OUR MISSION IS SIMPLE: Support our specialists in providing the best in personalized cancer care. Kaiser Permanente’s integrated health care system brings together a team of specialized physicians and cutting-edge technology to provide each patient with the best in personalized cancer care.
OUR COMMITMENT to Patients

Cancer care touches our lives both professionally and personally. It is a top priority at Kaiser Permanente. All of our physicians work on cancer in one way or another—whether to prevent it, detect it early, treat it when we find it, care for the survivors, or comfort those who may pass away as a result of the disease. We’ve made huge strides and continue to challenge ourselves through our commitment to every patient.

OUR WORLD-CLASS Cancer Care Team Includes:

- Experienced specialists who treat high volumes of patients
- Support at every step of care: risk reduction, screening, diagnosis, treatment, and survivorship
- Seamless and timely care coordination
- Cutting-edge technology
- Patient-centered care

Our specialists work collaboratively to ensure world-class cancer care treatment and outcomes for every patient, by leveraging our expertise, investing in cutting-edge technology, and pushing the boundaries of what’s possible.
Cancer Care Achievements

Cancer care is complex. We simplify screening, diagnosing, and treating patients with cancer through our integrated approach to care.
INTEGRATED Approach to Cancer Care

As one of the largest integrated health care systems in the United States, we can quickly adapt to advances in treatment. We bring those benefits to our patients every day to perform thousands of treatments each year. At the same time, we create truly transformational innovations. Both rapidly adapting and developing new advancements is only possible by leveraging our specialists’ knowledge from many disciplines and medical centers linked together by our electronic health record system.

We continuously weave advancements in equipment and techniques with each patient’s medical history, preferences, and unique needs. This means we can automatically review incidental findings, such as a thoracic imaging study that can be reviewed by various experts. This process facilitates rapid and consistent follow-up on unexpected cancer discoveries at imaging.

Our expert care team will work together to:

- Review newly flagged cases
- Meet with each patient to discuss next steps, treatment options, and personalized care recommendations

It is the same as getting a second, third, and fourth opinion at the start of the process.

Our integrative approach to care also allows us to apply the most effective screening protocols to save more lives, such as using universal reflex genetic testing for Lynch Syndrome of all newly diagnosed colorectal cancer patients.

Our multispecialty physician team will:

- Recommend multiple ways to provide patient-centered care
- Bring cutting-edge treatment to patients

This multidisciplinary approach is distinctive of our medical group and doesn’t exist in the fragmented fee-for-service health care sector. We’re able to standardize the best possible care, giving our patients their best chance to beat cancer.
CANCER CARE represents a large portion of our work at Kaiser Permanente. Only heart disease affects more people than cancer in the United States, and the number of cancer cases is quickly growing to surpass heart disease soon. We have an opportunity that other health care systems may not—to change that trajectory. The Commission on Cancer provides a foundation to focus on key quality care standards and our cancer program can lead this change.
COMMISSION on Cancer Accreditation

There are more than 1,500 Commission on Cancer (CoC) accredited cancer programs in the United States, representing only 30 percent of all hospitals and treating more than 70 percent of all cancer patients. All Kaiser Permanente Northern California facilities are accredited or pursuing accreditation. To earn this prestigious accreditation, a cancer program must meet or exceed 34 quality care standards, be evaluated every 3 years, and maintain levels of excellence in the delivery of comprehensive patient-centered care.

When cancer patients seek care at a CoC-accredited cancer center, they gain access to comprehensive, state-of-the-art cancer care close to home. Kaiser Permanente takes this one step further. Our integrated health care system allows for true multidisciplinary, end-to-end care, and treats cancer as a complex group of diseases treated by a team of specialists. Because of this approach, patients have access to clinical trials, new treatments, genetic counseling, and patient-centered services, including psychosocial support, patient navigation, and a survivorship care plan. We improve our patients’ quality of life—both before and after cancer. These integrated partnerships result in improved patient care.
Clinical Trials Matter to Us

We're proud to offer cancer patients access to cutting-edge treatment through participation in clinical trials.
Kaiser Permanente’s Cancer Research Paves the Way for Improved Outcomes

We’re recognized for participating in numerous clinical trials with national and international research organizations. All of our medical and radiation oncologists are investigators on our cancer research team. There are more than 70 clinical trials available to patients at any given time. Because of this, we offer patients access to cutting-edge treatment options and research in symptom management, screening, and prevention.

In 2014, Kaiser Permanente was awarded a 5-year grant of 10.4 million dollars from the National Cancer Institute (NCI) to conduct cancer clinical trials and cancer care delivery research studies. We joined 4 other Kaiser Permanente Regions to form an NCI Community Oncology Research Program (NCORP). This new program represents 1 of every 40 patients in the United States and continues to bring cutting-edge treatment options to our patients while comparing existing cancer treatments on a patient-by-patient basis.

The new funding will allow Kaiser Permanente to expand its focus on research into care delivery by:

- Evaluating alternative treatment delivery systems
- Examining disease prevention
- Exploring pain and symptom management
- Investigating disparities in cancer outcomes and how to eliminate them
TRENDS in Cancer Diagnosis

The cancer registry is an essential component of the Commission on Cancer (CoC) accredited cancer program and an invaluable tool in the fight against cancer. Like all CoC-accredited facilities, Kaiser Permanente maintains a cancer registry and contributes data to the National Cancer Database (NCDB). This nationwide oncology outcomes database is the largest clinical disease registry in the world. All types of cancer are tracked and analyzed through the NCDB and used to explore trends in cancer care. CoC-accredited cancer centers, in turn, have access to information derived from this type of data analysis, which is used to create national, regional, and state benchmark reports.

Our cancer registry data aids in identifying trends, assists in program planning, and allows our continuous evaluation of cancer care.

Specialists at this hospital interface with patients throughout our system. Our specialists' experience within the system is summarized in Table 1.
Table 1. Kaiser Permanente, Northern California Region
All Cancer Cases Diagnosed 2012–16: All Behaviors, All Stages
Leading Diagnoses by Year of Diagnosis (Ranked for 2016 Diagnoses)

<table>
<thead>
<tr>
<th>PRIMARY SITE OR TYPE</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>Total</th>
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<tbody>
<tr>
<td>BREAST</td>
<td>3,745</td>
<td>3,876</td>
<td>3,748</td>
<td>3,928</td>
<td>3,794</td>
<td>19,091</td>
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<td>MELANOMA</td>
<td>1,759</td>
<td>2,023</td>
<td>2,265</td>
<td>2,475</td>
<td>2,519</td>
<td>11,041</td>
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<tr>
<td>PROSTATE</td>
<td>2,608</td>
<td>2,436</td>
<td>1,415</td>
<td>1,705</td>
<td>1,712</td>
<td>9,876</td>
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<tr>
<td>LUNG/BRONCHUS</td>
<td>1,685</td>
<td>1,749</td>
<td>1,764</td>
<td>1,778</td>
<td>1,638</td>
<td>8,614</td>
</tr>
<tr>
<td>COLORECTAL</td>
<td>1,530</td>
<td>1,554</td>
<td>1,677</td>
<td>1,635</td>
<td>1,619</td>
<td>8,015</td>
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<tr>
<td>URINARY BLADDER</td>
<td>791</td>
<td>841</td>
<td>865</td>
<td>893</td>
<td>893</td>
<td>4,283</td>
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<tr>
<td>NON-HOD LYMPHOMA</td>
<td>743</td>
<td>725</td>
<td>850</td>
<td>829</td>
<td>830</td>
<td>3,977</td>
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<tr>
<td>CORPUS UTERI</td>
<td>696</td>
<td>648</td>
<td>758</td>
<td>739</td>
<td>802</td>
<td>3,643</td>
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<tr>
<td>KIDNEY/RENAL PELVIS</td>
<td>585</td>
<td>602</td>
<td>579</td>
<td>705</td>
<td>701</td>
<td>3,172</td>
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<tr>
<td>BRAIN/OTHER NERVOUS</td>
<td>661</td>
<td>691</td>
<td>740</td>
<td>645</td>
<td>563</td>
<td>3,300</td>
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<tr>
<td>PANCREAS</td>
<td>486</td>
<td>475</td>
<td>502</td>
<td>508</td>
<td>496</td>
<td>2,467</td>
</tr>
<tr>
<td>ORAL CAVITY/PHARYNX</td>
<td>445</td>
<td>465</td>
<td>508</td>
<td>517</td>
<td>485</td>
<td>2,420</td>
</tr>
<tr>
<td>ALL LEUKEMIA</td>
<td>483</td>
<td>529</td>
<td>528</td>
<td>479</td>
<td>481</td>
<td>2,500</td>
</tr>
<tr>
<td>THYROID</td>
<td>415</td>
<td>393</td>
<td>411</td>
<td>474</td>
<td>437</td>
<td>2,130</td>
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<tr>
<td>LIVER/INT. BILE DUCT</td>
<td>307</td>
<td>370</td>
<td>446</td>
<td>423</td>
<td>346</td>
<td>1,892</td>
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<tr>
<td>STOMACH</td>
<td>258</td>
<td>247</td>
<td>296</td>
<td>293</td>
<td>304</td>
<td>1,398</td>
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<tr>
<td>OVARY</td>
<td>293</td>
<td>246</td>
<td>300</td>
<td>280</td>
<td>262</td>
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<tr>
<td>MYELOMA</td>
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<td>243</td>
<td>257</td>
<td>268</td>
<td>236</td>
<td>1,254</td>
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<tr>
<td>SOFT TISSUE/HEART</td>
<td>136</td>
<td>161</td>
<td>148</td>
<td>147</td>
<td>164</td>
<td>756</td>
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<tr>
<td>ESOPHAGUS</td>
<td>168</td>
<td>150</td>
<td>165</td>
<td>184</td>
<td>163</td>
<td>830</td>
</tr>
<tr>
<td>ANUS/ANAL CANAL</td>
<td>150</td>
<td>164</td>
<td>180</td>
<td>186</td>
<td>162</td>
<td>842</td>
</tr>
<tr>
<td>VULVA</td>
<td>151</td>
<td>162</td>
<td>169</td>
<td>150</td>
<td>139</td>
<td>771</td>
</tr>
<tr>
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<td>105</td>
<td>120</td>
<td>131</td>
<td>119</td>
<td>569</td>
</tr>
<tr>
<td>HODGKIN LYMPHOMA</td>
<td>73</td>
<td>83</td>
<td>116</td>
<td>87</td>
<td>109</td>
<td>468</td>
</tr>
<tr>
<td>OTHER ENDOCRINE</td>
<td>160</td>
<td>176</td>
<td>156</td>
<td>156</td>
<td>107</td>
<td>755</td>
</tr>
<tr>
<td>CERVIX UTERI</td>
<td>96</td>
<td>86</td>
<td>93</td>
<td>90</td>
<td>102</td>
<td>467</td>
</tr>
<tr>
<td>OTHER SKIN</td>
<td>79</td>
<td>83</td>
<td>97</td>
<td>114</td>
<td>96</td>
<td>469</td>
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<tr>
<td>SMALL INTESTINE</td>
<td>74</td>
<td>78</td>
<td>82</td>
<td>87</td>
<td>89</td>
<td>410</td>
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<tr>
<td>OTHER BILIARY</td>
<td>62</td>
<td>67</td>
<td>74</td>
<td>58</td>
<td>79</td>
<td>340</td>
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<tr>
<td>LARYNX</td>
<td>77</td>
<td>81</td>
<td>70</td>
<td>92</td>
<td>75</td>
<td>395</td>
</tr>
<tr>
<td>ILL-DEFINED</td>
<td>658</td>
<td>644</td>
<td>568</td>
<td>520</td>
<td>430</td>
<td>2,820</td>
</tr>
<tr>
<td>ALL OTHERS</td>
<td>401</td>
<td>397</td>
<td>418</td>
<td>433</td>
<td>424</td>
<td>2,073</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>20,119</td>
<td>20,550</td>
<td>20,365</td>
<td>21,009</td>
<td>20,376</td>
<td>102,419</td>
</tr>
</tbody>
</table>

SOURCE: Kaiser Permanente—Northern California Cancer Registry (09/14/2017)
Program **GOALS:**
Psycho-Oncology Service

**Welcome Allison Faris, Psy.D.**

A cancer diagnosis can bring with it a range of emotions including anxiety and depression. These feelings can impact the cancer patient as well as their loved ones. Dr. Faris is a welcome addition to our cancer care team and is available to help support the emotional consequences of a cancer diagnosis and treatment.

Psycho-Oncology is concerned with aspects of cancer that go beyond medical treatment and include emotional, spiritual, quality of life, lifestyle, psychological, social aspects of cancer, and end-of-life issues.

Since Dr. Faris’ arrival, she has assisted more than 500 of our members with over 90% of her patients rating their service with her “very good to excellent.”

Dr. Faris’ services include:
- Psychosocial support
- Building coping skills
- Neuropsychological evaluations
- Cognitive issues due to chemotherapy
- Sexual counseling
- Support for families, couples, children and adolescents facing a cancer diagnosis
In the COMMUNITY

Kaiser Permanente Central Valley has a comprehensive cancer website offering easily accessible information and resources related to cancer care:

https://tinyurl.com/KPCentralValleyCaCare

Classes & resources open to KP members and the community:
**Whole Food, Plant Based Eating**: provides an overview of nourishing foods that are essential for health and healing.

**Survive & Thrive: Living with & Beyond Cancer**: find information & tips on emotional wellness & staying active & healthy during & after cancer treatment.

**Breast Cancer Support Group**: available for women who are undergoing or have completed breast cancer treatments.

**Cancer Support Group**: explore the topic of cancer through the various aspects of diagnosis, treatment & survivorship.

**Caregiver Support Group**: provides coping techniques & resources for caregivers.

We partner with the American Cancer Society by providing sponsorship & education resources at community events including:
- Relay for Life
- Making Strides Against Breast Cancer
- Look Good, Feel Better
When Patients **ASK**, We **LISTEN**

Conflicting information on what to eat during and after cancer treatment can cause confusion for patients. The **American Cancer Society** recommendations include an emphasis on plant foods, eating at least 2 ½ cups of vegetables and fruits each day.

Our “Whole Foods, Plant Based Eating” class covers how to meet your nutritional needs and how best to stock your kitchen to transition to a plant-based way of eating. After attending the class, 7 of 10 participants cut back on their animal-based foods by 2 or more servings each week and 6 of 10 added 2 or more servings of fruit and vegetables to their diet each week.

Or try working with a **Wellness Coach** who can help you create - and stick with – a plan to reach your goals. We also encourage you to stop by our weekly **Farmer’s Markets**. Our own Beth Goodridge, RD highlighted the health benefits of nuts on Good Day Sacramento, “A small handful can pack your diet with filling protein, fiber, unsaturated fats, and important vitamins and minerals.”

Our goal is to get the word out on the importance of choosing foods and drinks that help you **achieve and maintain a healthy weight**. **Ready to start?** Talk with your physician or stop by our Health Education Centers.
ABOVE and BEYOND:

Nearly 70 years ago, Kaiser Permanente founders Henry J. Kaiser and Sidney Garfield first articulated their pledge for total health and their vision for high quality, affordable health care. In pursuit of excellence, we, the physicians and employees of Kaiser Permanente, strive to deliver that vision every day.

No one is ever prepared for their image of health & happiness to be interrupted by cancer: suddenly thrust into a whirlwind of appointments, treatments & emotions. We are committed to offering high-quality care and hope for our patients. Our integrated model of care is represented by a team of dedicated physicians & staff from various specialties, collaborating closely to ensure streamlined & personalized support from the time of diagnosis to life after treatment.

We take great pride in our successful and well received multidisciplinary treatment teams available to meet the care needs of our members and reduce the “sleepless nights” when faced with a diagnosis of cancer.

Our accomplishments are built from the firm commitment & relentless work towards enhancing the care and services we provide to our cancer patients. We thank you for your trust & your partnership in your journey to getting well.

Megumi Tomita, MD
Oncologist
Assistant Physician in Chief
Chair of the Cancer Committee
CANCER Committee Members

Oncology
- Megumi Tomita, MD
- Naresh Patel, MD
- Cynthia Lan, MD
- Chun Ng, MD
- Jasmine Ingraham, RN
- April Spiller, LCSW
- Allison Faris, Psy.D.

Cancer Care Services
- Sharon Likely, RN
- Deshawn Jackson
- Anne Hansen, RN

Adult & Family Medicine
- Janet Thaung, MD
- Sukhjit Samra, MD

Surgery
- Saif Ghole, MD
- John de Graft Johnson, MD
- Tony Chang, MD
- Brenna Cole, RN

Pathology
- Caishu Deng, MD

Palliative Care
- Paul Luong, MD

Pulmonology
- Theodore Fong, MD

Clinical Trials
- Vanessa Sheldon, RN, OCN

Radiology
- Charlyne Wu, MD
- Alma Van den Raadt
- Thomas Lansburgh

Gastroenterology
- Merle Sogge, MD

Head & Neck Surgery
- Elizabeth Lai, MD

Health Education & Nutrition Services
- Raquel Moreno, RD

Psychiatry
- Tracy Gayeski, Psy.D.

Genetics
- Megahn Hanely, LGC
- Karin Wagner, LGC

Urology
- John Weedin, MD

Rehabilitation
- Beatina Agagon, PT

Administration
- Grace Yee, MBA
- Domenique Narimanfar
- Melinda Hamon

American Cancer Society
- Samantha Ruegsegger