

TRI-CITIES
*Cancer
Center*
509-783-9894
www.tccancer.org
7350 W. Deschutes Ave.
Kennewick, WA 99336

2
Learning to Be
Here, Now

4
The HPV Vaccine:
What Do We Know
10 Years Later?

7
Featured January
Events

8
January 2017
Calendar





Pictured left:
Gayle on Badger
Mountain.
Pictured right:
Gayle during
infusion
therapy.

LEARNING TO BE HERE, NOW: One Person's Perspective on Coping with Cancer

By: Carl Berkowitz, TCCC Volunteer

Pain and the associated mental suffering are a common occurrence for persons with breast cancer. Medications can often reduce the pain. But how can cancer patients reduce the suffering that comes from dwelling on unpleasant past experiences or downturns anticipated in the future?

Breast cancer survivor Gayle Wilde thinks she has an answer. "Meditation and mindfulness kept me in the here and now. It also helped me get past unanswerable questions like 'why me?' or 'what did I do wrong?'"

Many years of practicing mindfulness meditation helped Gayle get through surgery, five months of chemotherapy and seven weeks of radiation therapy. These procedures left Gayle feeling exhausted and self-conscious. But her daily meditation practice kept her from defining herself as just her body or the negative thoughts that swamped her mind.

"I had to live in the present moment, appreciating each day as it came. I didn't want to waste time and energy wallowing in self-pity or trying to second guess what tomorrow would be like. My meditation practice helped me do this."

Her cancer story began in 2010 with a lumpectomy in her right breast. With no family history of cancer and the excised tumor having clean edges, Gayle was confident that this event would be a small, one-time upset in her life. And it was ... for a while.

In 2014, another lump was found, this time in her left breast. And not only did it not have clean edges but seven out of 14 lymph nodes removed for biopsy tested positive for cancer. In consultation with her physicians, Gayle opted for a bilateral mastectomy to minimize the chance of any recurrence.

"But not breast reconstruction" she added. "That's not for me." Her meditation practice helped Gayle accept what was happening as well as developing self-compassion as a way to accept her fear and anger.

Gayle's meditation practice was centered on training her mind to gently let go of thoughts as they arose, and to focus on some tangible aspect of the here and now, such as the breath. She notes that, "Keeping your mind focused on your breath sounds easy, but it takes practice. The irony is that the benefit comes from the work itself, of simply returning to your breath as your mind wanders during a meditation session."

This skill had immediate benefits in dealing with her second cancer diagnosis. Like many other patients, Gayle was terrified when showing up for radiation therapy. But she was able to calm her nerves by focusing on her breath just as she did during her meditation sessions. She was also able to acknowledge that while the treatment was unpleasant it was, like everything else in life, impermanent and would soon go away. This state of mind let her slip into a more relaxed state during the many stressful moments she had during and after therapy.

One strategy Gayle does not advocate is keeping a stiff upper lip. "Cancer can be overwhelming and scary. But I never found it helpful to ignore these feelings." What she does advocate, in addition to meditation, is creating a daily journal, reading or composing poetry to help understand and express one's feelings, and doing mindful walking in any of the natural areas of the Tri-Cities. Gayle found that these activities all greatly reduced the suffering associated with her cancer.

Today, with treatment behind her, Gayle welcomes the chance to talk with other patients about ways to relieve stress and find meaning in their lives after cancer. Readers are invited to meet with Gayle at the Tri-Cities Cancer Center's Mindfulness Sessions, held at noon on the last Thursday of every month.



Pictured above: (from left to right):
Carl Berkowitz, Chris Murray
and Gayle Wilde

A Question and Answer Session with Chris Murray, Mindfulness Meditation Facilitator

Chris Murray is the facilitator for the Tri-Cities Cancer Center's monthly 'Mindfulness Meditation for Health and Wellness' sessions. He has more than 45 years of meditation experience and is the founder and meditation teacher for Insight Meditation of the Mid-Columbia. Some frequently asked questions about meditation and his response are given below.

What is meant by 'mindfulness' and how does mindfulness meditation work?

Mindfulness is a kind, non-judgmental awareness of the present moment. Its main focus is to return to the present moment whenever the mind is caught up in thoughts. For example, we may be caught up by worries about our diagnosis, upcoming treatment, etc., and unable to be fully present with and enjoy our spouse or children. Eventually, as mindfulness is developed we learn to bring that kind and non-judgmental awareness of the present moment to the rest of our lives.

What are the benefits of meditation?

Clinically documented benefits include a reduction in stress as indicated by slowed respiration and a decrease in heart rate, blood pressure and stress hormones. Recent studies have found that those improvements can be found after just 2-3 months of practice.

What does the 'official' medical community think of mindfulness meditation?

The National Comprehensive Cancer Network (NCCN) is an alliance of 27 medical centers that provides evidence-based guidelines for the treatment of cancer. Their 'Guidelines on Distress Management Version 2.2016' recommends meditation as part of an integrated therapy plan to alleviate the symptoms of anxiety and distress associated with cancer treatment. Their 'Guidelines for Adult Pain Management Version 2.2016' includes mindfulness meditation as a tool to assist in the management of the pain associated with cancer. Finally, The NCCN 'Guidelines on Survivorship Version 1.2016' recommend mindfulness meditation as a helpful strategy to cope with cancer-associated cognitive dysfunction and distress.

What resources are available to learn more about mindfulness and meditation?

Of course, all are welcome to participate in the Tri-Cities Cancer Center support group mentioned in the interview with Gayle. Some books that are helpful include:

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life, Linda Carlson and Michael Speca, 2011, New Harbinger Publications. The program in this book builds on the original mindfulness-based stress reduction (MBSR) program of Jon-Kabat Zinn (University of Massachusetts Medical School) and adopts it to the specific problems of cancer and cancer treatment.

Being Well (Even When You're Sick): Mindfulness Practices for People with Cancer and Other Serious Illnesses, Elana Rosenbaum, 2012, Shambhala Publications. The author, an MBSR instructor, has undergone treatment for cancer since 1995. She shares what she found helpful through her experience and that of her patients.

Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn, 2013, Bantam Press
Dr. Kabat-Zinn includes a summary of the research that documents the medical benefits associated with mindfulness meditation. Highly recommended for anyone dealing with chronic pain and stress.



THE HPV VACCINE: What Do We Know 10 Years Later?

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

It was June 2006 when the FDA approved the vaccine known as Gardasil for pre-teen girls. A few things have changed since then but one thing remains certain: a vaccine against the human papillomavirus (HPV) can prevent almost every case of cervical cancer. What we have learned since then is the HPV link to other cancers and the need to vaccinate boys as well.

There are a number of different types of HPV and about 79 million Americans are infected with one or more of them. The common wart we see on our hands or feet is one of the cutaneous epithelial types. There are approximately 40 HPV types that infect only mucosal epithelial cells such as those found on the genitals, mouth and throat. Though most HPV infections go away on their own, some HPV infections persist. The mucosal epithelial HPV infections that don't go away can cause changes in the cells in the infected area, which can lead to genital warts or cancer. We are also certain a persistent HPV infection of the mucosal epithelial type can cause:

- Cervical cancer: The most common HPV cancer. Almost all cervical cancer is caused by HPV.
- Vulvar cancer: About 69% are linked to HPV.
- Vaginal cancer: About 75% are linked to HPV.
- Penile cancer: About 63% are linked to HPV.
- Anal cancer: About 91% are linked to HPV.
- Cancer of the back of the throat: About 72% are linked to HPV. [Note: Many of these cancers may also be related to tobacco and alcohol use]

According to the Center for Disease Control (CDC), every year over 27,000 women and men are affected by a cancer caused by HPV. Cancer often takes years, even decades, to develop after a person gets infected with HPV. There is no way to know which people who have HPV infections will develop cancers. What we do know is most of these cancers could be prevented by HPV vaccination at ages 11-12. Luckily, we have a new version of the HPV vaccine that covers more HPV types than previously addressed.

When pre-teens are vaccinated with the new version, they only need two doses and it promotes a more robust immune response. Teen boys and girls who did not start or finish the HPV vaccine series when they were younger should get it now. They can conclude their series with the new vaccine which covers more of the viruses under the supervision of a pediatrician or other informed provider. Young women can get an HPV vaccine through age 26, and young men can get vaccinated through age 21. So it is clear to those of us in oncology: make the choice to prevent cancer and vaccinate!

Cervical cancer usually does not have symptoms until it is quite advanced and hard to treat. For this reason, it is important for women to get checked regularly for cervical cancer. Screening tests can find early signs of disease so that problems can be treated before they ever turn into cancer. Routine exams by a gynecologist with a PAP screening test are recommended for all women beginning at the age of 21 and continuing through the age of 65 whether vaccinated or not.

Resource: National Center for Immunization and Respiratory Disease, Center for Disease Control website.



What we do know is most of these cancers could be prevented by HPV vaccination at ages 11-12.

LET'S TALK ABOUT IT: A Look at Two Women's Perspective on HPV

By: Natalie Safford, TCCC Volunteer

In a discussion about HPV and its corresponding shot, two young women explained that many people their age don't know as much about HPV as they should. Lexie Reyes, a high school senior at New Horizons, noticed that HPV was mentioned in class, but was never explored much in detail. Arelly Torres, a college freshman at WSU Tri-Cities, also noted that many kids don't know that HPV causes cancer. "People my age don't know about it," said Lexie. Arelly added, "Or most people don't care."

Both women think that discussions are important to stopping the spread of HPV, a sexually transmitted virus that can cause certain cancers. However, they feel that a lot of kids aren't open and that many parents are afraid to breach the subject. Knowledge about HPV has changed Arelly's perspective on relationships and made her more careful. Lexie added, "If people just talked about it, we'd be more scared."

Lexie and Arelly both received their HPV shot at twelve years old and feel that early vaccination is important. All girls should get the shot, including those who aren't planning on having sex or are waiting until marriage. "Your [future] partner can have it," Arelly said. "You don't know if the one person you waited for has it."

CDC now recommends 11 to 12 year old girls and boys get two doses of the HPV vaccine—rather than the previously recommended three doses—to protect against cancers caused by HPV. The second dose should be given 6-12 months after the first dose. For more information on the updated recommendation:
<https://www.cdc.gov/media/releases/2016/p1020-hpv-shots.html>



Pictured above:
(from left to right)
Lexie Reyes
Arelly Torres

Ask an Oncologist Monthly Column

LESSENING CONCERNS ABOUT RADIATION THERAPY

By: Rebecca Bowie, RN, Oncology Nurse Supervisor, TCCC

This month's question is: Will I feel radiation therapy or will it hurt?

A: No, external beam radiation treatments are painless and you feel nothing while the beam is on, very much like an x-ray.

The radiation treatment table is very firm and can be a little uncomfortable. If you ever experience pain during your treatment, tell the radiation therapist and he or she will turn the machine off and come into the room to assist you.

Although radiation therapy is painless when being administered it can cause painful side effects in some patients. The most common side effects are relatively mild and short lived. The side effects are directly related to the area of the body we are treating. Fatigue and a skin reaction are a couple common side effects that can occur after a couple weeks of therapy. Your doctor and nurse will explain further the expected side effects and how to treat them specific to you.





OUR COMMUNITY CARES!

Visit the Tri-Cities Cancer Center Foundation office or call (509) 737-3413 for more information about 2017 events.



Fundraising Breakfast – March 16, 2017

Join us at the Three Rivers Convention Center for our annual Fundraising Breakfast. The mission is to educate the community on the progress of the Cancer Center and to raise funds in support of cancer patients and their families. If you are interested in attending or being a table host, please call Lori Lott, Special Events Coordinator at (509) 737-3373.

Run for Ribbons – May 6, 2017

Be sure to mark your calendar for Run for Ribbons in the beautiful Howard Amon Park. Rally your friends, families or coworkers to celebrate a cancer survivor or honor a loved one's memory. You don't want to miss this 10k, 5k, and one mile event. Registration begins in January, visit runforribbons.org for more information.

HAPO Golf Classic – August 18, 2017

Thanks to the generous commitment by HAPO Community Credit Union, title sponsor in perpetuity, participants enjoy many fun games and prizes, awesome tournament apparel featuring hole-in one opportunities, great tee prizes, delicious food, and so much fun. We are so grateful for many businesses and individuals who have supported this tournament and the Tri-Cities Cancer Center mission.

Autumn Affair – November 4, 2017

The best charity gala in the Tri-Cities helps fund programs designed to support individuals and families dealing with a cancer diagnosis. The 17th annual Autumn Affair Auction will be on Saturday, November 4, 2017 at the Red Lion Hotel Pasco. If you are interested in being a table host or making reservations, please call Lori Lott, Special Events Coordinator at (509) 737-3373.

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.

2017 GOVERNING BOARD

Jeff Petersen
CHAIR

Susan Kreid
VICE CHAIR

Glen Marshall
SECRETARY & TREASURER

Wanda Briggs

Tim Doyle

Phil Gallagher

Dr. Basir Haque

Dr. Stanlee Lu

Lane Savitch

John Serle

Dr. Kevin Taylor

ADMINISTRATION

Chuck DeGooyer

Michele Caron

Vicki Dehler

Dr. Sue Mandell

Elizabeth McLaughlin

Michael Novakovich



FEATURED JANUARY EVENTS

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

Presentation: Let's Prevent Cervical Cancer; The Facts About the HPV Vaccine

Speakers: Amy Person, MD and Heather Hill, RN

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

It's been 10 years since the FDA approved a vaccine against the Human Papillomavirus, the primary culprit behind cervical cancer. Since then we have learned about other cancers it causes and preferred vaccination protocols. We are excited to have Dr. Amy Person and Heather Hill from the Benton Franklin Public Health District join us for an update on this public health success story.

Please call 737-3427 to RSVP by Monday, January 9th. Lunch will be provided with RSVP.

Quit Tobacco

Facilitator: Gretchen Saunders, RN, CTTS

Date: Friday, January 13th, 10:00-11:30 a.m. and Wednesday, January 18th, 3:00-4:30 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. This class is led by a certified tobacco treatment specialist!

Please call (509) 737-3427 to RSVP. May register up until the day of the class.

Art Expressions

Facilitator: Brigette Phillips

Date: Wednesday, January 25th, 3:00 p.m. - 4:30 p.m.

Sometimes a cancer patient wants to relax and forget about the medical world. We hope our new Art Expressions class can do that and more. This monthly meeting provides an opportunity for cancer patients to make something special with the help of an art coach. Each month participants will leave with a completed project of varying modalities.

Please call 737-3427 to RSVP by January 23rd at noon. The class fee is \$5 to cover materials. Registration is required.

Presentation: Cervical and Uterine Cancer: From Prevention through Treatment

Presenters: Guy Jones, MD, Tri-Cities Cancer Center and Larry Smith, MD, Kadlec

Date: Friday, January 27th, 12:00 p.m. - 1:00 p.m.

Join us for an hour packed with concise information regarding two of the cancers found in the female reproductive organs. Powerful information on everything from prevention to cure from our local experts! **Please call 737-3427 to RSVP by Tuesday, January 24th. Lunch will be provided with RSVP.**

Free Community-Wide Colorectal Cancer Screening

The pre-screening event is offered to the community in partnership by the Tri-Cities Cancer Center, Kadlec, Lourdes Health and Trios Health.

When: Saturday, March 18th - **By Appointment only**

Where: Tri-Cities Cancer Center, 7350 W. Deschutes, Kennewick

Registration: Online registration will open January 1st, 2017

Visit BottomsUpTC.com for more details and to register!



JANUARY 2017 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4 OVARIAN CANCER TOGETHER SUPPORT GROUP FS 1:00PM - 2:00PM	5 CANCER SUPPORT GROUP FS 10:00AM - 11:30AM	6 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	7	
8	9 WOMEN'S GUILD MONTHLY MEETING WC 10:00AM - 11:30AM	10 MEN'S CLUB MONTHLY MEETING WC 7:30AM - 8:30AM	11 WARRIOR SISTERHOOD CALL 737-3432 FOR LOCATION 5:30PM - 9:00PM	12 PRESENTATION: LET'S PREVENT CERVICAL CANCER; THE FACTS ABOUT HPV VACCINE WC & RR 12:00PM - 1:00PM	13 QUIT TOBACCO ACR & RR 10:00AM - 11:30AM	14	
15	16	17 ASK A PHARMACIST FS & RR 4:00PM - 5:00PM	18 LOOK GOOD... FEEL BETTER® ACR (PRE-REGISTRATION REQUIRED) 10:00AM - NOON QUIT TOBACCO ACR & RR 3:00PM - 4:30PM	19 CANCER SUPPORT GROUP FS 10:00AM - 11:30AM	20 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	21	
22	23	24	25 ART EXPRESSIONS WC - \$5 FEE 3:00PM - 4:30PM	26 MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS WC 12:00PM - 1:00PM LYMPHOMA-LEUKEMIA-MULTI-MYELOMA SUPPORT GROUP FS 4:00PM - 5:00PM PROSTATE CANCER SUPPORT GROUP FS 5:30PM - 7:00PM	27 PRESENTATION: CERVICAL AND UTERINE CANCER; FROM PREVENTION THROUGH TREATMENT WC & RR 12:00PM - 1:00PM	28	
29	30	31	<p>EVENT INFORMATION KEY All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted.</p> <p>WC - Wellness Center FS - Fireside Room RR - Reservations Required LIB - Library RC - Resource Center ACR - Admin Conference Room</p>				<p>Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org</p>
<p>Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.</p>		<p>Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org.</p>					