

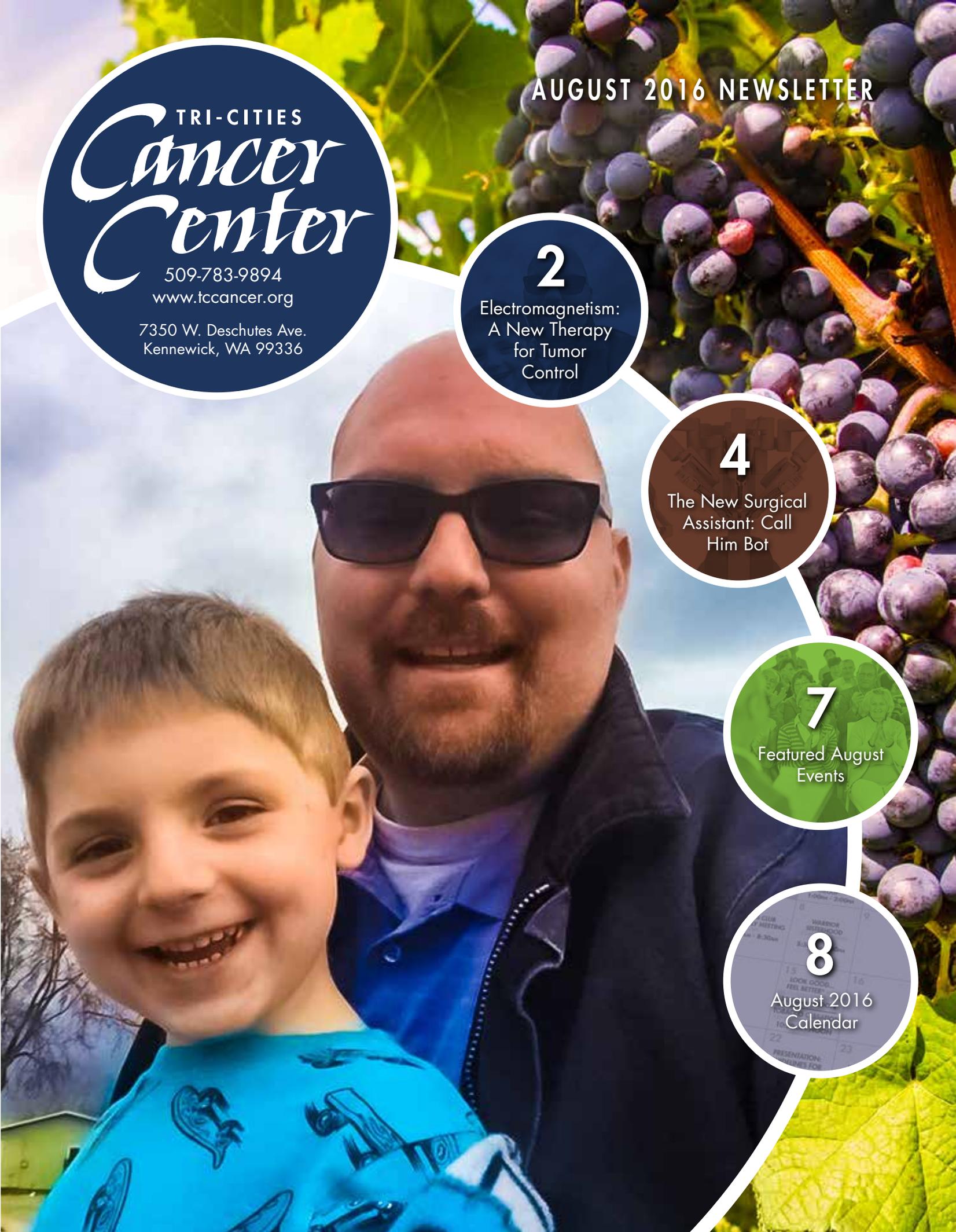
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The Optune by  
Novocure™



Pictured left:  
Patient wearing  
Optune device  
Pictured right:  
Marshall with  
family.

# ELECTROMAGNETISM: A New Therapy for Tumor Control

By: Carl Berkowitz, TCCC Volunteer

It sounds like something from 'Star Trek.' A small wearable device that projects fields of electromagnetic energy to destroy cancer cells. Only it's not science fiction. It's a new technology that is allowing brain cancer patients to live longer, including Walla Walla resident Marshall Remus.

Marshall learned of this state-of-the-art concept from the magazine 'Popular Science.' "I stumbled across it while educating myself on the latest treatments. It was just a little side article. I asked Dr. Anitha Raghunath at the Kadlec Neuroscience Center about this treatment, expecting that she'd send me to the west side of the state, where I'd been receiving treatment. But she directed me to the Tri-Cities Cancer Center. This was a huge relief! I didn't need more treatment trips to Seattle."

And Marshall had a lot of treatments, including radiation, chemotherapy and surgery. The later established that the growth in his brain was a high grade brain tumor called an Astrocytoma. It was not amenable to removal so only a small biopsy could be taken.

But the effects of even this small procedure were difficult. "I was unable to talk, walk or do any simple calculations when I woke from surgery." Marshall is now quick to share his amazement about how the brain works and in particular, its capability to relearn skills. With therapy, exercise and support from his family, he's regained these once lost capabilities.

The technological breakthrough that Marshall wanted to investigate is briefly described in our April 2016 issue: [tinyurl.com/tcccnewsletter](http://tinyurl.com/tcccnewsletter).

**“Hope is the ultimate goal. And these new technologies are giving me hope to have many more years with Riley, William, my parents and Jennifer.”**

Pictured right: Marshall with his family at the beach.



has been available at the Tri-Cities Cancer Center since January 2016 - the first clinic in Eastern Washington to offer it. It's the FDA approved 'Optune' device, manufactured by Novocure. This portable unit consists of small transducers embedded in a soft fabric that covers the scalp. The transducers are connected to a control unit and battery, all carried in a backpack. The alternating fields of electromagnetic radiation ('EM') disrupt weakly charged filaments that form to separate the cell's DNA into two parts during division. With this disruption, the cell undergoes a preprogrammed death called 'apoptosis.'

Dr. Guy Jones of the TCCC explains that disrupting cell division is particularly effective for killing cancer cells, which quickly multiply. Using MRI scans to precisely locate the tumor volume, the targeted EM fields can further enhance the efficiency of treatment with few undesirable side effects. "It's a whole new approach for treating cancer and the biggest news in 10 years for this type of tumor. Clinical trials have established that these 'tumor treatment fields' can extend the lifetime of patients and can be safely combined with other standard therapies," notes Dr. Jones.

Of course any diagnosis of cancer is a scary event, as Marshall's wife, Jennifer, can attest. She was devastated when she learned the results of the biopsy. But her background as an intensive care nurse at St. Mary's Hospital in Walla Walla quickly kicked in. "We had to decide what to do and do it fast. Marshall took the lead into looking at options and I made use of my medical contacts to clarify and understand these options." They also made full use of Dr. Jones who, according to Jennifer, had "infinite patience in answering questions that often led to very technical aspects of oncology and the Optune unit itself."

Dr. Jones, in turn, spoke with enthusiasm about Marshall and Jennifer's efforts to educate themselves about treatment options. "It's just awesome when a patient is so proactive. Optune was just getting off the ground when Marshall came to us and we had just become the first clinic in Eastern Washington to offer it. Marshall and his wife had clearly done their research and came in with several questions which we went over and he proved to be an excellent candidate for the treatment."

Now that Marshall has initiated Optune, he and Jennifer, with their two boys, Riley, age 6 and William, age 3, are monitoring the tumor through periodic MRIs. Marshall noted that "Hope is the ultimate goal. And these new technologies are giving me hope to have many more years with Riley, William, my parents and Jennifer."



### **More information on Brain Cancer**

Open to the public, the Ralph R. Peterson Cancer Resource Library, located at the Tri-Cities Cancer Center, provides a wealth of cancer information and educational resources for the entire community. It is ideally suited for those looking to learn about a particular cancer or find resources that make coping with cancer a bit easier. Patrons can find materials on various types of cancer, cancer-related nutrition, stories of inspiration and laughter, as well as the following:

- Free internet access
- Pamphlets, books, and videos on cancer and coping strategies
- Volunteer librarian to assist with research

**This information is FREE to everyone in the community.**



# THE NEW SURGICAL ASSISTANT: Call Him Bot

By: Joan Stewart, RT(T), BA HCA, Clinical Services Project Coordinator, TCCC

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Did you know that more than 85% of the prostatectomies in the United States are performed with robotic assistance?<sup>1</sup> Or that the robot is the preferred surgical partner for hysterectomies? When we think of surgery we typically picture the double gloved hands of the surgeon working in the tissues of the body with instrument in hand. This picture is becoming increasingly rare. As of January 2015, more than 2 million patients worldwide have had robotic assisted surgery.<sup>2</sup> A modest estimate based on the growth projection would put that number at 3 million today.

Our typical picture of surgery, with surgeon hands directly involved in the procedure, is known as the open approach and is still necessary in a variety of instances. Yet for many common surgeries the preferred approach is known as minimally invasive; more specifically either laparoscopic procedures (LP) or robotic assisted laparoscopy (RALP). So what is this Bot? Why do the surgeons want it on the team?

A robotic assisted laparoscopic procedure offers a variety of improvements over standard laparoscopic procedures. The magnified high-definition 3D images, the highly dexterous 'hands' of the robot and the ergonomic workstation are all beneficial to the procedure and the surgeon. Studies have shown a RALP patient can benefit from less blood loss, shorter hospital stays and a faster return to work over the open approach.<sup>1</sup> Further, a study comparing outcomes between open prostatectomy and RALP in a large cohort of men found RALP was associated with a shorter length of stay in the hospital, less need for postoperative radiotherapy and a lower rate of complications that required a return trip to the hospital.<sup>3</sup>

Right now the only surgical robot on the market in the United States is the daVinci Surgical System. It became available 16 years ago has become mainstream down to the community hospitals. It has three major components:<sup>5</sup>

- The robot with four mobile arms: a camera arm & three instrument arms.
- The bedside cart which holds illuminates and sends images to the surgeon console.
- The surgeon console which contains a magnified, HD 3-dimensional image for the surgeon and 2 handpieces through which the surgeon manages the instruments performing the operation. Some movements of the robotic components are managed by foot pedals at this console.

"Robotic assisted surgery is yet another tool that I am happy to be able to offer to my patients here in the Tri-Cities where I strive to provide my patients with state of the art care." **Dr. Kenneth Berger, Lourdes Urology**



"It is a privilege to be able to provide Urological Robotic services here in the Tri-Cities. It is a remarkable tool and has greatly benefited our patients." **Dr. Thomas Brinton, Kadlec Clinic Urology**

"The benefits that this Robotic System provides to this community is incredible. I'm very happy to be a part of a team providing this service to the Tri-Cities." **Dr. Patrick Gavin, Kadlec Clinic Urology**



As with all medical procedures, there are risks associated with robotic assisted surgery. The success of the procedure is dependent on many variables such as the experience of the physician or the patients overall health. In addition, not all patients are good candidates for minimally invasive surgery. If you are discussing a surgical procedure with your physician, ask to have all your options reviewed. If you need more information on this or other cancer management issues, feel free to call one of our nurse navigators at the Tri-Cities Cancer Center.

1. Kirkpatrick, T. MD, LaGrange, C. MD., "Robotic Surgery: Risks vs. Rewards", PSNet, Agency for Healthcare Research & Quality. <https://psnet.ahrq.gov/case/368/robotic-surgery-risks-vs-rewards>  
 2. Nataloni, R. "Robotic Surgery: New and Improved or New and the Same?", Medeuronet Magazine, July 15, 2015. <http://www.medeuronet.com/medeuronet/robotic-surgery-new-and-improved-or-new-and-the-same/>  
 3. Howard, Beth. "Is Robotic surgery Right for You?". AARP The Magazine, Jan 2014  
 4. All About Robotic Surgery, <http://allaboutroboticsurgery.com/surgicalrobots.html>  
 5. <http://www.intuitivesurgical.com/products/>

# PROSTATE CANCER: Finding and Treating It

By: Juno Choe, MD, PhD, Radiation Oncologist, TCCC



Prostate cancer is the most common cancer in American men (after skin cancers). This year, an estimated 180,890 men will be diagnosed with prostate cancer, and 26,120 men will die of prostate cancer. In fact, 1 in 7 men will be diagnosed with prostate cancer during their lifetime, and many more men likely have prostate cancer that will never be diagnosed. 1 in 39 men will die of prostate cancer, and prostate cancer is the second leading cause of cancer death in behind only lung cancer. The good news is that most men diagnosed with prostate cancer will not die of their disease, and there are an estimated 2.9 million men in the United States who consider themselves prostate cancer survivors. Given these statistics, all of us are likely to know someone who is affected by prostate cancer.

**How is prostate cancer found?** Most prostate cancers are found by a routine prostate cancer screening which is composed of both a prostate specific antigen blood test (PSA) and a digital rectal exam (DRE) performed by a physician. Whether or not to have a prostate cancer screening on a regular basis is a controversial topic. The U.S. Preventative Services Task Force recommends against PSA screenings. In addition, not all physicians perform enough DREs to be proficient at them. The American Urologic Association (AUA) recommends a discussion between the patient and their primary care physician regarding the pros and cons of PSA testing for men between the ages of 55-69, or starting at 40 years of age if there is a family history of prostate cancer or for African Americans. Some men over the age of 70 may also benefit from screening if they are in excellent health and have a life expectancy greater than 10 years.

If there is suspicion for prostate cancer, you will likely be referred to a urologist who may recommend a prostate biopsy which can often be performed as an outpatient procedure. If the prostate biopsy demonstrates prostate cancer, you should have a thoughtful discussion with your urologist and/or a radiation oncologist regarding treatment options for your cancer.

**How is prostate cancer treated?** One recommended treatment strategy may be active surveillance. This strategy is more likely to be recommended if your cancer is lower risk, if you are an older patient, or if you have other serious medical conditions. Active surveillance typically consists of no active treatment, but your PSA will be checked periodically and prostate biopsies will be performed on a regular basis to ensure that your prostate cancer is not becoming more aggressive. Curative treatment may be recommended later if there is evidence of progression.

In terms of curative treatment options for prostate cancer, there are often many options to choose from. Some prostate cancers can be cured with a prostatectomy, or surgery to remove the prostate gland. This is particularly effective for cancers that are thought to be confined to the prostate gland.

There are also good radiation therapy options for curing prostate cancer with external beam radiation therapy that can be delivered over many weeks. Sometimes external beam radiation therapy is combined with hormone therapy that can improve outcomes for higher risk prostate cancers. Some prostate cancers can also be cured with a permanent radioactive seed implant procedure in which numerous radioactive seeds are carefully placed into the prostate gland in the operating room. These seed implant procedures can also be performed in combination with external beam radiation therapy for higher risk cancers.

Proton beam therapy can also be an option, although this type of therapy has not been proven superior to standard external beam radiation therapy with x-rays. Finally, stereotactic body radiation therapy (SBRT) has shown promise in treating lower risk prostate cancers with high doses of radiation delivered to the prostate gland in a relatively small number of treatments. However, patients treated with SBRT have only been followed for a few years, and the long term effectiveness and side effect profile of the treatment is unknown. Therefore, SBRT is considered experimental by some physicians and some health insurers.

In conclusion, prostate cancer is a relatively common cancer that is highly curable. For those who will be diagnosed with prostate cancer, choices of treatment are many. The Tri-Cities Cancer Center is forming a support group for those who have been diagnosed and are considering treatment or have completed treatment. **For more information contact Chaplain Margaret Ley at (509) 737-3400.**



# 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.



Support local patients and purchase a Keep Calm Crush Cancer t-shirt for a \$20.00 donation to the Tri-Cities Cancer Center Foundation.

Shirts can be purchased Monday - Friday, 8 - 5 p.m. at the Foundation office or reserve yours today by calling 509.737.3413.



The Tri-Cities Cancer Center would like to say a huge **THANK YOU** to Help-U-Move who donated a significant amount of hours which helped to make our Cancer Crushing Clutter Clearance a great success!

HAPO Community Credit Union is the largest benefactor in Tri-Cities Cancer Center history. They have made a gift in perpetuity for the lifetime of both organizations, and in recognition, we have named our Medical Oncology building in their honor.



But HAPO's commitment to our Foundation is not found just in their financial contributions; it's also in their wonderful employees who volunteer their time at many of our events. On August 19th, HAPO employees will join TCCC staff and volunteers at the annual HAPO Golf Classic Supporting the Tri-Cities Cancer Center!



**Thank you HAPO for your incredible support!**

# 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 AUGUST EVENTS

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

## Gentle Yoga

**Facilitator:** Teena Giulio

**Date:** Tuesday, August 9th, 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.**

## Presentation: Managing Bladder Cancer

**Presenter:** Kenneth Berger, MD, Lourdes Health Network

**Date:** Wednesday, August 17th, 4:00 - 5:00 p.m.

This presentation looks at the various cancers of the bladder and the treatment options from early to late stage. Dr. Berger will also review signs and symptoms to watch out for and how to reduce your risk. **Please call 737-3427 to RSVP by Monday August 15th. Light refreshments provided with RSVP.**

## Mindfulness Meditation for Health and Wellness

**Facilitator:** Chris Murray

**Date:** Thursday, August 25th, 1:00 p.m. - 2:00 p.m.

Mindfulness includes acceptance of the present moment and recognizing that everything changes. Clinical studies have shown mindfulness meditation practice to be an effective and safe way to reduce stress-related medical problems, anxiety, and depression while brain imaging has shown that a regular mindfulness practice can change brain function and structure in a positive and significant way. In each support group session, we will review techniques to enhance mindfulness and discuss how these techniques can be used to complement cancer therapies. Then we'll practice mindfulness meditation in a group setting. Patients, caregivers, friends and family are invited to participate. **Please call (509) 737-3427 for more information, reservations are not necessary.**

## Presentation: Multiple Myeloma Overview

**Presenter:** Reiko Torgeson, RN, MN, OCN

**Date:** Thursday, August 25th, 4:00 p.m. - 5:00 p.m.

This presentation explains what is happening at the cellular level and how these changes lead to symptoms and disease complications. If you or someone you know has Multiple Myeloma or a precursor to the disease, join us for some empowering information and a better understanding of the disease. **Please call 737-3427 to RSVP by Tuesday August 23rd. Light refreshments provided with RSVP.**

# FREE Prostate Screening

Open to men ages 50-69. Men 70 and above should consult their physician and determine the best path for their personal healthcare needs.

**September 19, 20 & 21. 5:30 - 7:00 p.m.**  
 Tri-Cities Cancer Center | 7350 W. Deschutes Ave., Kennewick

Call today to schedule your appointment  
 (509) 737-3420. Appointments are required.

Offered by the Tri-Cities Cancer Center  
 in partnership with Kadlec Clinic and  
 Lourdes Health Network.



## AUGUST 2016 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Be sure to keep updated on future events and presentations by visiting our online calendar at <a href="http://TCCancer.org">TCCancer.org</a> .	1	2 <b>ASK A DIETICIAN</b> FS 4:00PM - 5:00PM	3 <b>OVARIAN CANCER TOGETHER SUPPORT GROUP</b> FS 1:00PM - 2:30PM	4 <b>CANCER SUPPORT GROUP</b> FS 10:00AM - 11:30AM <b>QUIT TOBACCO</b> ACR & RR 3:00PM - 4:30PM	5 <b>BREAST CANCER SUPPORT GROUP</b> FS 9:00AM - 11:00AM	6
	7	8	9 <b>GENTLE YOGA</b> WC 10:00AM - 11:00AM	10	11	12
14	15	16 <b>ASK A PHARMACIST</b> FS & RR 4:00PM - 5:00PM	17 <b>PRESENTATION: MANAGING BLADDER CANCER</b> WC & RR 4:00PM - 5:00PM	18 <b>CANCER SUPPORT GROUP</b> FS 10:00AM - 11:30AM	19 <b>BREAST CANCER SUPPORT GROUP</b> FS 9:00AM - 11:00AM	20
21	22	23	24 <b>WARRIOR SISTERHOOD</b> CALL 737-3432 FOR LOCATION 5:30PM - 7:00PM	25 <b>MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS</b> WC 1:00PM - 2:00PM <b>PRESENTATION: MULTIPLE MYELOMA OVERVIEW</b> WC & RR 4:00PM - 5:00PM	26	27
28	29	30	31	<b>EVENT INFORMATION KEY</b> 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  Reservations can be made by calling (509) 737-3427 or visiting online at <a href="http://TCCancer.org">TCCancer.org</a>		
Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.						