



TRI-CITIES CANCER CENTER

JANUARY 2015 NEWSLETTER



PICTURED: Dr. Karen Vaniver (left) and Dr. Laurie Evans (right)

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THE BEST THINGS COME IN PAIRS

GUEST EDITORIAL

By: ■ Laurie Evans, MD, PC,
FACS & Breast Surgeon

■ Karen Vaniver, MD,
FACS, Lourdes Plastic
& Reconstructive Surgery



Greetings, it's the time of year again when we all make new resolutions and promises to ourselves and to others to do all sorts of things! The beginning of the year is always a great time to start new ventures and renew past resolutions. I can't think of a better time than now to share a story with a new character in the Tri-Cities and introduce a new team. I have been in solo practice in the Tri-Cities for over 20 years! Yikes, where has the time gone? I was asked the other day if I had a "story" to tell. We all have stories to tell and could all probably write a book if given the opportunity and talent. Suffice it to say, there are many stories, as we all have different paths that have led us to where we are now. I have seen alliances form and then dissolve. People come and people go. This particular story is about passion and resolve to do the best we can under the circumstances and provide the most comprehensive and compassionate care possible in our community.

It started many years ago when I became interested in diagnosing and treating women with breast cancer. The road has taken many turns and there have been bumps along the way. Several years ago I attended a conference of plastic surgeons and was one of a few surgeons in the audience that was not a plastic surgeon. The conference was about the partnership between surgeons treating women with breast cancer and plastic surgeons helping women recover their body image after cancer surgery. This is a unique relationship and

vital to the quality of cancer care and recovery. Surviving cancer is not easy. Being told you have cancer is not easy. Telling people they have cancer is not easy. But having a team of physicians that have a cohesive network and process in place with years of experience and the ability to work together towards the common goal of providing the best the field has to offer is reassuring. So, I stood up at this meeting and said "I need a plastic surgeon" in the Tri-Cities and was approached after the meeting by one of the presenters, Dr. Karen Vaniver. This began a relationship that spanned several years during which we shared many patients and developed mutual respect. At last, I dogged her long and hard enough that she has finally moved here and started practice here in the Tri-Cities.

In 2006, as the result of a midlife crisis, I moved my life and my practice to Puget Sound. Prior to leaving the Midwest in November, 2005, I had a normal mammogram and a normal exam. In March, 2006, I was diagnosed with triple negative, BRCA-1 positive breast cancer. This disease had taken my grandmother, attacked my mother in both breasts, caused my

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"I respect Laurie and she has become a cherished friend. Diamond earrings, friends, breasts, and the best surgeons come in pairs."

—Dr. Karen Vaniver

sister to lose the ability to have or nurse her own children, and was now pulling me up out of my new life into an abyss of fear. After biopsies, port placement and removal for sepsis, chemotherapy, hand-foot syndrome, bilateral mastectomies, bilateral immediate reconstructive flaps, abdominal wall dehiscence, delayed flap hemorrhage, hysterectomy, and a revision surgery to my breasts and abdomen, I found myself bald, fat, unemployed, and alone. My best friend and my father both died that year. My beloved dog, Sam, was killed in front of me. Even writing this now, so many years later, I am shocked that one person could experience so much loss.

The ride from hell is a very slow elevator. After a year and a half off work, I slowly returned to work, doing part time cosmetic surgery and then segued into full time private practice at a major medical center in Seattle. For six years, I threw my heart and soul into work, learning more and more about evolving standards in breast reconstruction and cosmetic surgery. I did clinical research, presented at meetings, and received public recognition for my work. Midway through that period of time, I performed reconstruction on a redheaded 70 year old cheerleader from Hermiston, Oregon. Fortunately for me, she was very happy with her result, and reported back to her breast surgeon, Dr. Laurie Evans. Shortly thereafter, Dr. Evans and I connected at a meeting and began to collaborate on cases. The 7-8 hour round-trip commute was hard on patients, and so, the very persistent Dr. Evans reeled me in over the course of two years. I am embarrassed that it took so long, because what I really wanted was to work where I was wanted and needed, to know my patients as people, to work with collaborative individuals, to be involved in strategic planning and program development, and to have a healthy quality of life. It was all here waiting for me.

You might wonder why it is so important that the breast surgeon and the plastic surgeon have to work closely together. We collaborate on the best treatment for your cancer and your body type. We decide whether you would best

be served by unilateral or bilateral mastectomy. We determine if you are a better candidate for early or delayed reconstruction. We look at your possible need for radiation and evaluate what type of reconstruction is best for you. We plan the incisions together, taking into account the need to remove lymph nodes. We support each other, and you, during your post-operative care and recovery. Most importantly, we are active listeners, and we take your values into account. Since our offices are in the same clinic, it is very easy for us to see patients and collaborate together. We attend breast cancer conference together, in order to collaborate on the best possible treatment available for you.

I respect Laurie and she has become a cherished friend. Diamond earrings, friends, breasts, and the best surgeons come in pairs.

This alliance has been a long time in coming and I am still in solo practice. I enjoy working with the many fine practitioners in this community and I am thrilled to have Dr. Vaniver as part of our team. We are developing a Breast Center of Excellence under the umbrella of the Tri-Cities Cancer Center and we are proud to be supported by all three hospitals in the area. There are many challenges ahead, but ask anyone and they will tell you I'm a bit headstrong and we will persevere until we become nationally recognized and accredited by the National Accreditation Program for Breast Centers. *



PICTURED: Kay Kerbyson

WHAT'S THE FAIRY TALE ENDING?

By Kay Kerbyson, Founder and former President of Ovarian Cancer Together! Inc.

If I thought having cancer was easy, I'd forgot to factor in that life doesn't always turn out how you planned. It's not so much that having cancer is hard. It's not being able to conquer it that's tough.

For two years, I've gone from drug to drug, initially glowing in the euphoric feeling that it's going to work, and is working against the cancer, only to find out six months down the line that my body, yet again, is retreating from the invading army. The days when the drugs conquered all, and I could have 6, 12, even 3 years free to live a normal life, seem now a long way away.

So what's so different about conquering cancer and knowing it's your destiny? I would say in a nutshell: accepting the truth and learning to breathe through it. For more than 3 years while I was in remission, even though I was on maintenance chemotherapy, I was able to write about hope, about living life large in the face of cancer, about stopping to smell the roses. But as soon as my cancer came back, and wouldn't give me a break, the words

dried up. I couldn't understand it. For someone who had found it so easy to see the colors in the face of blindness, my fingers wouldn't type, my heart wouldn't give and the block became a constant frustration.

It took another author, Liane Moriarty, to make me realize that I was trying to write about the wrong things. She writes about everyday women's lives. But real lives, not the warm fuzzy romance novels that escape to another reality. If you want others to learn from your experience, you have to first be honest with yourself. I'm not the person I was 3 years ago. Back then I was happily married, at least I thought so, bringing up my young children and

still believing it could go on forever. I knew there was an end to the path, but it seemed as though I could make it last forever. I was climbing the mountain. Problem was, I'd gotten to the top and had started to come down the other side, without wanting to admit it. And the journey was getting faster and faster, getting all too soon to its destination. What I was trying to ignore is that I'm now a single mother with incurable cancer. I was pretending to breathe without really inhaling.

Constantly fighting cancer is hard enough when you have a loving caregiver at home. Alone, it can be just soul stripping and exhausting. If you bump into me in town, I still look and sound like any other mom running errands. But what lies beneath is someone struggling with being on the wrong side of the prognosis mountain, at the same time as knowing I will be there on my own when I reach the bottom. That's my truth. That's why I couldn't write.

So, what's the fairy tale ending? I don't know yet. Maybe it's getting to travel with my children and cross off my bucket list. Maybe it's just spending a few more precious years with them and valuing every minute. I try not to ask 'what did I do to deserve this?' and instead look for the rainbow. But it's hard. It's very hard. As Liane Moriarty would say, sometimes you just have to make your own fairy tale ending. Whatever it is, life has a habit of surprising me. *

Kay Kerbyson is Founder and former President of Ovarian Cancer Together! Inc, a non-profit supporting other ovarian cancer survivors and educating the public about this terrible disease. She lives in West Richland, WA, with her two children.

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PICTURED: The team at Kadlec Clinic: Hematology & Oncology

WELCOME KADLEC CLINIC HEMATOLOGY & ONCOLOGY TO THE TRI-CITIES CANCER CENTER CAMPUS!

Recently, Columbia Basin Hematology and Oncology (CBHO) and Kadlec finalized an agreement for CBHO to join Kadlec Clinic, the multi-specialty physician practice that serves patients throughout the Tri-Cities and surrounding region. The transition became official on Monday, December 1, 2014. CBHO, being renamed Kadlec Clinic Hematology and Oncology, will remain in their current location on the Tri-Cities Cancer Center campus, located at 7360 W. Deschutes Avenue in Kennewick.

CBHO has provided medical oncology services at the Tri-Cities Cancer Center since 1998 and employs more than 65 caregivers, including experienced physicians and nurse practitioners, all skilled in providing medical care to cancer and hematology patients in our community. The Tri-Cities Cancer Center is proud to partner with and welcome Kadlec Clinic Hematology and Oncology to our campus!

SERVING OUR COMMUNITY

Founded in 1994, the Tri-Cities Cancer Center is a leader in radiation oncology in southeastern Washington and northeastern Oregon.

A partnership of Lourdes Health Network, Kadlec Regional Medical Center, Trios Health and the Tri-Cities Community, the Cancer Center's mission is to provide and coordinate the highest quality, compassionate care for the communities we serve.

2014 GOVERNING BOARD

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SERVICES BY APPOINTMENT

TO SCHEDULE AN APPOINTMENT, CALL (509) 737-3420

DIETARY CONSULTATION

Carolyn Keefer, RD, from Walgreens will assist cancer patients with questions regarding nutrition, including weight gain or loss, during or following cancer treatment. **There is no charge for this service.**

LUXURY FACIALS

Sunny Almeida from Aesthetic Journey will welcome you into our aromatherapy-filled spa room and provide a 50-minute facial that will leave you revived, refreshed, and with a healthy glow. Enjoy being pampered by Sunny as she provides this complimentary luxury facial.

HAIR & WIG STYLING

Franki Anderson from Franki & Co. will assist patients who have lost their hair from cancer treatment with selecting a complimentary wig and provide personalized wig styling. **You will look great when you walk out!**

PLEASE NOTE: These services are for patients currently undergoing cancer treatment.

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NETWORK



LIFE IS A JOURNEY!

*By Michael Novakovich,
TCCC Director of Business Development*

Life is a journey... For Diane and Jim Tippett and their son Quentin, "journey" is a bit of an understatement. From Glacier National Park to Yellowstone to Jackson Hole to Leavenworth to many miles and time spent on the Oregon coast...this wasn't simply a family adventure with their young son Quentin in tow - this was family business!

Let's cruise back to the mid-seventies. When Jim and Diane were newlyweds, they had a friend who made ornate Nez Perce Indian earrings. She would go around to local drinking establishments and sell them to cocktail waitresses. Their friend offered to show Diane and Jim how to make earrings so they could earn some extra money. Money was certainly something most young couples could use a little extra of!

Ramble on to the mid-eighties. Jim found himself unemployed. While neither he nor Diane were working, Diane said, "Let's go for a ski trip!" While this sounded like a fun idea, they didn't have enough money to pay for the trip. What they did have was eight-dozen pairs of earrings. With \$200 in their pockets, they decided to head out for the ski trip with the intent of selling the earrings along the way to fund their journey. If they didn't sell any earrings...they wouldn't be going skiing! As luck would have it, they had a wonderful time skiing as they sold \$800 worth of earrings and came back with orders for \$2,500 more!

They financed several other trips, visiting national parks and the Oregon coast, by making the Nez Perce Indian earrings.

PICTURED ABOVE: A selection of earrings created by Jim and Diane Tippett

The family of Diane, Jim and young Quentin would tie 104 knots in the top portion of the earrings. It took about 45 minutes per pair to create. Jim mentioned, "Diane would glue the bottoms because Quentin and I couldn't be trusted. Really!"

They kept up their travels and sales for 1½ years. Diane and Quentin would go search out the candy shops in coastal towns while Jim was busy selling earrings and taking orders for the next year. They continued to make the earrings for ten years.

The journey of yester year pales in comparison to the journey the family is currently on...particularly Diane. Diane is currently under treatment for breast cancer. She is being seen by Dr. Haque, a board member of the Tri-Cities Cancer Center (TCCC) and physician with Kadlec Clinic Hematology and Oncology (located on the TCCC Campus). During a visit to meet with Dr. Haque, he suggested Diane visit the TCCC's Resource Center, which was just down the hall. Diane found hats and wigs and most of all, Diane found kindness when she met with Connie Warner, Resource Coordinator at the TCCC.

Diane's son Quentin mentioned, "Mom was touched by the kindness of the people in the Resource Center. She went home and found two boards full of pink Nez Perce Indian patterned earrings and donated them to the Resource Center for others to enjoy."

Jim was quick to state, "We wouldn't have been able to go through this if it wasn't for our faith in God. Lord willing, there will be more earrings. When Diane gets better she plans to get back to work!" *

UPCOMING SPECIAL EVENTS



ANNUAL
Fundraising Breakfast

ANNUAL FUNDRAISING BREAKFAST

Our annual Fundraising Breakfast is Thursday, March 19, 2015 at 7:30 AM held at the Three Rivers Convention Center. Our 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. The morning event includes patient testimonials, a video presentation, reports from the CEO and Foundation Board, and a delicious breakfast. Thanks to all of those in attendance and we hope to see you in 2015!



RUN FOR RIBBONS

Join us Saturday, May 9th at Howard Amon Park (Richland) for our annual Run for Ribbons. Run for Ribbons is a 10k, 5k, 1 mile walk/run in support of local cancer patients. The educational RibbonFest along with check-in begins at 8:30 AM. Walk-Run begins at 10:00 AM! Participants can decorate an event t-shirt to represent the type of cancer that has most impacted their lives. Last year, on May 10, 2014, nearly 1,000 people participated in the event which raised over \$58,000! With the help of over 60 volunteers, fun was had by all. We thank those who support the Tri-Cities Cancer Center and we are looking forward to an even bigger crowd this year!



HAPO GOLF CLASSIC

The HAPO Golf Classic tournament supporting the Tri-Cities Cancer Center Foundation will be held on Friday, August 21, 2015 at Canyon Lakes Golf Course. Thanks to the generous commitment by HAPO Community Credit Union, who will support this tournament as title sponsor in perpetuity, participants enjoy many fun games and prizes, awesome tournament apparel, and delicious margaritas at the Cancer Center Cantina! The day on the greens features hole-in-one prize opportunities, great tee prizes, delicious food, and so much fun! We hope to see you on the greens August 21st!

DATE: Friday, August 21, 2015
TIMES: 11:30 AM – 1:00 PM (Lunch)
 1:00 PM (Shotgun Start)



AUTUMN AFFAIR

The 2015 Autumn Affair will be held on Saturday, November 14th at the Red Lion Hotel Pasco. This first class event features a 6-course gourmet dinner, delicious Washington wines, live and silent auctions, and so much more. The donations raised at this event help programs designed to support individuals and families dealing with a cancer diagnosis. It's not too early to reserve your table or tickets for the best charity gala in the Tri-Cities!



PRESENTATION: CERVICAL CANCER & PREVENTION

PRESENTER: Sue Mandell, MD

DATE: Wed. January 28th from Noon—1:00 PM



Dr. Sue Mandell will present a discussion on cervical cancer, its cause and prevalence in the population. Issues surrounding surgery, treatment options, prevention and survivorship will also be explored. A complimentary lunch will be provided with a reservation. **Please**

RSVP by January 26th by calling (509) 737-3427.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>Our office will be closed January 1st for the holidays.</i></p> <p><i>Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org</i></p>				1 HOLIDAY OFFICE CLOSED	2 BREAST CANCER SUPPORT GROUP FS 9:00 AM-11:00 AM	3
4 LARYNGECTOMY SUPPORT GROUP WC 1:15 PM-3:00 PM	5	6 TOBACCO CESS. FCR 2:00 PM-3:30 PM	7 OVARIAN CANCER TOGETHER-SUPPORT GROUP FS 1:00 PM-2:00 PM	8	9	10
11	12 CANCER WELLFIT™ -CLASSES START- CALL (509) 737-3420 TO REGISTER WOMEN'S GUILD MONTHLY MEETING WC (ALL WELCOME) 10:00 AM-11:00 AM	13 MEN'S CLUB MONTHLY MEETING WC 7:30 AM-8:30 AM CRAFTS & CONVERSATION WC & RR (\$5 FEE FOR THIS CLASS) 9:00 AM-11:00 AM	14 WARRIOR SISTERHOOD (AT FIRE PIZZA IN KENNEWICK) 5:30 PM-7:00 PM	15 TRI-CITIES CANCER SUPPORT GROUP FS 10:00 AM-11:30 AM	16 BREAST CANCER SUPPORT GROUP FS 9:00 AM-11:00 AM TOBACCO CESS. FCR 10:30 AM-NOON LADY FALCONS "PINK" BASKETBALL GAME (HANFORD HIGH SCHOOL) 5:45 PM	17
18	19	20	21 LOOK GOOD... FEEL BETTER™ FCR (PRE-REGISTRATION REQUIRED) 10:00 AM-NOON	22	23	24 LADY FALCONS "PINK" BASKETBALL GAME (HANFORD HIGH SCHOOL) 5:45 PM
25	26	27	28 PRESENTATION: CERVICAL CANCER & PREVENTION WC (PRE-REGISTRATION REQUIRED) NOON-1:00 PM TOBACCO CESS. FCR 3:00 PM-4:30 PM	29	30 PAIN SERIES: MERIDIAN TAPPING WC (PRE-REGISTRATION REQUIRED) 1:00 PM-2:00 PM	31

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

FS..... FIRESIDE ROOM
LIB..... LIBRARY
FCR..... FOUNDATION CONFERENCE ROOM