



TWENTY-FIVE YEARS OF CARING

25 TRI-CITIES
Cancer Center

509-783-9894
www.tccancer.org

7350 W. Deschutes Ave.
Kennewick, WA 99336

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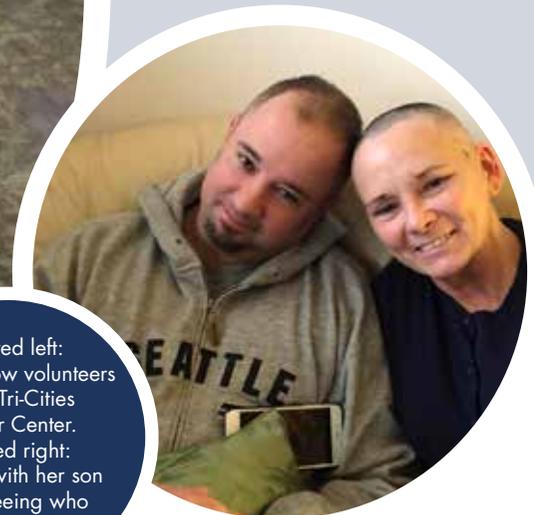
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November 2018 Calendar



Stick a **STACHE** on it!

The Tri-Cities Cancer Center and Mid-Columbia Libraries are proud to partner for men's health awareness during November. The theme for Handsomely Hairy for Health this year is Stick a Stache On It! It is a joint campaign featuring promotional materials, book lists, and events highlighting the seriousness of several cancerous diseases and other men's health issues in fun, quirky, and literary ways. Visit tccancer.org/men or page five of this newsletter to learn more.



Pictured left:
Maggie now volunteers
at the Tri-Cities
Cancer Center.
Pictured right:
Maggie with her son
Brad, seeing who
had the most hair.

LUNG CANCER SCREENING: "I Wouldn't Be Here If I Hadn't Had It"

By: Carl Berkowitz, TCCC Volunteer

An Announcement In The Tri-City Herald

Maggie Jones, a volunteer receptionist at the front desk of the Tri-Cities Center hadn't thought about screening until she came across an announcement in the Tri-City Herald. This short article announced a CT lung screening at the Tri-Cities Cancer Center that was open to the general public. She had quit smoking more than a decade ago and both her parents had died of cancer. So the article stuck in her mind and she had her first ever screening in 2014. The screening was easy (she just had to lie still for a few minutes as a chest CT scan was done) and nothing was found.

But a little voice in her head said a recheck wouldn't hurt. In December of 2015, she scheduled a second screening at the Cancer Center. "I had no health problems, I felt great. The second screening was just precautionary. I didn't expect anything except a clean bill of health."

But a very tiny spot was found, one that had formed since her first exam. Kadlec Clinic Hematology & Oncology physician Dr. Basir Haque sent Maggie to Lourdes pulmonary specialist, Dr. Jasdip Matharu, who was able to perform a biopsy of the spot. Finding it so early in its development was good news. The bad news was that the spot consisted of a cluster of very aggressive cancer cells.

Lessons Learned During Therapy

Maggie is up front about how the lung cancer diagnosis affected her. "My whole world fell apart. When Dr. Matharu gave me the

"I wouldn't be here today if I hadn't had that second screening. Smokers or ex-smokers should get one whether they think they need it or not. Catching lung cancer early greatly increases the odds that you'll be here next year. The screenings saved my life."

Pictured right: Maggie's first wig



news, I just looked at my husband and started crying." Part of her surprise was that she had no pain, no shortness of breath and had been going to the gym multiple times a week. But she's quick to add that "I wouldn't be here today if I hadn't had that second screening."

Treatment started within days of receiving the biopsy results. Maggie had a port installed followed by 3 months of concurrent chemotherapy and radiation therapy. Of these experiences, Maggie says "the Center's radiation team and the Kadlec infusion nurses were awesome! They were incredibly caring and concerned, with a sincere outpouring of love. They were the greatest team ever!"

When Maggie's chemotherapy sessions were over, she would walk down the hallway for her radiation treatment. Medical Director Dr. Sue Mandell, who encouraged Maggie to keep a positive attitude, telling her 'you can do this.' Then, at the end of three months of combined treatments that focused on her lung, she had additional radiotherapy to make sure the cancer hadn't spread to her brain. It was an unpleasant time for Maggie. But her faith, her husband and her family got her through it all. (Maggie is also quick to note the support from KC, her pooch, who was by her bedside the whole time!)

Along the way she learned a lot about coping with a difficult medical situation. Early on, she realized the importance of candor in talking about even minor discomforts with her medical support team. "I would leave the infusion room feeling faint and shaking but I thought this was normal for someone getting chemo, so I didn't say anything to the nurses." But the nurses had seen this many times so when Maggie eventually told them about this problem, it was quickly taken care of by modifying her infusion mix. And when the radiation team noticed her trembling during treatment they thought she was just cold and provided warm blankets. But Maggie eventually shared with them that she was developing a bad case of nerves, which were also easily taken care of with standard anti-anxiety meds.

"What I learned early on is that many of my problems were not unique and that the medical team could take care of them ... but only if they knew about them." Her advice: don't be a stoic! When your medical team asks how you are doing, be honest and share your concerns.

Finally!: Life Returns To Normal

After being given a clean bill of health, Maggie was anxious to get back to her regular routine and, in particular, wanted to spend time with grandchildren. But taking them to see a movie at a local theater was a bit premature; she thinks this led to an infection that led to hospitalization. "So it was another lesson learned" she said, with more advice to share. "Follow the post-therapy guidance from your doctors and nurses. My immune system hadn't fully recovered from therapy. And although I loved taking my grandkids to the movies and being with them I'm not sure it was worth the scare I gave everybody by getting an infection."

Today Maggie is a regular volunteer at the reception desk of the Cancer Center. She not only greets patients and helps them settle in before their treatment but is also available just to talk with them, to commiserate, and to share experiences. "I'm in the special position of having gone through what many of them are just now starting. I can fully relate to their fears and concerns."

Maggie will be cancer free for 3 years this December. She's back to visiting friends, being with grandkids (including taking them to the movies!) and exercising at the gym several times a week. But she's become an outspoken supporter for early lung cancer screening. "I wouldn't be here today if I hadn't had that second screening. Smokers or ex-smokers should get one whether they think they need it or not. Catching lung cancer early greatly increases the odds that you'll be here next year. The screenings saved my life."

Ask your primary care physician for a referral to the Tri-Cities Cancer Center's Lung Screening Program.



BRINGING THE FIGHT HOME: One Navy Veteran's Battle With Cancer

By: Carl Berkowitz, TCCC Volunteer

Pictured left: Veteran Lewis Turner

Veteran Lewis Turner travelled a good deal while serving four years as a construction electrician in the United States Naval Construction Battalion, known as the CB's, or 'Seebees'. He spent time in Okinawa, Guam and Iwo Jima, along with several ports in the lower 48 states. But a diagnosis of cancer brought with it the prospect of having to make repeated trips for extended treatments in Seattle. This was a tour of duty he didn't want.

Lewis' battle with cancer began when a lump developed on the left side of his neck that extended down to his shoulder. He initially tried to ignore it but when the lump started to affect his nerves and muscles, Eva, his wife, issued orders for him to report to the Veterans Administration's (VA) clinic in Richland. They, in turn, sent Lewis to the VA hospital in Walla Walla who then sent him to the VA Hospital in Seattle for a biopsy.

He had to return to Seattle for a second biopsy, and this was followed by another visit of four days so they could drain and remove the lump. When this was done, Lewis received a phone call from the Seattle VA. Could he return again, this time for eight weeks of radiation therapy, five days a week? To which Lewis responded "...we have a cancer center here in the Tri-Cities. Why can't I get the treatment here, closer to home?"

This is when the Veterans Choice Program intervened. This agency helps vets receive care from a community provider. They contacted the Tri-Cities Cancer Center in Kennewick and shortly later Lewis received a phone call from the office of TCCC Radiation Oncologist Dr. Guy Jones. When could he start therapy and what time of day best fit his schedule?

He still had to drive from his home in Finley to the TCCC campus in Kennewick, "but it was a lot easier than spending 8 weeks in Seattle!" says Lewis. His treatment at the Center was set up for the early morning so he could continue working at Irrigation Specialists in Pasco. At one of his first appointments Lewis had a custom mask fitted to his head and shoulder. This helped direct the beam of radiation to the exact location determined by physicians. And then, with the mask on, he just lay there as "...the machine just went back and forth, and back and forth. It couldn't have been easier". Lewis said that "...the people at the radiation center were really great! I'd meet with Dr. Jones once a week when he'd ask how I was doing and how I felt."

Today his health is good with no more therapy planned. He has follow-up checkups with Dr. Jones, but the future is bright. As Lewis notes, not only was the cancer cured, but "I saved myself a lot of travel by having the treatment done here in the Tri-Cities!"

The Tri-Cities Cancer Center is contracted with the VA and proud to take care of our Veterans. Thank you for your service!

November is Pancreatic Cancer Awareness Month

Pancreatic cancer is a very deadly cancer. According to the National Cancer Institute, only 8.5% of those diagnosed will live longer than five years. Pancreatic cancer accounts for about 3.2% of all cancers in the United States and 7.3% of all cancer deaths. Approximately 55,000 people will be diagnosed with pancreatic cancer in 2018. The average lifetime risk of pancreatic cancer for both men and women is 1.6%. At institutions across the country, researchers are actively looking for pancreatic cancer biomarkers that can be used as a predictive, screening, or diagnostic test.

Your Tri-Cities Cancer Center can help. Visit us online at tccancer.org or at our Ralph R. Peterson Library for a wealth of information and resources on pancreatic cancer.





Join Us for our Handsomely Hairy Event November 2nd

Your Tri-Cities Cancer Center is excited to partner with Mid-Columbia Libraries for the third year for our community-wide men's health initiative called Handsomely Hairy for Health. This year our theme is **Stick a Stache On It!**

Handsomely Hairy for Health Kickoff Event Nov 2nd – Stick a Stache On It!
This event is **FREE** and open to our entire community!

Please join the Tri-Cities Cancer Center and the Mid-Columbia Libraries for our 2018 Handsomely Hairy for Health Kickoff Event.

The purpose of Handsomely Hairy for Health Kickoff Event is to promote fun and proactive ways for men in our community to improve their health and wellness. This year's theme is Stick a Stache on It and we are asking people in our community to take pictures of themselves or fun items with a mustache on it to promote awareness of men's health issues in the month of November. Photo examples include pets, trees, friends, family, or food and post to their Instagram or Facebook account using #stickastacheonit #HandsomelyHairyforHealth #tccmenshealth #midcolumbialibraries @tccancer @midcolumbialibraries.

When: Friday, November 2nd, 2018 | 12-2pm
Where: Tri-Cities Cancer Center | Wellness Center
7350 W. Deschutes Avenue, Kennewick

At our event, we will have:

- Delicious food
- Mustache friendly photo booth
- Door prizes
- Men's health focused info booths
- Men's health educational sessions
- Much more...



For more information, please contact Ken Gamboa at (509) 737-3440 or email kengamboa@tccancer.org.

Join Tri-Cities Cancer Center Foundation for #GivingTuesday

When: Tuesday, November 27th from 8:00 AM 8:00 PM

Support the Tri-Cities Cancer Center in serving patients and their families in our region by donating an item off our wish list!

The wish list can be found at www.tccancerfoundation.org or by calling (509) 737-3413.

All wish list donations will be recognized with a special gift tag that can be given throughout the season. A donation to the wish list is a great gift.

We're camping out for #GivingTuesday and we want you to join us in the nationwide opportunity to give thanks to those who have given to us.

Visit the Cancer Center to participate in the activities or join us virtually on the Tri-Cities Cancer Center Facebook page every hour, on the hour to follow the action.



OUR COMMUNITY CARES!

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

Support the Tri-Cities Cancer Center in serving patients and their families in our region by donating an item off our wish list! The wish list can be found at www.tccancerfoundation.org or by calling (509)737-3413



All wish list donations will be recognized with a special gift tag that can be given throughout the season. A donation to the wish list is a great gift.

TUESDAY, NOVEMBER 27TH AT 8:00 AM  8:00 PM

Tri-Cities Cancer Center Foundation

~~Black Friday. Cyber Monday.~~

We're camping out for #GIVINGTUESDAY and we want you to join us in the nationwide opportunity to give thanks to those who have given to us.

Visit the Cancer Center to participate in the activities or join us virtually on the **TRI-CITIES CANCER CENTER** Facebook page every hour, on the hour to follow the action.

SERVING OUR COMMUNITY

Founded in 1994 as the radiation oncology service of Kadlec, Lourdes Health 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 NOVEMBER EVENTS

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

Quit Tobacco - Two Sessions!

Facilitator: Joan Stewart, BA, HCA and Rebecca Sutherland, MPH, Tri-Cities Cancer Center

Date: Thursday, November 15th, 2:00 p.m. - 3:30 p.m. and Friday, November 16th, 2:00 p.m. - 3:30 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.

Please call (509) 737-3427 to RSVP. May register up until the day of the classes.

Mindfulness Meditation for Health and Wellness

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

Date: Thursday, November 29th, 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.

Presentation: Functional Medicine in the Cancer Clinic: Chapter 3 - A Stress Hormone

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

Date: Thursday, November 29th, 12:30 p.m. - 1:30 p.m.

Dr. Lindsey Josephson continues with Chapter 3 on the mysteries of functional medicine. This month she will focus on the physiology of stress; what is happening at the cellular level when you are stressed? Learn how your body reacts to stress and what you can do to minimize the effects. Stress is known for its relation to cancer occurrence!

Please call 737-3427 to RSVP by November 26th. Lunch is provided with reservation.

Note: Gentle Yoga, Lymphoma/Leukemia/Multi-Myeloma Support Group and Prostate Support Group have been rescheduled to December. Ask a Pharmacist is no longer available.

American Cancer Society Great American Smokeout Thursday, November 15th

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. November 15th is an opportunity for smokers to commit to healthy, smoke-free lives – not just for a day, but year round.

By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their cancer risk. Need help quitting? Check out our Quit Tobacco program at tccancer.org or give us a call at (509) 783-9894. This program is completely FREE and offered monthly. The next classes are November 15th and 16th from 2:00-3:30 p.m.



NOVEMBER 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 LIB - Library RR - Reservations Required ACR - Admin Conference Room RC - Resource Center VCR - Volunteer Conference Room FS - Fireside Room			Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.	1 CANCER SUPPORT GROUP VCR 10:00AM - 11:30AM	2 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	3			
4	5	6	7 OVARIAN CANCER SUPPORT GROUP FS 1:00PM - 2:30PM	8	9	10 			
Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org			11	12 WOMEN'S GUILD MONTHLY MEETING WC 9:30AM - 11:00AM	13 MEN'S CLUB MONTHLY MEETING WC 7:30AM - 8:30AM	14 LOOK GOOD... FEEL BETTER® VCR (PRE-REGISTRATION REQUIRED) 1:00PM - 3:00PM WARRIOR SISTERHOOD CALL (509) 302-1151 FOR LOCATION 5:30PM - 7:00PM	15 BRAIN TUMOR SUPPORT GROUP VCR 10:00AM - 11:30AM QUIT TOBACCO VCR & RR 2:00PM - 3:30PM	16 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM QUIT TOBACCO VCR & RR 2:00PM - 3:30PM	17
18	19	20 ASK A DIETICIAN FS 4:00PM - 5:00PM	21	22	23	24			
				Closed for the holiday. Due to the holiday, some events have changed, moved or rescheduled for next month.					
25	26	27 #GIVINGTUESDAY SEE PAGE SIX OF THIS NEWSLETTER FOR DETAILS (All Day)	28 ART EXPRESSIONS VCR & RR - \$5 FEE 3:00PM - 4:30PM	29 MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS VCR 12:00PM - 1:00PM PRESENTATION: FUNCTIONAL MEDICINE IN THE CANCER CLINIC CHAPTER 3 WS 12:30PM - 1:30PM	30	Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org			