Cancer Association of Havasu

FREE Local Stories & Information

Volume 9 Issue 4
Fall 2016

Havasu Heals Havasu

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Cancer Association of Havasu

The Cancer Association of Havasu's 16th annual Breast Cancer Walk and Fun Run was held Saturday, October 4. Again this year, the event included a fun run. The runners ran a loop part-way around the island.

The rally for the Walk/Run began at 7:30 AM South of the Aquatic Center in Lake Havasu. Those participating in the Fun Run left first, followed by the walk participants. The walk is approximately two miles in length and takes participants through the English Village and back along the channel, through Rotary Park to the Aquatic Center. Hundreds of participants stayed for the annual Community Health Fair held in the Rods and Relics Hall at the Aquatic Center.

The annual walk/fun run is a source of funding for the low-cost mammogram program and other cancer-related services supported by the Cancer Association of Havasu. All funds raised are used to benefit our local community.

Over the years, an average of 33.4 mammograms were supported monthly to help those who were under-insured or who have prohibitively high deductibles on their health insurance. It is important to have access to these early-detection screenings.

Where breast cancer is concerned, early detection has proven to be the best method of providing the greatest chance of survival and available treatment options. When the disease is confined to the breast, the five-year survival rate is over 95%.

There were many "Teams" that participated in the walk this year. The teams tell us that it's so much fun to walk with your friends at this event. Some of the teams are featured on page 7 of this newsletter.

Sponsored by the Cancer Association of Havasu

30th Year Anniversary

The Cancer Association of Havasu is celebrating their 30th Anniversary of holding the annual Fashion Show Extravaganza.

Net proceeds of this event throughout the years have all been kept in Lake Havasu City to support the programs and services offered to our community which includes all the programs listed below.

Chairwoman Kathy Baumer says that several new stores will have their fashions featured for this years' show.

Jerry Aldridge and Jarad Pennington will be on board to entertain the audience. There are only 300 tickets available.

Contact the Havasu Community Health Foundation office by calling (928) 855-5000 to obtain your tickets.

Silent Auction items

Some of the attendees were Dr. Shaikh, Carole Cathcart, Carol Dumais, Dr. Dalloul and Dr. Sobchuk

Upcoming Events

2016 Cancer Awareness Calendar

Nov

- Lung Cancer Awareness
- Smoking Cessation Awareness
- Pancreatic Cancer Awareness
- Stomach Cancer Awareness
- **Dec**
  Cancer Related Fatigue Awareness

2016/2017 Upcoming Local Events

Nov

- Nov 16 - Cancer Association's 30th Anniversary Fashion Show - London Bridge Resort

February (2017)

Feb

Feb 4 Cancer Ball - Shugrue's Bridgeview Room

APRIL

- Date TBA - *Cancer Symposium - FREE* at London Bridge Resort RESERVATION are REQUIRED Call 855-5000 for reservations
- **June (2017)**
  June 3 - Cancer Survivors Day Breakast

Health Screenings & Support Groups

The Cancer Association of Havasu is here to help with the expenses of important health screenings. Please take the responsibility to keep healthy by getting periodic exams and routine lab screenings.

Low cost lab screenings are available to residents of the greater Lake Havasu community who are under insured or who have prohibitively high deductibles on their health insurance. As a reminder, the Transportation Program is also available. See page 7 for more information.

Patients must register through the Cancer Association of Havasu in the Havasu Community Health Foundation office, and pay the co-payment prior to arranging for the screenings. Screenings are performed at LabCorp in Lake Havasu. Mammograms are performed at Havasu Regional Medical Center and Skin Cancer screenings are performed at Mohave Skin and Cancer Clinic. The Oral Screenings are being performed at Havasu Dentistry.

Tests include:

PSA (prostate cancer)	$20.00
CA-125 (ovarian cancer)	$50.00
Mammogram & reading	$40.00
Skin Cancer Screening	$25.00
Oral Cancer Screening	$10.00
ColoGuard Screenings	$50.00

Support Groups - No Charge:

- **Bosom Buddies** of Havasu meet the 1st Wed of each month at 4pm. Contact Arlene Polster at 208-7121 or arlenepolster@yahoo.com
- **General Cancer Support** led by facilitator, Amie Morris, RN, meets the 3rd Tue of each month at 4pm. For more information, call 855-5000
- **Men's Cancer Support** meets the 2nd Mon of each month at 5pm. Contact Jim Williams at 846-6553
- **Wig Program - Free Wigs** for cancer patients. Call 855-5000 for more information.

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A newsletter of the Cancer Association of Havasu.

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Cancer of the Appendix

Cancer of the Appendix is uncommon, accounting for about 0.5% of all tumors that start in the GI tract.

The 5-year survival rate tells you what percent of people live at least 5 years after the cancer is found. Percent means how many out of 100. The 5-year survival rate for people with appendix cancer depends on many factors, including the stage of disease at time of diagnosis, type of appendiceal tumor, and size.

In appendix carcinoid tumors, if the tumor size is less than 3 centimeters, without spreading to another part of the body, the 5-year survival is about 100%. If the tumor is less than 3 centimeters and has spread to the regional lymph nodes, the 5-year survival is 78%. If the tumor is larger than 3 centimeters, with or without spreading to other parts of the body, the 5-year survival is also 78%. If the cancer has spread to other parts of the body, the 5-year survival rate is 32%.

Talk with your doctor about the factors related to your specific diagnosis.

About the appendix

The appendix is a pouch-like tube that is attached to the cecum, which is the first section of the large intestine or colon. The appendix averages 10 centimeters (about 4 inches) in length. It is considered part of the gastrointestinal (GI) tract. Generally thought to have no significant function in the body, the appendix may be a part of the lymphatic, exocrine, or endocrine systems.

Appendix cancer occurs when healthy cells in the appendix change and grow out of control. These cells form a growth of tissue, called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, meaning it can grow and spread to other parts of the body.

Another name for this type of cancer is appendiceal cancer. A benign tumor means the tumor can grow but will not spread.

Types of appendix tumors

Appendix cancer is classified by the type of cells within the tumor. The main types are:

Carcinoid tumors: About half of appendix cancers are carcinoid tumors. Carcinoid tumors are most often found in women in their 40s. Most carcinoid tumors are small, and they often can be treated successfully.

Non-carcinoid tumors: These tumors begin in the epithelial cells that line the inside of the appendix. Most epithelial cells produce mucin, a gelatinous material. These tumors have a tendency to spread, and the success of treatment depends on several factors.

Pseudomyxoma peritonei (PMP): Mucin within the abdomen has few tumor cells, but cells may spread outside the appendix into the abdomen. Adenocarcinoid tumors, also known as goblet cell carcinomas, have characteristics similar to both carcinoid and adenocarcinoma tumors of the appendix. Most patients are diagnosed in their 50s.

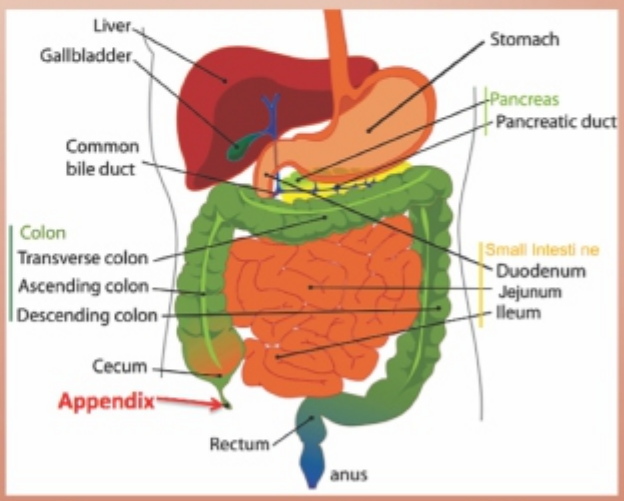
Appendix Cancer Risk Factors

Anything that increases your chance of getting appendix cancer is a risk factor. Not everyone with risk factors gets appendix cancer.

Risk factors include:

- Smoking tobacco
- Gender: Women are more likely to develop carcinoid tumors than men
- Family history of appendix cancer
- Certain health conditions, such as atrophic gastritis, pernicious anemia or Zollinger-Ellison syndrome, which affect the stomach's ability to make acid
- Having a family history of multiple endocrine neoplasia type 1 (MEN1) syndrome, a disorder also called endocrine adenomatosis and Wermer syndrome

Not everyone with risk factors gets appendix cancer. However, if you have risk factors, you should discuss them with your doctor.



Taken from www.cancer.net and www.mdanderson.org

The Norona Effect - Created due to a difficult diagnosis

Acute lymphoblastic leukemia, also known as ALL, is the most common form of leukemia that occurs in children. It is characterized by the presence of too many immature white blood cells in the child's blood and bone marrow. While ALL can occur in adults too, treatment is different for children.

Marcos, Sofia, Ciera and Nicole

Twin Ciera Norona was diagnosed with acute lymphoblastic leukemia when she was 18 months old, when she was admitted into the emergency room at Havasu Regional Medical Center (HRMC). She was determined to be critical and needed a blood transfusion for her condition. The helicopter to transport her was unavailable and not expected to return to HRMC for three to four hours.

The hospital could not give Ciera blood for two reasons. First, they do not stock blood for minors. Second, there is not a staff physician available to give it to minors - (0 to 17 years old).

Doctors classified Ciera's a "high-risk" case. Her chance of overcoming this disease is 60 percent. Ciera remained hospitalized in Nevada nearly 11 months for chemotherapy treatment.

Upon being released, Ciera remained in isolation for an additional year. Exposure to the elements could have dire consequences for Ciera; therefore she remained unable to go outside the family home with exception for hospital and doctor visits.

She takes medication and chemotherapy daily, and has been able to stay home and receive those treatments which are a blessing. She travels to Nevada every other week for infusions and frequent spinal taps with intrathecal chemo to the brain. Ciera has a port implanted in her chest that runs to her heart, which then pumps the infusions out to all parts of her body.

In handling her daughter's illness, Ciera's mom came to see a larger issue in Havasu's medical community. Currently there are no pediatric infusion centers in Mohave County (including: Bullhead City, Kingman, Ft. Mohave, Lake Havasu City). In the state of Arizona, Phoenix Children's Hospital is the nearest one and it is something that she hopes to change.

Ciera's mother, Nicole and her sisters had an idea that would help the entire community. They created a nonprofit organization named the Norona Effect, which was created to have the specific intention of building a pediatric ambulatory infusion center in the Havasu area, for all children. The infusion center will service children in emergency need for blood, platelets, and other medicines and chronic or long term treatment children with cancer and other juvenile diseases, like Ciera. "It was an idea my sisters and I had while Ciera was being treated," Norona said. Our family has been compelled to action.

The organization has been holding fundraising events since that time, thinking outside the box to create innovative, fun, events that will be family centered. "If it all comes together and we can open the infusion center, kids from Mohave and La Paz County can come together and provide life saving treatment," Norona said. She believes that hiring a pediatric hematologist-oncologist, a chemo-certified nurse, purchasing supplies and paying for insurance will be the most expensive obstacles in achieving her goals.

Currently they have raised $72,500 towards a goal of $425,000. The community has embraced the Norona Effect and many organizations have vowed to see this project through.

Together We Can Work Miracles!

Acute Lymphomatic Cancer - Children's Cancer

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Find us on Facebook: The Norona Effect
or online: www.TheNoronaEffect.com

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Information about Acute Lymphomatic Cancer taken from www.childrenscancer.org

Survivor Inspired Others to Visit Their Doctors

By Nanci Stevens

Before moving to Lake Havasu City, my husband and I lived in the picturesque Sierra Mountains in Northern California.

Using cedar from our property, we built and sold high-end birdhouses, garden benches and custom furniture. What started as a hobby has since turned into a viable business us" said Nanci.

Previously, I worked for 40 years as a telecommunications manager for the third-largest law firm in the world. It was during my time there that I received my Stage IIB cervical cancer diagnosis. Thanks to my doctor, family, friends and coworkers, I beat the disease and has been cancer-free ever since.

Our bodies have a way of giving us warning signs when things aren't quite right. When I was 46 years old, my warning sign came in the form of unusual vaginal spotting.

It was December 1995. In addition to the abnormal spotting, my periods - when they would come - had also become much more intense. I figured this was all happening because I was starting menopause. After all, I was approaching the age for it. I wanted to double check with my gynecologist just to be sure, though. And as luck would have it, my annual Pap smear was already scheduled and not too far away.

At my appointment, I told my gynecologist what had been going on, and then he performed the Pap smear. I think he knew something was wrong right away, because he sent my test to the lab for immediate processing. That same night, he called me at home and told me I had cervical cancer-specifically, Stage IIB squamous cell carcinoma.

It all happened so fast. And while it's never a good time to hear you have cancer, this was particularly difficult because Christmas was just around the corner. Cancer doesn't wait, though, so I cancelled my holiday plans to deal with it.

Fortunately for me, a senior partner at the law firm where I worked was the current president of the American Cancer Society. He referred me to an oncologist who specialized in my exact cancer type and whose office was just a short flight from my house. I went out and met with him and we clicked immediately.

My oncologist recommended surgery, so I underwent a radical hysterectomy. I recovered in the hospital for one week, and then at home for another seven weeks. I then started eight weeks of radiation therapy to make sure the cancer was gone. I was treated every weekday during that time.

As a result of the radiation, I developed several silver-dollar-size blisters on my abdomen, I was often exhausted and I had bad diarrhea. To get through the tough times, it helped me to think about my treatment like an army-killing all of the bad cells and replacing them with good ones.

From start to finish, the support I received from my husband, family, friends and coworkers helped me more than they'll ever know. They waited in the hospital while I was in surgery, cooked for me after I came home, drove me to doctor's appointments and more. And you'd be surprised at how many of them went out and got Pap Smears themselves. My diagnosis really drove home that a simple exam could save lives.

When I was well, I started volunteering for the Bloch Cancer Hotline. As a patient, I had called in and been connected to a former cervical cancer survivor. So when I had the opportunity to instead be on the receiving end of the phone calls, I took it. I've met some wonderful people through my service-some I'm still friends with. And what they say really is true: the best medicine is giving back.

Here in Lake Havasu not only do we have the awesome Cancer Association of Havasu, we also have three support groups for Cancer patients and survivors; Bosom Buddies, which is a Breast Cancer support group, General Cancer Support Groups for all types of cancers, and a Men's Cancer Support group. They encourage and support anyone who is going through cancer to becoming a survivor in which they help support the ones going through it now.

Cancer changed the way I look at life; I believe there's a reason I'm still here. Life will always have its challenges and you never know what it has in store for you, but you do have the power to live each day to its best. Know that cancer is just something you have to get through, and keep your eye on what lies ahead. A positive outlook goes a long way during treatment and recovery.

"MY DIAGNOSIS REALLY DROVE HOME THAT A SIMPLE EXAM CAN SAVE LIVES."

Since I had cancer and survived it, I have moved to Lake Havasu City and I am enjoying life as well as volunteering for the Cancer Association of Havasu.

Teams of the 2016 Breast Cancer Walk

TEAM CHRISTY

Christy is a one year survivor of breast cancer. This is her first year walking and all her family and friends who have supported her during her treatments this past year are walking with her.

TEAM HAVASU REGIONAL THE WOUND CARE CENTER TEAM

"Save the Racks" is their slogan, this is their second year walking as a team. They take care of breast cancer patients and are walking for them. They say every step counts...

TEAM MARIAN STRONG

(To the left)

They are walking for Marian. Marian was diagnosed in June with breast cancer. She is fighting a good fight with all the support from her team Marian Strong.

TEAM LAMB OF GOD

They have been walking for 6 years as a team. They all have been touched by breast cancer, and love honoring the survivors in the community. They also make pillows for cancer patients and sell them for $10 with the proceeds going to the Cancer Association of Havasu.

TEAM ADS PAY-WALKING FOR BETTY

Some of the shirts say, "I wear pink for MOM", "I wear pink for GRANDMA". Their Mom, Grandma or Betty as many would call her died in August of 2016. Betty's daughter Tiffany has walked for the past 5 years, but this year it has a different meaning to her. Bettyhas been battling breast cancer since 2008.

TEAM COLDWELL BANKER

walks for Betty. Most have walked in previous years, but this year they decided to join together for Betty. Betty worked at Coldwell Banker for 12 years before losing her battle with breast cancer in August 2016.

October is Liver Cancer Awareness Month

Cirrhosis is scarring of the liver, and it increases the risk of liver cancer. You can reduce your risk of cirrhosis if you:

- Drink alcohol in moderation.
- Maintain a healthy weight.
- Use caution with chemicals.

Get vaccinated against hepatitis B:

You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine, which provides more than 90% protection for both adults and children. The vaccine can be given to almost anyone, including infants, older adults and those with compromised immune systems.

Take measures to prevent hepatitis C:

No vaccine for hepatitis C exists, but you can reduce your risk of infection.

- Know the health status of any sexual partner. Don't engage in unprotected sex unless you're certain your partner isn't infected with HBV, HCV or any other sexually transmitted infection.
- Don't use intravenous (IV) drugs, but if you do, use a clean needle.
- Seek safe, clean shops when getting a piercing or tattoo. Needles that may not be properly sterilized can spread the hepatitis C virus.
- Ask your doctor about liver cancer screening.

For the general population, screening for liver cancer hasn't been proved to reduce the risk of dying of liver cancer, so it isn't generally recommended.

Discuss the pros and cons of screening with your doctor. Together you can decide whether screening is right for you based on your risk.

PREVENTION IS THE CURE

LIVER Cancer AWARENESS
Support - Advocate - Cure

Taken from www.mayoclinic.org

Turkey, Spinach and Apple Wrap

Keep this recipe handy for your Thanksgiving leftovers. A healthy combination of plant-based, cancer-fighting foods and leftover turkey easily turns into a quick lunch. The wrap's appeal comes from the variety of textures - crunchiness from the apples and spinach, firmness from the turkey and creaminess from the simple dressing – surrounded by a nutty lavash wrap.

Makes two wraps, or 2 servings
Per serving: 260 calories, 6 g. total fat (1 g. saturated fat), 28 g. carbohydrate, 22 g. protein, 3 g. dietary fiber, 444 mg. sodium.

Ingredients

- 1 Tbsp. reduced-fat mayonnaise
- 2 tsp. honey mustard
- 2 (8-in) whole-wheat lavash wraps or flour tortillas
- 2 cups (washed & dried) baby spinach leaves, loosely packed, or 2 large leaves of a soft leafy green lettuce
- 4 thin slices turkey breast (4 ounces)
- 1/4 Granny Smith apple, sliced paper-thin

Grocery list

Reduced-fat mayonnaise
Honey mustard
Whole-wheat lavash wraps or flour tortillas
Baby spinach leaves
Turkey breast
Granny Smith apple

Directions

Combine mayonnaise and mustard. Lay out both wraps. Spread the edges of each with the mayonnaise mixture. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.

Recipe taken from: http://www.aicr.org/health-e-recipes

Healthy Diet + Regular Physical Activity + Healthy Body Weight = LOW CANCER RISK

Three factors that we control have a lot to do with our risk of developing this terrible disease.

1. Be physically active every day in any way for 30 minutes or more.
2. Aim to be a healthy weight throughout life.
3. Choose mostly plant foods, limit red meat and avoid processed meat.

For the greatest protection, combine all three.

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.

Name_____ **Phone**_____ **Email** _____

Address_____ **City/State/Zip**_____

Amount of Gift_____ ***An acknowledgment will be sent to you.***

If this is a memorial gift, please complete the information below. A card will be sent to the family in your name

This gift is in memory of:_____ **Please send Card to family:**_____

Address_____ **City/State/Zip**_____

Please make checks payable to: Cancer Association of Havasu
Mail to: HCHF ▪ P.O. Box 1410 ▪ Lake Havasu City, AZ 86405-1410

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For more information about how you can be involved, please visit our website at www.havasucommunityhealth.org or call us at (928) 855-5000