

TRI-CITIES
**Cancer
Center**
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www.tccancer.org
7350 W. Deschutes Ave.
Kennewick, WA 99336

2
Accept It and Do
What Has to be
Done

4
Thyroid Cancer;
A Growing Health
Concern?

7
Featured July
Events

8
July 2016
Calendar





Pictured left:
Maurice with his
wife E'Reani
Pictured right:
Together on their
property

ACCEPT IT AND DO WHAT HAS TO BE DONE: How one soldier dealt with cancer

By: Carl Berkowitz, TCCC Volunteer

"It started as a soft lump on the back of my shoulder, about walnut size. The initial diagnosis was just a little fatty tumor, but not cancer." said Maurice Schmidli, "But a year later it had grown to the size of a mango cut in half."

Which was when his primary care provider at the Seattle V.A. Hospital said it had to be removed. Although the surgeons were initially concerned about doing the procedure on a 90 year old WW II veteran, their concerns vanished when they met Maurice and saw the great condition he was in. Then there was no question about how to proceed.

"They said I was in better shape than most 60 year olds. And the procedure went well although a biopsy of the removed tumor showed I had a rare and potentially deadly form of liposarcoma that would require more treatment."

The V.A. initially wanted Maurice to get 6 weeks of daily treatment in Spokane. But Maurice and his wife, E'Reani (also a cancer survivor), had a farm in Pasco that needed attention every day. So neither an extended stay in Spokane nor a two hour drive to Spokane, twice a day, for six weeks was feasible.

As an alternative, they proposed that the treatment be done in the Tri-Cities. E'Reani argued that "...we have a world class cancer

“...we have a world class cancer treatment center just 15 miles from our house. It made no sense for us to travel to Spokane for what could be done right here”.

Pictured right: Maurice with his medals from WWII



treatment center just 15 miles from our house. It made no sense for us to travel to Spokane for what could be done right here.” Based on the information E’Reani sent the V.A., the Tri-Cities Cancer Center (TCCC) was contacted, administrative details were worked out and the treatment plan for Maurice was finalized.

Which is how former U.S. Army Sgt. Maurice Schmidli met former U.S. Navy Lieutenant Commander Dr. Sue Mandell, the Medical Director at the TCCC.

The two vets hit it off right away. “We were very impressed with her competency and her warmth. She’s been a wonderful doctor to work with.” Although cancer is a scary thing to deal with, and death is something many patients think about, Maurice had a different attitude. He felt that, as a result of the treatment he was receiving at the Seattle V.A. Hospital and the TCCC, his bout with cancer didn’t begin to approach his closest brush with death.

This occurred more than 70 years ago during the Battle of the Bulge where he served in the infantry for one of the bloodiest battles ever fought by the United States and what is considered by many to have been the turning point of the war in Europe. “I was a kid of 18 years who just accepted where I was and did what I had to do.” But he admitted that he didn’t fully realize the pressure he was under until he was given R&R back where the artillery pieces were positioned, far behind the fighting line. “Only then did I realize how much pressure we felt during these battles.”

His philosophy towards battling cancer was similar. When it was identified, he accepted it and did what had to be done. “You have to learn the ramifications of your choices and decide what to do, what not to do and what will happen if you do or don’t do something.” To which E’Reani added “And also head for Kennewick if you have cancer”.

Lt. Cdr. Dr. Mandell recently gave Sgt. Schmidli a clean bill of health. Now he and E’Reani continue to stay in shape by working in their big garden, maintaining 5 acres of beautiful farmland in Pasco and staying active in the community through organizations that include the Tri-Cities Elks and the Tri-Cities Wine Society. They are in great condition today, full of life, vigor and warmth. Their advice to other cancer patients is to accept where you are, search out the best medical care you can, and do what has to be done. Also “...have a glass of good wine every day...preferably a shiraz or tempranillo.”



The Tri-Cities Cancer Center offers veteran services including, local treatment. Veterans, we are here to serve you should you need us. For more information about our veteran programs, please call (509) 783-9894 to connect with a Nurse Navigator.



THYROID CANCER: A growing health concern?

By: Guy Jones, MD, Radiation Oncologist, TCCC

The thyroid gland is an organ of the body's endocrine system in the front of the neck. It is responsible for secreting a hormone, conveniently named "thyroid hormone," which helps regulate the body's metabolism and temperature.

It is not uncommon for a patient to notice a painless lump along the front of their neck and, most of the time, it is nothing to be concerned about. The lump may be an enlarged lymph node from an infection, or possibly a side effect of medication. Even when the lump is on or in the thyroid gland itself, it is often nothing serious. On rare occasions, however, it may be a sign of cancer.

Thyroid cancer was once a rare disease. However, over the last 20 years, its incidence has sharply increased, in fact more rapidly than any other cancer in the United States. An estimated 65,000 people will be diagnosed with the disease this year.

Most of this increase in new cases of thyroid cancer can be explained by improvement in, as well as increased access to, early detection methods. Thyroid ultrasounds are now widely available even in primary care offices. If an abnormal thyroid nodule is found, it may be followed with subsequent imaging studies or biopsied to rule out cancer.

Instances of thyroid cancer peaks near the age of 50. Women are more commonly affected than men, but mortality rates are higher in men with the disease. Most cases arise in patients without a family history of the disease.

Fortunately, thyroid cancer has an overall excellent prognosis, with approximately 98% of patients surviving five years after diagnosis. By far, the most important predictor of outcome is the patient's age at diagnosis, and younger patients tend to have better survival. Other important characteristics include the size of the disease, whether it is completely contained within the thyroid, and whether lymph nodes are involved.

Treatment of thyroid cancer nearly always starts with surgery. The portion of the thyroid gland that is removed during surgery is given to a pathologist to examine. The pathologist will look at the disease under a microscope in order to make a final diagnosis and report on the size of the cancer as well as any other aggressive features. Certain findings may increase the chance that the cancer will return and will lean toward a recommendation for further treatment which may include radiation therapy.

Radiation therapy for thyroid cancer is most often accomplished by a form of "internal radiation" using a radioactive isotope of iodine called iodine-131, or simply I-131. I-131 can be thought of as a Trojan horse of sorts. Thyroid cancer cells, just like normal thyroid cells, take up iodine from the food we eat and use it to create thyroid hormone. I-131 is a radioactive form of iodine which, once ingested, is taken up by any existing thyroid cancer cells and, in the process, destroys those cells. Our team at the Tri-Cities Cancer Center often partners with area Endocrinologists for the delivery of I-131 and Ear, Nose and Throat (ENT) physicians for the treatment of thyroid cancer.

Some thyroid cancers, such as anaplastic or medullary, have mutated to become even more different from thyroid cells and no longer take up iodine. In those cases, I-131 may not help and "external radiation" using X-rays may be needed. This form of external radiation is one of the special capabilities of the Varian Edge at the Tri-Cities Cancer Center.

KIDS KONNECTION: Kids: caring and coping with a loved one's cancer

By: Natalie Safford, TCCC Volunteer



My dad died of cancer nearly two years ago. Since then, I've wanted to help other kids who have had a parent or loved one diagnosed with this disease. This led me to Kids Konnection at the Tri-Cities Cancer Center. Working here has always been rewarding, but it's especially fulfilling when one of these amazing children shares that the program is making a difference in their life.

Kids Konnection is a support program designed to help youngsters cope with cancer in their family. It consists of six weekly meetings, each gathering lasting 1.5 hours. The program teaches kids to understand cancer with children their own age.

Shortly after the last Kids Konnection session, I caught up with Kaitlyn Yeagley, a caring seven year old with a love for crafts. Kaitlyn told me that Kids Konnection taught her it was okay to talk about cancer. "It helped me feel safe," Kaitlyn said. Before Kids Konnection, Kaitlyn was reticent to talk about her mother's cancer. She felt burdened and didn't want to upset her mom. Kids Konnection gave her a secure place to talk about her feelings. This helped her realize that she didn't have to hold everything inside. "It made me feel comfortable to talk to my parents."

Kids Konnection crafts and activities act as a doorway to empower the kids to speak up. Kaitlyn loved being able to write down how she felt and connect with other children. "It was nice to be able to talk to other kids about what cancer would do." The crafts also gave her the opportunity to share what she felt with her parents. Her mother Betty said she really started opening up after the third or fourth week.

Today, Kaitlyn openly talks about cancer with her family. She discusses concepts such as how long the cancer is going to last and when the next appointment is. She also asks what she can do to help her mom. Kids Konnection has shown Kaitlyn that she doesn't have to go through the cancer experience alone.

About the Author




Natalie Safford is a 22 yr old with strong ties to the community in general and the Tri-Cities medical community specifically. Her mother worked as a medical office manager, her uncle is a surgeon and her extended family assisted many physicians in their relocation to the Tri-Cities. She is a graduate of Gonzaga University and is currently working as a substitute elementary school teacher. She lost her father to cancer in 2014 and a year later sought out volunteer work at the Tri-Cities Cancer Center. On her volunteer application she noted a desire 'to make a difference in cancer awareness and the cancer patient experience.' We are proud to be mentoring Natalie in her goal to become a writer and we are more than pleased with the contribution she is making to Kids Konnection.



OUR COMMUNITY CARES!


To find out more information about the event below, visit the Tri-Cities Cancer Center Foundation office or call (509) 737-3413.




VOLUNTEER SPOTLIGHT

Donna Whiteside



"I volunteer at the Cancer Center because it is rewarding. Many times after helping a patient find a wig, hat, etc. they turn as they are leaving and say they need one more thing... a hug. That to me, is what motivates me to continue volunteering"



2
years




Over 300 hours


January - May
total volunteer hours
3,099 hours

Bonney Bence

"The Cancer Center is unique. The staff is outstanding, they are state of the art kind of people. I volunteer because everyday that I can make someone happy after their diagnosis makes me feel great about what I am doing"




9
years




Over 1,500 hours

Find out how you can volunteer



BABE NYBERG
VOLUNTEER
COORDINATOR
509.737.3434



DOWNLOAD
APPLICATION
ONLINE

WWW.TCCANCER.ORG




Supporting Tri-Cities Cancer Center

Join Us For A Great Day on the Course!

Sponsor A Hole At Our Annual Golf Tournament

\$350

By purchasing a Tee & Green sponsorship you receive:

- Name and preferred logo on a tee sign
- Acknowledgment in the HAPO Golf Classic Thank-You Ad
- Recognition in the Foundation Annual Report

Or be an Eagle Sponsor

\$1200

Benefits include:

- team of four players
- tee prize & 2 meals per player
- name/logo on tee & green sign

Call (509) 737-3373 or email: lori@tccancer.org
 Friday, August 19, 2016 - Canyon Lakes Golf Course
 Kennewick, Washington

SERVING OUR COMMUNITY

Founded in 1994 as the radiation oncology service of Kadlec Regional Medical Center, Lourdes Health Network and Trios Health, the Tri-Cities Cancer Center has grown to be the community's leader in cancer prevention, early detection, world-class treatment and survivorship.

Our mission is to provide the best cancer care for patients by working with key specialists, our owner hospitals, volunteers and our community. We are the regional provider of comprehensive cancer solutions. We are your Tri-Cities Cancer Center.

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FEATURED JULY EVENTS

RSVP for presentations by calling **(509) 737-3427** or visit tccancer.org. Presentations offered at no cost unless otherwise stated.

Gentle Yoga

Facilitator: Teena Giulio

Date: Tuesday, July 12th, 10:00 - 11:00 a.m.

Yoga is known for its health and wellness benefits. Join us for a gentle, introductory yoga that can improve posture, stretch your body and relieve tension. At this class you will learn sitting yoga flow and yoga from a stance using a chair for stability. Whether you are a cancer patient, survivor or caregiver, we would like you to try yoga and explore how it can benefit you! **Please call (509) 737-3427 for more information, reservations are not necessary.**

Quit Tobacco

Presenter: Gretchen Saunders, RN, BSN, CTTS, Tri-Cities Cancer Center

Date: Tuesday, July 12th, 2:00 - 3:30 p.m.

This program will help you identify triggers, come up with ways to beat them, and discuss the use of stress reduction and nicotine replacement therapy. First time participants will be offered the choice of nicotine replacement patches or nicotine gum. Quit Tobacco is provided at no cost thanks to generous donations made to the Tri-Cities Cancer Center Foundation. **Please call 737-3427 to RSVP. May register up until the day of the class.**

Presentation: Thrivorship; Recovery After Cancer

Presenter: Sarah Nelson, PT, DPT, WCS, Therapy Solutions

Date: Wednesday, July 20th, 12:00 - 1:00 p.m.

Recovery and rehabilitation after cancer treatment takes more than time. Physical Therapists and Occupational Therapists can often super charge the recovery process and minimize the risk of some long term effects like lymphedema. Please join us and learn how to set a course for optimal quality of life after cancer. Lunch provided with reservation. **Please call 737-3427 to RSVP by Monday July 18th. Lunch will be provided with RSVP.**

Presentation: A Team Approach to Thyroid Cancer

Presenters: Ron Schwartz, MD, Kadlec Clinic, Steve Kunkel, MD, Kadlec Clinic and Guy Jones, MD, Tri-Cities Cancer Center

Date: Thursday, July 28th, 12:00 p.m. - 1:00 p.m.

Our thyroid gland is part of the body's complex endocrine system. It secretes a hormone to regulate metabolism, heart rate, blood pressure and other important body functions. Thus, thyroid cancer treatment often needs a team of providers for best outcomes. Please join us as a team of doctors, each of whom has successfully treated or cared for thyroid cancer patients, explains the care plan from diagnosis to cure. **Please call 737-3427 to RSVP by Tuesday July 26th. Lunch will be provided with RSVP.**

Quit Tobacco Classes - Do you want to be a quitter?

As you might guess, your Tri-Cities Cancer Center is a Tobacco-Free Campus. Would you like to be tobacco free but are struggling with doing so? We offer monthly Quit Tobacco classes at no cost thanks to generous donations to the Tri-Cities Cancer Center Foundation. Our next class is Tuesday, July 12, from 2:00-3:30 p.m. **First time participants will be offered the choice of nicotine replacement patches or nicotine gum.** Please call 737-3427 to RSVP. May register up until the day of the class.



JULY 2016 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENT INFORMATION KEY All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted. WC - Wellness Center FS - Fireside Room RR - Reservations Required LIB - Library RC - Resource Center ACR - Admin Conference Room					1 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	2
3	4	5	6 OVARIAN CANCER TOGETHER SUPPORT GROUP FS 1:00PM - 2:30PM	7 CANCER SUPPORT GROUP FS 10:00AM - 11:30AM	8	9
10	11	12 GENTLE YOGA WC 10:00AM - 11:00AM QUIT TOBACCO ACR & RR 2:00PM - 3:30PM	13 WARRIOR SISTERHOOD CALL 737-3432 FOR LOCATION 5:30PM - 7:00PM	14	15 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	16
17	18	19 ASK A PHARMACIST FS & RR 4:00PM - 5:00PM	20 PRESENTATION: THRIVORSHIP; RECOVERY AFTER CANCER WC & RR 12:00PM - 1:00PM	21 CANCER SUPPORT GROUP FS 10:00AM - 11:30AM	22	23
24	25	26	27 CRAFTS & CONVERSATION WC & RR (\$5 FEE FOR THIS CLASS) 9:00AM - 11:00AM	28 PRESENTATION: A TEAM APPROACH TO THYROID CANCER WC & RR 12:00PM - 1:00PM MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS WC 1:30PM - 2:30PM LYMPHOMA-LEUKEMIA-MULTI-MYELOMA SUPPORT GROUP ACR 4:00PM - 5:00PM	29	30
<div style="background-color: #808080; color: white; padding: 10px; text-align: center;"> Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time. </div>						
31	Be sure to keep updated on future events and presentations by visting our online calendar at www.TCCancer.org .					