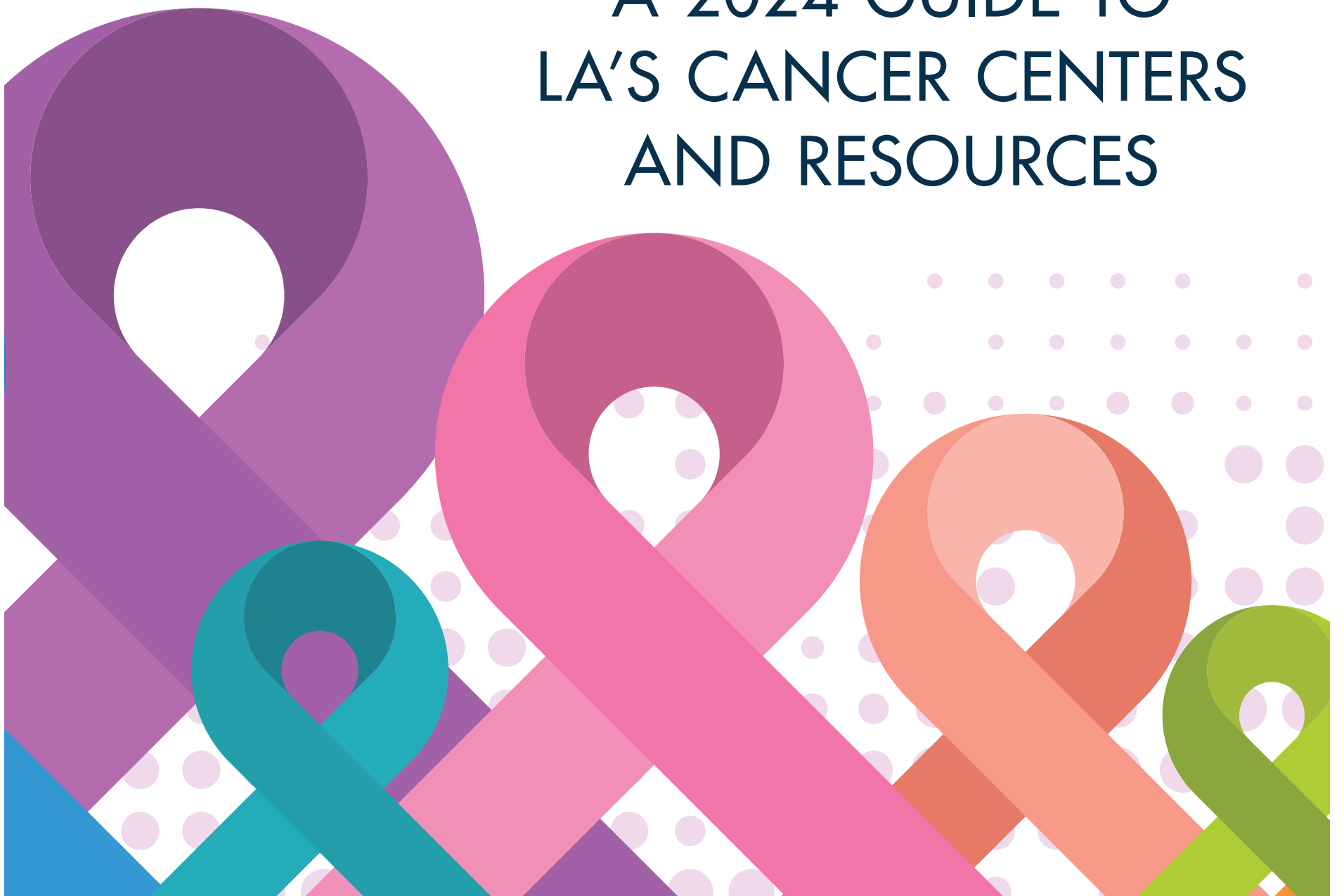


SUPPORTING SURVIVORSHIP

A 2024 GUIDE TO LA'S CANCER CENTERS AND RESOURCES



THE FIGHT AGAINST CANCER TOUCHES ALL OF US, EITHER PERSONALLY OR THROUGH OUR LOVED ONES.

In 2024, an estimated 609,820 people will die of cancer in the United States. Lung, prostate, colorectal, stomach and liver cancer are the most common types of cancer in men, while breast, colorectal, lung, cervical and thyroid cancer are the most common among women.

The cancer burden continues to grow globally, exerting tremendous physical, emotional and financial strain on individuals, families, communities and health systems. In countries like the United States, where health systems are strong, survival rates of many types of cancers continue to improve thanks to accessible early detection, quality treatment and survivorship care.

In this special section, we feature a collection of spotlights and articles provided by some of the leading authorities on the disease. These are the hospitals, treatment centers, foundations and nonprofit cancer organizations supporting cancer survivorship through research, innovation, medical technology and support resources.

SUPPORTING SURVIVORSHIP



Providence Cancer Institute

Providence Los Angeles Integrated Network Cancer Program

[providence.org/locations/socal/
cancer-los-angeles](https://providence.org/locations/socal/cancer-los-angeles)

EXECUTIVE LEADERSHIP

Laureen Driscoll

Chief Executive, Providence South,
(serving all California operations)

Brad Bott

Network Cancer Program Administrator

Melanie Goldfarb, MD

Board Chair

Kenya Beckmann

Foundation Director

TREATMENT CENTERS

Providence Cedars-Sinai Tarzana Medical Center

Providence Holy Cross Medical Center, Mission Hills

Providence Little Company of Mary Medical Center, Torrance

Providence Saint John's Health Center, Santa Monica

Providence Saint Joseph Medical Center, Burbank

RANKINGS & ACCREDITATIONS

- CMS — Two member hospitals ranked 5 stars, one 4 stars
- Healthgrades — Two member hospitals ranked America's Top 50 Hospitals
- Healthgrades — One member hospital Safety Award
- Newsweek — Two member hospitals named among World's Best Hospitals for 2024
- U.S News & World Report hospital quality rankings
- Providence Saint John's, 6th in L.A. Metro Area, 12th, California
- Providence Saint Joseph, 13th in L.A. Metro Area, 24th, California
- Providence Holy Cross, tied 16th, L.A. Metro Area, 28th, California
- Providence Little Company of Mary, 16th, L.A. Metro Area, 28th, California
- Providence Cedars-Sinai Tarzana, 20th in L.A. Metro Area, 33rd, California
- American College of Radiology: Breast Screening Center of Excellence, Lung Cancer, Mammography accreditations
- American College of Surgeons' Integrated Network Cancer Program: New 3-year accreditation
- American Nurses Credentialing Center: 4 Magnet Hospitals
- National Pancreas Foundation: Pancreatic Center of Excellence

TOP DONORS

- The Roy and Patricia Disney Family
- Chloe Ross
- The Rosalie and Harold Rae Brown Charitable Foundation
- The Borstein Family Foundation
- The Tarble Foundation



ABOUT THE ORGANIZATION

From the Valley to the South Bay, Providence cancer patients receive the same exemplary care at five locations united as one specialty network where shared expertise advances cancer diagnostics, treatment and research through clinical trials.

This Providence Los Angeles Integrated Network Cancer Program is driven by a collaboration that determines best protocols for each patient through interaction of an array of specialists who share experience, perspectives and new findings specific to each case. Its tissue biobank, among the largest in the world, enhances research capabilities.

Patients have access — close to home and family — to 1,000 board-certified physicians, including top oncologists, surgeons and radiologists, as well as nurse specialists, and ambulatory centers, physician clinics, urgent care, home care and hospice. Providence delivers whole person care, understanding patients' cultures, values, preferences and priorities.

CANCER SPECIALTIES AND KEY SERVICES

Providence treats a wide spectrum of cancers with Centers of Excellence in pancreatic cancer, lung cancer screening, and breast imaging. Renowned specialists also provide care for brain, head and neck, liver, kidney, melanoma, blood, prostate, gynecologic cancers and more.

While screenings exist for just five cancers — breast, cervical, colon, lung and prostate — Providence is leading research in multi-cancer early detection through Galleri®, a blood test that identifies 50-plus cancers by finding signals before symptoms develop. Galleri identifies some of the deadliest forms of cancer early when treatment is easier.

Providence has a comprehensive screening and early detection research program for those with an inherited cancer risk and an out-of-pocket program at two Los Angeles hospitals for those with non-genetic increased risk.

PATIENT RESOURCES & PROGRAMS

In 2023, Providence provided \$280 million in Los Angeles County for charity care, unpaid Medicare and Medicaid costs, free and low-cost community health pro-



grams including health care, mental health care, free vaccinations, access to healthful food, guidance and care for the unhoused and other services.

Living the Providence Promise, know me, care for me, ease my way, the Providence Los Angeles Integrated Network

Cancer Program knows medical treatment is just one facet of patient care.

Cancer care is highly personalized. Care teams work with patients to design treatment plans that fit their needs. Guiding patients from diagnosis to outcome are nurse navigators who coordinate care among specialists and introduce patients to chaplains, psychologists, social workers, fitness and nutrition programs, acupuncture, yoga and appearance counselors who specialize in apparel for those undergoing breast cancer treatment.

Additionally, genetic screening is available for patients at significant risk of cancer, providing not only information about personal risk, but data to share with family members with potential risk.

FUNDRAISING AND/OR VOLUNTEER OPPORTUNITIES

Providence was built upon volunteers and donors. The founding religious Sisters arrived in the Pacific Northwest in 1859 and built schools, hospitals and orphanages, living their mission — still honored today — of compassionate care to the poor and vulnerable. They funded their work begging in mining camps, and teaching women to craft lace for sale.

That culture still lives within Providence L.A., where thousands of volunteers support every hospital.

Like some of the volunteers, many donors and their family members have been treated at Providence hospitals and are committed to giving back. That culture of care inspired the Roy and Patricia Disney Family to contribute \$10 million to the cancer center at Providence Saint Joseph that bears their name.

RESEARCH AND INNOVATION

The network's research program includes Providence Saint John's translational research and Providence Saint Joseph's Disney Family Cancer Center's diverse clinical trial portfolio in partnership with Providence Saint John's. The five Los Angeles hospitals participate in health services and nursing research focused on constantly improving personalized care.

Providence Saint John's is internationally recognized for identifying effective treatment in melanoma and minimally invasive brain cancer surgery, the latter aimed at avoiding high-risk surgeries.

The network across Providence genetics programs, in partnership with Grail, provides access to Galleri, a blood test that can identify signals for more than 50 cancers. The network also has access to Providence Saint John's tissue and serum biobank, one of the world's largest collections of biologic research specimens.

Driving innovation are Clinical Institutes that share expertise across Southern California and the entire Providence system. The goal is to standardize best practices to continuously improve quality care.





Cancer detection is in your blood.

Providence is now offering Multi-Cancer Early Detection (MCED) testing, a single blood test that can detect 50+ types of cancer including some fast-spreading cancers that don't show symptoms in early stages. We'll help you get ahead of cancer with early detection - when it's most treatable.

The MCED test is recommended for adults who are at elevated risk for cancer, such as those aged 50 and older with other risk factors including diabetes, smoking and certain viral exposures, or a family history of cancer.*

For innovative cancer detection, choose an award-winning health system in Los Angeles and Orange Counties.

Call 818-748-4748 to schedule a consult, or learn more at [Providence.org/SoCalMCED](https://www.providence.org/SoCalMCED)

***Important Safety Information:** The MCED test does not detect all cancers and should be used alongside routine cancer screening tests advised by a health care provider. This new test looks for cancer signals and predicts the location of cancer signals in the body. The MCED test is currently not covered by insurance. Tests are billed directly to patients. Visit [Providence.org/SoCalMCED](https://www.providence.org/SoCalMCED) or call **818-564-6133** for more information about MCED qualifications and cost.

SUPPORTING SURVIVORSHIP



Adventist Health Glendale Cancer Center

adventisthealthglendale.org/CancerCare

EXECUTIVE LEADERSHIP

Alice Issai
President

Jekwon "Jay" Yeh, MD, MBA
Medical Director,
Adventist Health Glendale Cancer Center

Kerry L. Heinrich
Board Chair

Elizabeth LaBorde
Foundation Director

TREATMENT CENTERS

Adventist Health Glendale Cancer Center
381 Merrill Ave., Suite A
Glendale, CA 91206

**The Sam and Grace Carvajal
Comprehensive Breast Center**
1505 Wilson Terrace, Suite 370
Glendale, CA 91206

RANKINGS & ACCREDITATIONS

- 19 consecutive "A" ratings from The Leapfrog Group (2015-2024)
- Four consecutive 5-Star ratings from Centers for Medicare & Medicaid Services (2020-2023)
- Healthgrades – America's 250 Best Hospitals (2022, 2023, 2024)
- Healthgrades – Patient Safety Excellence (2024)
- Accredited by the American College of Surgeons' Commission on Cancer as a Community Hospital Comprehensive Cancer Program
- Magnet Recognized by the American Nurses Credentialing Center (ANCC)

TOP DONORS

- **Sam and Gracie Carvajal**, Glendale CA
The Sam and Grace Carvajal
Comprehensive Breast Center
- **Bhupesh and Kumud Parikh**, Glendale CA
Bhupesh and Kumud Parikh Breast Diagnostic Center



ABOUT THE ORGANIZATION

Adventist Health Glendale offers comprehensive care for many types and stages of cancer. Its Cancer Center provides the clinical expertise, technology, and treatment innovations in step with leading academic institutions, to patients in Southern California and across the Western US.

Adventist Health Glendale supports patients at every phase, from diagnosis and treatment to ongoing follow-up care and survivorship. It is the only cancer program in Glendale to be accredited by the American College of Surgeons' Commission on Cancer as a Community Hospital Comprehensive Cancer Program. As part of these exceptional standards, the program encourages and promotes seamless communication and cooperation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, breast reconstruction specialists, and other cancer specialists, resulting in world-class patient care.

CANCER SPECIALTIES AND KEY SERVICES

Oncology and cancer services at Adventist Health Glendale treat many different types of cancer, including breast, prostate, lung, brain, bladder, pancreatic, colon, and rectal cancer.

It is one of the few hospitals in the area with a Varian TrueBeam linear accelerator or LINAC, which shapes radiation to conform to the tumor, destroying cancer cells while sparing surrounding tissue.

Adventist Health Glendale is among the first to offer intraoperative radiation therapy (IORT) to treat cancers difficult to remove during surgery, and stereotactic radiosurgery (SRS) to treat deep, difficult-to-reach tumors in the brain, neck, lungs, liver, and spine.

Additional innovative treatments and procedure options include:

- Diagnostic imaging
- Radiation therapy
- Medical and surgical oncology
- Interventional radiology
- Infusion for chemotherapy and other IV treatments
- Clinical trials and research studies
- Rehabilitation following surgery
- Home health



PATIENT RESOURCES & PROGRAMS

Whether it's a routine screening or a need for treatment options on a complicated diagnosis, Adventist Health Glendale's cancer experts provide resources to answer questions, address concerns, and provide guidance.

Adventist Health Glendale helps patients in all stages of treatment, with an array of support programs and resources that includes:

- Screening, including 3D imaging and breast MRI
- High-risk clinic
- Clinical trial enrollment
- Genetic testing and counseling
- Survivorship planning
- Patient webinars with specialist Q&A sessions
- Wellness clinics
- Next-day appointments for urgent concerns
- Spiritual care and counseling

Additionally, a dedicated nurse navigator is assigned to each patient to guide them through every step - from managing cancer-related fatigue or chemotherapy side effects, to appointment follow-ups and nutrition guidance. Close-knit support groups are also available to help patients and their families cope with the challenges of cancer treatment.

FUNDRAISING AND/OR VOLUNTEER OPPORTUNITIES

Adventist Health Glendale will host "The Power of Pink" on October 9th, a free community event from 12 p.m. – 1:30 p.m. Guests can enjoy meeting local law enforcement and fire department personnel as well as see pink-wrapped public safety vehicles while perusing exhibitors who cater to the cancer survivor community.

On October 10th from 11:30 a.m. – 1:00 p.m. at the Annandale Golf Club, come and learn about innovative Breast Cancer treatments from Medical Director Dennis Holmes, MD, pioneer of the breast tumor ablation technique offered at the Comprehensive Breast Center. Tickets are \$65 and include lunch and the lecture. To register and purchase your ticket and to submit your question about breast cancer, visit glendale.give.adventisthealth.org or contact AHGLfoundation@ah.org.

RESEARCH AND INNOVATION

Adventist Health Glendale is engaged in multiple cancer trials in partnership with industry leaders such as Pfizer, Astra Zeneca, Roche, and ImmunityBio. These collaborations aim to introduce novel immunotherapies and targeted treatments typically available only at large academic institutions. Through these and other initiatives, Adventist Health Glendale has established a commendable reputation within the research community.

One notable endeavor is the DINOSAUR study, a collaborative effort between Dr. Mirhan Shirinian (medical oncology) and Adventist Health Glendale, slated to be published in the future.

This groundbreaking Investigator-Initiated study involves cancer patients receiving Next-Generation Sequencing (NGS) of their tumors at the outset of diagnosis. NGS technology can sequence hundreds and thousands of genes or whole genome in a short period of time.



INTRODUCING

Jekwon (Jay) Yeh, MD, MBA

*Radiation Oncologist and Medical Director,
Adventist Health Glendale Cancer Center*



What is your background?

I'm a Southern California native. I grew up in Irvine, went to medical school at Boston University, and did my residency at Kaiser LAMC. Most of my family works in healthcare in one way or another. I have younger twin sisters and a mother who are nurses, another sister is a physical therapist, and my father is a dentist. I was at City of Hope for five years before coming to Adventist Health Glendale.

What drew you to Adventist Health Glendale?

I've been with Adventist Health Glendale since February 2024. I was drawn here first and foremost by the caliber of the team, an excellent group of surgeons, physicians, clinicians and support staff. But a piece of high-tech equipment turned my head as well. Adventist Health Glendale is one of only a few hospitals in the area with a Varian TrueBeam linear accelerator or LINAC, which shapes radiation to conform to the tumor, destroying cancer cells while sparing surrounding tissue. Only a handful of hospitals in the area have this technology, which provides fewer side effects to patients receiving radiation therapy.

What made you choose a career in oncology?

When I was 17, a close friend's mom died of breast cancer. Witnessing the heartbreak her diagnosis and illness brought to her entire family moved me and made me want to help others undergoing the same ordeal. Cancer is challenging for the patient and the family. Every society needs caring professionals who can understand what a family facing cancer is going through and help them manage not just the disease but also expectations.

What's on your wish list for the program moving forward?

I'm especially excited about the use of stereotactic radiosurgery (SRS) to treat deep, difficult-to-reach tumors in the brain, neck, lungs, liver, spine and other parts of the body. Not "surgery" in the traditional sense, SRS is non-invasive and does not require an incision or general anesthesia. As a result, most patients can resume their normal activities within a couple of days. Adventist Health Glendale has had this technology for some time and I'm looking forward to having it in our treatment arsenal.

About Adventist Health Glendale Cancer Center

Adventist Health Glendale offers comprehensive care for many types and stages of cancer. Its Cancer Center provides the clinical expertise, technology and treatment innovations in step with leading academic institutions, to patients in Southern California and across the Western U.S.

We support patients at every phase, from diagnosis and treatment to ongoing follow-up care and survivorship. It is the only cancer program in Glendale to be accredited by the American College of Surgeons' Commission on Cancer as a Community Hospital Comprehensive Cancer Program.

Adventisthealthglendale.org/CancerCare

Adventist Health
Glendale

SUPPORTING SURVIVORSHIP



Emanate Health Cancer Center

emanatehealth.org/cancer

EXECUTIVE LEADERSHIP

Roger Sharma, CPA, MBA
President & CEO

Clifford Christ
Board Chair

TREATMENT CENTERS

1115 S. Sunset Avenue
West Covina, CA 91790

415 W. Carroll Avenue
Glendora, CA 91741

RANKINGS & ACCREDITATIONS

- ACGME Accredited — Emanate Health
- American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) - Emanate Health Inter-Community Hospital
- American Heart Association Get With the Guidelines - Stroke Gold Plus Award 2023 - Emanate Health Queen of the Valley Hospital
- Blue Distinction Center + Cardiac - Emanate Health Inter-Community Hospital
- Blue Distinction Center Knee/Hip - Emanate Health Inter-Community Hospital
- CDPH Antimicrobial Stewardship Honor Roll Bronze Award - Emanate Health Inter-Community Hospital
- CDPH Antimicrobial Stewardship Honor Roll Silver Award - Emanate Health Queen of the Valley, Emanate Health Foothill Presbyterian Hospital
- Commission on Accreditation of Rehabilitation Facilities (CARF) Accreditation - Emanate Health Inter-Community Hospital
- DNV Advanced Certification Hip & Knee Replacement - Emanate Health Queen of the Valley Hospital
- DNV Advanced Certification Orthopedic Center of Excellence - Emanate Health Queen of the Valley Hospital
- DNV Advanced Certification Shoulder Surgery - Emanate Health Queen of the Valley Hospital
- DNV Advanced Certification Spine Surgery - Emanate Health Queen of the Valley Hospital
- American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) - Emanate Health Inter-Community Hospital
- American Heart Association Get With the Guidelines - Stroke Gold Plus Award 2023 - Emanate Health Queen of the Valley Hospital
- Blue Distinction Center + Cardiac - Emanate Health Inter-Community Hospital
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- DNV Advanced Certification Orthopedic Center of Excellence - Emanate Health Queen of the Valley Hospital
- DNV Advanced Certification Shoulder Surgery - Emanate Health Queen of the Valley Hospital
- DNV Advanced Certification Spine Surgery - Emanate Health Queen of the Valley Hospital
- DNV Certified Primary Plus Stroke Center - Emanate Health Queen of the Valley Hospital
- Leapfrog Hospital Safety Grade 'A' Spring 2024 - Emanate Health Foothill Presbyterian Hospital
- Los Angeles County Emergency Medical Services Comprehensive Stroke Center - Emanate Health Queen of the Valley Hospital
- San Gabriel Valley 2024 Best Readers' Choice Awards (Best Hospital Group) - Emanate Health
- San Gabriel Valley 2024 FAVORITE Readers' Choice Awards: Favorite Hospital, Favorite Cancer Center, Favorite Workplace
- Surgical Review Corporation Center of Excellence in Minimally Invasive Gynecology - Emanate Health Queen of the Valley Hospital
- Surgical Review Corporation Center of Excellence in Robotic Surgery - Emanate Health Queen of the Valley Hospital
- The Joint Commission National Quality Approval - Emanate Health
- U.S. News & World Report Best Hospital 2023-2024 - (Diabetes) - Emanate Health Queen of the Valley Hospital
- U.S. News & World Report Best Hospital 2023-2024 - (Stroke) - Emanate Health Queen of the Valley Hospital



ABOUT THE ORGANIZATION

At Emanate Health, the mission is to help people keep well in body, mind and spirit by providing quality health care services in a safe, compassionate environment. The patient-focused Emanate Health Cancer Center team consists of multidisciplinary experts who are dedicated to the diagnosis, treatment and prevention of cancer.

The specialized staff are trained in using the most advanced cancer treatment techniques and evidence-based methods while providing exceptional care with their deep understanding of the community, extensive experience and knowledge, and commitment to patient care. Patients and their families and caregivers can expect the best and most compassionate care from their doctors and cancer care team.

CANCER SPECIALTIES AND KEY SERVICES

Emanate Health's patients have access to the most effective cancer treatments in easy-to-access facilities. Screenings for nearly every cancer, including mammography for breast, low dose lung CT, colonoscopy, Pap smear, and PSA for prostate, are offered. Emanate Health offers personalized treatments catered to each patient's needs and goals. Emanate Health also prioritizes patients' comfort during their treatments with plush recliners and semiprivate and private areas. Its radiation oncology suite has three procedure rooms that include a CT scan, high-dose radiation room, Varian TrueBeam™ linear accelerator and four exam rooms. The surgical oncology services provide versatile options, and help to remove a benign or malignant tumor, reconstruct body areas affected by cancer, or prepare patients for their next treatment stage. Emanate Health treats nearly all solid and hematologic, benign and malignant tumors including breast, prostate, lung, head and neck, gastrointestinal, gynecologic, colon and rectal, pancreatic, brain, leukemia and lymphoma.

PATIENT RESOURCES & PROGRAMS

Cancer affects patients, families and caregivers differently, and Emanate Health provides resources and programs to support their well-being, day-to-day needs, and emotional and mental health.

Patients have a dedicated support team, which includes an oncology social worker, an oncology dietician and a nurse navigator. Each expert provides education to support a patient's health, such as information on proper nutrition and physical activity, treatments and their potential side effects, and answering any questions.

Emanate Health offers free, in-person and virtual cancer care support groups to provide a compassionate, safe space for patients, families and caregivers to connect with others.

Emanate Health also collaborates with community organizations to help provide essential services and items, including resources for food, clothing, transportation, wigs and medical equipment.

FUNDRAISING AND/OR VOLUNTEER OPPORTUNITIES

Emanate Health has volunteer opportunities available for the community to help patients throughout their cancer care journey, from the initial diagnosis and treatment to recovery and remission.

General volunteers help in areas that need the most assistance, and various positions are available for high school and college students, and adults. Opportunities include talking to patients to keep them company during treatment, handing out warm blankets and/or snacks and drinks, doing art projects with patients, organizing and putting away supplies, or directing patients in the cancer center.

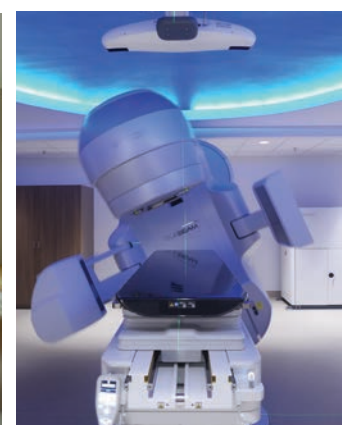
Being diagnosed with cancer can affect a patient not only physically, but mentally and emotionally as well. Emanate Health's spiritual care volunteers help comfort and support patients and their families during stressful times.

Volunteers are vital in directly supporting Emanate Health's cancer patients.

Emanate Health continues to plan for events and opportunities that best suit the needs of its cancer center and patients.

RESEARCH AND INNOVATION

At this time, patients needing access to clinical trials and research are referred to nearby academic centers.





Your Community. Your Hospitals. Your Doctors.

Bringing care closer to home.



**Inter-Community
Hospital**



**Queen of the Valley
Hospital**



**Foothill Presbyterian
Hospital**

Emanate Health provides award-winning care to the one million residents of the San Gabriel Valley in California. Our nationally-recognized teams and top-rated doctors provide specialized care in areas such as behavioral health, cancer, cardiovascular, neuroscience and stroke, orthopedics, sports medicine and women's health. The health care system has been voted "Best Hospital" and "Favorite Hospital" for multiple years by the community as well as "Best Place to Work". Our providers are consistently among the "Top Doctors" in Los Angeles County, and our services have received awards and recognitions throughout the years.

Learn more or schedule an appointment at emanatehealth.org

Or follow us at:



Emanate Health exists to help people keep well in body, mind and spirit by providing quality health care services in a safe, compassionate environment.

SUPPORTING SURVIVORSHIP



cancer.org

EXECUTIVE LEADERSHIP

Laura Steinfeldt
VP of Greater Los Angeles

Joan August
Cedars Sinai Cancer
Board Chair

LOCATIONS

The American Cancer Society collaborates with all major health providers and local organizations to help facilitate treatment, from free transportation and lodging to screening events.

RANKINGS & ACCREDITATIONS

Charity Navigator Four-Star Charity:

The American Cancer Society is proud to hold top ratings from Charity Navigator, the Better Business Bureau Wise, Giving Alliance, and Candid. High ratings from these respected charity rating and watchdog groups demonstrate our continuing commitment to accountability, transparency, and ethical practices. We were also acknowledged by Forbes as a great place to work for DEI.

In 2023 ACS:

- Touched the lives of 3.2 million Californians through patient support programs
- Invested \$42.8 million in California for cancer research funding 79 local grants
- Provided lodging assistance to 12,353 Californians to be closer to their cancer treatments
- Gave 43 transportation grants totaling \$570,000 to partnering organizations to ensure their patients have rides to treatment
- Provided information and support 33,735 times to Californians through our National Cancer Information Center at (800) 227-2345 and online chats at cancer.org



ABOUT THE ORGANIZATION

The American Cancer Society is a leading cancer-fighting organization with a vision to end cancer as we know it, for everyone. It is improving the lives of people with cancer and their families as the only organization combating cancer through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer.

CANCER SPECIALTIES AND KEY SERVICES

What does it take to outsmart cancer? Research. The American Cancer Society has invested more than \$5 billion in cancer research since 1946, all to find more – and better – treatments, uncover factors that may cause cancer, and improve cancer patients' quality of life.

The American Cancer Society's work covers the full realm of cancer research, via conducting, funding, overseeing and training of the latest research that helps provide better screening and treatments.

This includes:

- Surveillance & Health Equity Sciences
- Population Science Studies
- Extramural Discovery Science
- Early Cancer Detection Science
- Center for Diversity in Cancer Research (DICR) training

PATIENT RESOURCES & PROGRAMS

The American Cancer Society's 24/7 cancer helpline provides support for people dealing with cancer. Connect with trained cancer information specialists at (800) 227-2345. Find online resources and live chat at cancer.org.

For cancer patients, getting the right treatment sometimes requires traveling away from home. The American Cancer Society's Hope Lodge program, lodging grants to local healthcare system partners, and a partnership with Extended Stay America, helps ease the financial burden.

The American Cancer Society's FREE Road To Recovery program eases your burden by giving free rides to cancer-related medical appointments. Not having a ride shouldn't stand between you and lifesaving treatment.

ACS CARES (Community Access to Resources, Edu-

cation, and Support) is a new patient and caregiver support program that connects people with quality curated information and one-on-one support.

FUNDRAISING AND/OR VOLUNTEER OPPORTUNITIES

The American Cancer Society couldn't do what it does without its volunteers and donors. Together, they are making a difference – and you can, too. Become a volunteer, make a tax-deductible donation, or participate in a fundraising event to help save lives. You can support the American Cancer Society's mission in so many ways – from donating your car to shopping at your favorite retailers. Or, flex your political muscles and become an advocate. Visit cancer.org/involved.html for more information.

• **Leadership volunteer roles:** CEO's Against Cancer, event planning committees: ACS Golf Classic, Moonshot Health Equity Summit, California Spirit Food & Wine, Multicultural advisory board, and local Los Angeles area board. Reach out to rosa.navas@cancer.org.

• **Fundraising:** Relay For Life, Making Strides Against Breast Cancer, and Endurance/Fitness Events.

• **Upcoming events:** October 6th California Spirit Food & Wine honoring Wolfgang Puck. Visit calspirit.org.

RESEARCH AND INNOVATION

The fight against cancer is not new, but the pandemic created new challenges, including 9.5 million missed cancer screenings, which indirectly caused an increase in cancer deaths. For communities of color, the disparities in treatments and mortality rates were even more exacerbated.

The American Cancer Society Los Angeles is addressing those disparities through a yearlong campaign to increase science diversity, including a convening called the ACS Moonshot Summit.

The first of its kind, the ACS Moonshot Summit embarks on celebrating visionaries and compassionate leaders across corporations, healthcare partners, biomed and biotech industries, all working together to increase diversity in everything from researchers to clinical trials. Learn more at acsmoonshotsummit.org.



Every tomorrow should have you in it.

If Love You
Get Screened ™

Regular cancer screening can save your life.

Screening tests can detect cancer before it starts or catch cancer early, when it may be easier to treat. Many tests are available for free or covered by insurance.

Talk to a doctor about which screening tests are right for you.

Age 25+ Cervical screening

Age 45+ Colorectal & breast screening

Age 50+ Prostate & lung screening

Learn more at cancer.org/getscreened



Locally sponsored by



©2024 American Cancer Society, Inc. No. 032001



Meet our Los Angeles 2024-2025 leadership volunteers!

We applaud their commitment to helping us end cancer as we know it, for everyone.



Dom Parero | UCLA Health
ACS Moonshot 2024 – 2025 Chair



Shawn Sheffield | Keck Medicine of USC
ACS California Spirit 2024 Chair



Matt Segal | NKSFB
ACS Los Angeles Golf Classic 2025 Co-Chair



Brett Longenecker | Paradigm Gilbert
ACS Los Angeles Golf Classic 2025 Co-Chair



Chang Liu | Cathay Bank
CEO's Against Cancer Chair



Joan August | Cedars Sinai Cancer
ACS Los Angeles Board Chair

If you are interested in leadership volunteer opportunities with ACS, please contact: len.swegart@cancer.org

SUPPORTING SURVIVORSHIP

Screening Guidelines for Women: Breast and Cervical Cancer Screenings

By LESLIE GONZALEZ, MD

Screening guidelines are often confusing, and many people depend on their doctor to keep them apprised of when or if they need to begin a health screening at all. Fortunately, the doctors and nurse practitioners at PIH Health are in the know so you don't need to worry about when or if you need a screening—as long as you're seeing your PIH Health primary care physician or nurse practitioner for annual wellness visits, or a gynecologist for well women visits. They'll let you know the right timing for the right screening that's needed.

Why do I need to get screened?

Screenings are important because they can often detect cancer early when it's most treatable. Many people don't want to think about getting cancer, but no one is invincible, and chances are, you will know someone affected by cancer in your lifetime, if you don't already. Simply put, a screening can save your life. For women, regular screening for breast and cervical cancer is important for good health.

HOW OFTEN SHOULD YOU BE SCREENED FOR BREAST CANCER?

In early 2024, the United States Preventive Services Task Force (USPSTF) updated their screening guidelines for breast cancer screening to begin at age 40. Their update isn't new though. The American Cancer Society, or ACS, has recommended breast cancer screening begin at age 40 for women for many years.

Previously, the USPSTF recommended breast cancer screening between the ages of 40-50 years. It's a shift in a positive direction, aligning with other well-known resources like the ACS. In the world of women's health, this news is a step in the right direction to help women thrive and live longer, healthier lives. The update recognizes that many women are being diagnosed at earlier ages and helping to detect cancer early is very important.

For most women, doctors recommend a mammogram screening once every year, starting at age 40. Women at elevated risk for breast cancer may need to start earlier or supplement with breast magnetic resonance imaging (MRI). It's important to talk to your doctor about your risk factors, such as family history, and any concerns you might have.

HOW OFTEN SHOULD YOU BE SCREENED FOR CERVICAL CANCER?

Cervical cancer is one of the most preventable and treatable forms of cancer in women—

Yearly Pap tests may be a thing of the past for many women. How often should you get screened for cervical cancer now depends on your age and health history.



which is why regular screenings to detect the cancer are so important. According to The American College of Obstetricians and Gynecologists (ACOG) cervical cancer screening guidelines, how often you should get screened for cervical cancer, now depends on your age and health history.

While pap smears are recommended less frequently for many women, ACOG still encourages a yearly visit to a gynecologist to discuss health maintenance and lifestyle issues, as well as whether a pelvic exam is needed.

Here are cervical screening recommendations by the ACOG:

- **Under age 21:** You do not need cervical cancer screenings.
- **Age 21-29:** Have a Pap test every 3 years.
- **Age 30-65:** Any one of the following: Have a Pap test alone every 3 years, FDA-approved high-risk Human Papillomavirus (hrHPV) testing alone every 5 years, or Pap test and an HPV test (co-test) every 5 years.
- **Age 65 and older:** You do not need screenings if you have had 3 consecutive negative Pap tests, 2 consecutive Pap tests and an HPV test (co-test) within the last 10 years before stopping screening.
- **When you may need more frequent screenings:** If you have a history of cervical cancer or abnormal Pap test results, are HIV-posi-



For most women, doctors recommend a mammogram screening once every year, starting at age 40. Women at elevated risk for breast cancer may need to start earlier or supplement with breast MRI.

itive, have a weakened immune system or were exposed to the drug DES before birth, talk to your doctor about how often you should be screened.

- **If you have had a hysterectomy:** You don't need screenings if your surgery was for a benign condition and your cervix was removed. Continue testing if you have a history of cervical cancer or abnormal test results, or if your cervix was not removed.

Remember, your doctor is there to help make sure you are getting the appropriate screenings for your age and medical history at the right time—they are your best health resource to help you receive care you need when you need it.

PIH HEALTH: YOUR HEALTH AND WELLNESS PARTNER

For comprehensive breast cancer and cervical cancer prevention, detection, treatment, and all that comes after, PIH Health provides a highly collaborative, multi-disciplinary, and personalized approach to care. We address a wide range of cancer and treatment-related concerns—providing our patients and their families with support throughout their journey.

Should a potential problem be detected, our team is ready to take the next steps in testing and diagnosis and offers coordinated cancer

treatment, so our patients get the care they need when they need it. Our multidisciplinary care teams stay up to date with the latest advancements in chemotherapy and targeted therapies, and use cutting-edge, effective radiation therapy. We provide access to comprehensive clinical services, the latest technologies, and research at our hospitals, oncology offices, and treatment centers all within the PIH Health network.

Our patients can trust they are receiving personalized care tailored specifically to meet their long-term healthcare needs. Throughout active treatment and during life after cancer, PIH Health is here to help our patients' total well-being with our support services and survivorship program. Our wide variety of cancer support services and resources are available to patients and their families to help address concerns, reduce stress, and get access to specialty medical care and services.

For best-in-class breast and cervical health care from screenings to remission and beyond, PIH Health is your health and wellness partner.

Leslie Gonzalez, MD is an obstetrics and gynecology specialist (OB/GYN) at PIH Health. To learn more about important screenings offered, visit PIHHealth.org/Screenings. To find an OB/GYN, visit PIHHealth.org/Doctors.



Screening guidelines can be confusing, but your doctor is here to help! Talk to your doctor about your risk factors, such as family history, and any concerns you might have so they can best determine the appropriate cancer screenings and timing for you.