

BRANDED CONTENT
JUNE 30, 2025

Cancer Awareness & PREVENTION

A 2025 Guide to LA's Cancer Centers and Resources



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 2025, the landscape of cancer treatment and prevention is being reshaped by groundbreaking research, emerging technologies, and a growing emphasis on early detection and personalized care. From advances in immunotherapy and precision medicine to the integration of AI in diagnostics and treatment planning, scientists and clinicians are making remarkable strides in their fight against cancer.

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 — offering a look at what's working, what's emerging, and what it all means for patients, providers and the future of cancer care.

CANCER AWARENESS & PREVENTION



Treating Mind, Body and Spirit: Compassionate Cancer Care

One of the scariest words you can hear is “cancer.” If you or a loved one is facing a cancer diagnosis, know that you don’t have to navigate this journey alone.

Dignity Health hospitals in Los Angeles County and the Inland Empire are dedicated to providing compassionate cancer care, supporting you and your family every step of the way – from diagnosis and treatment to survivorship and beyond. Dignity Health caregivers believe in treating the whole person – mind, body, and spirit – offering a holistic approach to healing.

YOUR JOURNEY IS DIGNITY HEALTH’S PRIORITY

From the moment you connect with Dignity Health, you’re more than just a patient; you’re a valued partner in your care. Dignity Health caregivers understand that each individual’s experience with cancer is unique, and are committed to tailoring services to meet your specific needs and preferences. The goal is to empower you with the knowledge, support, and resources you need to embrace resilience and find strength. Dignity Health caregivers are there to listen, to guide and to stand by your side.

EARLY DETECTION: THE POWER OF SCREENING

Dignity Health firmly believes that early detection is key to successful cancer treatment. That’s why it offers a variety of advanced screening options, designed to detect cancer in its earliest, most treatable stages, including:

- **Mammograms:** For early detection of breast cancer.
- **Colonoscopies:** For screening and pre-

vention of colorectal cancer.

- **Prostate Exams:** For early detection of prostate cancer.
- **Lung Cancer Screenings:** For individuals at high risk of lung cancer.

Dignity Health caregivers understand that each individual’s experience with cancer is unique, and are committed to tailoring services to meet your specific needs and preferences.

COMPASSIONATE CARE UNDER ONE ROOF

A commitment to compassionate care means offering a wide range of specialized services, all conveniently accessible within the Dignity Health network. Whether you’re facing breast cancer, prostate cancer, lung cancer, or any other type of cancer, a dedicated team of experts is ready to provide personalized guidance and support.

The Dignity Health expert team utilizes the latest technologies in cancer care, including:



- **Chemotherapy:** Powerful medications designed to target and destroy cancer cells.
- **Radiation Therapy:** Precisely targeted high-energy rays to eliminate cancer cells.
- **Surgery:** Expert surgical techniques, including minimally invasive options, to remove cancerous tumors and tissues.

Caregivers will work closely with you to develop a personalized treatment plan that considers your individual needs, preferences and goals.

Facing a potential cancer diagnosis can feel daunting, but remember that you’re not alone. Early detection and timely treatment are crucial in the fight against cancer. Take the first step towards a healthier future by scheduling a screening or consultation with one of Dignity Health’s care sites in Los Angeles and San Bernardino counties.

Learn more about cancer care and find a doctor near you by visiting dignityhealth.org/socal/cancercare.



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Screening Guidelines for Women: Breast and Cervical Cancer Screenings

Navigating screening guidelines can be confusing – especially as they evolve with new medical research. That’s why having a trusted healthcare provider matters. At PIH Health, the team stays current with the latest recommendations, so you don’t have to worry about when to schedule a screening. By attending annual wellness visits with your PIH Health primary care provider or scheduling well-woman exams with your OB/GYN, you can feel confident you’re receiving the right screenings at the right time.

WHY ARE SCREENINGS SO IMPORTANT?

Cancer screenings help detect disease in its earliest stages — often before symptoms appear — when treatment is most effective. Although many people prefer not to think about cancer, early detection can be lifesaving.

For women, breast and cervical cancer screenings are essential tools for maintaining long-term health. Knowing when to get screened — and making it a priority — can help protect your future.

BREAST CANCER SCREENING GUIDELINES: START AT 40

The American College of Radiology (ACR) and the Society of Breast Imaging recommend that women at average risk begin annual mammograms at age 40. This guidance is based on extensive research showing that beginning screenings at 40 saves the most lives, detects cancer earlier and reduces the need for more aggressive treatments.

Although some organizations previously offered differing guidance, there is now broader consensus: earlier screening leads to better outcomes. Breast cancer is increasingly diagnosed in women in their 40s, and mammography significantly improves the chances of successful treatment and survival.

- The ACR recommends:
- Annual mammograms starting at age 40 for women of average risk
 - Earlier and more frequent screenings for women at higher risk, such as those with a family history of breast cancer, known genetic mutations (e.g., BRCA1 or BRCA2), or a personal medical history
 - Supplemental imaging (such as MRI or ultrasound) for women with dense breast tissue or elevated risk

If you’re unsure about your risk level, speak with your primary care provider or OB/GYN. They can help tailor a screening plan based on your individual health history and risk factors.

Schedule your mammogram at PIHHealth.org/Mammogram

CERVICAL CANCER SCREENING GUIDELINES: A PERSONALIZED APPROACH

Cervical cancer is one of the most preventable forms of cancer, thanks to routine screenings and the availability of the human papillomavirus (HPV) vaccine. Screenings typically involve a Pap test, an HPV test, or both.

Guidelines have evolved to reflect the effectiveness of these preventive measures. According to the American College of Obstetricians and Gynecologists (ACOG), screening frequency depends on your age and health history.

ACOG’s current recommendations:

- Under age 21: No screening needed
- Ages 21–29: Pap test every 3 years



- Ages 30–65: Choose one of the following:
 - Pap test every three years
 - High-risk HPV test alone every five years
 - Co-testing (Pap + HPV) every five years
- Over age 65: Screening may no longer be necessary if you’ve had:
 - Three consecutive negative Pap tests, or
 - Two negative co-tests in the past 10 years, with the most recent within the last five years

Exceptions may apply if you:

- Have a history of cervical cancer or abnormal results
- Are HIV-positive or have a weakened immune system
- Were exposed to diethylstilbestrol (DES) before birth
- Had a hysterectomy (depending on the reason and whether the cervix was removed)

Even if Pap tests are less frequent, ACOG still recommends annual visits with a gynecologist to monitor overall health and determine whether a pelvic exam is needed.

WHY CHOOSE PIH HEALTH FOR YOUR SCREENINGS AND CANCER CARE?

PIH Health emphasizes prevention, early detection, and whole-person care. From routine screenings to diagnosis, treatment, and survivorship, PIH Health’s teams are with you every step of the way.

If a screening result requires follow-up, PIH Health offers a seamless transition from testing to treatment. Multidisciplinary teams collaborate to provide personalized care plans focused on the best possible outcomes.

PIH Health’s cancer care includes:

- Access to advanced screening technology, including 3D mammography and diagnostic imaging
- Experienced radiologists, oncologists, and breast health specialists
- Genetic counseling and risk assessments for those with family history concerns
- Coordinated treatment plans, including surgery, radiation, and chemotherapy
- Comprehensive support services such as nutrition counseling, mental health support, nurse navigation, and survivorship programs

WHOLE-PERSON SUPPORT FOR EVERY STEP OF THE JOURNEY

Cancer care extends beyond treatment. PIH Health provides resources to help patients heal and thrive through every phase of their journey.

Support services include:

- Patient and caregiver support groups
- Oncology nurse navigators for personalized guidance
- Integrative therapies to manage side effects and promote well-being
- Wellness programs focused on healthy living and recovery

The PIH Health team recognizes that every woman’s experience is unique. That’s why it



provides compassionate, individualized care that nurtures the body, mind and spirit.

TAKE CHARGE OF YOUR HEALTH TODAY

Prioritizing your health starts with early detection. Whether you’re due for a mammogram, Pap test, or just haven’t had a recent wellness visit, now is the time to take action.

PIH Health works to be your partner in lifelong wellness—helping you live your healthiest life, at every stage.

Schedule a mammogram: PIHHealth.org/Mammogram
Find an OB/GYN: PIHHealth.org/Doctors
Learn more about screenings: PIHHealth.org/Screenings



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CANCER AWARENESS & PREVENTION

Cancer Questions Answered on Demand

The Simms/Mann Center has a digital library of educational webinars that can be accessed any time

By SANDY COHEN

A cancer diagnosis brings up lots of questions – about treatment, outcomes and dealing with the physical, emotional and spiritual tolls of the disease.

The Simms/Mann UCLA Center for Integrative Oncology hosts educational webinars on a variety of topics to provide answers to those questions.

Now, the center has built a video library so patients and the general public can access the wisdom of these webinars on demand.

“That’s just the digital age we’re moving to,” said Da’Vie Guzman, MA, the Simms/Mann Center’s program coordinator. “Digital outreach is integral to the work we do here at Simms/Mann because it allows us to provide more services and support to a wider group of people.”

The library features recordings of educational webinars that can be accessed on demand. Topics include:

- Navigating nutrition and sleep during cancer treatment;
- Coping with chronic pain;
- Conversations with an oncology care chaplain;
- Guidance for communicating with medical professionals and family members through the cancer journey.

The digital library expands access to Simms/Mann Center experts beyond UCLA Health and illuminates the range of services available to patients, Guzman said.

Psychosocial support – including spiritual care, nutritional support, counseling, art therapy, mindfulness practice and support groups – is provided for free to UCLA Health oncology patients and their families.

PUBLIC WEBINARS

The Simms/Mann Center has always offered educational webinars, but has increased their frequency since Guzman joined the staff as its inaugural program coordinator in 2024.

Now held twice a month, one session focuses on oncology themes and a second centers on nutrition questions. The online programs are free and open to the public.

The abundance of information that comes with a cancer diagnosis can be overwhelming, Guzman said.

“Not only is there so much to learn about, but there’s also a whole new vocabulary one needs to understand,” she said. “By providing clinical guidance and evidence-based research on an array of topics in these webinars, participants can feel confident that their information is coming from a reliable source.”

Upcoming webinars will address advance care planning, cultural considerations in nutrition and cancer and a guide to decision-making in cancer care.

“We look forward to developing more diagnosis-specific programs,” said Shannon La Cava, PsyD, director of the Simms/Mann Center.

Making these recordings accessible through a digital library means “patients and their families can access evidence-based, informative content when it works with their schedule,” she said.

ABOUT THE CENTER

The Simms/Mann UCLA Center for Integrative Oncology is committed to caring for the mind, body and spirit. Its cancer programs, services and support are designed to complement the outstanding clinical care each patient receives at UCLA Health.

‘By providing clinical guidance and evidence-based research on an array of topics in these webinars, participants can feel confident that their information is coming from a reliable source.’

DA’VIE GUZMAN, MA, RYT 200
Simms/Mann Center

In partnership with UCLA, the Simms/Mann Center was envisioned by Dr. Victoria Mann Simms and her husband, Ron Simms. When her father became ill, Dr. Simms, a trained psychotherapist, recognized the need for a care model that treats the whole person and their loved ones along their cancer journey. Her clinical experience compelled Dr. Simms and her family to conceive of a place where specialists could partner with the care team towards a common goal. They would work together to support the whole patient.

At the Simms/Mann Center, compassionate specialists use their varied skills and expertise to optimize the physical, emotional and spiritual wellness of anyone touched by cancer.

Making these recordings accessible through a digital library means ‘patients and their families can access evidence-based, informative content when it works with their schedule.’

SHANNON LA CAVA, PsyD
Simms/Mann Center

TAKE THE NEXT STEP

Visit the Simms-Mann UCLA Center for Integrative Oncology video library and check out the schedule of webinars: uclahealth.org/simms-mann-center/resources/video-library

Sandy Cohen is a senior writer at UCLA Health.



LA's Health and Wellness Partner

PIH Health is a nonprofit, regional healthcare network that serves Los Angeles County and Orange County. Our fully integrated network includes **3 hospitals, 31 outpatient facilities, 7 urgent care centers**, home healthcare services and more – **all focused on providing you with world-class, award-winning care.**

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CANCER AWARENESS & PREVENTION

American Cancer Society Extends a Lifeline to Patients Amid LA Fires

By GIA MORA

The flames that tore through Southern California, including Pacific Palisades and Altadena, earlier this year not only scorched landscapes and damaged homes: they uprooted people's lives. For individuals already navigating the immense challenge of a cancer diagnosis, the fires made life feel even more uncertain.

In response, the American Cancer Society (ACS) Los Angeles swiftly activated its national Cancer Care Continuity Fund, a disaster relief initiative designed to get patients the treatment they need, regardless of displacement, road closures, or lack of access to medication and clean water — challenges that became all too real in the wake of the fires.

"As the only organization fighting cancer through advocacy, research and patient support, ACS has always been a lifeline for people living with cancer," said Jen Maduko, executive director of development for ACS Los Angeles. "But when catastrophe strikes our city, that mission becomes even more urgent."

RAPID RESPONSE FOR A VULNERABLE POPULATION

Since February 2025, ACS has provided targeted support to cancer patients in active treatment living in FEMA-designated ZIP codes across LA County.

"Thanks to the Cancer Care Continuity Fund, we were able to provide a cushion for patients facing dual hardship," said Rosa Navas, director of regional marketing.

Recognizing the unique needs of this population, ACS expanded its core patient services — 24/7 access to cancer information specialists, Road to Recovery (volunteer-driven free rides to and from treatment), and lodging support — to include additional emergency resources like flexible funding for transportation, temporary housing and medical essentials, as well as personalized care coordination.

Added Navas, "Our Cancer Center Partnerships team worked directly with local health systems to identify those in need and respond quickly with tailored assistance."

PARTNERING WITH LOCAL HEALTH SYSTEMS

ACS' response was made possible through close collaboration with hospitals, cancer centers and community health organizations across Southern California. These partners played a critical role in identifying patients whose care had been disrupted and connecting them with ACS's expanded services.

"Our partnerships with healthcare providers were essential," Maduko explained. "They helped us locate patients who had been forced to relocate and ensure they could continue

'Our Cancer Center Partnerships team worked directly with local health systems to identify those in need and respond quickly with tailored assistance.'

ROSA NAVAS
ACS

their treatment without delay."

As patients began to resettle and rebuild, ACS remained a constant presence, adapting to patients' evolving needs and continuing to provide support long after the flames were extinguished.

A BROADER COMMITMENT TO EQUITY

ACS' response to the LA fires is just one example of the organization's dedication to health equity. With nearly 200,000 Californians expected to receive a cancer diagnosis this year, uninterrupted care is essential, especially for those facing the compounded chal-

lenges of illness and disaster recovery.

"Whether it's a fire, a pandemic, or a personal crisis, we are here for the cancer community," said Maduko. "Our work doesn't stop when the immediate danger passes. We continue to walk alongside patients every step of the way."

Powered by a national network of volunteers, donors and partners who share its vision to end cancer as we know it, for everyone, ACS is actively engaged in policy advocacy, cancer prevention education, and groundbreaking research aimed at improving outcomes for all cancer patients.

HOW YOU CAN HELP

ACS continues to support cancer patients across Los Angeles and beyond, and the organization is calling on local businesses, community leaders, and individuals to get involved.

"If you're looking for a meaningful way to make a difference, we invite you to join us," said Navas. "Whether through volunteering, partnership, or simply spreading the word, your support helps us bring hope to those who need it most."

Gia Mora is a program manager at American Cancer Society. To learn more about ACS' services, visit cancer.org/support. To explore partnership opportunities, contact Rosa Navas at rosa.navas@cancer.org.

Incidence Rates of Some Cancer Types Have Risen in People Under 50

Researchers at the National Institutes of Health (NIH) have recently completed a comprehensive analysis of cancer statistics for different age groups in the United States and found that since 2010, the incidence of 14 cancer types have increased among people under age 50.

Of these cancer types, nine — including several common cancers, such as breast cancer and colorectal cancer — also increased in some groups of people aged 50 and older. However, the incidence of 19 other cancer types — including lung cancer and prostate cancer — decreased among people under age 50, so the total rate of all cancers diagnosed in both younger and older age groups did not increase, nor did the rate of cancer death.

"This study provides a starting point for understanding which cancers are increasing among individuals under age 50," said lead investigator Meredith Shiels, Ph.D., of NIH's National Cancer Institute. "The causes of these increases are likely to be cancer specific, including cancer risk factors becoming more common at younger ages, changes in cancer screening or detection, and updates to clinical diagnosis or coding of cancers."

Researchers examined incidence and mortality trends for 33 cancer types, including incidence data for 2010-2019 from CDC's United States Cancer Statistics database, which includes cancer registry data that represent the entire US population, and mortality data for 2010-2022 from national death certificate data. Data were analyzed in six age groups: three early-onset (15-29 years, 20-39 years,



and 40-49 years) and three older-onset (50-59 years, 60-69 years, and 70-79 years).

Incidence of 14 of the 33 cancer types increased in at least one of the younger age groups. Incidence of nine of these 14 types also increased in at least one of the older age groups: female breast, colorectal, kidney, testicular, uterine, pancreatic, and three types of lymphoma. Although death rates did not

increase in early-onset age groups for most of these cancers, researchers did observe concerning increases in rates of colorectal and uterine cancers deaths at younger ages.

Only five cancer types increased in incidence among one of the younger age groups but not among any of the older age groups: melanoma, cervical cancer, stomach cancer, myeloma, and cancers of the bones and joints.

To understand the magnitude of the increases in terms of absolute numbers, the researchers estimated how many additional people were diagnosed with early-onset cancers in 2019 compared with expected diagnoses based on rates in 2010. The largest absolute increases were seen for female breast cancer, with about 4,800 additional cases in 2019, followed by colorectal (2,100), kidney (1,800), uterine (1,200), and pancreatic cancers (500). Female breast, colorectal, kidney and uterine cancers contributed to more than 80% of the additional early onset cancers in 2019.

The researchers speculated that risk factors such as increasing obesity may have contributed to some of the increases in early-onset cancer incidence in recent years. Changes in cancer screening guidelines, advances in imaging technologies, and increased surveillance of high-risk individuals may also have led to earlier cancer diagnoses, potentially contributing to rising rates among younger age groups.

To more fully understand and address these increasing rates, the authors said that future studies should examine trends in early-onset cancers across demographics and geography in the US and internationally. Additional research is also needed to better understand the risk factors that are particularly relevant to younger people.

This information was provided by the National Cancer Institute. For more information about cancer, please visit the NCI website at cancer.gov or call NCI's Cancer Information Service, at 1-800-4-CANCER (1-800-422-6237).



Cancer care that surrounds and supports.

Cancer can be an overwhelming diagnosis. It calls for all-encompassing care—from loved ones who step up, to providers who collaborate, to innovative treatments that make all the difference. Dignity Health hospitals in Los Angeles County and the Inland Empire are dedicated to providing compassionate cancer care, supporting you and your family every step of the way.

Learn more at dignityhealth.org/socal/cancercare.

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