



509-783-9894

www.tccancer.org

7350 W. Deschutes Ave.
Kennewick, WA 99336

2

Early Detection is
the Best Bet against
Colorectal
Cancer

5

Julia Hamrick Talks
About the Tri-Cities
Cancer Center
Foundation

6

Our Community
Cares!

8

March 2019
Calendar

March is National Colorectal Cancer
Month. For more information, see the
inside pages of this newsletter!





Pictured left:
Ages 50-75 need to
be screened for
colorectal cancer.
Pictured right:
Dark blue is the color
of the colorectal
cancer ribbon.



EARLY DETECTION IS THE BEST BET AGAINST COLORECTAL CANCER

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

A common theme in cancer care is the earlier we can find it, the better our chance of curing it. Colorectal cancer is no exception. Unfortunately, early stage colon or rectal cancer has no symptoms. Therefore, we have to use some simple tests to find it. When you consider it is the second leading cause of cancer-related deaths in the United States, it appears those 50,000+ deaths annually were avoidable if we could have diagnosed earlier.

Who needs to be screened for colon or rectal cancer? Everyone who identifies with any of the following:

- √ Age 50 years to age 75 years
- √ Close relative with colorectal cancer
- √ Personal history of colorectal adenomas, Crohn's Disease or ulcerative colitis
- √ Personal history of ovarian cancer
- √ Familial adenomatous polyposis

All of these risk factors increase if you add excessive alcohol, smoking or obesity. Not only will these three elements increase your risk of getting colorectal cancer, if diagnosed they will decrease your chance of cure.

"If you are over 50 and have additional risk factors, colonoscopy is the best path."

Pictured right: Risk factors for colorectal cancer increase if you smoke, drink excessively or are obese.



The Centers for Disease Control and Prevention recommends the following for adults age of 50 to 75 without any of the other risk factors:

- √ A high-sensitivity guaiac Fecal Occult Blood Test (gFOBT) or Fecal Immunochemical Test (FIT) every year or a FIT DNA every 3 years
- √ Flexible sigmoidoscopy every 5 years and a high-sensitivity gFOBT every 3 years
- √ CT colonography (virtual colonoscopy) every 5 years
- √ A colonoscopy every 10 years or a flexible sigmoidoscopy every 10 years with an annual FIT

If you are over 50 and you have additional risk factors, colonoscopy is the best path. The gFOBT can determine if you have a cancerous lesion with relative certainty, but its ability to identify a pre-cancerous lesion is much lower. The National Cancer Institute estimates a 60% reduction in death rates of colorectal cancer could be achieved by the use of colonoscopy when indicated.

The American Cancer Society lists the following as signs or symptoms of colorectal cancer:

- √ A change in bowel habits lasting more than a few days
- √ A feeling that you need to have a bowel movement that is not relieved by doing so
- √ Rectal bleeding
- √ Blood in the stool, which may cause the stool to look dark
- √ Cramping or abdominal (belly) pain
- √ Weakness and fatigue
- √ Unintended weight loss

While there may be reasons other than colorectal cancer for these symptoms, any one of them should be discussed with your family physician. For those of you approaching 50, be sure to discuss this with your family physician at your next visit. If you do not have a family physician, please reach out to Trios Health, Lourdes Health or Kadlec to establish care. For those of you with a family history of colon or rectal cancer, ask your family physician when you should begin your own screening program.

For more information about colorectal cancer, visit the National Cancer Institute's website.

<http://www.cancer.gov/cancertopics/pdq/screening/colorectal/HealthProfessional/page3>

For colorectal cancer information in Spanish:

<http://www.cancer.gov/espanol/recursos/pdq>

Fecal Immunochemical Test (FIT)

The Tri-Cities Cancer Center provides free Fecal Immunochemical Tests (FIT) that are FDA cleared to screen for colorectal cancer, colon polyps, diverticulitis, and colitis. FIT is a simple, self-administered test that provides quick results. Please contact the Tri-Cities Cancer Center at (509) 737-3432 and we can walk you through how to utilize this free screening.





EATING FOR A HEALTHY COLON

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

A healthy diet can help prevent against colon disorders. Risk factors for colon cancer include obesity, physical inactivity, heavy alcohol consumption, and a high intake of red and processed meats. The American Cancer Society reports that the links between diet, weight, exercise and colorectal cancer risk are some of the strongest for any type of cancer. In fact, an estimated 50 to 75 percent of colorectal cancer can be prevented through lifestyle changes according to the Colon Cancer Foundation. Colorectal cancer can be prevented, and here are the top six gut-healthy habits to get you started!

1. Limit red meat consumption to no more than two 4-oz portions each week, and limit processed meats to an occasional treat.
2. Decrease added sugars in your diet to less than 10% of total daily calories (around 25 g for women and 38 g for men per day) to help keep yourself at a healthy weight.
3. Increase your fiber intake to 25-35 g per day by increasing your intake of fiber-rich fruits and vegetables, whole grains, and legumes. Fiber aids colon health by preventing constipation. This can lower your risk of developing hemorrhoids and small pouches in your colon that can lead to diverticular disease.
4. Drink your milk! Studies show calcium and vitamin D may decrease risk of colon cancer. Other dietary sources of calcium include spinach, kale, and collard greens. Try to get between 1000-1200 mg calcium per day. Vitamin D can be found in fatty fish, cheese, and egg yolks as well as from the sun. Many foods like orange juice, cereal, bread, and some yogurt brands are also fortified with vitamin D.
5. Make at least half of your daily grains whole grains. Some readily available whole grains include barley, quinoa, whole wheat flour, wild and brown rice and oatmeal. These foods contain more vitamins, minerals, fiber, essential fatty acids, antioxidants and phytochemicals than refined white grains.
6. Limit alcohol consumption. Minimize alcohol intake to one drink per day or less.

US Preventive Services Task Force Screening Guidelines

Stool-Based Test Options

Direct Visualization Test Options

Screening Method	Frequency	Screening Method	Frequency
gFOBT	Every year	Colonoscopy	Every 10 years
FIT	Every year	CT Colonography	Every 5 years
FIT-DNA	Every 1 or 3 years	Flexible Sigmoidoscopy	Every 5 years
		Flexible Sigmoidoscopy with FIT	Flexible Sigmoidoscopy every 10 years plus FIT every year

JULIA HAMRICK TALKS ABOUT THE TRI-CITIES CANCER CENTER FOUNDATION

By: Carl Berkowitz, TCCC Volunteer



In 1993, the Tri-Cities Cancer Center (TCCC) Foundation was founded, followed in 1994 by the opening of the Cancer Center thanks to the hard work and dollars raised by many Tri-City individuals and organizations. There was a need in eastern Washington not only for a radiation oncology treatment center, but an organization that could provide ancillary support for patients and community educational programs. The tradition of giving that started the Center continues today through the work of the TCCC Foundation, a non-profit 501(c)3 organization that works to help provide these and other services at no cost to individuals and families who are affected by cancer.

Presiding over the TCCC Foundation Board this year is Julia Hamrick, who is both president of the Foundation and a volunteer at the Cancer Center. As a former project manager, Julia brings many skills to her responsibilities as a Board member and a volunteer.

Julia was introduced to the Cancer Center via Cindy Caldwell, with whom she was creating necklaces, earrings and other bead art sold at fund raisers for charitable organizations in our community. One event Cindy wanted her to participate in was the Cancer Center's 'Autumn Affair' (note: this year's Autumn Affair will be held November 9th). Of her introduction, Julia says "I immediately liked the people putting this event together, but didn't see myself becoming more involved at first." She later bumped into Cindy at Walmart, who then asked if she'd like to join the Foundation Board.

Julia just couldn't say no, and she now says she's glad she didn't. "Being somewhat of an introvert, I was initially taken back by the fundraising aspect of the Foundation." But she became increasingly supportive of this and other activities as she learned more about the services they support. Julia notes frankly that fundraising is not for everyone, but it's critical to the success of the Foundation and many of the Cancer Center activities. She feels that fundraising has nothing to do with 'me' and that it's all for the Cancer Center. And as long as she's asking for something she believes in (the Cancer Center), she's OK with it, saying that "fundraising has nothing to do with you and everything to do with what touches people's hearts."

Julia pointed out that there is more to Foundation activities than fundraising. Through the Foundation's Guild and the Men's Club, members provide physical support for many of the Cancer Center activities including manning booths, helping with parking or displays at public events and decorating the Center for holidays. There are also a number of ad hoc committees for special activities. A key role played by every Foundation member is serving as TCCC ambassadors to the rest of the community. Today, after several years of participating in Foundation activities, Julia feels the Foundation sets a gold standard for charitable organizations in the Tri-Cities, citing the integrity of the organization, how they operate, and the support the Foundation receives from the community.

One of Julia's desires is to expand the area served by the Cancer Center. In particular, she'd like to see screening activities, educational programs and other resources offered to a larger geographic area than is now the case "While radiation treatment of course has to be done on the campus, many of our other activities might be expanded to individuals living further out." And as a Board member, she's always looking for future Foundation Board members who have needed skills in areas including finance, communications and who are just generally plugged into other community organizations that can support Foundation activities. While the officers define long term goals and strategies, Julia is quick to note that "We can't have all 'vision people' or all 'worker-bee' people. We need a mix of both."

Since retiring five years ago, Julia has found time to participate in a number of other non-presidential activities throughout the community. She still does hands-on work with the Cancer Center's Autumn Affair Auction, is a Monday morning volunteer at the TCCC Resource Center, and helps at the Kennewick Food Bank. Asked during our February interview if any special non-presidential, non-volunteer, non-TCCC events are coming up in her own life, she shared the excitement of an upcoming trip to Israel and Jordan with husband Doug and fellow church members, after which she and Doug plan to explore warm, sunny Sicily.

To learn more about Foundation activities, contact Julia Hamrick, Foundation Board President by calling the TCCC Foundation office, (509) 737-3413, or foundation@tccancer.org



OUR COMMUNITY CARES!

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

Please join us for the
Tri-Cities Cancer Center Foundation's
19th Annual Cancer Crushing Breakfast
Tuesday, March 19th, 7:30 a.m.
Three Rivers Convention Center, Kennewick

This is a "can't miss" event for Foundation supporters as we share exciting news in cancer care in our region at this year's breakfast! **Invest & Serve & Dream & Crush Cancer.**

Though there is no cost for the breakfast, the hope is you will join in financially supporting our community Cancer Center. **Reserve your seat before March 8th by calling (509) 737-3373.**

CRUSH CANCER.

GENEROUSLY SPONSORED BY



leidos



CENTERRA
A CONSTELLIS COMPANY

Parent companies of Mission Support Alliance

May 11th



Run *for* Ribbons

TRI-CITIES CANCER CENTER

Register online:
www.runforribbons.org
Register by phone:
509.737.3413



\$25 Adults / \$15 Youth
\$10 for t-shirt (Registration fee does not include t-shirt)

10k, 5k and 1mile Run - Walk
Howard Amon Park in Richland

Check In 8:30 am
Run - Walk Begins 10:00 am
8:30am - 11:00am:
RibbonFest Cancer Awareness Health Fair

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.

2019 GOVERNING BOARD

Jeff Petersen
CHAIR

Reza Kaleel
VICE CHAIR

Wanda Briggs
SECRETARY & TREASURER

Tim Doyle

Julia Hamrick

Basir Haque, MD

Susan Kreid

Bob Smith

Jennifer Smith, MD

John Solheim

Kevin Taylor, MD

ADMINISTRATION

Chuck DeGooyer

Michele Caron

Vicki Dehler

Ken Gamboa

Elizabeth McLaughlin



FEATURED MARCH 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, March 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: New Strategies for Pain Management

Speaker: Irene Luc, PT, DPT

Date: Thursday, March 14th, 12:00 p.m. - 1:00 p.m.

Many people suffer residual pain from injury or tissue trauma long after the tissue has healed. Irene Luc, a certified therapeutic pain specialist, has studied physiology, physical therapy and neuroscience in the hopes of relieving chronic pain. Her therapeutic approach blends neuroscience and traditional therapy for patients with chronic pain that educates, reconnects the brain and body processes, and helps them rebuild their lives.

Please call 737-3427 to RSVP by March 11th. Lunch is provided with reservation. Registration is required.

Gentle Yoga - New Date and Time!

Facilitator: Patty Jones

Date: Friday, March 22nd, 9:00 a.m. - 10:00 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 (509) 737-3427 for more information, reservations are not necessary.

Art Expressions

Facilitator: Brigette Phillips

Date: Wednesday, March 27th, 3:00 p.m. - 4:30 p.m.

Our Art Expressions meeting provides an opportunity for conversation and artful productivity. Each month participants will leave with a completed creative project of varying types with the help of an art coach. **Please call 737-3427 to register. The class fee is \$5 to cover materials. Only registered participants please. Registration must be in by Monday, March 25th at noon.**

Colorectal Cancer Facts

Colorectal cancer is a common cancer and is the 2nd leading cause of cancer related death. According to the National Cancer Institute, only 64.5% of those diagnosed will live longer than five years. Colorectal cancer accounts for about 8.1% of all cancers in the United States and 8.3% of all cancer deaths. Approximately 140,250 people will be diagnosed with colorectal cancer in 2018.

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 colorectal cancer.



MARCH 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	2
Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org					BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	
3	4	5	6	7	8	9
	LARYNGECTOMEE SUPPORT GROUP VCR 12:00PM - 2:00PM		OVARIAN CANCER SUPPORT GROUP FS 1:00PM - 2:30PM	CANCER SUPPORT GROUP VCR 10:00AM - 11:30AM		
10	11	12	13	14	15	16
	WOMEN'S GUILD MONTHLY MEETING WC 9:30AM - 11:00AM	MEN'S CLUB MONTHLY MEETING WC 7:30AM - 8:30AM <hr/> QUIT TOBACCO VCR & RR 3:00PM - 4:30PM	WARRIOR SISTERHOOD CALL (509) 302-1151 FOR LOCATION 5:30PM - 7:00PM	PRESENTATION: NEW STRATEGIES FOR PAIN MANAGEMENT WC & RR 12:00PM - 1:00PM	BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	
17	18	19	20	21	22	23
		19TH ANNUAL CANCER CRUSHING BREAKFAST THREE RIVERS CONVENTION CENTER 7:30AM - 8:30AM <hr/> ASK A DIETICIAN FS 4:00PM - 5:00PM		BRAIN TUMOR SUPPORT GROUP VCR 10:00AM - 11:30AM	GENTLE YOGA WC 9:00AM - 10:00AM	
24	25	26	27	28	29	30
	Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.		ART EXPRESSIONS VCR & RR - \$5 FEE 3:00PM - 4:30PM	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		
31						