

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

**2**  
 Cancer Crushing  
 Executives:  
 Workplace  
 Wellness  
 Works

**4**  
 A Brief Introduction  
 to Medical  
 Physics

**5**  
 HPV Vaccination  
 is Cancer  
 Prevention

**8**  
 January 2018  
 Calendar

**Cancer  
 Crushing  
 Executives**  
 TRI-CITIES  
**Cancer Center**





Pictured right: Jeffrey R. Harris, MD, MPH, MBA, Professor and Chair, Department of Health Services, School of Public Health, University of Washington

# CANCER CRUSHING EXECUTIVES: WORKPLACE WELLNESS WORKS

By Jeffrey R. Harris, MD, MPH, MBA, Professor and Chair, Department of Health Services, School of Public Health, University of Washington

Keeping employees healthy is paramount to the success of any employer, be they a private business, a government agency, or a non-profit. On November 7th of this year, the Tri-Cities Cancer Center launched a workplace wellness program called Cancer Crushing Executives to assist employers in the Mid-Columbia region to keep their employees healthy. I had the pleasure of serving as the keynote speaker for the launch of Cancer Crushing Executives. As a follow-on to those remarks, I lay out briefly here why employers should promote employee health through workplace wellness programs, how to implement the programs, and the design of Cancer Crushing Executives.

## Promoting employee health

Promoting employee health via workplace wellness programs can prevent cancer and other diseases, as well as detect them early, when they are most treatable. When well implemented, these programs work—they aid in decreasing smoking, increasing physical activity, and assisting with weight control. They also increase: employee morale and team-building; recognition of concern for employee well-being; and recruitment and retention. And they save money. A scientific review of 22 studies showed a six-fold return on investment overall. Half of this came from healthcare savings, and the other half came from productivity gains.

Chronic diseases are far and away the most common cause of illness, disability, and death in Washington State and the United States. Among working-age adults in WA, cancer is the most common of the chronic diseases. Cancer among employees is

heart-breaking but also costly to employers as employees with acute episodes of cancer are often absent from work and have the need to utilize disability benefits and worker's compensation.

### Implementing workplace wellness programs

As hinted at above, the best workplace wellness programs focus on helping employees adopt or maintain healthy behaviors. These behaviors include quitting tobacco use, being active, eating healthy, and getting the appropriate early-detection screenings for cancer. The CDC (Centers for Disease Control and Prevention) and its Guide to Community Preventive Services offer employers a short list of evidence-based practices to help employees with these behaviors.

Even though evidence-based practices (EBP) in the workplace can increase levels of healthy eating, cancer screening, physical activity, and tobacco cessation, employee participation can be low, even in large workplaces. Three proven strategies work to increase participation: 1) providing access and making healthy behaviors easy (for example, by serving healthy foods in vending machines and cafeterias), 2) motivating employees by making healthy behaviors part of the workplace culture (for example, by organizing group-exercise opportunities at work), and 3) providing employees with the skills to succeed in adopting and monitoring healthy behaviors (for example, through reminders about cancer screening). A recent review by the Rand Corporation also identified five effective tactics to undergird these strategies: 1) maximize what many workplaces already have (e.g. their health plan and its health promotion resources); 2) lead at all levels, starting with the CEO or most senior leader, but also through training and empowering front-line supervisors; 3) communicate, communicate, communicate; 4) engage employees and provide convenience and easy access; and 5) evaluate continuously.

### Cancer Crushing Executives

The Tri-Cities Cancer Center's Cancer Crushing Executives program is a promising approach to chronic disease prevention via the workplace. It brings together the Mid-Columbia's leader in cancer prevention, early detection, world-class treatment, and survivorship with the region's largest employers to promote evidence-based practices targeted at the most common causes of disease and death. The most senior leaders from the region's largest employers have committed to being Cancer Crushing Executives, with a commitment to improve wellness within their workplaces. These organizations represent roughly 30,000 employees. When positively impacted families are included, Cancer Crushing Executives can directly impact 100,000 lives right here in your community. This program is more than workplace wellness. This is community health, which is so desperately needed in the United States and Eastern Washington.

The Cancer Crushing Executives is a unique intervention in that assessment measures are a key part of the intervention and are reported to participants. Additionally, health and wellness information will be frequently communicated to all employees at participating organizations. Creative and unique content will be created to address the most prevalent concerns, from the cancer lens, that the Mid-Columbia region faces. And the same behaviors, practices, strategies, and tactics that help prevent cancer can also help prevent several other major killers—diabetes, high blood pressure, heart disease, and stroke.

Your Tri-Cities Cancer Center, in partnership with key leaders and businesses in your region, are taking a significant step in the prevention of several diseases that are impacting our communities in significant numbers. To disseminate health-promoting EBPs to large workplaces, the Tri-Cities Cancer Center will be working with my organization, the University of Washington, along with the Washington State Department of Health. It was exciting to see so many business leaders in your community make the commitment to improving workplace wellness. These leaders are in it for the long haul. Employees, their families, your community, and local businesses are the beneficiaries.

#### Recommended resources:

1. Goetzel RZ, Henke RM, Tabrizi M, Pelletier KR, Loeppke R, Ballard DW, et al. Do workplace health promotion (wellness) programs work? *J Occup Environ Med* 2014;56(9):927-34.
2. Goetzel RZ, Ozminkowski RJ. The health and cost benefits of work site health-promotion programs. *Annu Rev Public Health*. 2008;29(1):303-23.
3. Linnan L, Bowling M, Childress J, Lindsay G, Blakey C, Pronk S, et al. Results of the 2004 national worksite health promotion survey. *Am J Public Health* 2008;98(8):1503-9.
4. Harris JR, Cross J, Hannon PA, Mahoney E, Ross-Viles S, Kuniyuki A. Employer adoption of evidence-based chronic disease prevention practices: a pilot study. *Prev Chronic Dis*. 2008;5(3):A92.
5. Guide to community preventive services. Atlanta (GA): Centers for Disease Control and Prevention; 2015. [www.thecommunityguide.org](http://www.thecommunityguide.org). Accessed April 7, 2015.



**Pictured far left, from left to right back row**

- Chuck DeGooyer, CEO**  
Tri-Cities Cancer Center
- Don Miller, President & CEO**  
Gesa Credit Union
- Cindy Reents, City Manager**  
City of Richland
- Craig Cudworth, CEO**  
Trios Health
- Dave Bond, Superintendent**  
Kennewick School District
- Craig Marks, CEO**  
PMH Medical Center
- Bob Wilkinson, President**  
Mission Support Alliance
- Mark Reddemann, CEO**  
Energy Northwest
- Chad Bartram, General Manager**  
Benton PUD
- Jeff Harris, Professor and Chair, Department of Health Services**  
University of Washington
- Phil Gallagher, President**  
Tri-Cities Cancer Center Foundation

**Pictured far left, from left to right front row**

- John Serle, President & CEO**  
Lourdes Health
- Dr. Rick Shulte, Superintendent**  
Richland School District
- Lane Savitch, Chief Operating Officer**  
Kadlec Regional Medical Center
- Dolores Broeske, SVP/Chief of Staff**  
HAPO Community Credit Union
- Tim Nies, General Manager**  
Franklin PUD
- Marie Mosley, City Manager**  
City of Kennewick

**Not pictured**

- Dr. Steven Ashby, Laboratory Director**  
Battelle
- Shirley Simmons, Owner**  
CG Public House and Catering
- Ty Blackford, President & CEO**  
CH2M
- Dave Zabell, City Manager**  
City of Pasco
- Dennis Burke, President & CEO**  
Good Shepherd Health Care System
- Steve Anderson, President & CEO**  
HAPO Community Credit Union
- Michelle Whitney, Superintendent**  
Pasco School District
- Mark Lindholm, President**  
WRPS
- Dr. Keith Moo-Young, Chancellor**  
WSU Tri-Cities



# A BRIEF INTRODUCTION TO MEDICAL PHYSICS

By: Thomas Brown, PhD, DABR, Tri-Cities Cancer Center

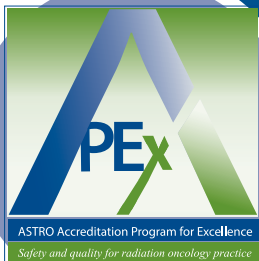
People are often surprised to learn that there are physicists working at the Tri-Cities Cancer Center (TCCC). In the minds of a lot of people, physics deals with concepts that seem detached from their concerns and day-to-day experiences. Black holes and large hadron colliders may sound interesting to some but it's not exactly life-or-death. Medical physics blows that perception out of the water. The American Association of Physicists in Medicine defines medical physics as "an applied branch of physics concerned with the application of the concepts and methods of physics to the diagnosis and treatment of human disease". Although it is not a well-known healthcare profession, medical physics plays a critically important role in radiation oncology, nuclear medicine and radiology.

In a radiation therapy facility like TCCC, the work performed by medical physicists is essential for the safe and effective radiation treatment of cancer and benign disease. The primary function of the medical physicist is to ensure the safe and accurate delivery of the radiation dose prescribed by the physician. To achieve this objective, the physicist is responsible for the technical supervision of all treatment and imaging procedures.

Their scope of practice includes the following:

- Quality assurance and calibration of the linear accelerators and radioactive sources used for patient treatments, including the measurement and characterization of the radiation
- Commissioning of new treatment technology and software in the clinic
- Treatment plan design and consultation with physicians
- Technical review of every treatment plan and patient chart prior to treatment
- Design and implementation of appropriate shielding and procedures to ensure radiation safety for clinical staff and patients, including personnel dose monitoring
- Direct supervision of high-dose stereotactic and brachytherapy treatments that require a high level of technical expertise

To qualify as a clinical medical physicist, you are required to go through a similar training structure as a physician. You must obtain a graduate degree (MS or PhD) in physics, medical physics, or related discipline and complete a two-year clinical residency before you are eligible for board certification by the American Board of Radiology or equivalent national certifying body. The medical physics team at TCCC consists of Rex Ayers, MS, DABR, MCCPM, CHP and Thomas Brown, PhD, DABR. They have made significant improvements in the quality of patient care at TCCC; recent achievements include the successful introduction of frameless stereotactic radiosurgery treatments for Trigeminal Neuralgia – a first for the Tri-Cities – and the implementation of new imaging and treatment protocols essential for securing APEX accreditation for TCCC, the gold standard for patient safety in radiation oncology.



## Your Tri-Cities Cancer Center is the **FIRST CANCER CENTER IN THE NATION**

to be certified for the American Society for Radiation Oncology Accreditation Program for Excellence APEX®. This is the gold standard in radiation oncology accreditation, which focuses on patient-centered care, the process of care, radiation oncology team, safety and quality management.

# HPV VACCINATION IS CANCER PREVENTION

By: Dr. Amy Person, Health Officer, Benton-Franklin Health District

Pictured right: Dr. Amy Person, Health Officer, Benton-Franklin Health District

Wouldn't it be great if you could take a pill to prevent cancer? It's not quite that easy, but for cancers associated with human papilloma virus (HPV), it's close. A simple series of three, or for younger pre-teens, two doses of HPV vaccine provides immunity against the strains most commonly associated with cervical and anal cancers. That's good news for the 27,000 people who will get cancer from HPV every year in the United States.

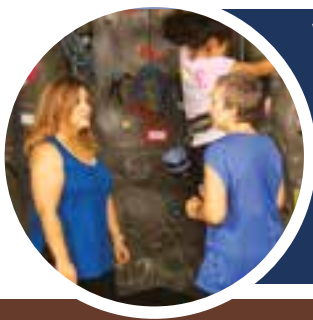
HPV is not the first virus associated with cancer or even the first one that can be prevented by vaccination. The biggest difference is that HPV infection is responsible for more than 90% of cervical and anal cancers so vaccination can really mean cancer prevention. HPV is also associated with two-thirds of oropharyngeal (back of the throat, including base of the tongue), vulvar, vaginal and penile cancers. HPV is so common that almost everyone will be exposed at some point in their lives so vaccination also means protection for almost everyone.

HPV vaccines are safe and effective. Since the vaccines were first introduced in 2006, infections caused by HPV have already dropped by over half. Because cancers take much longer to develop, it's still too soon to see any changes in cervical cancer rates because of the vaccine. HPV vaccines are closely monitored like all vaccines and have not shown any serious side effects.

Early vaccination is important because it's always most effective when given before exposure to infection; that's true for HPV just like with measles or pneumonia. Pre-teens also have a much stronger immune response than older adolescents so the vaccine is even more effective. Vaccinating children at age 11 or 12 offers the most HPV cancer prevention. The other advantage of getting vaccinated at a younger age is fewer shots. If the vaccine series is started between ages 9 and 14, only two shots, given six to 12 months apart, are needed. Between ages 15 and 26, three shots are needed. Anyone between the ages nine and 26 with a weakened immune system also needs three shots.

In 2015, Franklin County led the state with 30% of persons who received HPV vaccine by age 13, but that was still less than a third of pre-teens who were protected. HPV vaccination is cancer prevention so let's not settle for less than 100%.

Vaccines are available at Benton-Franklin Health District, as well as many health care providers and pharmacies.



## WOMAN UP! Women's Health Awareness About the HPV Vaccine

Cancer prevention and early detection are key to being healthy for those that care about you and for your own wellbeing. No excuses. Be proactive. Get screened. Be the Mom. Get your kids vaccinated. **WOMAN UP!** Check out our short video at [tccancer.org/womanup](http://tccancer.org/womanup) for more information.



## NATUROPATHIC CLINIC NOW OPEN!

Introducing our newly launched Naturopathic Clinic at your Tri-Cities Cancer Center and our new Naturopathic Physician, Dr. Lindsey Josephson.



In our Naturopathic Clinic, Lindsey works with patients to:

- Guide usage of natural therapies while in cancer treatment
- Reduce the side effects of chemotherapy or radiation therapy
- Improve quality of life both during and after treatment
- Reduce the risk of cancer reoccurrence

**For more information on a naturopathic consult, please contact Joan Stewart, Clinical Services Coordinator, at (509) 737-3450.**



# OUR COMMUNITY CARES!

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



## Save the Dates!

### Fundraising Breakfast – March 29, 2018

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 12, 2018

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](http://runforribbons.org) for more information.

### HAPO Golf Classic – August 17, 2018

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 10, 2018

The best charity gala in the Tri-Cities helps fund programs designed to support individuals and families dealing with a cancer diagnosis. The 18th annual Autumn Affair Auction will be on Saturday, November 10, 2018 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.



### Help us raise money by shopping at Fred Meyer!

When you make a purchase, part of that comes back to the Tri-Cities Cancer Center and the MORE you shop, the MORE they donate! Make sure to link your card online at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards) to us. You can search us by name or by our non-profit number, 94035. If you don't have a rewards card you can sign up for one at customer service or when you check out. Thank you Fred Meyer!



Don't forget to use Amazon Smile ([smile.amazon.com](http://smile.amazon.com)) when doing your online shopping! This is a great way to help cancer patients in need by just doing your normal Amazon shopping! A portion of the purchase price will be donated when you choose the Tri-Cities Cancer Center as your preferred charity.

# 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.

## 2018 GOVERNING BOARD

Jeff Petersen

CHAIR

Lane Savitch

VICE CHAIR

Wanda Briggs

SECRETARY & TREASURER

Craig Cudworth

Tim Doyle

Julia Hamrick

Basir Haque, MD

Susan Kreid

Jennifer Smith, MD

John Serle

Kevin Taylor, MD

## ADMINISTRATION

Chuck DeGooyer

Michele Caron

Vicki Dehler

Sue Mandell, MD

Elizabeth McLaughlin

Michael Novakovich



## 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.

### Gentle Yoga

**Speaker:** Teena Giulio, Unity Yoga

**Date:** Tuesday, January 9th, 10:00 a.m. - 11:00 a.m.

Yoga is known for its health and wellness benefits. Join us for a gentle, introductory yoga that can improve posture, stretch your body and relieve tension. At this class you will learn sitting yoga flow and yoga from a stance using a chair for stability. Whether you are a cancer patient, survivor or caregiver, we would like you to try yoga and explore how it can benefit you!

**Please call 737-3427 for more information. Reservations are not necessary.**

### Quit Tobacco

**Facilitator:** Gretchen Saunders, RN, ONN-CG, CTTS, Tri-Cities Cancer Center

**Date:** Friday, January 12th, 1:00 p.m. - 2:30 p.m. and Tuesday, January 23rd, 3:00 p.m. - 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, 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 classes.**

### Presentation: What If? Preparing for Health Changes and Family Crisis

**Speaker:** Nancine Hawkins, MBA, Family First Senior Care

**Date:** Thursday, January 25th, 12:00 p.m. - 1:00 p.m.

Sudden changes in the family, whether health or resources, can lead to crisis. Most people are not prepared emotionally or materially for these stressors. Please join us for some tips on how to prepare in advance for health issues or crisis situations. Lunch is provided with reservation. **Please call 737-3427 to RSVP by January 22nd. Lunch will be provided with RSVP.**

### Mindfulness Meditation for Health and Wellness

**Facilitator:** Chris Murray, Insight Meditation of the Mid-Columbia

**Date:** Thursday, January 25th, 12:00 p.m. - 1:00 p.m.

Mindfulness includes acceptance of the present moment and recognizing that everything changes. Clinical studies have shown mindfulness meditation practice to be an effective and safe way to reduce stress-related medical problems, anxiety, and depression while brain imaging has shown that a regular mindfulness practice can change brain function and structure in a positive and significant way. In each support group session, we will review techniques to enhance mindfulness and discuss how these techniques can be used to complement cancer therapies. Then we'll practice mindfulness meditation in a group setting. Patients, caregivers, friends and family are invited to participate. **Please call (509) 737-3427 for more information, reservations are not necessary.**

# Congratulations to our Intern!

Jill Wardlow, senior at Delta High School, has just been accepted to WSU Tri-Cities! Jill intends to pursue a career in oncology nursing to follow in the footsteps of her mother, Marcia Vondruska, Oncology Nurse Navigator at Kadlec. We are very proud to have assisted in her career development and education.

Pictured: WSU graduates and TCCC team members, Dr. Guy Jones (left) and Michael Novakovich (Right). Delta High School Intern, Jill Wardlow with her TCCC workplace supervisor, Joan Stewart, Education Coordinator (Center).



## JANUARY 2018 CALENDAR OF EVENTS

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