June is National Cancer Survivor Month. Survivors, we want to celebrate you! See page 3 for more details.
WHAT'S NEXT? Survivorship After Treatment

By: Carl Berkowitz, TCCC Volunteer

Norma Bartram and Tiffany Flager are breast cancer survivors. They both fought their medical battles and have now returned to their daily lives. But both were also taken by surprise at the end of their treatment. After months of living with an intense daily focus on doctor appointments, surgery, chemo, radiation, new medicines, special diets … their treatment was suddenly over. Which left them to ask, what’s next?

The answer came through the Tri-Cities Cancer Center’s Survivorship Clinic.

The adjustment to a post-treatment life is not always easy. Norma and Tiffany both felt a sense of elation with their last treatment and receipt of a clean bill of health from their oncologists. But like many survivors, the elation was soon followed by an emotional slump and feelings of exhaustion. Some, like Norma, recognized issues right away. Others, like Tiffany, become aware of issues during their visit at the Survivorship Clinic. One immediate benefit of their participation was learning that many of their post-treatment feelings were common among survivors. More generally, the Survivorship Clinic offered a resource for all their post-treatment concerns and helped them develop specific, individualized plans so they could move forward with their lives.

Besides being a clear history of the details of her treatment plan, Norma uses a Survivorship Care Plan as a checklist of things that need to be done. “I’m not a ‘smart phone technology’ person” she says. “So I keep my packet near a daily calendar as a reminder of what to do, when to do it and who to contact if there’s a problem. It’s invaluable!”
"Besides helping me look to the future, my visit to the Survivorship Clinic was an opportunity to better understand what I had just been through."

Receiving their packet of information was only one part of their Clinic visit. Both have stories about their meeting with Survivorship Nurse Practitioner Lisa Rootvik, ARNP. Norma describes how “Lisa sat across from me, knee to knee, for more than an hour, listening to my concerns and talking about a path forward for each of my worries. I came into the meeting feeling awful. I left knowing I had work to do, but with a wonderful feeling of hope and optimism. I felt like I was walking on air!”

Tiffany states that after receiving a clean CT scan she wasn’t sure what a visit to the Survivorship Clinic could offer. “I thought I had all the facts I needed and I knew what to do in the future.” But at the suggestion of Cancer Center Radiation Oncologist Dr. Sue Mandell, Tiffany looked into scheduling a visit. “Then, I received a questionnaire in the mail, asking me about various issues of my treatment, what I planned to do next, how I felt about this issue or that. I quickly realized there were things I wasn’t aware of and plans I should be making but hadn’t. It was an eye opener!”

And the support didn’t stop there. Tiffany had been told that her recovery from surgery would be quicker if she became more physically active. But how to do this in an environment she could both afford and in which she’d be comfortable? “Lisa called me at home to tell me about yoga classes and other resources that seemed to meet my needs. This was after my one-on-one meeting with her. She cared about me and knew me as an individual with my own special concerns. It was marvelous!”

Norma found it hard to completely grasp what she was going through during her treatment. But she knew that this knowledge would be essential if she was to successfully deal with the issues stemming from the treatment itself. “Besides helping me look to the future, my visit to the Survivorship Clinic was an opportunity to better understand what I had just been through. Lisa translated many medical terms into language I could understand, and told me what the potential long term impacts might be for some of my maintenance medicine. My brain was simply in a better place to grasp this information after the treatment.”

Today, Norma is regaining her strength and zest for life. She’s also back to her weekly coffee dates with her support team of special friends Carol, Sandra and Brooke. Tiffany is busy with daughters Addison (age 10), Paisley (age 6) and son William (age 13), back at work (KNDU-TV) and relaxing with a cancer support team that includes her family and fiancée Colby and his daughter Adyson (age 10). And both give credit to their Survivorship Clinic visits for helping them go from surviving ... to thriving.

 Patients with a history of breast cancer are currently being accepted at the Tri-Cities Cancer Center Survivorship Clinic. Stay tuned as we add more cancer types over the next few months! For additional information, contact Sonia Rodriguez, Survivorship Clinic Coordinator at (509) 737-3442.

SURVIVOR CELEBRATION BBQ!

Survivors, join us for a FREE BBQ and GAMES!

We want to celebrate YOU on Thursday, June 8th from 5:30 to 7:30 pm at the Tri-Cities Cancer Center.

All cancer survivors and their families are welcome. We look forward to seeing you!

7350 W. Deschutes Ave. - Kennewick, WA 99336
Hi! I’m Lisa C.S. Rootvik, ARNP, an Oncology Nurse Practitioner who has worked in the field of oncology for more than a decade. In my new role at the Tri-Cities Cancer Center, I am creating a comprehensive Survivorship Program for our entire region. Today I want to share with you some information about survivorship and why a Survivorship Clinic visit is an important final step for survivors after completing curative treatment for cancer.

The journey from diagnosis to cure for cancer patients can be complex, confusing, and involve multiple providers at different institutions. Each patient’s pathway varies based on cancer diagnosis, stage, and pathology, as well as genetics, the patient’s other current medical conditions, and patient preferences. Pathways may include interventions such as surgery, chemotherapy and/or radiation. Each of these interventions has potential short-term and long-term side effects. And each cancer has a different way that patients are monitored in follow-up. With all of these variables, each survivor’s journey is unique and each survivor has done the incredible…survived cancer!

There are an estimated 15.5 million cancer survivors in the U.S., with more than 350,000 in Washington State alone. In recent years, oncology providers in the U.S. have recognized that survivors require unique, individualized care. The concept of “survivorship” is about helping patients have the best quality and length of life after treatment is completed.

Becoming a survivor often comes with challenges. Being diagnosed with and treated for cancer is a major life event that can affect patients mentally, physically, spiritually and financially. It can affect a patient’s ability to work, affect personal relationships, and change the way a person sees themselves. After all cancer treatments are completed, it is common for patients to feel that they are not the same person they were before they were diagnosed. They are often left wondering, “What’s next?” This question is answered for survivors at a Survivorship Clinic visit!

Survivorship Clinic visits last approximately one hour. During a survivorship visit, I review and summarize all aspects of the patient’s cancer treatment, work with patients to identify and manage side effects of treatment, discuss potential long-term complications from treatment (including others cancers), educate patients on how to avoid, as well as detect, a cancer recurrence or new cancer, and encourage the development of healthy habits for overall health and well-being. Survivors leave my office with all of this information in a concise document called a Survivorship Care Plan. A copy of the Survivorship Care Plan is also sent to their primary care provider, and any other provider they wish.

The Institute of Medicine and Commission on Cancer recommend that all patients treated with curative intent receive a Survivorship Care Plan once treatment is completed. At the Tri-Cities Cancer Center, we believe that a Survivorship Clinic visit ensures that survivors fully understand their Survivorship Care Plan and that their individual needs and concerns are addressed. With the field of oncology changing and advancing at such a rapid pace, I want to make sure that each survivor and their providers know how to best care for the survivor. I also know that survivors can be empowered to be their own best advocates through the education they receive at their Survivorship Clinic visit.

I believe that each survivor in the Tri-Cities deserves not only the best cancer care, but the best survivorship care as well. I look forward to working with survivors and our community to grow our Survivorship Clinic, and further develop our comprehensive Survivorship Program, providing the best survivorship care right here at the Tri-Cities Cancer Center!

Lisa has her bachelor’s and master’s degrees in nursing from the University of North Carolina at Chapel Hill. She became a Registered Nurse in 2004 and a board certified Adult Nurse Practitioner in 2009. She has dedicated her entire career in medicine to caring for patients with cancer and blood disorders and is thrilled to have the opportunity to create a comprehensive Survivorship Program for the residents of this community.

The Tri-Cities Cancer Center’s Survivorship Clinic is currently accepting patients with a history of breast cancer. Additional cancers will continuously be added until 100% of patients can receive their survivorship care at the Survivorship Clinic. Survivorship Clinic updates will be posted in this newsletter and on the website. Ideally we like to see patients within 3-6 months of treatment completion but understand that there are many survivors who may benefit from a visit even after that time frame. Please ask your provider for a referral or call the Survivorship Clinic Coordinator, Sonia Rodriguez, at (509) 737-3442 if you have any questions about setting up a visit.
WHY HAVE YOU REFERRED ME TO A SURVIVORSHIP CLINIC?

By: Dr. Sue Mandell, Medical Director, TCCC

I am often asked by many of my patients why they should attend the Survivorship Clinic established here at the Tri-Cities Cancer Center. Before answering that question in detail, let's look at the national statistics regarding survivors.

According to the National Cancer Institute, Division of Cancer Control and Population Sciences, it is estimated by 2026 that the number of cancer survivors will increase by 30% to 20.3 million people. By 2040 it is projected that 26.1 million people will survive cancer and 73% of those will be 65 years or older. In 2016 alone, 67% of survivors have survived 5 years or more after diagnosis and 44% have survived 10 years or more with 17% having survived 20 years or more.

Cancer and its treatment may result in long lasting or late onset effects. Based on the above numbers, we now recognize the need to assess these patients. By attending a survivorship clinic appointment, you will learn about your treatment history and be given specific recommendations to prevent late effects from your cancer and treatment such as lymphedema, fatigue, and heart disease. The knowledge gained from learning about your previous treatment will help you understand your future health risks as well as educate you regarding those risks; how to prevent them as well as how to manage them. Copies of your cancer treatment summary and survivorship care plan and any recommendations made during that appointment will be shared with your entire healthcare team including your cancer specialists and primary care physician.

What is important to understand is that attending the survivorship clinic does not provide surveillance for cancer recurrence. Your oncologist will continue to watch and monitor you. However during your survivorship clinic visit you will receive a comprehensive medical examination, have explained the late and long-term effects of your cancer and treatment, receive recommendations on healthy lifestyle behaviors to reduce complications and lower your risk of additional cancers as well as be provided with an individualized cancer treatment summary and a survivorship care plan.

As we grow our program beyond patients with a history of breast cancer, our goal is to offer expert assistance to all patients transitioning from active treatment today to living as a cancer survivor. We hope all patients transitioning will utilize our survivorship clinic. After all it is now about living your life.

Patsy Hull will have walked her 15,000th mile on May 15th in Kadlec Healthy Ages’ Mall Walkers program. She will celebrate her 90th birthday in August!

Patsy volunteers as a patient greeter in our patient waiting room and at the Women’s Guild meetings, as well as during our screening events. Congratulations on this achievement Patsy and thank you for being an incredible volunteer at the Tri-Cities Cancer Center!

The Tri-Cities Cancer Center’s BE A MAN men’s health awareness campaign has been awarded 2-Gold awards and 1-Silver award in the 34th Annual Healthcare Advertising Awards. This video is on the front page of our website, tccancer.org!

The BE A MAN video was awarded Gold in the Health Promotion and Social Media categories and won Silver in the Digital Media category.
CANCER CRUSHING

Radiothon

THURSDAY, JUNE 8TH, 2017
BEGINNS AT 8 A.M.

TUNE IN TO MAKE A DIFFERENCE!

98.3 THE KEY

PRESENTING SPONSOR

Seattle Cancer Care Alliance

24-HOUR RADIO TAKEOVER

Celebrate Survivors

Radio

Save Lives

Donate

tccancer.org/foundation/radiothon

509-737-3477

REMINDER this phone number is only active June 8th!
If you have questions before the Radiothon, please call
509-737-3413
FEATURED JUNE EVENTS

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

Presentation: For Hanford Workers - Coaching for EEIOCPA Claim Filing & Benefits
Speaker: Faye Vlieger, Advisory Committee Member at Cold War Patriots
Date: Thursday, June 15th, 12:00 - 1:00 p.m.
Our government has established the Energy Employees Occupational Illness Compensation Program (EEOICP) for those who have become ill as a result of working in the atomic weapons industry. There are many aspects to this benefit that are not well understood. Faye Vlieger is a beneficiary of this program and can explain its many attributes. She will also share her knowledge on how to navigate the paperwork and application process. Whether you are now or have been a Hanford Area worker or family member, we would like you to understand the program better! Please call 737-3427 to RSVP by Monday, June 12th. Lunch will be provided with RSVP.

Presentation: Physicians Speak Up On Prostate Cancer Screening
Panel Speakers: Dr. Juno Choe, Tri-Cities Cancer; Dr. Patrick Gavin, Kadlec Clinic; Dr. Kenneth Berger, Lourdes Health; and Dr. Ahmad Fora, Trios Medical Group
Date: Wednesday, June 21st, 6:00 - 7:00 p.m.
The American Cancer Society went on record 25 yrs ago with the recommendation that all men 50 yrs of age and older get a yearly screening for prostate cancer. This included both a digital rectal exam and a prostate-specific antigen (PSA) blood test. Since then, their recommendation has changed four times. Additionally, the United States Preventative Services Task Force (USPSTF) went on record in 2012 as recommending against this screening. They are now reconsidering that decision. Our panel of physician specialists who diagnose and treat prostate cancer would like to share with you the process, the advantages and the shortcomings of prostate cancer screening. Please join us for a panel of experts who are excited to share their thoughts and take questions! Please call 737-3427 to RSVP by Monday, June 19th. Light refreshments will be provided with RSVP.

Quit Tobacco - Special Evening Time!
Facilitator: Gretchen Saunders, RN, BSN, CTTS
Date: Tuesday, June 22nd, 5:00 p.m. - 6:30 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, nicotine gum or lozenges. 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.
# JUNE 2017 CALENDAR OF EVENTS

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<td>All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted.</td>
<td>WC - Wellness Center</td>
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Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.

Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org.

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"Today, my boy and I, we’re running for all those who can’t run... and for those who’ve lost the battle. And we are going to raise as much money as we can, so that no one else has to lose the battle in the years to come" – Ian Evans, CEO Lynx Healthcare

On the morning of May 6th, over 1,000 community members and 75 volunteers came together for Run for Ribbons and raised close to $60,000 to save lives! The success of Run for Ribbons would not have been possible without the incredible support of our Presenting Sponsor, Lynx Healthcare. Thank you Lynx Healthcare for your support and the difference you made! View Ian’s full opening speech on Facebook @TCCancerCenter