The Vague and Sneaky One: Ovarian Cancer

Support Groups

Prostate Cancer Screening

September 2017 Calendar

Teal the Bridge Celebration
In memory of Kay Kerbyson and Karla Schliep

Join us from 7-9 pm while the Tri-Cities Cancer Center raises awareness about ovarian cancer. The Cable Bridge will light up in teal that evening and through the month of September.

Thursday, August 31st, 2017 • Clover Island Inn
435 N Clover Island Inn Drive • Kennewick
THE VAGUE AND SNEAKY ONE:
Ovarian Cancer

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

The predominant rule in cancer care is if you want to cure it, find it early! For those who know ovarian cancer that is the challenge, finding it early! This cancer of the reproductive system has vague symptoms and no early detection tests. If it is caught early, meaning stage I or II, the five year survival rate is over 90%. If found in Stage III or IV the give year survival rate is approximately 28%.

Recently our Ovarian Cancer Support Group gathered to make preparations for the annual “Teal the Bridge” event. Per the National Ovarian Cancer Coalition teal is more than just a commemorate color for ovarian cancer awareness, it represents the message, "Take Early Action and Live®." The inspirational lighting of the cable bridge began in 2013 and continues each year to create awareness of ovarian cancer and hopefully start a dialogue. For those whose life has been affected by ovarian cancer, we want that dialogue to be about the symptoms and to take action if needed.

The most common symptoms of ovarian cancer are:
- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Fatigue
- Back pain
- Pain during intercourse
- Constipation
- Menstrual changes

Come join us at Teal the Bridge!
For more information about this event, please see the front cover of this newsletter.
In most cases, women experience only a few of the above symptoms. Many of the symptoms can be so minor they are easily dismissed or we choose to wait them out, expecting them to go away. But if they persist action needs to be taken. Among the women I spoke with in our support group, it took from six weeks to two years from the onset of symptoms until a diagnosis was made.

While there are many different presentations of this cancer, the symptoms that seemed consistent to the group was a feeling of fullness or bloating. Beyond that, each story was very different; some also had pain, some shortness of breath. One called the symptoms “sneaky.” As they shared their stories with me many things came to light. These women were more than their diagnosis and their cancer care. They were fun and busy! They had renewed faith, new friends and love of family. They had seen their situation expose the true nature in people around them. Some of which was good, some not so! And cancer could not stop them. They had plans with grandchildren, plans for a triathlon and plans for community.

I asked the group what message would they like me to share. The messages they gave me are applicable to any cancer diagnosis. Take care of yourself from nutrition to an afternoon nap. Keep a positive attitude. Recovery from surgery takes time but keep the will to recover. More importantly, you are not alone. There are others that have been in your situation – “come talk to us, we are here for you.”

The American Cancer Society estimates there will be over 22,200 new cases diagnosed this year and more than 14,200 women will die from it. In Benton & Franklin County, we may see less than 20 cases in 2017, but, if history repeats itself 88% of those cases will be in Stage III or IV. The Tri-Cities Cancer Center believes knowledge is power. If you know what the symptoms are, you may have the power to change those diagnosed to Stage I or II by taking early action.

I don’t know what it feels like to live with ovarian cancer. But I do know what it feels like to have lost two dear friends to Stage IV ovarian cancer in less than a year. Their symptoms were vague and easily dismissed. Both were busy and put off seeing a doctor. Don’t let this be your story. Pay attention, have a well woman check with a gynecologist yearly.

If you experience any of the symptoms mentioned seek answers, don’t ignore it. If you see the symptoms in someone you love, don’t let them ignore it!

For more information about ovarian cancer, please visit www.ovarian.org or www.tccancer.org
Support groups at the Tri-Cities Cancer Center are one facet of complementary care for patients and their families diagnosed with cancer. One patient summed up his experience of being diagnosed with cancer like this, “I realized that being diagnosed with cancer is partly about me and mostly about managing everyone else around me.” When I have quoted those words to new patients I see a glimmer of agreement in their eyes. Support is a hard word to define for a cancer patient at any stage of their diagnosis and treatment. From the perspective of many patients, the question regarding support is “How do I stay in control of this chaos?” Patients are often looking for support that helps them stay in control. There is solid research on this subject as well.

One article from WebMD discussed research that showed cancer patients find the best support comes from family and friends. The same study revealed family and friends often don’t feel qualified to give the support their loved ones need. Findings from a 2016 focus group conducted by the American Cancer Society in our locale, found patients reported support from their loved ones was terrific – right up until the end of treatment. Then suddenly they were expected to go back to normal again. For many patients, the end of treatment is just the beginning of recovery. They still depend on the support and encouragement of their loved ones.

Support groups at the Tri-Cities Cancer Center are an integral part of care. The most common reason a person comes to a cancer related support group is to connect with someone else who is having a similar experience. The emotions around such an encounter are often joyful even when the circumstances are difficult.

Other reasons why people come to support groups are: to gain information, develop realistic expectations or other coping mechanisms, to help someone else, to talk to people outside of their normal circle of family and friends, to vent frustrations or fears, for a different perspective or to retell one’s story in an environment where people care to listen. Some support groups welcome family and friends who have also come to learn and share from experience.

Support groups at the Cancer Center are open so people can participate without committing to every meeting. We also recognize that support doesn’t always come through talking. Some of our groups are topic based like Ask a Dietician. Support groups can focus on coping skills through groups like Art Expressions, or Mindfulness Meditation. Support groups like WellFit® or Gentle Yoga provide physical exercise and another opportunity for social connections while on the road to recovery. Most of the support groups are open without an appointment. Some programs require appointments or preauthorization and some groups are held off site. Please check the listings or call the resource line 737-3432 for additional information. Yes, you can manage the chaos, and occasionally others can step in to help you when you need it.
Confusion over Prostate Cancer Screening
There is a lot of confusing information about prostate cancer screening today. Sometimes we hear that men shouldn’t be screened at all, and other times we hear that some men should be screened and others not, or that older men should never be screened. Sometimes friends or relatives who have had prostate cancer tell us that all men with prostate cancer should have total prostatectomy (total removal of the prostate surgically), or that some men with prostate cancer should have no treatment at all! What is the truth here?

Basic Facts
There are only two ways to screen for prostate cancer. One way is a blood test, the Prostate Specific Antigen (PSA), and the other is a Digital Rectal Exam (DRE), where the examiner feels the prostate with a finger in the rectum, checking for lumps which could mean cancer. Unfortunately both of these methods have a lot of false positives (suggesting cancer when it is really not cancer at all). This, then, subjects a person to a lot of worry, and potentially unnecessary testing and biopsies which are ultimately normal. Consequently some medical groups in our country recommend against universal screening of all men.

In general, prostate cancers occurring in younger men tend to be more aggressive (growing and spreading faster), whereas prostate cancer occurring in older men tends to be less aggressive (growing and spreading very slowly). So a younger man (perhaps age 40-60) who has a family history of males with prostate cancer, may benefit more from a prostate cancer screening than an older man (probably 70’s or 80’s) who has no prostate cancer in the family.

Another consideration is the relative health of a man. For instance, a 60 year old with many other diseases and chronic medical problems who is not likely to live more than 5-10 years may benefit less from a prostate cancer screening than a vigorous 75 year old with many family members who have lived well into their 90’s.

One more consideration is the different treatment modalities for prostate cancer. Not only is there total prostatectomy, but also radiation treatment with a highly focused external beam, or radiation by implanting little pellets directly into the prostate, or even slowing or stopping the cancer growth by using some powerful hormone injections. There are definite side effects to each of these treatment types.

The Best Advice for You
Because of all of the complex variables, this is a very important subject to discuss with your Primary Healthcare Provider. He or she knows you and your health best and can give you more information about the pros and cons of screening for prostate cancer, and which screening schedule may best fit you and your health. Stay well with help from your Primary Healthcare Provider.

BE A MAN
Be Healthy. Have A Conversation With Your Physician. BE A MAN. Prostate cancer is the most frequently diagnosed cancer in men (aside from skin cancer) and the third leading cause of cancer death in men. Rather than hosting a community-wide screening event this year, we are encouraging men to have a conversation with their primary care physician (PCP) to determine if screening for prostate cancer is appropriate given their unique health history and current condition. So BE A MAN, pick up the phone and schedule your appointment today. Aside from a discussion about prostate cancer screening, your PCP may identify other health related concerns, allowing you to stay healthy or regain health, for those that care about you!

The decision about whether to be screened for prostate cancer should be an individual one. The USPSTF recommends that clinicians inform men ages 55 to 69 years about the potential benefits and harms of prostate-specific antigen (PSA)–based screening for prostate cancer. The USPSTF recommends against PSA-based screening for prostate cancer in men age 70 years and older. – Reprinted courtesy of the United States Preventive Services Task Force (USPSTF).
OUR COMMUNITY CARES!

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

Teal the Town
September is Ovarian Cancer Awareness Month

Across the country, people are tying teal ribbon around their trees to promote awareness.

If your business would like to participate, please contact the Tri-Cities Cancer Center Foundation today at (509) 737-3413 or foundation@tccancer.org

Pavilion Party!

Low Country Shrimp Boil & All You Can Drink
Presented by Healed with a Kiss

Friday
Sept. 8, 2017
Come hungry for dinner at 6 PM

Bella Fiori Gardens
219605 E. Perkins Rd.
Kennewick, Washington

Ticket Price
One Hundred Dollars

Thanks To
Spertine Raekes
Travel Leaders
Monteith Insurance

Proceeds benefit Tri-Cities Cancer Center Foundation

Lourdes Health

www.tccancer.org • (509) 783-9894
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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PRESENTED SEPTEMBER EVENTS

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

Presentation: Aging and Disability Resource Center - An Overview of Services

Speaker: LeAnn Turnbull  
Date: Tuesday, September 12th, 12:00 p.m. - 1:00 p.m.

Disability, chronic disease and aging all challenge our independence and resources. SE Washington Aging & Long Term Care want to help you overcome your challenges and improve your knowledge of resources. Whether its caregiver respite, good nutrition, better foot care or transportation – they’ve got answers! Join us for a program review and an update on program changes. Please call 737-3427 to RSVP by Friday, September 8th. Lunch will be provided with RSVP.

Quit Tobacco

Facilitator: Gretchen Saunders, RN, ONN-CG, CTTS  
Date: Friday, September 15th, 10:00 a.m. - 11:30 a.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.

Look Good... Feel Better®

Facilitator: Robyn Stradley  
Date: Wednesday, September 20th, 10:00 a.m. - 12:00 p.m.

Robyn will teach women going through cancer treatment how to cope with skin changes and hair loss that can result from cancer treatment. She will instruct participants in application of cosmetics (a complimentary cosmetic kit is provided) and how to disguise hair loss, including eyebrows. Sponsored by the American Cancer Society & Tri-Cities Cancer Center Foundation. Please call (509) 737-3427 to RSVP. May register up until the day of the class.

Art Expressions

Facilitator: Brigette Phillips  
Date: Wednesday, September 27th, 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 acrylic painting. Please call 737-3427 to RSVP by September 25th. The class fee is $5 to cover materials. Registration is required.
**SEPTEMBER 2017 CALENDAR OF EVENTS**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>EVENT INFORMATION KEY</strong></td>
<td>WC - Wellness Center</td>
<td>FS - Fireside Room</td>
<td>RR - Reservations Required</td>
<td>LIB - Library</td>
<td>RC - Resource Center</td>
<td>ACR - Admin Conference Room</td>
</tr>
<tr>
<td><strong>All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted.</strong></td>
<td>31 (August)</td>
<td>Teal The Bridge</td>
<td>Clover Island Inn</td>
<td>7:00pm - 9:30pm</td>
<td>1</td>
<td>Breast Cancer Support Group</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>Closed for Labor Day</td>
<td>5</td>
<td>Ask a Dietician</td>
<td>9:00am - 10:00am</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>Cancer Support Group</td>
<td>9:00am - 11:30am</td>
<td>7</td>
<td>Cancer Support Group</td>
<td>VCR</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>Men’s Club Monthly Meeting</td>
<td>WC</td>
<td>7:30am - 8:30am</td>
<td>Gentle Yoga</td>
<td>WC</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>Warrior Sisterhood</td>
<td>Call 737-3432 for location</td>
<td>5:30pm - 7:00pm</td>
<td>15</td>
<td>Breast Cancer Support Group</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>Breast Cancer Support Group</td>
<td>10:00am - 11:30am</td>
<td>18</td>
<td>Ask a Pharmacist</td>
<td>4:00pm - 5:00pm</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>Cancer Support Group</td>
<td>VCR</td>
<td>10:00am - 11:30am</td>
<td>22</td>
<td>Look Good... Feel Better®</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>Look Good... Feel Better®</td>
<td>VCR (Pre-Registration Required)</td>
<td>10:00am - Noon</td>
<td>25</td>
<td>Look Good... Feel Better®</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>Look Good... Feel Better®</td>
<td>VCR (Pre-Registration Required)</td>
<td>10:00am - Noon</td>
<td>28</td>
<td>Mindfulness Meditation for Health and Wellness</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>Let’s Make Pink Just Another Color</td>
<td>6:30pm - 8:00pm</td>
<td>31 (August)</td>
<td>Teal The Bridge</td>
<td>Clover Island Inn</td>
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**September 29th, 2017 | 6:30am - 8am**

Join us as we recognize Breast Cancer Awareness Month and light the Tri-Cities Cancer Center building in 3,000 pink LED lights. Education & fun will fill the early morning along with yummy snacks and treats. Free t-shirts to the first 100 people through the doors, limited to one per person. Fun promotions & booths will delight your day.

There is no cost to attend this event. For more information call the Foundation office at (509) 737-3413.

Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.

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