

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

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DON'T MISS THE TRI-CITY AMERICANS'  
**PINK ICE NIGHT**  
 FEBRUARY 24th  
 Discounted tickets available. Call 509-737-3413.





Pictured left:  
Scott, his wife Barb  
and their dog Larry  
Pictured right:  
Scott Uribe

## RECTAL CANCER: Advice From One Who Had It

By: Carl Berkowitz, TCCC Volunteer

Scott Uribe's wife, Barb, had been urging him to get a colonoscopy early in 2014 when he turned 50. "But I didn't seriously start to think about it until December 2014 when I started having problems going to the bathroom, found blood in my stool and had issues with both diarrhea and constipation." A colonoscopy in April 2015 confirmed a diagnosis of rectal cancer, a cancer that's easily treated in its early stage but less so as it advances.

Scott had a CT scan at the end of March, followed by a colonoscopy, more CT scans, and multiple medical consultations with Tri-Cities physicians. His care team included his primary care physician, Dr. Joseph Oro, his gastroenterologist, Dr. Randy Geldmacher, his colorectal surgeon, Dr. Luay Ailabouni, his medical oncologist, Dr. Basir Haque, all from Kadlec Clinic and Dr. Juno Choe, his radiation oncologist at the Tri-Cities Cancer Center.

At a juncture of the care plan, Scott got a second opinion from the Seattle Cancer Care Alliance (SCCA) with whom the TCCC partners for clinical trials and other programs. The SCCA specialists agreed with the treatment plan developed by the Tri-Cities physicians and suggested he continue to receive treatment at the Cancer Center, closer to home where he would benefit from family support. "The Tri-Cities Cancer Center (TCCC) doctors, the oncology nurses, the radiation therapists ... they were like a single unit getting me through the treatment."

Scott's tumor started to shrink while undergoing treatment and he began to slowly feel better as his colon opened up. Each hurdle ... including chemo and radiation therapy, two surgeries, a colostomy bag, a nutrition IV, absorbent underclothes and bed pads as well as constant trips to the bathroom ... brought him one step closer to returning to a 'normal' life. He anticipates a full year before everything starts working normally.

**“The Tri-Cities Cancer Center (TCCC) doctors, the oncology nurses, the radiation therapists ... they were like a single unit getting me through the treatment.”**

Pictured right: Scott, his wife Barb and their dog Larry



Now that he's on the mend, Scott is willing to share what he learned about coping with rectal cancer. First, get a colonoscopy at age 50 (or earlier in some cases). Second, once treatment starts, don't lose sight of the final goal!

His third piece of advice: maintain a good attitude. This applies to both the patient and his support team. "It was a '360 experience'" Scott says, "where my attitude set the tone for my family and their attitude affected mine."

Scott would speak frankly with family and friends about the greater need for support than sympathy. "Not only did my family support me emotionally, but they were with me during each meeting with the doctors." Which led Scott to recommend that patients have an objective listener with them when consulting with doctors. "You'll get hit with more information than you can personally absorb during these visits."

Another practical lesson was foreseen by his wife. "Barb was always telling me 'don't overdo it, even if you feel good.' On one occasion I felt great after a chemo session. That afternoon I took our boat to Cedars Restaurant for dinner. It was 100°F and I was sweating buckets the whole way. Big mistake!! I should've listened to Barb. I was out of commission for a couple days from pushing myself too hard."

Scott's back at work now, overseeing construction projects throughout Washington, Idaho and Oregon for Northwest Pipeline, a company that provided him with short-term disability and moral support during his treatment. He now has one other serious activity planned for the near future; to make sure his son, Blake, has a colonoscopy at age 40, some 10 years younger than when Scott was diagnosed. And his less serious plans? Selling the family boat and buying a motorhome to do more camping trips with family and friends.

### Scott's Advice:

**1** Get a colonoscopy at age 50 (or earlier in some cases)

Once treatment starts, don't lose sight of the final goal! **2**

**3** Maintain a good attitude.

Don't overdo it, even if you feel good. **4**

Don't forget to sign up for our **Colorectal Cancer Pre-Screening Event** taking place on March 18th! For full details, see the back page of this newsletter or visit [BeHealthyGetScreened.com](http://BeHealthyGetScreened.com)

## SERVICES BY APPOINTMENT

TO SCHEDULE AN APPOINTMENT, CALL (509) 737-3420

### LOOK GOOD, FEEL BETTER®

This program is a non-medical, brand-neutral public service. Group workshops teach beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatment.

### HAIR & WIG STYLING

Franki Anderson from Franki & Co. will assist patients who have lost their hair from cancer treatment with selecting a complimentary wig and provide personalized wig styling. ***You will look great when you walk out!***

Please note: These services are for patients currently undergoing cancer treatment.



Ask a Dietician Monthly Column

# A NEW YEAR, A NEW YOU!

By: Alison Licquia MS, RDN, CD

How many of you vowed to make lots of great changes in 2017? Someone once told me, New Year's resolutions are like babies: They're fun to make but extremely difficult to maintain. That could not be more true! Roughly 1/3 of Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found. So how do we set and keep our new year's resolutions so we feel accomplished and successful in our efforts?? Here are some tips and tricks on how to achieve your lofty or not so lofty new year's resolutions:

1. If you plan to lose weight like pretty much every American, do not expect it to happen overnight. We all want results yesterday, but you need to plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place. You may find it easy to justify having a "free day" or just a bite, but your support system will keep you on track!
2. Quitting smoking can be extremely difficult. Especially if you've tried multiple times in the past and have been unsuccessful. You are not alone! Talk to any ex-smoker if you don't believe me! Try different methods to find out what will work for you. And just think of all the money you'll save! Money is definitely a motivating factor for me! For a successful 'stop smoking' resolution, enroll in the next "Quit Tobacco" class at the Tri-Cities Cancer Center. Call 737-3427 to reserve your spot.
3. With the holiday bills around the corner stress levels are rising. Stress can cause lots of other health concerns including insomnia, depression, obesity and heart disease if not addressed properly. Don't get me wrong a little pressure now and again won't kill us, but too much in this case is not a good thing! Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress. Relaxation, sleep, socializing, and taking vacations are all things we tell ourselves we deserve but don't allow ourselves to have. So take that vacation you've always wanted!
4. Next month is Colorectal Cancer Awareness month. If you would like to lessen your chance of getting colorectal cancer, please consider these four resolutions:
  1. Limit your alcohol intake.
  2. Reduce the amount of red meat in your diet and avoid processed meats.
  3. Eat more green leafy vegetables
  4. Visit [BeHealthyGetScreened.com](http://BeHealthyGetScreened.com) and sign up for the Colorectal Cancer Pre-Screening event!

## From the American Cancer Society:

**Colorectal cancer might not cause symptoms right away, but if it does, it may cause one or more of the following:**

- A change in bowel habits such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding
- Blood in the stool, which may make it look dark
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

Colorectal cancers can often bleed into the digestive tract. While sometimes the blood can be seen in the stool or make it look darker, often the stool looks normal. But over time, the blood loss can build up and can lead to low red blood cell counts (anemia). Sometimes the first sign of colorectal cancer is a blood test showing a low red blood cell count.

Most of these problems are more often caused by conditions other than colorectal cancer such as infection, hemorrhoids, or irritable bowel syndrome. Still, if you have any of these problems, it's important to see your doctor right away so the cause can be found and treated, if needed.

# OUR COMMUNITY CARES!

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



## 12th Annual Pink Ice Night with the Tri-City Americans Friday, February 24th

- Americans will be playing on pink ice with pink jerseys
- Pink jersey auction
- Silent auction and benefit raffles
- All proceeds will benefit the Tri-Cities Cancer Center Foundation and those fighting breast cancer

Discounted tickets can be purchased in the Foundation office for only **\$12!**

Prior to the puck drop, the rink will glow with luminary bags honoring and remembering those who have faced cancer. Purchase a luminary bag to benefit Warrior Sisterhood before February 23rd. Visit the Foundation office or Warrior Sisterhood on Facebook to get yours!



Don't miss the  
**3rd Annual Craft Brew & Bacon Festival**  
on February 18, 2017  
(6-10 pm)

**\$2 of every ticket purchased will be donated to the Tri-Cities Cancer Center Foundation!**

Every ticket counts so get yours at Ticketmaster.com, at the Toyota Center Box Office or by calling 800-745-3000

## HAPO Community Credit Union is the largest benefactor in Tri-Cities Cancer Center history.

On December 1, 2016, HAPO introduced their Cancer Ribbon HAPO VISA Instant Issue Credit and Debit Cards! They created the card design to help raise awareness and give their members and employees the opportunity to show their support for friends and family impacted by cancer. For every Cancer Ribbon card issued, HAPO will donate \$5.00 to the Tri-Cities Cancer Center Foundation. There are over 30 ribbon options available to print at any HAPO location.

**In the month of December alone, over 2,000 cards were issued and HAPO donated \$10,000 to the Foundation!**



|   |   |  |  |
|---|---|--|--|
| 8   | 9   | 10   | 11   |
| MEN'S CLUB MONTHLY MEETING<br>7:30am - 8:30am | TRI-CITIES CANCER CENTER TOUR NIGHT<br>5:00pm - 8:00pm<br>WARRIOR SISTERHOOD<br>5:30pm - 7:00pm | PRESIDENTIAL ADDRESS FOR CANCER RECOVERY<br>12:00pm - 1:00pm |  |
| 15  | 16  | 17   | 18   |
| ASK A PHARMACIST<br>4:00pm - 5:00pm           | LOOK GOOD... FEEL BETTER!<br>10:00am - NOON   | 16TH ANNUAL FUNDRAISING BREAKFAST<br>8:00am - 11:00am        | PRESIDENTIAL ADDRESS ON CANCER<br>12:00pm - 1:00pm<br>BREAST CA/ SUPPORT<br>9:00am |
| 22  | 23  | 24   | 25   |
|   |   | TOBACCO CESSATION<br>3:30pm - 5:00pm                         |  |



# 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



Fred Hutch - Seattle Children's - UW Medicine  
NETWORK MEMBER

# FEATURED FEBRUARY EVENTS

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

## Presentation: Thrivorship: Recovery After Cancer

**Speaker:** Sarah Nelson, PT, DPT, WCS, Therapy Solutions  
**Date:** Thursday, February 16th, 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 Tuesday, February 14th. Lunch will be provided with RSVP.**

## Quit Tobacco

**Facilitator:** Gretchen Saunders, RN, CTTS  
**Date:** Friday, February 10th, 1:00-2:30 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:** Brigitte Phillips  
**Date:** Wednesday, February 22nd, 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 February 20th at noon. The class fee is \$5 to cover materials. Registration is required.**

## Presentation: Colorectal Cancer & Hereditary Factors: What Mom Didn't Tell You and Dad Didn't Know

**Presenters:** Tegpal Atwal, MD, Trios Health, Ahmad Fora, MD, Trios Health and Sarah Hall, MS, CGC, Trios Health  
**Date:** Wednesday, February 22nd, 12:00 p.m. - 1:00 p.m.  
 Your family tree can say a lot about your risk of developing colorectal cancer and others. Please join us for information on how family risk affects screening, testing and treatment choices. Also on the agenda is information about Lynch Syndrome; a genetic factor for multiple cancers including colorectal. **Please call 737-3427 to RSVP by Monday, February 20th. 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 at the website below or give us a call at (509) 737-3420

**Visit [BeHealthyGetScreened.com](http://BeHealthyGetScreened.com) for more details and to register!**



## FEBRUARY 2017 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<br><b>OVARIAN CANCER TOGETHER SUPPORT GROUP</b><br>FS<br>1:00PM - 2:00PM  | 2<br><b>CANCER SUPPORT GROUP</b><br>FS<br>10:00AM - 11:30AM  | 3<br><b>BREAST CANCER SUPPORT GROUP</b><br>FS<br>9:00AM - 11:00AM                | 4  |
| 5<br><b>LARYNGECTOMEE SUPPORT GROUP</b><br>WC<br>1:15PM - 3:00PM   | 6   | 7  | 8<br><b>WARRIOR SISTERHOOD</b><br>CALL 737-3432 FOR LOCATION<br>5:30PM - 7:00PM   | 9  | 10<br><b>QUIT TOBACCO</b><br>VCR & RR<br>1:00PM - 2:30PM                         | 11   |
| 12   | 13<br><b>WOMEN'S GUILD MONTHLY MEETING</b><br>WC<br>10:00AM - 11:30AM | 14<br><b>MEN'S CLUB MONTHLY MEETING</b><br>WC<br>7:30AM - 8:30AM<br><b>ASK A DIETICIAN</b><br>FS<br>9:00AM - 10:00AM<br><b>GENTLE YOGA</b><br>WC<br>10:00AM - 11:00AM<br><b>ASK A PHARMACIST</b><br>FS & RR<br>4:00PM - 5:00PM | 15<br><b>LOOK GOOD... FEEL BETTER®</b> ACR<br>(PRE-REGISTRATION REQUIRED)<br>10:00AM - NOON   | 16<br><b>CANCER SUPPORT GROUP</b><br>FS<br>10:00AM - 11:30AM<br><b>PRESENTATION: THRIVORSHIP: RECOVERY AFTER CANCER</b><br>WC & RR<br>12:00PM - 1:00PM   | 17<br><b>BREAST CANCER SUPPORT GROUP</b><br>FS<br>9:00AM - 11:00AM               | 18<br><b>3RD ANNUAL THREE RIVERS CRAFT BREW AND BACON FESTIVAL</b><br>CONVENTION CENTER<br>6:00PM - 10:00PM<br>Tickets are available at <a href="http://www.ticketmaster.com">www.ticketmaster.com</a> or at the Toyota Center box office. |
| 19   | 20  | 21   | 22<br><b>PRESENTATION: COLORECTAL CANCER AND HEREDITARY FACTORS</b><br>WC & RR<br>12:00PM - 1:00PM<br><b>ART EXPRESSIONS</b><br>WC - \$5 FEE<br>3:00PM - 4:30PM   | 23<br><b>MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS</b><br>WC<br>12:00PM - 1:00PM<br><b>LYMPHOMA-LEUKEMIA-MULTI-MYELOMA SUPPORT GROUP</b><br>VCR<br>4:00PM - 5:00PM<br><b>PROSTATE CANCER SUPPORT GROUP</b><br>FS<br>5:30PM - 7:00PM | 24<br><b>TRI-CITY AMERICANS HOCKEY PINK ICE NIGHT</b><br>TOYOTA CENTER<br>7:30PM | 25   |
| Would you like a tour of the Tri-Cities Cancer Center?<br>Call (509) 737-3413 to reserve a time.   |   |  |   |  |  |  |
| 26   | 27  | 28   | <b>EVENT INFORMATION KEY</b><br>All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted.<br>WC - Wellness Center      FS - Fireside Room<br>RR - Reservations Required      LIB - Library<br>RC - Resource Center      ACR - Admin Conference Room<br>VCR - Volunteer Conference Room |  |  | Reservations can be made by calling (509) 737-3427 or visiting online at <a href="http://TCCancer.org">TCCancer.org</a>  |

# What are you waiting for? We made it easy.

## Colorectal Cancer Pre-Screening Event

Colorectal cancer, the second leading cause of cancer related death, is very preventable by having a colonoscopy.

Register today:

[BeHealthyGetScreened.com](http://BeHealthyGetScreened.com)

Or give us a call at (509) 737-3420

Available to **ALL** community members.\*

**Name:**  
Lori Lott

**Profession:**  
Special Events Coordinator  
Tri-Cities Cancer Center

**Hobby:**  
Zumba and Core Instructor  
at Tri-City Court Club

"I have my appointment scheduled. You should too! It could save your life. Be Healthy. Get Screened. Bottoms Up!"

Visit [BeHealthyGetScreened.com](http://BeHealthyGetScreened.com) to learn more and schedule your appointment today.

### When:

**Saturday, March 18th**

By Appointment only.

Limited number of appointments available.

**Register early!**

### Where:

**Tri-Cities Cancer Center, 7350 W. Deschutes, Kennewick**

### \*Who:

- Men and women age 50-75
- Ages 75+ should consult their doctor
- Those at high risk of developing colorectal cancer should begin screening at a younger age
- Available to individuals who have not had a colonoscopy in the last ten years

### What to Expect:

- This event is not a physical examination or colonoscopy
- Health assessment will be conducted at the event to determine the appropriateness for colonoscopy
- Appropriate participants will be scheduled for their colonoscopy before leaving the event
- Free colonoscopy prep and education will be provided to scheduled participants
- Financial resources will be provided to those who meet the necessary criteria. Register early if you are uninsured or underinsured and are in need of financial assistance.

TRI-CITIES  
**Cancer Center**

Proudly Offered By the Tri-Cities Cancer Center in Partnership with:

**KADLEC**

**LOURDES HEALTH**

**Trios Health**

