

FEBRUARY 2018 NEWSLETTER



TRI-CITIES
Cancer
Center
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Kennewick, WA 99336

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February 2018
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DON'T MISS THE TRI-CITY AMERICANS'
PINK ICE NIGHT
FEBRUARY 24th
Discounted tickets available. Call 509-737-3413.



Pictured right:
While Braemar has
been gone for 5 years,
many of his patients still
ask about him.
Pictured left:
Pet therapy dogs
at work

"PT" DOESN'T ALWAYS MEAN PHYSICAL THERAPY

By Carl Berkowitz, TCCC Volunteer

A true story: the patient had not moved for several days and was psychologically closing off to the world. A special therapy team was brought in. Using no invasive medical procedures, the team soon had the patient smiling and reaching out to them. This was all accomplished by the end of the team's first visit. Observers watching this event were in tears.

Another true story: an elderly patient in poor health was able to go for a short walk following a visit by a team using the same technique. This patient not only fell in love with one of the team members, but actively watched for the team between their visits with other patients. Observers noted that stress levels among medical staff diminished and smiles increased by just being in the presence of this team.

In each of these stories (and there are many more like them), one member of the team had four legs, was furry and had a cold nose. The trained pet therapy ('PT') dogs who visited these patients came there through the work of Karrie Napier, a nurse (RN) and pet therapy evaluator.

The Human/Pet Bond

Karrie says "...a bond forms almost right away between people who are suffering and a trained therapy dog." And medical research supports her claim. An overview report from the University of Pittsburgh summarizes 20 peer reviewed articles documenting

“...a bond forms almost right away between people who are suffering and a trained therapy dog.”

Pictured right: Braemar with patients.



symptomatic benefits for reducing pain, psychological distress, and fatigue in a variety of patient populations, including cancer patients.¹

Karrie's work to bring a pet therapy program to Trios Health (formerly Kennewick General Hospital) came only after she completed a rigorous one year course offered by the nationally recognized organization 'Pet Partners.' Here, she became familiar with the many special requirements and demands made on both handlers and therapy dogs.

While no breed is automatically excluded from participating in the program, Karrie notes that not all pets have the disposition to be therapy dogs. A basic criterion is that the dogs must enjoy interacting with total strangers in a very gentle manner. "Our daughter Alyssa's Chihuahua mix (Lilly) and our family's Australian labradoodle (Bendigo) are both amazing dogs and we love them. But neither one passes muster as a therapy dog." And while there have been no local Pit Bull therapy dogs, this is only because no local owners with this breed have become registered.

Following in some mighty big foot (paw?) steps...

Karrie's interest in pet therapy was piqued by Braemar, a 150 pound Leonberger acquired by her husband, Ian, in 2004. The couple initially had no intention of training Braemar to become a therapy dog, wanting instead to simply have a good family pet. They took Braemar everywhere to make sure he was socialized and comfortable around people. During these outings they would often be approached by strangers asking if they could pet this gentle giant (he weighed more than Karrie!). Karrie and Ian frequently saw faces light up with smiles as Braemar would lumber over, tail wagging, to say hello. These observations and her professional medical background led to Karrie's recognition of the need for a pet therapy program at Trios.

So in 2006, Karrie and colleague Linda Dunn started working with the Trios medical and administrative staff to design a 'PT' program. They had to address concerns about patient safety, pet hygiene and visitation guidance (e.g., patients having compromised immune systems generally cannot have 'PT' visits). Assuring that only healthy animals came into the facilities was achieved with the support of VCA Meadow Hills Animal Hospital, with exams done throughout the year to assure optimal health in the four legged helpers.

Braemar tested for and qualified to become the first ever participant in Trios' "Paws for Patients" program. He provided love and affection to patients for over six years before cancer brought his 'career' to an end.

Braemar's legacy carries on...

Today, Linda is chair for the Paws for Patients pet therapy program at Trios and Karrie is a registered Pet Partner team evaluator. There are now more than 15 'PT' teams available to visit local hospitals, libraries and hospices. While the Tri-Cities Cancer Center 'PT' program was on hold during their recent expansion, the four-legged, furry, cold-nosed workers will be back this spring.

Karrie encourages pet owners interested in participating in the program to learn more at the website, PetPartners.org. Here, they will find general information on 'PT' and guidelines to help determine if their pet is suitable for this type of work. Persons in need of a 'PT' team or in supporting this program can contact Lisa Gallegos, Trios Volunteer Director at (509) 221-5117 or Joan Stewart, TCCC Clinical Services Project Coordinator at (509) 737-3450.

¹Marcus, D.A. Curr Pain Headache Rep (2012) 16: 289. <https://doi.org/10.1007/s11916-012-0264-0>



CANCER PREVENTION IN PETS

By: Dr. Shelby Williams, PharmD, FSVHP and
Dr. Joanne Intile, DVM, MS, DACVIM (oncology)

Roger Caras once said “dogs are not our whole lives, but they make our lives whole.” Most would agree that our pets become a part of our family and when they become sick it has a huge impact on us as well. Determining risk factors and cancer prevention has been an area of great research in both human medicine and veterinary medicine. Cancer prevention is an important aspect of any pet’s routine healthcare, and these simple measures can help pet owners and their veterinarians work together to ensure our beloved companions live longer, happier, and healthier lives.

Environmental Exposures

The three biggest culprits include pollution, environmental tobacco smoke (ETS), and pesticides. There is evidence supporting an association between exposure to ETS and lymphoma and nasal tumors in dogs and lymphoma in cats. Exposure to pesticides containing dichlorophenocetic acid (2,4-D) is associated with increased risk of lymphoma in dogs, however data is conflicting. See www.epa.gov/ingredients-used-pesticide-products/24-d for more information on 2,4-D. Dogs living in urban areas are at increased risk for developing lymphoma.

Vaccination

Cats infected with Feline Leukemia Virus (FeLV) are 60 times more likely to develop lymphoma/leukemia compared with healthy non-infected cats. FeLV infection was the most common cause of blood borne cancers in cats during the 1960-1980s. During that time, approximately two-thirds of cats with lymphoma were co-infected with FeLV. With the development of better screening tests to eradicate or isolate infected cats, as well as commercially available FeLV vaccines, the number of FeLV positive cats decreased dramatically after the late 1980s.

Spaying and Neutering

Hormones can act to promote or inhibit tumor development, depending on the specific cancer in question. Female dogs are less likely to develop mammary tumors when they are spayed early in life, presumably due to lack of exposure of mammary tissue to ovarian derived reproductive hormones. However, neutering may actually increase risk of developing prostate cancer in male dogs, indicating a possible protective effect of hormones in such cases. Neutering may also increase risk of developing osteosarcoma and transitional cell carcinoma of the urinary bladder in dogs, regardless of sex.

Injection Site Sarcomas

The administration of injections (not only vaccinations) can cause injection site sarcomas in cats, but the injection alone is not sufficient to create tumors — more and more evidence points to an inherent susceptibility to tumor development that is “set into motion” in response to the injection. Therefore, injections into a limb instead of near the head or neck are preferred, especially in cats with conditions requiring regular injections.

Regular Physical Exams

One of the simplest preventative measures owners can do is to schedule regular physical exams for their pets every 6 to 12 months. This ensures any changes in status, body weight, etc. are closely monitored and tracked over time and concerns can be addressed as early signs are noted. Any newly noted skin masses should be evaluated as soon as they are noted. It is impossible to determine if a skin mass is benign or malignant based on appearance or feel alone. A fine needle aspirate and/or biopsy should be performed to determine whether further action is necessary.

TRIPAWDS.com

The treatment for pets diagnosed with osteosarcoma may be amputation, which can be terrifying to hear. TRIPAWDS, whose motto is “it’s better to hop on three legs than limp on four” is a community focused on helping people understand amputation and bone cancer in pets. Here, owners of three-legged pets provide a fantastic support network for each other and owners considering surgery. One can find a group of “peers” to bounce questions off of and read personal experiences on individual blog pages and forums.

COMPARATIVE ONCOLOGY UPDATE

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



Our loyal newsletter readers may recall an article I wrote for our June 2015 issue on comparative oncology: the study of naturally occurring cancers in companion animals as a model for human disease. Research has shown genetic and behavioral similarities between human and animal tumors. The clinical research targeting these similarities then acts as a window in which we can evaluate novel therapies that may result in human clinical trials and consequently future cancer treatments.

This area of cancer research is so promising, the National Institute of Health created the Comparative Oncology Program within the National Cancer Institute's Center for Cancer Research (ccr.cancer.gov/comparative-oncology-program). In the June 2015 article I shared information regarding osteosarcoma in the long bones of large breed dogs and its similarity to childhood osteosarcoma (bone cancer). The Center for Cancer Research recently opened a clinical trial for canine osteosarcoma which utilizes a drug currently used for human kidney cancer. If the trial results in the desired anti-cancer effects, the research may result in a clinical trial for childhood osteosarcoma.

Both human and veterinary clinical practice use therapies that target specific proteins in the treatment of a number of cancers. Recently some molecular scientists identified two cell surface proteins that are found on the majority of canine gliomas (a type of brain tumor) but are not present in normal canine brain tissue. They have since developed monoclonal antibodies that target those two proteins. Similar patterns of proteins have been observed in human gliomas and normal brain tissue. The identification of a unique molecular signature for gliomas that is shared by both dogs and humans suggests novel treatments that are effective in dogs may translate to human therapeutics. Thus the canine clinical trial that is currently enrolling is expected to generate clinical data that can be used for the development of molecularly targeted cytotoxins as a potential therapy in human gliomas.

If you or someone you know has a cat or dog with a cancer diagnosis, please consider how you can contribute to this body of knowledge and research. A conversation with your vet regarding the participation in canine or feline oncologic clinical trials may result in new cancer treatments for you, your friend or your family. Pets enrich our lives and due to comparative oncology, their ability to enrich the lives of others is far reaching.

<https://ccrod.cancer.gov/confluence/display/CCRCOPWeb/Comparative+Oncology+Trials+Consortium>

<http://www.vetmed.vt.edu/clinical-trials/canine-glioma/molecularly-targeted-cytotoxins.asp>

https://ebusiness.avma.org/ahsd/study_search_results.aspx



**WASHINGTON
ELEMENTARY
HOME OF THE
TIGERS**

The 3rd grade classes at Washington Elementary took it upon themselves to make special blankets and write letters to the cancer patients at your Tri-Cities Cancer Center.

The patients were so happy to receive their blankets and letters of encouragement. It was truly something special and we wanted to take the time to thank those 3rd graders once again for their kind thoughts and warm wishes!

Thank you 3rd graders of Washington Elementary!



OUR COMMUNITY CARES!

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

13th Annual Pink Ice Night with the Tri-City Americans Saturday, 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 **4th Annual Craft Brew & Bacon Festival** on February 24, 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



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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FEATURED FEBRUARY EVENTS

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

Ask a Dietician

Facilitator: Alison Licquia, MS, RD, LD, LifeCare Solutions

Date: Tuesday, February 6th, 9:00 a.m. - 10:00 a.m.

A monthly meeting for cancer patients and their loved ones to learn more about nutrition and its role in the fight against cancer, maintaining health during treatment and cancer prevention overall. A portion of the meeting will focus on a topic of interest in general and at least 30 minutes each month will be available for general questions from the attendees or discussion of dietary concerns. **Please call 737-3450 for more information, reservations are not necessary.**

Presentation: Lymphatic Problems - Managing Swelling, Pain and More with Compression

Facilitator: Sara Nelson, PT, DPT, WCS and Isaac Nelson, LMT, CLT-Vodder Therapy Solutions

Date: Thursday, February 8th, 12:00 p.m. - 1:00 p.m.

Swelling is a common symptom after surgeries or in situations where the lymphatic system is compromised or overwhelmed such as venous insufficiency or obesity. This swelling, known as lymphostasis, can be treated with varying types of compression products. There are many options available and it can be hard to know what to use. This presentation will explain this vast area while discussing proper fitting. Also guidance on how to find the right products and make them part of a healthy lifestyle! **Please call 737-3427 to RSVP by February 6th. Lunch will be provided with RSVP.**

Presentation: Naturopathic Flu Fight

Speaker: Dr. Lindsey Josephson, Naturopathic Physician, Tri-Cities Cancer Center

Date: Thursday, February 15th, 12:00 p.m. - 1:00 p.m.

The best defense against the flu is the flu vaccine but sometimes it is wise to give the flu shot a helping hand. Come learn how certain foods and supplements can give your immune system a boost. And if all else fails and you get the flu, learn how you can minimize symptoms and recover faster! Our new naturopathic physician has some great advice. **Please call 737-3427 to RSVP by February 11th. Lunch will be provided with RSVP.**

Ask a Pharmacist

Facilitator: Shawna Fletcher, RPh, BCOP, Kadlec Clinic Hematology and Oncology

Date: Tuesday, February 20th, 4:00 p.m. - 5:00 p.m.

An opportunity to review your medications and supplements with a Pharmacist. Medication management takes on a much bigger picture when you add cancer treatments to the mix. Adding supplements can complicate things even further. We have a team of pharmacists that would like to help you make the most of your health and wellness by answering your medication and supplement questions. **Please call (509) 737-3450 to RSVP. By appointment only.**

Free Community-Wide Colorectal Cancer Pre-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 24th - **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 for more details and to register!



FEBRUARY 2018 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENT INFORMATION KEY All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted. WC - Wellness Center RR - Reservations Required RC - Resource Center			Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org	1 CANCER SUPPORT GROUP VCR 10:00AM - 11:30AM	2 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	3
4	5	6 ASK A DIETICIAN FS 9:00AM - 10:00AM	7 OVARIAN CANCER SUPPORT GROUP FS 1:00PM - 2:30PM	8 PRESENTATION: LYMPHATIC PROBLEMS - MANAGING SWELLING, PAIN AND MORE WITH COMPRESSION WC & RR 12:00PM - 1:00PM	9	10
11	12 WOMEN'S GUILD MONTHLY MEETING WC 9:30AM - 11:00AM	13 MEN'S CLUB MONTHLY MEETING WC 7:30AM - 8:30AM <hr/> GENTLE YOGA WC 10:00AM - 11:00AM	14 WARRIOR SISTERHOOD CALL (509) 302-1151 FOR LOCATION 5:30PM - 7:00PM	15 PRESENTATION: NATUROPATHIC FLU FIGHT WC & RR 12:00PM - 1:00PM <hr/> CANCER SUPPORT GROUP VCR 10:00AM - 11:30AM	16 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	17
18 <div style="border: 1px solid gray; 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>	19	20 ASK A PHARMACIST FS & RR 4:00PM - 5:00PM	21 LOOK GOOD... FEEL BETTER® VCR (PRE-REGISTRATION REQUIRED) 1:00PM - 3:00PM	22 MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS VCR 12:00PM - 1:00PM <hr/> LYMPHOMA-LEUKEMIA -MULTI-MYELOMA SUPPORT GROUP VCR 3:00PM - 4:00PM <hr/> PROSTATE CANCER SUPPORT GROUP VCR 5:30PM - 7:00PM	23 QUIT TOBACCO VCR & RR 1:00PM - 2:30PM	24 13TH ANNUAL PINK ICE NIGHT WITH THE TRI-CITY AMERICANS TOYOTA CENTER 7:00PM - 10:00PM <hr/> 4TH ANNUAL CRAFT BREW AND BACON FESTIVAL THREE RIVERS CONVENTION CENTER 6:00PM - 10:00PM
25	26	27	28 ART EXPRESSIONS VCR & RR - \$5 FEE 3:00PM - 4:30PM	Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org .		