

Cancer Association of Havasu

Volume 13 • Issue 1 Winter 2020



2020 Specials You don't want to ignore:

- Oral Cancer Screenings - only \$10
- September - Ovarian Cancer Awareness Month - CA125 ovarian cancer lab screening will be offered free in the month of September.
- October is Breast Cancer Awareness Month - Mammograms will be discounted to \$25 for the full month of October.
- November is Men's Health Awareness Month - PSA lab screening for prostate cancer will be offered free in the month of November.



Through the Cancer Association of Havasu, all adults in Lake Havasu City can receive the recommended cancer screening tests. The screenings not only include mammograms, but also cervical, prostate, and oral and skin cancer screening. Early detection of cancer can prolong life; opening the possibilities for remission and a cancer free future. Early detection does allow for the best treatment with the best outcome.

Monthly breast self-exams are important, but do not replace mammograms. The best screening is a mammogram. Women between the ages of 40 to 49 may have a mammogram every 1 to 2 years. Not all experts agree on the benefits of having a mammogram in your forties, depending on personal risk factors. Women between the ages of 50 to 75 should have a mammogram every 1 to 2 years.

Men over 50 should be screened for prostate cancer. Once tested, if the results of a PSA are less than 2.5 ng/ml, the recommendation is for testing every 2 years; for PSA results over 2.5 ng/ml, a yearly screening is recommended.

The Cancer Association of Havasu is proud to now offer oral cancer screening exams. The dentist checks the inside of your

mouth for red or white patches and mouth sores. Using gloves, the dentist also feels the tissue in your mouth checking for lumps or other abnormalities. It is recommended to have oral cancer screening exams every three years for adults between the ages of 20 to 40. Annual exams are recommended for adults over age 40. Without screening, oral cancer can go undetected, delaying lifesaving treatment.

Important cancer screenings have decreased by 20.3% during COVID-19. Cancer screenings are essential to identify the disease and begin treatment. It is essential to continue screenings, even throughout these trying times. Screening programs through the Cancer Association of Havasu are still available! Call the Havasu Community Health Foundation for details on arranging for labs and screenings. Scheduling can be done over the phone. The phone number is (928) 453-8190.

All donations received by The Cancer Association of Havasu are used to support local residents and their families in their fight for a cancer free life. In addition to the screenings, the Association provides cancer support groups, a wig program, assistance with transportation costs to and from treatments, nursing scholarships and community education.

**Mark your calendar Saturday, October 3rd
Join the PINK TEAM RALLY to kick off Breast Cancer Awareness Month!**



Pictured above: TEAM PINK from the Cancer Association Rebecca Claas, Jolene Jensen, Evie Cistaro, Carol Ferrell and Kathy Jo Baumer with Mayor Cal Sheehy

Mayor Cal Sheehy proclaims October **Breast Cancer Awareness Month**. Celebrate October 3rd, in Lake Havasu City.

Any local businesses that would like to display a large pink Breast Cancer Awareness ribbon for the month of October in your window or in front of your business, please call 925-453-8190.

We will deliver one to you for \$20.00 and all proceeds will benefit the Havasu Cancer Association Mammogram Screening program.

JOIN TEAM PINK



AND HELP US SUPPORT SURVIVORS AND PROMOTE AWARENESS.

Due to Coronavirus concerns, we will not be having our annual Breast Cancer Awareness Walk, but something new this year!

A "THINK PINK" RALLY!

Join us from the safety & comfort of your vehicle:

SATURDAY, OCTOBER 3RD, 10:00AM – 11:00AM
KMART PARKING LOT

Award for Best Decorated Vehicle: Theme - **THINK PINK**
FREE! No cost to attend.

Attendees can enter into a free drawing for **PRIZES!**

DECORATE your car, motorcycle, trailer, scooter, ATV or golf cart.

FREE goodie bags to the first 100 attendees!



Decorated Golf Cart

Vehicles will line up between 10:00 & 11:00 am.

The caravan will begin at 11:00 am and travel up McCulloch to Acoma then to Tavern 95 where drawings for participants and best decorated vehicle will be chosen.

In 2019, 555 women registered to receive low-cost mammograms, an increase of 10% in screenings over the prior year. We are pleased to spend approximately \$80,000.00 a year for their protection. Since the inception of the Cancer Association of Havasu we have paid \$738,755 for cancer screenings.

AVAILABLE FOR SALE AT RALLY AT K-MART PARKING LOT:

Breast Cancer Awareness Ribbon Home Yard Signs- \$20
22nd Annual Breast Cancer Awareness Walk t-shirts - \$15 (*limited sizes*)

Proceeds benefit the Cancer Association of Havasu Mammogram Screening Program

Cancer Survivors Day Celebrated in Lake Havasu City!

Since we were unable to have our annual celebration at Shugrue's we were able to present curbside goodie bags including a complimentary gift card to Shugrue's.



Mayor Cal Sheehy joins The Cancer Association of Havasu proclaiming Cancer Survivors Day June 5, 2020



Longest Survivor 70 years



Most Recent Survivor 3 Weeks

Wanda Adams
Dan Heath
Kathy Tillinghast
Marlene Mihalek
Elisa Toy
Linda Ladner
Pady Lee-Hietpas
Christine Sabin

Dody Lee
Darlene Craig
Sharon Konke
Pat Adams
Sharon Hill
Trudi Coetzee
Jolene Jensen
Carol Ferrell

Melissa Jordan
Christine Watson
David Buntmeyer
Joe Cistaro
Gina Cistaro
Gina Macdonald
David Lehmann
Kris Blocher
Douglas Sieker
Anita Gilkey
Michael Gilkey

Earl Bess
Diane Carrol
Stephanie Donaghey
Cheryl Culton
Karol Falsetti
Jill Kramer
Tracy Satterwhite
Jodi Bunyon
Leona Marshall
Robin Stone
John Huebinger

Walth Barron
Seth Brown
John Nygren
Don Hodel
Nancie Echeverria
Sandra Fischer
Jerry Fischer
Marcy Czarnowski
Jimmy Guici
John Schweigort
Marylou Rodriguez

Debbie Smith
Terri Green
Holly Kollars
Valarie Thomas
Lisa Kerns
Judy Hardy
Edward Hardy
Anita Meredith
Nicha Flick
Theresa McAllister

Lisa Fuess
Bonnie Cissell
Jim Rank
Ed Varnad
Sam Layman
Sally Evans
Megan Clark
Diane Teterud
Terry Cleary

Denise Lecercq
Maxcine Benoit
Myrna Batacan
Joy Mundy
James Rodriguez
Nancy Stevens
Elisa Scroggins

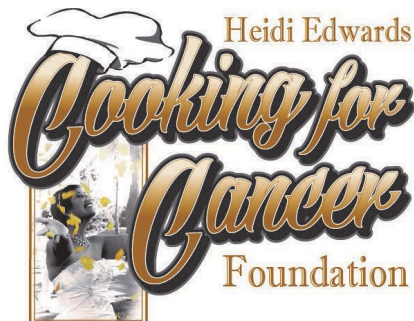
Early Detection is the Best Prevention

Low cost cancer screenings are always available thru The Cancer Association of Havasu including:
• Mammograms • Oral Cancer • Skin Cancer • PSA (Prostate) • CA-125 (Ovarian)



Your Donation Helps us Help Others!

94 Acoma Blvd. South, Suite 101 • 928-453-8190
www.havasutcommunityhealth.org



If you, or a loved one, are struggling with a financial need during your Journey, we are here to help.

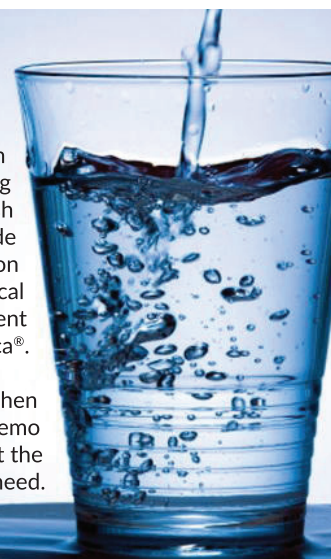
PLEASE CALL Lisa Turner, President/CEO of COOKING FOR CANCER. 928-855-9721

The Heidi Edwards Cooking for Cancer Foundation is a non-profit organization providing short-term financial assistance to patients and their families in their battle against cancer.

Hydration is essential during cancer treatments

As important as it is to stay hydrated when you're well, studies show it's essential during cancer treatment. "Good hydration helps flush toxins out of the body and reduce treatment side effects, such as nausea, weakness, constipation and fatigue," says Picchietti, RD, LDN, a Clinical Oncology Dietitian at Cancer Treatment Centers of America®.

Sometimes extra IV fluid is needed when you feel really bad going through chemo treatments. Ask your doctor about the appropriate amount you may need.



Early Detection is Imperative

Lakeview Family Dental and the Cancer Association of Havasu are offering Oral Cancer Screenings for \$10.00. Please call 928-453-8190 for details.

Pictured: Kelsey Little, DMD and Vernon Barruga, DDS surrounded by their staff with Colleen Anderson and Jolene Jensen from the Cancer Association of Havasu



Jason Anderson earned the Hero of the Year Award from the Cancer Association of Havasu

Pictured: Jason Anderson with President Jolene Jensen and Association Member Evie Castro

Alone we can do so little. Together we can do so much. -Helen Keller



Before and during treatment

Four years ago I was helping my husband, David Buntmeyer,

get through his journey and survival with throat cancer. Two weeks prior to my cancer diagnoses, my longtime friend, Marquita, had lost her battle with lung cancer after only four months. We had worked together, supporting non-profit organizations for twenty years and spent the last ten years publishing this newsletter. After David and then Marquita, I was now dealing with my own diagnoses of breast cancer. Breast cancer has been a part of my family for four generations...my great-grandmother, my grandmother, my aunt and now, myself. Although I do not carry the breast cancer gene, I was not spared the reality and challenge of fighting cancer.

A lump was discovered by my doctor during my annual physical exam. I personally wasn't worried because another lump was common place in my life. It wasn't unusual for me to have large lumps that hurt or thick breast tissue...no alarm bells going off yet. I already had my yearly mammogram scheduled. I

Journey From Caregiver To Patient

By Christine Watson-Buntmeyer

went on with my busy life and in a couple of weeks had my mammogram accompanied by the usual ultrasound and waited for my results. My doctor wanted to schedule an ultrasound guided biopsy on a suspicious lump. On October 14, 2019 I received a call from my doctor and he said, "I am sorry to tell you this, but you have a 2.5 cm invasive ductal carcinoma in your right breast." This type of cancer begins growing in a milk duct and invades the fibrous or fatty tissue of the breast surrounding the duct. Invasive breast cancer means the cancer cells have broken out of the lobule where they began and have the potential to spread. At the news, I went numb. Reality set in when he told me I needed to see a surgeon to discuss my options.

I immediately scheduled an appointment and discussed my options with the surgeon. I could have a lumpectomy with radiation follow-up or I could have the entire breast removed and possibly avoid further treatments. My surgery was scheduled for the following Tuesday, allowing me time to think. As a precaution, my doctor ordered an MRI of the breasts to rule out any additional complications, scheduling the procedure for the next day. My surgery was ultimately cancelled because they found an 8.5 cm ductal carcinoma in the same breast and another lump in the left breast. A MRI guided biopsy was ordered. That procedure was pretty tough. I had to lay quiet, "superman style", for

about an hour while the technician located the lumps and the doctor removed samples to be used to identify the type of cancer. The next four days of my journey were filled with tests to make sure the cancer had not already spread to other areas of my body.

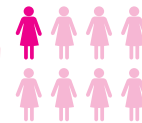
The cancer in my right breast was so invasive they immediately scheduled chemotherapy



Chemotherapy treatment

prior to surgery. I now refer to it as the "killer chemo" because it tests you in ways you never thought possible. My first chemo treatment lasted nine and a half hours. As a result, I ended up in the emergency room three times after that first round of chemo. I got a severe earache with dizziness, a severe rash from my chest to the top of my head, followed by chest pains. I continued the chemo (now only seven and a half hours) every three weeks for almost five months. I was given a Neulasta shot (bone marrow stimulant) twenty-four hours after each chemo treatment. Typically, your reaction to the first chemo treatment dictates how subsequent treatments will go. Not me... I joined the 1% of patients who had all the side effects and even was able to add a few new

KNOW YOUR STATS



1 in 8 women will develop invasive breast cancer during her lifetime

Breast cancer is **100 times more common** in women than men, but men can still get the disease.

UNDERSTAND THE SYMPTOMS

- A lump felt in the breast
- Skin changes, such as swelling, redness or other visible differences
- Change in size or shape of the breast
- Changes in the appearance of nipples, such as dimpling
- Pain in the breast
- Nipple discharge (other than breast milk)

KNOW YOUR RISKS

Who should be screened for breast cancer?

Talk to your physician about screening if you:

Are **40 + years old**

Have a **family history** of breast cancer (some people have inherited genetic mutations that may increase the risk of breast cancer)

side effects to the list. To this day, the muscles cramps in my body are so painful, as long as I keep moving during the day they only feel like achy muscles. Within a couple of hours of laying down I get the most painful body cramping, mostly from waist down and sometimes my hands get where I can't move them during the day. Every chemo treatment brought new challenges...tough challenges...but keeping a positive outlook allowed me to accept and find the courage to overcome all of them.



David and I headed to treatment

My mom watched my business for me and kept everyone informed...I did try to go in from time to time. My store is open today because of the friends who helped me, some even paying my rent. I was on a lot of prayer chains. Friends cooked us meals, but the metal taste the chemo left in my mouth made everything taste bad. David constantly ran out and got me something that sounded good, brought it home, only to have me take one bite and get sick. He said it was like I was pregnant. The food did not go to waste. He gained a few pounds but he ate everything I just couldn't eat. My meal of choice soon became Honey Nut Cheerios. The metal taste didn't discriminate...even the water tasted like steel. Eventually I got dehydrated and had to start receiving IV fluids toward the end of my chemo treatments which helped tremendously.

I lost my hair exactly 14 days after my first chemo treatment. My friend called me at 6am that morning and asked how my hair was doing.

I said, "Still good, in there nice and tight". Well at 8am when I went to take a shower, it came out in clumps. I was thinking, how can that be, when I was fine two hours ago. God did spare my eyebrows and eyelashes until the last chemo treatment.

I received so many beautiful hats and some wigs. Unfortunately, I could not wear any of them. I had a rash on my head with white blisters. After the first chemo round I couldn't even lay my head on the pillow. The cream from my doctor helped. Subsequent chemo treatments moved the rash from my head to my face and eventually to other parts of my body. It was very uncomfortable. The treatments eventually affected my nails and toenails turning them black and causing a few to fall off. The effects of chemo are still popping up. I now have neuropathy in my feet which I hope will go away in time. My gums are slowly receding. I have surgery scheduled in the near future to have gum tissue graft surgery...hoping for a miracle, just the thought of that surgery scares me more than chemo.

After completing chemo I had a double mastectomy on March 17, 2020. The surgery went well. I had a balloon device known as ON-Q or the "pain relief ball" inserted to control pain for three days. This is similar to Novocain used by dentists to control pain. Surprisingly, it worked. I only had to take Tylenol twice during my recovery.

Radiation was next on the to-do list. I had to be able to lay down and lift my arms over my head for the treatment. As soon as I could accomplish that, I could start radiation. I started physical therapy and once I regained a range of motion, I had twenty-five days of radiation with five boost days. I went Monday through Friday. The treatment went well and this time I was able to tolerate the skin irritation following

treatment, by using some oils in a chemical-free lotion and fresh aloe vera.

Since my surgery, I have only had two types of chemo treatments. Now my chemo has less side effects and is only 2 hours.



Radiation treatment

I have had chemo every three weeks since October of 2019. October 5, 2020 will be my last chemo treatment. I am scheduled to have my port surgically removed on October 6th.

My faith, my hope for the future, and a positive outlook on what's next in my life has kept me going through this whole journey. I have handled each challenge as they presented themselves. I never worried about the "what ifs". Through personal prayer, the prayers from others, and God's help, I have and will continue to handle anything that comes my way. My journey has been tough and at times extremely



Ringling the radiation bell

challenging. Also, knowing there are many people out there that are going through a lot more than

I am, made me be stronger. I am truly blessed to have had my family and friends to help through their moral support, prayer, help with my business, and the financial burdens of beating cancer.

If facing a similar challenge, remember, I am the 1%...my experiences don't dictate your experiences and doesn't mean you will experience what I experienced. For more details and updates on my cancer journey, please visit www.havasucommunityhealth.org.

In Memoriam



In Loving Memory of **Arlene Polster**

The Cancer Association of Havasu has lost a dear friend and advocate.

Arlene created Bosom Buddies of Havasu to honor and support breast

cancer survivors in 2006.

Her legacy will live on to promote breast cancer awareness here in Lake Havasu City.



This newsletter is in Memory of **Marquita McKnight** Co-Publisher

A woman of great value, she had a kind heart and loved life. She lived to help others no matter how tired she was.

She will be greatly missed in our community, but her legacy will live on through all her hard work.

Grilled Peach Salad with Honey Balsamic Dressing

Grilling fruits is a delicious way to eat more fiber, nutrients and cancer-protective compounds. What's more, you don't have to worry about the potentially cancer-causing compounds that form when meat is grilled. This recipe features flavorful peaches with a honey-vinegar glaze. Serve over arugula with crumbled goat cheese for a delicious salad.



Ingredients

Cooking Spray
¼ Cup - Balsamic Vinegar
2 Tbsp. - Honey
3 - Medium Peaches, pitted and cut into 6 wedges.
1 Tbsp. - Extra Virgin Olive Oil
Salt and Freshly Ground Black Pepper, to taste
10 Cups - Arugula, loosely packed
4 Tbsp. - Goat Cheese

Directions

Prepare grill to high heat. Spray grill rack with cooking spray and set aside.

In a small sauce pan, over medium-high heat, bring vinegar to a boil. Reduce heat and simmer until vinegar is reduced to 2 tablespoons (about 2

minutes). Remove from heat and stir in honey. Cool to room temperature.

Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.

In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese.

Fun Addition

Add a handful of walnuts to the salad for an extra crunch and boost of copper and manganese along with including high amounts of polyphenols (phytochemical) that have antioxidant properties.

Makes 5 servings (1½ cups per serving). Per serving: 120 calories, 4.5 g total fat (1.5 g saturated fat, 0 g trans fat), 5 mg cholesterol, 20 g carbohydrates, 3 g protein, 2 g dietary fiber, 40 mg sodium, 17 g sugar, 7 g added sugar.
<https://aicr.org/cancer>

Health Screenings

The Cancer Association of Havasu helps with the expenses of important health screenings.

Low cost lab screenings and mammograms are available for patients and must register through the Cancer Association of Havasu inside of the Havasu Community Health Foundation Office. The co-payment for these services must be paid prior to the screenings.

Screenings and mammograms are performed at local medical facilities.

Due to COVID-19, We are taking health screening inquiries and/or appointments by phone. Please call 928-453-8190.

Tests include:

PSA (prostate cancer)
\$20.00

CA-125 (ovarian cancer)
\$50.00

Mammogram & reading
\$40.00

3D Mammogram
\$40.00

Skin Cancer Screening
\$25.00

Oral Cancer Screening
\$10.00

Support Groups No Charge

Due to COVID-19, please call ahead to ensure dates and times of support groups. We are always available by phone to talk, call 928-453-8190.

- Bosom Buddies of Havasu meet the 1st Wednesday of each month at 4:00pm.
- General Cancer Support meets the 3rd Tuesday of each month at 4:00pm.
- Wig Program - Free Wigs for cancer patients.
- Transportation Program - Rides to assist cancer patients with medical appointments and back home.

For any information on the above support groups and programs, call 928-453-8190.

Help Us Help Others



We rely on local donations, grants and corporate gifts for our funding. All donations are used to meet cancer-related needs for members of our community. Your tax deductible donations are sincerely appreciated and will enable us to continue existing services and add new cancer-related programs for our community.

Please make checks payable to: Cancer Association of Havasu
Mail to: HCHC • 94 Acoma Blvd, S., Ste 101 • Lake Havasu City, AZ 86403

For more information about how you can be involved, please visit our website at www.havasucommunityhealth.org or call us at (928) 453-8190. *This Newsletter is Provided by the Cancer Association of Havasu*

