

TWENTY-FIVE YEARS OF CARING
25 TRI-CITIES
Cancer Center

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7350 W. Deschutes Ave.
Kennewick, WA 99336

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February 2019
Calendar

DON'T MISS THE TRI-CITY AMERICANS'
PINK ICE NIGHT
FEBRUARY 9th

Discounted tickets available. Call 509-737-3413.



Pictured left:
Obesity is directly
related to seven
different cancers.
Pictured right:
A proper diet is the
next best addition to
reducing cancer
risk.

CANCER RISK: NATURE VS. NURTURE

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

It is human nature to look for quick fixes that solve health problems and cancer has a lot of quick fix news on the Internet. But with more than 100 related, but separate, diseases that are called cancer, can there be a quick fix? This is a disease with no single cause, and what seems to be an infinite number of unique ways to avoid a 'fix'. Instead of trying to fix cancer once it comes, let's put energy into avoiding or preventing the disease!

Most of us have heard of the BRCA cancer genes that increase a woman's chance of getting breast or ovarian cancer. But it is only an increase in risk; having those genes doesn't mean cancer is a foregone conclusion. Less than 10% of all cancers are directly related to genetics and only 5% of women with breast cancer are carrying a BRCA gene. Many other factors must come into play and that is where we get into nature vs. nurture. Nature (genetics) may have given you a risk, but the choices you make can either increase that risk or nurture your cancer avoidance. There is strong evidence that healthier lifestyles and simple cancer risk reduction choices can prevent one third of all cancers in the United States.

Let's start with healthier lifestyles. Physical activity is paramount to maintaining a healthy weight, good circulation and an efficient metabolism. On the other hand, obesity is directly related to seven different cancers. Recommendations for physical activity start at a brisk walk for 30 minutes five times a week. So find some time for that walk or any exercise. Not only will you be working towards a healthy weight, you will be improving circulation which can flush out toxins and possible carcinogens like free radicals.

"Instead of trying to fix cancer once it comes, let's put energy into avoiding or preventing the disease!"

Pictured right: Stay current on the screenings used to detect cancer.



Proper diet is the next best addition to a cancer risk reduction program. It's true: a diet high in red meat is linked to colon cancer. Too much processed meat leads to increased risk of colorectal and stomach cancer. Too much alcohol can lead to liver cancer. The recommendations from the American Cancer Society, the National Cancer Institute, the American Institute of Cancer Research, the World Health Organization and many others are very clear: eat a variety of colorful, fresh whole foods, mostly plant-based proteins and stay away from sugary or processed foods.

Researchers in cancer and nutrition have identified many naturally occurring substances in plant foods with the power to defuse potential carcinogens. Some of these nutrients and natural plant chemicals can neutralize toxins before they can cause cell damage that may lead to cancer. Others can assist the body to make repairs at the cellular level. Still others may help stop cancer cells from reproducing. Even after a cell begins to experience damage that can lead to cancer, what you eat and drink, and how you live can help prevent the cancer process.

As you work to improve the amount of fresh fruits and vegetables in your diet, the question of organic vs non-organic selections may come up. We hope you can choose well but if buying organic is a challenge please consider The Shopper's Guide to Pesticides in Produce™ published by The Environmental Working Group. The guide lists certain foods they call the "dirty dozen plus two" (non-organic fruits and vegetables with the highest amount of pesticides) and the "clean fifteen" (non-organic fruits and vegetables with the least amount of pesticides). The EWG's Guide is available at <http://www.ewg.org/foodnews/summary.php>

Next on the list of cancer risk reduction is to simply avoid carcinogens. Too much exposure to UVA & UVB rays causes skin cancer so wear your sunscreen or cover up. Tobacco products are carcinogens so quit smoking or chewing and avoid second hand smoke. Some viruses cause cancer so consider vaccinations (HPV and HepB).

Finally, stay current on the screenings used to detect cancer. Without exception, cancer is most treatable (and curable) in the early stages. Your Tri-Cities Cancer Center offers multiple free or low cost screenings every year for breast cancer, cervical cancer, skin cancer and lung cancer. We also offer free fecal immunochemical tests for colorectal cancer- just stop in and ask! It's a do-it-yourself kit for those who aren't ready for a colonoscopy. For a quick look at cancer screening guidelines go to: <https://www.cdc.gov/cancer/dcpc/prevention/screening.html>

For more on the link between diet, physical activity, weight management and cancer we recommend information from the American Institute of Cancer Research (www.aicr.org). There you will find interactive tools to assess what you can do to reduce your cancer risk of occurrence or re-occurrence.

To see if you are at a healthy weight, check your body mass index (BMI). See what your BMI is and other ways to evaluate healthy weight at: <https://www.cdc.gov/healthyweight/assessing/bmi/index.html>



TERRY WARNICK AND SPACEOAR®

By: Carl Berkowitz, TCCC Volunteer

The Gleason Score

There was concern in 2012 when Terry Warnick's Prostate-Specific Antigen (PSA) levels went slightly above the 'normal' value of 4.0 ng/mL. But then his count went down. Then back up. Then down. This up-down cycle continued through 2015 when his PSA levels not only went up but stayed up followed by a biopsy to understand what was going on. The pathologist who examined the biopsied samples looked for two types of cell patterns known to be associated with prostate cancer, giving Terry a 'Gleason Score' of 3+3. Because the sum of these two numbers was less than seven, it was recommended that a watch-and-wait protocol be followed, with Terry's PSA levels to be closely monitored on a regular basis.

Eventually Terry's PSA levels climbed up to nine, well above the normal value, and another (his third) biopsy was done in 2017. This time Terry had a Gleason Score of 3+4, at which time Kadlec Clinic urologist Dr. Patrick Gavin said 'let's take action.'

The action started with Terry meeting Tri-Cities Cancer Center oncologist Dr. Juno Choe to learn what treatment options were best suited to his specific case. There were many options, but Terry says "Dr. Choe gave me a full hour of his time, educating me about what therapies were available, and clearly describing the pros and cons of each one." They settled on radiation therapy, but with a new twist.

SpaceOAR enters the discussion...

Treatments of prostate cancer had come a long way since Terry's father was treated with multiple implants of radioactive seeds during his last 15 to 20 years of life (he passed away from another condition). Dr. Choe told Terry that a new technology, 'SpaceOAR' had recently been introduced as a state-of-the-art treatment and he'd found that this supplement to radiation treatment greatly reduced the discomfort commonly associated with radiation therapy of the prostate. As Dr. Choe explained it to Terry, the SpaceOAR gel acts as a spacer, pushing the rectum (which is the 'Organ At Risk' in 'SpaceOAR') away from the prostate. This added space greatly reduces the exposure of the rectum to radiation as the prostate is treated, with a corresponding reduction in undesirable side effects.

Terry decided to give SpaceOAR and radiation therapy a try, and says he's glad he did. "The discomfort associated with insertion of the SpaceOAR gel was nothing compared to the three biopsies I'd already had. There was a pinprick as Dr. Choe injected a numbing compound followed by a short-lived feeling of fullness as the spacer gel was inserted." Terry's radiation treatment started two weeks later. Post treatment, he noted some tenderness on his hip (where the beam of radiation passed through on its way to the prostate), some dryness of his skin and residual fatigue associated with most radiation therapy. But otherwise, he says he was symptom free, and he's optimistic that a follow-up check this spring, after his PSA level settles down following his treatment, will result in a clean bill of health.

Asked if there were any surprises with the treatment, Terry noted that at the start of each radiation session the TCCC technicians would do a 3-dimensional x-ray scan to position the radiation beam and to check that he had an empty rectum and inflated bladder. The empty rectum was needed to minimize pressure on the prostate from behind, while an inflated bladder moved the front of this organ away from the prostate. Terry said the empty rectum part wasn't too hard or too bad. But it was an ongoing challenge to get the timing and amount of the inflated bladder part right. "If I wasn't fully 'tanked up' the technicians would send me back to the waiting area with instructions to start drinking."

But he also joked that if he was fully 'tanked up' or, worse, 'over tanked'... well, he only had to lie still on the radiation treatment table for a few minutes before relief was quickly sought!

SPACEOAR® HYDROGEL: A PHYSICIAN'S PERSPECTIVE

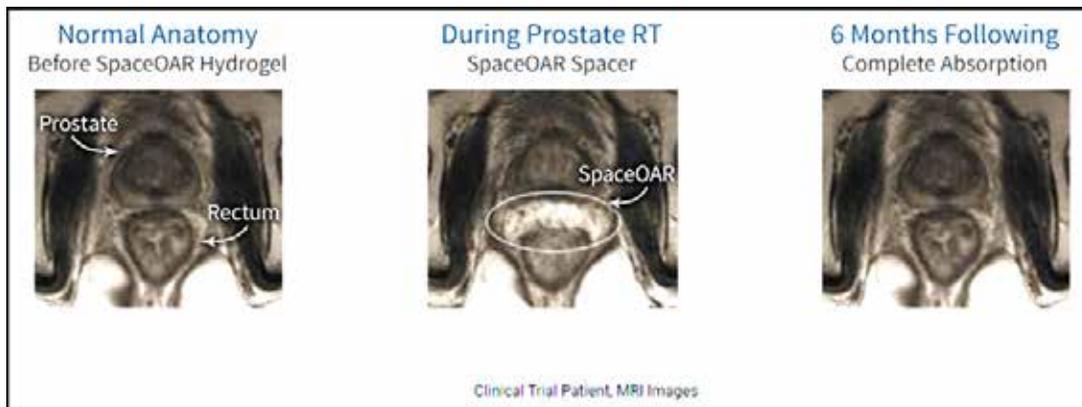
By: Carl Berkowitz, TCCC Volunteer



The prostate is a small organ located underneath the bladder and in front of the rectum in men that produces seminal fluid. It is also the site of one of the most common cancers among men. Approximately 160,000 men will be diagnosed with prostate cancer in the United States in a year, and 30,000 men will unfortunately succumb to their disease. The good news is that many cases of prostate cancer are curable if caught early.

One common treatment option is 'external beam radiation therapy' (EBRT), in which beams of radiation are focused on the prostate gland and surrounding areas from outside the body. While already effective and reasonably well tolerated, a relatively new technology has increased the safety of EBRT and can decrease long-term side effects.

Tri-Cities Cancer Center radiation oncologist Dr. Juno Choe says, "If I was going to have external beam radiation therapy for my prostate, I'd want to have the SpaceOAR gel placed prior to radiation". He described SpaceOAR as a relatively new technology that physically separates the rectum and prostate gland during radiation therapy. This results in significantly lower radiation doses along the rectum, and this results in a decrease in associated side effects.



Images showing spacing between prostate and rectum with SpaceOAR gel. From <https://www.spaceoar.com/physicians/>

Results from a multi-clinic, randomized study of 222 men concluded the SpaceOAR technique was "...associated with low toxicity rates and a reduction in patients experiencing declines in bowel and urinary quality of life." In fact, patients who received the SpaceOAR hydrogel product had declines in bowel, urinary, and sexual quality of life at a rate that were one-eighth of the amount in the control group. To which Dr. Choe notes that "Anybody getting external beam radiation should strongly consider the SpaceOAR hydrogel product as a supplement to their treatment."

TCCC has all of the special equipment needed for this procedure. SpaceOAR can be inserted under local anesthesia, and it takes about 20 minutes to place. "We've found the gel insertion procedure to be relatively straightforward and painless" Dr. Choe says, and that the worse part of the procedure for his patients is a pinprick sensation that lasts for a couple of seconds as a numbing agent is injected. His patients then describe a short-lived sensation of pressure in the rectum as the gel is inserted which he explains "... results from a gentle pressure on the rectum. Our patients say this sensation of pressure usually dissipates almost immediately but may last a couple of days."

Dr. Choe notes that "we've done a number of SpaceOAR insertions at the Center, and we have been pleased with both the relative ease of the insertion procedure and the separation achieved between the prostate gland and rectum. Patients have been very happy with their radiation treatments with the use of the SpaceOAR hydrogel, and we have seen a very favorable side effect profile afterwards. "

¹ Int J Radiation Oncol Biol Phys, Vol. 92, No. 5, pp. 971 - 977, 2015



OUR COMMUNITY CARES!

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

14th Annual Pink Ice Night with the Tri-City Americans Saturday, February 9th



Discounted tickets can be purchased in the Foundation office for only

\$12!

- 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
- Tickets can be purchased online at tinyurl.com/tccc2-9

Don't miss the **5th Annual Craft Brew & Bacon Festival** on February 23, 2019 at the Convention Center (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, 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 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: Audrey McGary, RD, CD, Lourdes Health

Date: Tuesday, February 19th, 4:00 p.m. - 5:00 p.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 (509) 737-3450 for more information, reservations are not necessary.

Presentation: Workshop - Documents & Directives

Speaker: Leann Anderson, RN, BS, MHA & Hector DeLeon, MSW

Date: Thursday, February 21st, 12:00 p.m. - 1:00 p.m.

Let's talk about medical power of attorney, advanced directives and physician orders for life-sustaining treatment. There is much to learn and much to do! Bring your questions and concerns. We will have the materials and the staff here to help you get the work done. Seating and materials limited to 28 persons.

Please call 737-3427 to RSVP by February 18th. Lunch is provided with reservation. Registration is required.

Art Expressions

Facilitator: Brigette Phillips

Date: Wednesday, February 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 (509) 737-3427 to RSVP by February 25th. The class fee is \$5 to cover materials. Registration is required.**

Mindfulness Meditation for Health and Wellness

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

Date: Thursday, January 28th, 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.**

February is **National Cancer Prevention Month** Protect Your Child from **Cancer** - Get the HPV Vaccine

- HPV is a very common virus and some strains are responsible for causing cancer
- The HPV vaccine actually **PREVENTS** certain types of cancers
- It is now advised to add the HPV vaccine to your child's immunization schedule between ages 9-18 years old

Please ask your doctor for more information about the HPV vaccine for your children and visit us online at tccancer.org/hpv for more information.



FEBRUARY 2019 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					1 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	2
Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org						
3	4 LARYNGECTOMEE SUPPORT GROUP VCR 12:00PM - 2:00PM	5	6 OVARIAN CANCER SUPPORT GROUP FS 1:00PM - 2:30PM	7 CANCER SUPPORT GROUP VCR 10:00AM - 11:30AM	8	9 14TH ANNUAL PINK ICE NIGHT WITH THE TRI-CITY AMERICANS TOYOTA CENTER 7:00PM - 10:00PM
10	11 WOMEN'S GUILD MONTHLY MEETING WC 9:30AM - 11:00AM	12 MEN'S CLUB MONTHLY MEETING WC 7:30AM - 8:30AM <hr/> QUIT TOBACCO VCR & RR 3:00PM - 4:30PM	13 WARRIOR SISTERHOOD CALL (509) 302-1151 FOR LOCATION 5:30PM - 7:00PM	14	15 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	16
17	18	19 ASK A DIETICIAN FS 4:00PM - 5:00PM	20	21 BRAIN TUMOR SUPPORT GROUP VCR 10:00AM - 11:30AM <hr/> PRESENTATION: WORKSHOP - DOCUMENTS & DIRECTIVES WS 12:00PM - 1:00PM	22	23 5TH ANNUAL CRAFT BREW AND BACON FESTIVAL THREE RIVERS CONVENTION CENTER 6:00PM - 10:00PM
24	25	26	27 ART EXPRESSIONS VCR & RR - \$5 FEE 3:00PM - 4:30PM	28 MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS VCR 12:00PM - 1:00PM <hr/> LYMPHOMA-LEUKEMIA MULTI-MYELOMA SUPPORT GROUP VCR 3:30PM - 4:30PM <hr/> PROSTATE CANCER SUPPORT GROUP VCR 5:30PM - 7:00PM	Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org <hr/> Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.	