



TRI-CITIES  
**Cancer  
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Cervical Cancer  
Ribbon

Pictured left:  
Dr. Juno Choe  
with patient

# CERVICAL CANCER SCREENING

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

Cervical cancer is one of the easiest gynecologic cancers to prevent with regular screening through your primary care provider or gynecologist. There are two screening tests that are used together to help prevent cervical cancer or detect it early.

- The Pap test is performed with a plastic or metal speculum inserted in the vagina. Gentle scraping or brushing of the cervix collects cells that are then collected and sent to a laboratory to look for any abnormalities.
- The HPV test can be performed on the same collected cells from the Pap test to look for signs of infection with human papilloma virus, the leading cause of cervical cancer. If the two tests are performed together, it is called “co-testing”.

Screening guidelines for cervical cancer screening can be confusing. They change frequently and there are multiple guidelines from many different organizations. The simplest solution is to ask your primary care physician for an individualized cervical cancer screening plan.

Currently, the American Cancer Society guidelines recommend the following:

- Women should start getting regular Pap tests alone every 3 years starting at age 21.
- Starting at age 30, a HPV co-test can be performed. If the Pap test and HPV test are both normal, then screening does not have to be performed again for another 5 years.
- Screening can be stopped after the age of 65 if there have been a number of negative previous screening tests and no previous history of significantly abnormal cells on the Pap test in the previous 20 years.

- Screening can be stopped if the uterus and cervix are removed in a hysterectomy.
- Women who have had the HPV vaccine should still follow the same screening recommendations above.
- Women who are at a high risk for cervical cancer due to HIV infection, organ transplant, previous abnormal Pap test, or exposure to the drug DES may need more frequent screening.

If your cervical screening tests show that something may not be completely normal, discuss these results with your physician. These results usually do not mean you have cervical cancer. Your physician will tell you if you need any treatment to help prevent cervical cancer from developing.

Remember that cervical cancer is preventable in most cases. Following cancer screening guidelines can help you lead a happy and healthy life!

## PROTECTING YOUR CHILDREN FROM HPV

By: Melony Sandoval, RN, Oncology Nurse, TCCC

As an oncology nurse one of my biggest responsibilities is to educate patients and their families, not only about current symptoms from their chemotherapy or radiation treatments, but preventive measures as well and what they can do to prevent these cancers from happening.

One of these preventive measures is the vaccine for HPV. HPV stands for the Human papillomavirus. It is one of the most commonly sexually transmitted diseases. HPV is so common that nearly all sexually active men and women get it at some point in their lives. There are many different types of HPV some of which can cause cancers. I believe increasing awareness about HPV and the HPV vaccine is an important way to increase vaccination rates. We, as mothers in particular, need to be more educated regarding this vaccine and the severity of what HPV can cause.

Almost all cervical cancers are caused by HPV. When a female is infected with HPV, and the virus doesn't go away on its own, abnormal cells can develop in the lining of the cervix. If these abnormal cells are not found early through routine cervical cancer screening (pap tests) and treated, pre cancers and then cervical cancer can develop.

There are two vaccines for the prevention of certain HPVs. The FDA has approved Gardasil for the prevention of several types of cancer. The vaccine is approved for use in females and males ages 9 to 26. The FDA has also approved Cervarix for prevention of cervical cancer caused by two different types of HPV.

These vaccines are given in three doses over a 6-month period. HPV vaccines offer the best protection and are recommended for preteen girls and boys starting at age 11 or 12 years, allowing enough time for these young people to develop an immune response. Both teen males and females who did not receive the vaccine at a young age are still able to obtain the vaccination. Young women can get HPV vaccine through age 26, and young men can get vaccinated through age 21.

Being an oncology nurse and seeing many HPV related cancer cases makes me passionate about helping educate others and spread awareness about prevention. The physical and emotional strain it takes on patients and their families is so sad and if it can be prevented with a simple series of vaccinations then I want to make sure that happens. I highly encourage everyone to vaccinate their children and educate others regarding this issue.



Pictured above:  
Nurse Melony with her children



# BRACHYTHERAPY: The Crucial Radiation Technique for Cervical Cancer

By: Guy Jones, MD, Radiation Oncologist, TCCC

Maybe the most amazing thing about coming back home to practice medicine is that I actually have more advanced technology here at the Tri-Cities Cancer Center (TCCC) than I did at the National Cancer Institute in Washington, D.C. The Cancer Center's investment in the Varian Edge has brought to our community an unparalleled level of radiosurgical precision that obviates the need for our patients to have to travel outside the area to receive their treatment.

As amazing as that is, that's not our only advanced technology at the Cancer Center. Another sub-specialized procedure available at TCCC is a technique called brachytherapy. The term "brachytherapy" is derived from a greek word meaning "short-distance." The idea is that, instead of delivering radiation "from the outside of the body in," can we instead (or in combination) place a radiation source in or near a tumor to result in improved tumor eradication.

The benefits of this approach are clear: since radiation doesn't have to pass through other parts of the body to reach its target, there is less concern about damage to normal tissues which inevitably receive some dose. Thus, it provides a means of delivering a much higher dose to the tumor, resulting in better tumor control.

This "internal radiation" is not a new technique. In fact, some of the earliest radioactive isotopes used for this purpose were produced as a byproduct of the plutonium manufacturing processes at the Hanford Site and we continue to be a world-leader in this technology. IsoRay Medical in Richland, WA is the world's only producer of Cesium-131, one of the most commonly-used brachytherapy isotopes.

In most cases, brachytherapy serves as one option among several for treating cancer. But for cases of advanced cervical cancer, brachytherapy is absolutely critical. Only half of the radiation dose required to cure the patient can be delivered from outside of the body. The rest must be "made up" with brachytherapy.

For these cases of cervical cancer, we typically begin with a combination of chemotherapy and external radiation in attempt to shrink the primary tumor and treat the lymph nodes. Even when lymph nodes are not proven to be involved, they can still harbor cancer cells which need to be killed. In this case, chemotherapy is used as a "radiation sensitizer" and serves to make our



Pictured above:  
Varian **Edge**™ Radiosurgery System

**“My partners, Drs. Sue Mandell and Juno Choe, also utilize brachytherapy for the treatment of cervical cancer. We are proud to be able to offer these services to our patients here in the Tri-Cities with our state-of-the-art equipment.”**

- Guy Jones, MD, Radiation Oncologist, TCCC



radiation work better. The chemotherapy weakens the tumor cells and the radiation essentially “kicks them while they’re down.”

After three weeks of chemotherapy and external radiation, we re-image the tumor to determine how much it has shrunk. This imaging also helps us to plan our brachytherapy, which is given in combination with the final weeks of external radiation. During these procedures, we insert a device near the cancer in the cervix and a brachytherapy source is placed inside it for a specified period of time. Then the source and device is removed and the patient goes home.

Several studies have shown that outcomes are greatly improved when we can finish all cervical cancer treatment within eight weeks. Delays beyond this length of time are associated with fewer cures. It can be difficult to fit all treatment within this time window if patients are receiving their external and internal radiation at different centers. This is one reason that the Tri-Cities Cancer Center offers both techniques with the latest equipment - so that both phases of treatment can be performed at one center.

Brachytherapy procedures can be highly complex and require specialized equipment and training in order to become proficient. Prior to returning home, I had the privilege of working with some of the most prominent brachytherapists in the country. My partners, Drs. Sue Mandell and Juno Choe, also utilize brachytherapy for the treatment of cervical cancer. We are proud to be able to offer these services to our patients here in the Tri-Cities with our state-of-the-art equipment. Just one more reason that I love being home!

## SERVICES BY APPOINTMENT

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

### LUXURY FACIALS

**Sunny Almeida** from Aesthetic

Journey will welcome you into our aromatherapy-filled spa room and provide a 50-minute facial that will leave you revived, refreshed, and with a healthy glow. Enjoy being pampered by Sunny as she provides this complimentary luxury facial.

### 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.**



### More information on Cervical Cancer

Open to the public, the Ralph R. Peterson Cancer Resource Library 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



# SPOTLIGHT ON PLANNED GIVING

By: Elizabeth McLaughlin, TCCC Foundation Director

The Tri-Cities Cancer Center Foundation supports the needs of the Cancer Center and is focused on supporting local cancer patients and their families, while providing services to build a healthier community through free early detection cancer screenings and education. Contributions to the Foundation come in many forms, through special events, annual contributions, and gifts to recognize cancer survivors or in memory of loved ones. Many gifts are also given to the Foundation which helps continue to provide these much needed services and programs to our community for many years to come. These gifts are referred to as planned giving. Typically, a planned gift is one that will provide charitable benefit at the donor's death. Donors may receive a charitable deduction immediately, but the Foundation will not receive any funds for its benefit until the donor passes away. Planned giving describes a wide variety of giving vehicles that allow the donors to give to the Foundation during their lifetime and/or after their death, while meeting their current income needs and providing for their heirs.

Planned gifts can allow the donor to:

- Make a personally significant gift to the Tri-Cities Cancer Center Foundation
- Save on gift and estate taxes
- Reduce or avoid capital gains taxes
- Pass assets on to family members at reduced tax costs
- Possibility of receiving income for life

Planned gifts are often thought of as 'leaving a legacy' because many are created to make an impact for future generations. It is surprisingly easy to arrange a planned gift. Though more sophisticated gifts will require more care, many methods are quite straightforward. An estate planning professional can help you achieve your goals and ensure an accurate and smooth process. The Tri-Cities Cancer Center Foundation can provide you with valuable information to share with your estate planning professional regarding planned giving. For more information about how you create a lasting legacy for cancer patients in our community, please contact Elizabeth McLaughlin, Foundation Director at 509.737.3374 or via email at [elizabeth@tccancer.org](mailto:elizabeth@tccancer.org).

## **Annual Fundraising Breakfast**

Join us March 17, 2016 at the Three Rivers Convention Center for our annual Fundraising Breakfast, generously sponsored by Mission Support Alliance. 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 being a table host, please call Lori Lott, Special Events Coordinator at (509) 737-3373.



## **Run for Ribbons**

Save the date for Saturday, May 7th, 2016 for the 7th annual Run for Ribbons in Howard Amon Park graciously sponsored by Numerica Credit Union. We anticipate over 1,200 people to attend the 10k, 5k, 1 mile event and with the help of over 60 volunteers, fun will be had by all!



# 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.

## 2016 GOVERNING BOARD

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## FEATURED JANUARY EVENTS

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

### Tobacco Cessation

**Presenter:** Gretchen Saunders, RN, BSN

**Date:** Tuesday, Jan 5th, 2:00-3:30 p.m. | Friday, Jan 15th, 10:30-12:00 p.m.  
Wednesday, Jan 27th, 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. **Please call 737-3427 to RSVP. May register up until the day of the class.**

### Presentation: Radiation Therapy for Gynecological Malignancies

**Presenter:** Juno Choe, MD, PhD, Tri-Cities Cancer Center

**Date:** Wednesday, January 13th, 12:00 - 1:00 p.m.

Radiation therapy has been used for a variety of cancers of women's reproductive tract for close to 100 years. The most significant advances have been made in the past 20 years to improve effectiveness and reduce side effects. Dr. Choe will explain the various ways of delivering curative radiation to gynecological malignancies that cannot be treated with surgery alone. **Please RSVP by January 11th by calling (509) 737-3427. Lunch will be provided with RSVP.**

### Look Good...Feel Better®

**Facilitator:** Robyn Stradley

**Date:** Wednesday, January 20th, 10:00 a.m. to Noon

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.

**Pre-Registration is Required. Please call 737-3427. May register up until the day of the class.**

### Presentation: Chair Yoga

**Presenter:** Teena Giulio, RYT200

**Date:** Thursday, January 28th, 12:00 - 1:00 p.m.

Yoga is known for its health and wellness benefits but not everyone can comfortably get to the floor. Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. At this class you will learn sitting yoga flow and yoga from a stance using a chair for stability; perfect for those wanting a quick way to stretch your body and relieve tension whether you are a cancer patient or not! **Please RSVP by January 25th by calling (509) 737-3427. Lunch will be provided with RSVP.**

# Cancer WellFit™ Program

The Cancer WellFit Program is a 10-week small group program designed for cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and/or disease. This program is offered jointly between the Tri-Cities Cancer Center and Tri-City Court Club.

Goals include helping patients build muscle mass and muscle strength, improve range of motion, and to increase endurance and functional ability.

Pre-registration is required. The first 10-week session starts January 11th. To register, please call (509) 737-3420.



## JANUARY 2016 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reservations can be made by calling (509) 737-3427 or visiting online at <a href="http://TCCancer.org">TCCancer.org</a>		<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      FCR - Foundation Conference Room			1	2
3	4 <b>CRAFTS &amp; CONVERSATION</b> WC & RR (\$5 FEE FOR THIS CLASS) 9:00AM - 11:00AM	5 <b>TOBACCO CESSATION</b> FCR & RR 2:00PM - 3:30PM <hr/> <b>FUEL FOR THE FIGHT</b> FS 4:00PM - 5:00PM	6 <b>OVARIAN CANCER TOGETHER SUPPORT GROUP</b> FS 1:00PM - 2:00PM	7	8	9
10 <b>LARYNGECTOMY SUPPORT GROUP</b> WC 1:15PM - 3:00PM	11 <b>WOMEN'S GUILD MONTHLY MEETING</b> WC 10:00AM - 11:30AM <hr/> <b>CANCER WELLFIT™ PROGRAM</b> Tri-City Court Club (Pre-Registration Required) 11:00AM - NOON	12 <b>MEN'S CLUB MONTHLY MEETING</b> WC 7:30AM - 8:30AM	13 <b>PRESENTATION: RADIATION THERAPY FOR GYNECOLOGICAL MALIGNANCIES</b> WC & RR 12:00PM - 1:00PM <hr/> <b>WARRIOR SISTERHOOD</b> CALL 737-3432 FOR LOCATION 5:30PM - 7:00PM	14	15 <b>BREAST CANCER SUPPORT GROUP</b> FS 9:00AM - 11:00AM <hr/> <b>TOBACCO CESSATION</b> FCR & RR 10:30PM - 12:00PM	16
17	18	19	20 <b>LOOK GOOD... FEEL BETTER®</b> FCR (Pre-Registration Required) 10:00AM - NOON	21	22	23
24	25	26	27 <b>TOBACCO CESSATION</b> FCR & RR 3:00PM - 4:30PM	28 <b>PRESENTATION: CHAIR YOGA</b> WC & RR 12:00PM - 1:00PM <hr/> <b>LYMPHOMA-MULTI-MYELOMA SUPPORT GROUP</b> FCR 4:00PM - 5:00PM	29	30
31	1	2	3	Be sure to keep updated on future events and presentations by visiting our online calendar at <a href="http://www.TCCancer.org">www.TCCancer.org</a> .		