

PATIENTS FIRST 2018 CANCER PROGRAM REPORT



EVERY DECISION WE MAKE IS BASED ON A SINGLE OBJECTIVE: BEAT CANCER BY ELEVATING CARE. WE JOIN FORCES WITH PATIENTS, LISTEN TO THEIR NEEDS, AND COMMIT TO PUTTING OUR PATIENTS FIRST.

Dear patients, supporters and clinicians,

We're pleased to share the El Camino Hospital 2018 Cancer Program Report: Patients First. This report reflects our longstanding commitment to do all that is possible to help our patients prevent and overcome cancer.

Our patient-centric philosophy drives every decision we make and every action we take. We've invested in leading-edge technology and designed our facilities around patient comfort, accessibility and convenience. Our standards for care are developed for optimal healing – from timely appointments and helping patients navigate services to ongoing support after treatment.

As medical directors, we're proud of our dedicated staff and our patient outcomes. The Commission on Cancer of the American College of Surgeons has granted El Camino Hospital a second consecutive three-year accreditation with commendation for excellence in the delivery of comprehensive, patient-centered care. But we're most proud of the lives we've saved and the quality of life our patients have achieved. We're honored to serve our patients and value the trust they have in us — confidence that strengthens our dedication to providing exceptional care.

If you need us, we're here for you. Call us at 650-988-8338. You can find specific cancer reports, including our most recent discussion on colorectal cancer, online at www.elcaminohospital.org/cancer.

Warmest Regards,

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Shyamali Singhal, MD, PhD Medical Director, Surgical Oncology El Camino Hospital

Robert Sinha, MD Medical Director, Radiation Oncology El Camino Hospital

Shane Dormady, MD, PhD *Medical Director*, Medical Oncology El Camino Hospital

ADVANCED, PERSONALIZED CARE, CLOSE TO HOME

diagnosis that's life-changing. At El Camino and treatment. We offer an environment that encourages education, an approach that



CARE AT EVERY STAGE

At El Camino Hospital Cancer Center, we understand a cancer diagnosis can be overwhelming. But cancer doesn't define you or those you love. We offer guidance and support during diagnosis, treatment and recovery. We do everything possible to promote healing and well-being — body, mind and spirit.





options with the comfort and personalized ones' names and minimize uncertainty and stress during treatment. We make it easier to get the care you need, with guidance and support every

who specialize in oncology, oncology-certified infusion center nurses, oncology coordinators,





OUR PROMISE TO PATIENTS: YOU COME FIRST. WE BELIEVE YOUR TIME IS VALUABLE, AND YOU DESERVE PERSONALIZED, WORLD-CLASS CARE.

OUR FOCUS IS ON YOU

When you're referred to El Camino Hospital Cancer Center, we do our best to schedule your visit within 48 hours — often, we can see you the next day. We make paperwork easy, offer prescription refills on-site, and you can reach your doctor by phone or email. We do everything possible to make it easier to get the care you need.

SEAMLESSLY COORDINATED CARE

We're experienced in caring for people with cancer and understand the challenges they face. This allows us to anticipate your needs and meet them — that's the foundation of our program. It's this focus on our patients that earned our program national recognition by the Commission on Cancer, an accreditation organization. You receive care from experienced staff members who work together with you to promote healing. Our complementary support programs - such as holistic services, art therapy, yoga and meditation classes — fulfill your social, emotional and spiritual needs.

Our team of trained cancer specialists is here to help. Oncology coordinators are dedicated to your experience in our program, clinical social workers help you with life outside the hospital, a nutritionist shows you how to eat for the healthiest outcomes, and a psychologist offers emotional support.

ADVANCED MEDICINE IN AN **ENVIRONMENT OF COMFORT**

We offer world-class technology for diagnosis and treatment, including Artemis[™] 3D Imaging and Navigation, CyberKnife® Radiosurgery System, Calypso[®] 4D Localization System[™], da Vinci Xi[®] Surgical System and more. Our specialists meet regularly to review cases and ensure patients connect patients to the latest biological therapies and clinical trials.

The setting may be technologically advanced, foam comfort chairs and radiant heat panels that clothing, skin care products, books and more.

EARLY DETECTION

research, and our doctors remain current with the latest advances in gene therapy. We recently Lung Cancer Screening — that supports current

STRONGER TOGETHER

Cancer is as different as the people who are impacted. For some, it's a disease people work hard to avoid by adopting a lifestyle that disease they're able to live with for decades. life throughout cancer therapy. At El Camino survivorship. Our support groups ensure you have ongoing encouragement from people who understand what you're going through.

CANCER SCREENING TESTS

Our early detection screening services and technologies include:

- + Mammogram. Our Breast Health Center offers 3D digital mammography that provides detailed electronic images of the breasts that detect early and highly curable breast cancers too small to be felt.
- + Colorectal cancer screening. Depending on your age and family medical history, our doctors recommend colonoscopy for early detection of precancerous growths or colorectal cancer.
- Lung cancer screening. If you're a smoker or have a family history of lung cancer, your doctor may suggest a routine screening of your lungs to look for cancer.
- + Genetic testing. This looks for changes in your genes, which can help predict your or your children's risk of developing cancer. Your family history and genetics can also give your doctor information to guide your treatment.
- Prostate cancer screening. Starting at age 45 to 50 (depending on your risk factors), we recommend an annual blood test and physical exam to screen for prostate cancer.
- MRI, PET and CT scans. If you're at high risk of developing cancer, we can incorporate any of these imaging technologies into a screening program to help us identify tumors early.
- Blood tests. Our laboratory evaluates blood tests quickly and accurately to confirm or rule out cancer.

"Our expertise is in colon cancer diagnosis. We listen to the patient's symptoms and look at results from lab tests, the colonoscopy and other data to give each patient a personalized evaluation."

> - Sanjay Ramrakhiani, MD, PAMF Gastroenterology El Camino Hospital



FOR PHYSICIANS

WHY PHYSICIANS SHOULD CONSIDER **REFERRING TO EL CAMINO HOSPITAL** CANCER CENTER.

WE MAKE IT EASY FOR YOU TO DO YOUR BEST WORK.

EXCEPTIONAL CARE

We understand your decision to choose one hospital over another is based on many factors. We believe that patient-centric care defines the quality of the patient experience. Our schedulers and coordinators are experts in streamlining the patient care process, offering access within 48 hours. They coordinate appointments and workups to ensure convenience and efficiency. We keep you and other members of the care team well-informed every step of the way. Together, we make sure your patients receive the very best care.

TECHNOLOGY INVESTMENT

We offer advanced diagnostic and treatment technology: da Vinci Xi[®] Surgical System, CyberKnife[®] Radiosurgery System, Calypso[®] 4D Localization System[™], and specialized equipment for navigational bronchoscopy and prostate biopsy.

FACILITY STANDARDS

El Camino Hospital Cancer Center offers an environment of healing with patient conveniences. It features an infusion center that's designed for patient comfort, an in-house laboratory and cancerspecific treatment rooms. We understand patients' needs and offer a full range of services to ensure they have complete services in a single place.

Oncology coordinators and nurse practitioners make patient/physician engagement seamless. All our support staff — including nutritionists, clinical social workers and psychologists specialize in treating cancer. Our nurses are all certified in oncology. The bar for physician/ patient support is high; we know the interactions that patients have with medical staff reflect on the physicians who lead their care.

THE COLLABORATIVE APPROACH AND THE EMPHASIS ON COMMUNICATION AMONG STAFF, PHYSICIANS AND PATIENTS ARE AT THE HEART OF OUR CANCER PROGRAM.



We provide our referring physicians with comprehensive, relevant information about our treatment programs, five-year survival rates and outcomes specific to the type of cancer affecting their patients.

Any minute we can free up for you is another minute you can devote to your patient mission. We support our doctors by caring about their well-being, too.

We don't take our commitment to patient-centric care lightly. For those of us who work at El Camino Hospital Cancer Center, putting the patient first changes our strategic approach to everything from patient experience to our engagement with primary care physicians and the expectations we have of each other. Caring isn't an afterthought. It's the passion that fuels why we choose medicine as our life's work and why every patient deserves our complete attention.

WE LIVE IN A WORLD WHERE SIMPLE, EVERYDAY CHOICES CAN MAKE A DIFFERENCE. CANCER HEALTHY™ HAS A POSITIVE IMPACT BEFORE DIAGNOSIS, DURING TREATMENT AND THROUGHOUT SURVIVORSHIP.

TODAY IS A NEW OPPORTUNITY TO LIVE A HEALTHY LIFE. START NOW.

Can cancer be prevented? Can its reoccurrence be reduced after treatment? Significant data suggest that we can all take steps to reduce our risk and support living our best, healthiest life.

Cancer Healthy is designed to share what we know about proven approaches to fight cancer during all stages of the disease, including how to prevent it. We combine the most current medical advancements with our real-world experience in an easy-to-understand roadmap. We provide simple steps you can take to make fighting cancer part of your overall lifestyle. Through our classes and one-on-one support, you learn what you can do at home to support your health every day.

Whether you choose to have cancer treatment at El Camino Hospital Cancer Center or another reputable provider in Silicon Valley, we encourage you to live your life Cancer Healthy.



SCREENING + EARLY DETECTION

Early detection saves lives. Knowing your risk factors from family history, the jobs you've held, and lifestyle choices can help us develop a personalized screening program for lung, breast, colon and many other cancers.

Cancer HELLTHY EL CAMINO HOSPITAL CANCER CENTER

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NUTRITION + ACTIVITY

Studies show that eating a diet of Cancer Healthy foods can reduce your risk of 11 different types of cancer by up to 30 percent. Adding more activity throughout your day, including spurts of higher intensity movement, can help you improve your health and fight off cancer.

"Exercise has been an important part of my recovery process. It's wonderful to know that I can count on a good, supportive group every Friday morning to work out with."

- El Camino Hospital Oncology Exercise Class participant

THE LOOMING

A few years ago, medical experts predicted a 45 percent increase in the number of people diagnosed with cancer in the U.S. between 2010 and 2030 — current trends show this to be true. Cancer Healthy is a way to lower your risk of cancer and improve your health after a cancer diagnosis. It's something everyone can do to stay well. We encourage you to find out more at www.elcaminohospital.org/cancer.



SUE C. "MY PERCEPTION OF CHEMO WAS VERY OUTDATED..."

PATIENT STORY



In mid-December 2013, a colonoscopy revealed Sue had a sizable tumor in her colon.

Sue's general surgeon at El Camino Hospital, Dr. Ming Liu, ordered a CT scan rather than immediately removing the tumor. It showed the cancer had already spread to her liver. Dr. Liu quickly referred Sue to El Camino Hospital Medical Oncology Director Dr. Shane Dormady for chemotherapy with the intent to shrink the tumor before doing anything invasive.

Sue was hesitant. "I'd told him I didn't want chemotherapy. I would rather be untreated." But she followed doctor's orders.

On December 23, Sue met Dr. Dormady for the first time. "His confidence and his expertise on treating my kind of cancer made me want to be his patient." She began chemotherapy. Her family members were full of doubt and lobbied for second opinions, and Sue obliged by visiting doctors at Stanford and University of California, San Francisco, even after she had started treatment with Dr. Dormady. Despite the family's fears, after just two treatments, the success was stunning. In the first phase of treatment, chemotherapy alone shrank the primary tumor down to a third of its original size.

"The effectiveness of chemotherapy was unbelievable. The CEA number dropped from 480 to 62 with just one treatment, then to 14, 8 and 5 in less than three months of treatment."

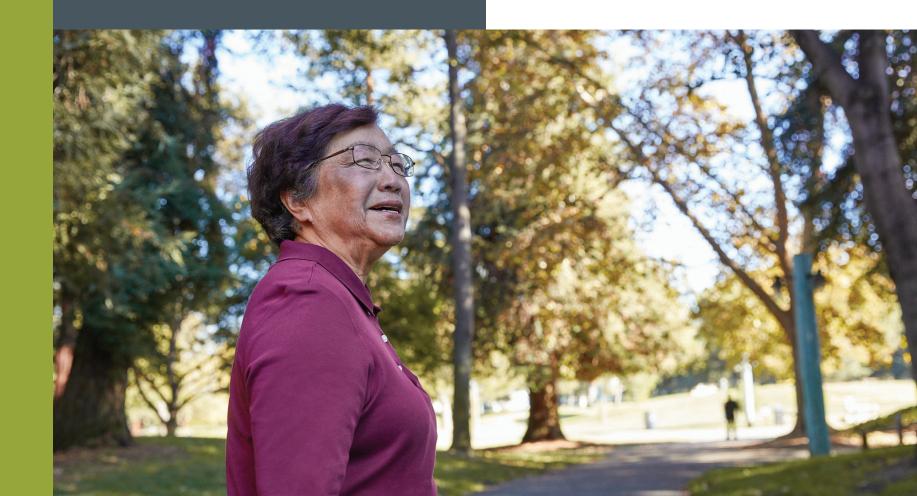
Later, Dr. Liu was able to remove the nowdiminished primary tumor using a minimally invasive laparoscopy procedure.

In 2016, Dr. Robert Sinha, medical director of Radiation Oncology at El Camino Hospital, used CyberKnife^{*} to treat the remaining cancer in Sue's liver. After a routine PET scan in March of 2018, Dr. Sinha again successfully removed the recurrent cancer using CyberKnife.

For cancer patients like Sue, El Camino Hospital Cancer Center becomes a second home thanks to unrelenting care and compassion. "It's like a reunion when I come for treatment every two weeks. Although I'm a cancer patient, I don't feel sick at all. Without the treatment, I would be long gone."

HER ADVICE

"Don't panic. Cancer is not untreatable anymore."



HER HOBBIES

Surfing the internet, classical music, Chinese calligraphy and literature.

PHILANTHROPY: PROVIDING THE EXTRA MARGIN OF EXCELLENCE

YOU CAN GIVE THE GIFT OF BETTER CANCER CARE.

Donations from generous community members have supported the El Camino Hospital Cancer Center every step of the way — from a sketch on the back of a napkin into an accredited program that serves 2,000 new patients each year. Donations fund the nurse navigators, nutritionist, social worker and psychologist, who provide logistical and emotional support. They underwrite the holistic healing programs at the Pamela and Edward Taft Healing Space and provide financial assistance to patients struggling with the financial

toll of illness. Charitable gifts launched the survivorship program that helps patients move forward after treatment and the prevention and early detection program that strives to keep our community Cancer Healthy. They fund the purchase of advanced equipment like the Calypso® 4D Localization System[™] and support clinical trials that give patients access to promising experimental therapies. Donations to El Camino Hospital Foundation help ensure our patients receive personalized, expert care every day.

"The wonderful, generous people of our community have supported us to create a patient-focused program at El Camino Hospital Cancer Center. Every time we've asked to go to the next level or have more services for our patients, the Foundation has provided funds to make it possible."

- Shyamali Singhal, MD, PhD Medical Director, Surgical Oncology **El Camino Hospital**

WWW.ELCAMINOHOSPITAL.ORG/GIVECANCERCARE

JUDY H. "HE MADE ME FEEL SECURE THAT WHAT I HAD WAS TREATABLE."

PATIENT STORY

first thought. Judy had had a hysterectomy and was experiencing menopause, which has a wide range of symptoms, including night sweats. She was losing weight and had already lost 30 pounds. Judy remembers her teeth hurting and her mouth feeling referred her to an ENT specialist who prescribed an antibiotic mouthwash.

Judy was tired, her chest and back hurt, and she didn't look healthy. "You look grey, Mom," her son said. The antibiotic mouthwash helped for a few weeks, but the pain and discomfort came back. Judy went back to her ENT doctor and had an MRI. That

Her appointment was on December 17. "I chose to I saw. That's how secure he made me feel." The diagnosis was Hodgkin lymphoma, and on December 23, she started chemotherapy.

made me feel secure that what I had was treatable. of radiation, once a week.

enjoying life with her granddaughter Jezreel. She's thankful to the entire care team and her family.



HER ADVICE

"Don't sweat the small stuff. Life is too short. Things I used to fight and argue about don't matter anymore... I have more compassion and see life differently."

HER MOMENT

When she lost her hair. her husband shaved his head in solidarity.

MINDY S. "MY FIRST THOUGHT WAS. **'I'VE BEEN TRAINING FOR THIS.'"**

PATIENT STORY

Mindy takes care of herself. She regularly bikes long distances with her husband, which gives her a lot of time to think about life. When she noticed blood in her stool, she didn't jump to negative conclusions. She made an appointment with her doctor to get it checked out.

A colonoscopy revealed a massive tumor. After that, Mindy, the cyclist, turned on the motivation and the speed.

When her medical system wasn't responding quickly enough, one of Mindy's nurses recommended she call El Camino Hospital Cancer Center. "I felt really lucky that they were able to squeeze me in the next day." She was also impressed with the information, attention and an aggressive plan of attack she received.

"There was no comparison. Dr. Shane Dormady said, 'We're going for a cure.'" That resonated with Mindy and her husband, Guy, and they brought that attitude with them to Mindy's infusion appointments. "It was a fun time, not a sad time." Guy and fellow cyclists from her club scheduled themselves in shifts, so she was never alone.

Once again, Mindy and Guy are back on the road and riding strong. "In so many ways, I'm better than ever."



	2018 COMMUNITY OUTREACH		2018 0
	COORDINATOR REPORT		COOR
	7/24/2018		7/24/2018
PROGRAM TYPE	STANDARD 4.1 - PREVENTION	PROGRAM TYPE	STANDARD 4.2
CANCER SITE SELECTED	COLORECTAL	INDICATOR SELECTED	BODY MASS IND
NEED ADDRESSED / REASON FOR PROGRAM	According to the American Cancer Society, colon and rectal cancers combined (known as colorectal cancer) is the third most common cancer in both men and women in the United States. The National Cancer Institute reports that over 90% of people are diagnosed after age 50. As noted in our Community Needs Assessment, a study by the CDC in 2012 concluded that only 67.1% of Californians are up to date with recommended colorectal screening. Colorectal cancer has a high mortality rate, in part due to late-stage diagnosis. Maintaining a healthy weight, eating a nutritionally balanced diet, and staying current with scheduled colonoscopy screenings can reduce the risk of developing colorectal cancer.	NEED ADDRESSED / REASON FOR PROGRAM	The National Cance cancer in both men Needs Assessment, i the rate of overweig of the population of Free BMI screening weight and to ultima
DATE NEED IDENTIFIED AND DOCUMENTED IN MINUTES	3/7/18	DATE NEED IDENTIFIED AND DOCUMENTED IN MINUTES	3/7/18
DATE OF ACTIVITY	Ongoing	DATE OF ACTIVITY	6/2/18
ACTIVITY & LOCATION	El Camino Hospital conducts an ongoing educational program at both campuses (Mountain View & Los Gatos, CA), and sponsors outreach events in the community.	ACTIVITY & LOCATION	El Camino Hospital
TOOLS OFFERED	Between June and July 2018, the Cancer Center hosted and attended community outreach events. El Camino Hospital offered prevention education and informational handouts on colorectal cancer. Information contained the recommended age for colonoscopies, a discussion to encourage limits of alcohol	TOOLS OFFERED	Scale Tronix, Stadio informational hando
	consumption, reasons why smoking adversely impacts outcomes, the importance of exercise and Cancer Healthy™ nutrition information.	NUMBER OF PARTICIPANTS	43 BMI screenings p
NUMBER OF PARTICIPANTS	There were 208 attendees at El Camino Hospital Cancer Survivors' Day, Mountain View, with 11 participants interested in colon cancer prevention education. The numbers of participants at the Cancer Center resource tables: 15 at El Camino Hospital Men's Health Fair, Los Gatos; 23 at Dilli Haat, San Jose;	SUMMARY OF ACTIVITY	Screenings performe Email and website (1
SUMMARY OF ACTIVITY	13 at Jazz on the Plazz, Los Gatos.	EFFECTIVENESS	The effectiveness of as follows: + 2% were under
SUMMART OF ACTIVITY	Our outreach includes large community events, prevention surveys, distribution of educational materials, plus email and website (newsletter) marketing.		 + 53% were norm + 16% were overv + 28% were obese Screening calculates
EFFECTIVENESS	Summary of effectiveness of colorectal cancer prevention activities, based on 11 pre-test survey responses: + 100% were 50 years old and older.		
	 91% strongly agree that healthy diet and exercise decrease risk of developing colorectal cancer. 82% responded that their doctors recommend screening for colonoscopy. 55% responded that their provider recommended colorectal screening within 1-3 years. 	FOLLOW-UP PROCESS	The 23 patients with The 20 patients with with recommendation
	 In post-test survey results: 54% agree they could get information about prevention of colorectal cancer from doctors and El Camino Hospital Cancer Center. 18% agree they could get information from colorectal cancer prevention education at Cancer Survivors' Day and El Camino Hospital website. 82% agree that a better diet will decrease the risk of developing colorectal cancer and will positively impact their health. 		colorectal cancer. Out of the 20 abnorn + 9 participants (+ 4 participants (+ 1 participant (5 + 2 participants (There were a total o + 8 participants (
NATIONAL GUIDELINE OR INTERVENTION FOLLOWED	National Colorectal Cancer Roundtable (NCCRT), National Cancer Institute (NCI), American Cancer Society (ACS)	NATIONAL GUIDELINE	appropriate fol + 1 participant (1
DATE ACTIVITY ASSESSED	7/24/18	OR INTERVENTION FOLLOWED	National Cancer Ins
		DATE ACTIVITY ASSESSED	7/24/18

www.nccrt.org/resource-center | www.cancer.gov/colorectalcancerrisk | www.elcaminohospital.org/services/cancer-care/conditions-treatments/colorectal-cancer | www.elcaminohospital.org/services/cancer-care/cancer-care/cancer-ca org/library/colorectal-cancer-screening | www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity/fact-sheet | www.cancer.org/healthy/eat-healthy-get-active/take-control $your-weight/body-mass-index-bmi-calculator.html \mid www.cdc.gov/mmwr/preview/mmwrhtml/mm6244a4.html$

COMMUNITY OUTREACH DINATOR REPORT

2 - SCREENING

DEX (BMI)

r Institute reports that a higher BMI is associated with an increased risk of colorectal and women, but the increase is higher in men than in women. Per our Community in 2013, the Santa Clara County Public Health Department released their findings that ht / obese adults had increased from 52% in 2000 to 55% in 2009. In 2010, only 18% f Santa Clara County ate the recommended five servings of fruits and vegetables daily. s is provided for patients and cancer survivors, to maintain the recommended healthy ately reduce the risk of developing colorectal cancer.

Mountain View, Cancer Survivors' Day

ometer, Scale, BMI Calculator, Height-Weight Chart, El Camino Hospital and ACS outs

performed

ed for interested participants at Cancer Survivors' Day. (newsletter) marketing.

f the Body Mass Index (BMI) screening activity shows that participants were calculated

weight (1). nal weight (23). weight (7). e (12). s recommended healthy weight for patients in reducing the risk of colorectal cancer.

normal weight were provided NCI and ACS recommendations on colon screening.

abnormal screens (underweight, overweight and obese) received a phone call ons for appropriate follow-up and how unhealthy weight correlates to risk of

mal screens:

(45%) were interested in follow-up.

(20%) made an appointment with a gastroenterologist.

5%) made an appointment for oncology.

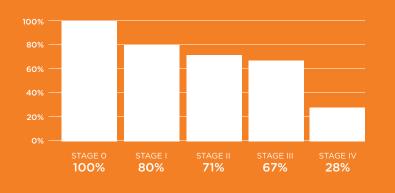
(10%) made an appointment with their primary care provider.

f 9 participants who were screened for colorectal cancer: (89%) were negative for colorectal cancer with recommendations provided on llow-up.

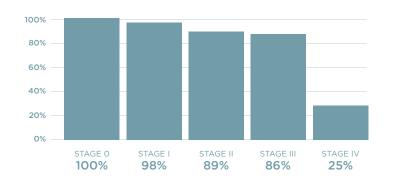
11%) had colorectal cancer detected with appointment given for surgical consultation.

stitute (NCI), American Cancer Society (ACS)

COLON CANCER 5-YEAR SURVIVAL RATES



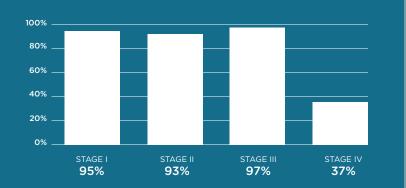
BREAST CANCER 5-YEAR SURVIVAL RATES



Data are from the El Camino Hospital cancer registry.

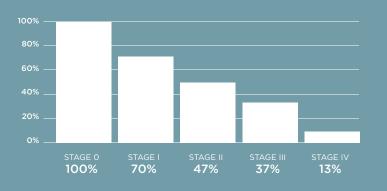
Data are from the El Camino Hospital cancer registry.

PROSTATE CANCER 5-YEAR SURVIVAL RATES



Data are from the El Camino Hospital cancer registry.

NON-SMALL CELL LUNG CANCER 5-YEAR SURVIVAL RATES

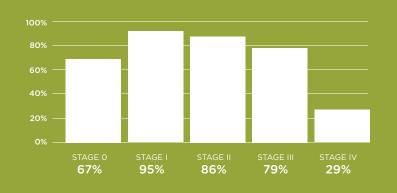


Data are from the El Camino Hospital cancer registry.

THE CHARTS HIGHLIGHT SURVIVAL RATES FOR EL CAMINO HOSPITAL PATIENTS DIAGNOSED IN 2013 AND TREATED OVER THE LAST FIVE YEARS. DATA ARE FROM THE EL CAMINO HOSPITAL CANCER REGISTRY.

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UTERINE CANCER 5-YEAR SURVIVAL RATES



OUTSTANDING OUTCOMES WE BELIEVE THERE'S A BETTER WAY TO FIGHT CANCER.

A few years ago, we developed our model with a unique vision in mind: What if a community hospital could provide cancer care close to home, deliver quality associated with academic medicine, offer the latest in technology, and commit to putting patients first? The model wouldn't just be rhetoric or an ideal — it would be a day-by-day practice. Beyond being the right thing to do, would it positively impact medical outcomes?

Today, the El Camino Hospital Cancer Center is the embodiment of this vision. Every day, we commit to putting patients first, front and center in our world. It's this approach that brings many people to El Camino Hospital Cancer Center — even those who live outside Silicon Valley. Patients are referred to us by their primary care doctors, specialists, friends and family members. Our outstanding outcomes, based on five-year survival rates, show our strategy is working.

NATIONAL ACCREDITATION WITH COMMENDATION

The Commission on Cancer (CoC) of the American College of Surgeons (ACoS) has granted us a second consecutive three-year accreditation with commendation, extending through 2019. To earn accreditation, a cancer program must meet or exceed 34 quality care standards, be evaluated every three years, and maintain levels of excellence in the delivery of comprehensive, patient-centered care.

This is the highest accreditation that can be achieved by a community hospital. It's granted to only 25 percent of hospitals nationwide.

> Commission on Cancer®



650-962-4597 New Patient Coordinator

650-962-4592 Fax Number For Referrals



For more information or referral to one of our experts, please call or visit our website. 800-216-5556 WWW.ELCAMINOHOSPITAL.ORG/CANCER

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