



Inspiring News and Stories of

# HOPE

Community Cancer Center

[roseburgcancercare.com](http://roseburgcancercare.com)

Summer 2021

Meet Our  
Medical Director

New OHSU  
Specialist Hired

Cancer Prevention  
Diet Tips





## From Patient to Patient Mentor

***Inspired by the support and care she received while being treated at Roseburg's Community Cancer Center, Teresa Stewart is now giving back to other patients.***

While Teresa Stewart always knew regular mammograms were an important part of her health maintenance program, she didn't imagine her practical approach would one day save her life.

"I've always been big on getting regular mammograms," says the Roseburg resident. "So, when I got my annual in October of 2019, I didn't even think twice about it. Then the doctor called the next morning and said I needed to schedule an ultrasound. They were pretty sure it was cancer.

"I had a biopsy, then went right into appointments with the surgeon. I had surgery the week after Thanksgiving. So, from the last weekend of October to the week after Thanksgiving, it all went pretty fast."

Subsequent testing revealed residual cancer near the margins of the now-removed tumor and a second surgery was scheduled for after Christmas.

"After that, I was put on estrogen blockers and prescribed 20 radiation treatments in February 2020," shares Teresa.

The staff at Community Cancer Center helped Teresa find the support and peace of mind she needed during treatments.

"I was able to meet with Dr. (Sylvia) Gosline weekly to check in on issues I was

having or to answer any questions I might have," says Teresa. "I have nothing but praise for the cancer center team. Everyone is not only professional, but also very warm and welcoming. Not that I would want to, but I would do it again with their help. I always felt informed. I really couldn't have asked for a better experience."

More than a year since starting radiation treatments, Teresa is cancer free and looking forward to giving back to others dealing with the disease through the center's Cancer Support Group.

"I'm excited to start as a patient mentor helping with the support group," she says. "I'm looking forward to helping others have a positive experience as they go through treatment."

Inspired by the human-to-human, individualized approach to care she's received at Community Cancer Center, Teresa sees the support group as a way to let others dealing with cancer know they are not alone and that help—and hope—is there for the asking.

"You want to go someplace where you're not just a number, but a real human with real feelings dealing with this issue," says Teresa of the CCC team and the support they provide. "They treat you that way."





## EXECUTIVE DIRECTOR LETTER

### ***Welcome to our Newsletter!***

Thank you for taking the time to read the newsletter of Roseburg's Community Cancer Center. While we have published a newsletter for several years, traditionally our readership has been primarily current and former patients and families and other members of the medical community. Starting with this issue, we are expanding our audience to the general community with the goal of building awareness of the excellent local resources that are available to cancer patients and their loved ones in Douglas County.

We always say, we hope you never need our care, but we also want to make sure you know we are here for you or a loved one should you ever need us.

As you explore this issue, we hope you enjoy the stories and find inspiration as we unveil our "This is what hope looks like" theme here, on billboards throughout the community and through other components of our new awareness campaign.

As we look forward to the warm days of summer, we're excited to share several important announcements:

- We couldn't provide "big city" care right here in Roseburg without our amazing staff. We are proud of them, and now you can see their smiling faces on billboards throughout Douglas County. Yes, faces! (Remember those?) And while we want to get back to a normal setting where we can take those masks off, we continue to diligently wear them to keep our most vulnerable patient populations safe.
- Speaking of staff, thanks to successful collaboration between the CCC team and the OHSU Department of Radiation Medicine, we're thrilled to announce the arrival of our new radiation oncologist. Check out the article in this issue to learn more about Dr. Michael Marietta and what he brings to our team and to cancer patients in Douglas County.

- Our newsletter isn't the only component of our communications program that is getting a new look! We will also soon unveil our new website, which is being transformed into a more informative and mobile-friendly resource for information about the Community Cancer Center and cancer-related subjects. Look for it in July at [RoseburgCancerCare.com](https://RoseburgCancerCare.com). I also invite you to like our Facebook page, where we will be announcing the new site when it comes on-line in the near future.

Happy summer, everyone!

Yours in care and hope,

*Tammy Turner*

Executive Director  
Community Cancer Center



# Welcome, Dr. Michael Marietta

*After a long and nationwide search, we are pleased to introduce our newest OHSU radiation oncologist.*

It wasn't easy for Dr. Michael Marietta to get to Roseburg, and, officially, he's not here yet. But Community Cancer Center's newest radiation oncologist is close enough that he's already itching to start his new life and career.

In late June, when Dr. Marietta finishes his training at the University of Southern California Norris Comprehensive Cancer Center in Los Angeles, where he's now chief resident, it will be the culmination of a journey that started in a small town in Kansas and included a full 14 years of education *after* high school. And by early September, he'll finally find himself where he's wanted to be for all those years – in a small town in the Pacific Northwest helping care for patients with cancer who are very likely facing one of the most challenging times of their lives.

"I've always been interested in the Northwest," Dr. Marietta says. "When I was young, our family drove out for a summer vacation. We visited Portland, Mt Hood and Timberline Lodge, an old-growth forest and Cannon Beach before continuing up to Seattle and Vancouver. It was so lush and beautiful, and from then on I've always been hoping for the right opportunity to live out here."

His opportunity came when a fellow medical resident told him there was a cancer center in Roseburg looking for a

radiation therapy specialist. The chance to work alongside the Oregon Health & Science University physicians at the Community Cancer Center was like a dream come true, Dr. Marietta says.

"I came up to Roseburg in January for a site visit and just fell in love with the community, the cancer center, everything," he says. "I've always preferred living in a small town, and this felt like the perfect fit."

Dr. Marietta went to college at Kansas State University, about an hour from the small town where he grew up. He'd always loved school and had a special affinity for math, which led to his majoring in mechanical and nuclear engineering. The future doctor also had been moved by a personal experience to pursue a cancer-related career, and by the time he earned his undergraduate degree he had decided that would be in the field of radiation oncology.

After earning his medical degree from the University of Kansas, Dr. Marietta completed a general surgery internship at Iowa Methodist Medical Center in Des Moines before entering the residency program at USC.

He's eager to begin helping Community Cancer Center patients facing the difficult diagnosis of cancer.

"What I really love about radiation oncology is I'm able to spend a bit more time with my patients, developing relationships and guiding them through the treatment process," he says. "Sometimes they're not 100 percent sure what the big picture is, which is completely understandable. When a person is first told they have cancer they often don't hear much of the conversation after that because it is so much to take in. So when I sit down and listen to the patient and their family, we get to review their workup and how their disease has affected them, answer their questions, and give them all the information they need to understand their diagnosis and treatment options."

The Community Cancer Center, Dr. Marietta says, provides an outstanding environment for patients and staff alike.

"It's beautiful; I love it. The first thing you notice is how friendly the people are, and then how warm and inviting the facility is."

His sentiments are similar when it comes to his new community.

"I have a passion for the outdoors, and Roseburg has it all – rivers, national forests, the Cascades and the Pacific," Dr. Marietta says. "Additionally, having



taken a wine class in undergrad, it's really exciting to get to explore the local wineries."

His excitement extends to the opportunity to finally begin caring for patients in his new community. "I'm ready. It's been a long, long journey. I can't wait to get moved up to Roseburg to start working."





## TEAM MEMBER PROFILE

# Dr. Randy Moore

OHSU Radiation Oncologist & CCC Medical Director

*Dr. Moore received his Doctor of Osteopathic Medicine in 1987 and worked in Colorado and Medford before joining CCC more than 15 years ago.*

**Q Where did you grow up?**

**A** "I was born and raised in southern Idaho, in Twin Falls."

**Q What words or phrase best describes CCC?**

**A** "High quality, state-of-the-art, whole-body treatment."

**Q What's your favorite part of your job?**

**A** "If it weren't for the patients, this would be a difficult job. It's a privilege to work with people during a time of transition in their lives and help them through that journey."

**Q What are some of your favorite "Oregon" things to do?**

**A** "Fishing, camping, hiking trails and Wildlife Safari."

**Q What do you appreciate most about CCC?**

**A** "The Community Cancer Center's philosophy of individualized care is both personal and effective. The board of directors are all from here so it's local control from people who live in the community. Everything is local."

**Q What's your favorite song of all time and why?**

**A** "Joe Walsh's 'Life's Been Good,' because life has been pretty good."

**Q What's a fun fact about you that others might be surprised by?**

**A** "I served in the Army Reserve across four states over a 20-year career."

Yoga is among the many pastimes of Dr. Randy Moore.

# Be Sun Safe This Summer

Here's how to pick a safe sunscreen.

With one out of every five Americans experiencing a skin cancer diagnosis at some point in their lifetime, choosing sun-safe behaviors helps reduce the risk of skin cancer and early skin aging.

Sunscreen is one of the most important tools for reducing the risk of skin cancer, including melanoma. According to the American Academy of Dermatology, your sunscreen should:

- Offer SPF protection of 30 or higher.
- Provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- Remain water resistant for between 40 and 80 minutes. Sunscreens can't be truly waterproof or sweatproof and must be reapplied, as necessary.

For most adults, one ounce of sunscreen is typically the amount needed to protect the exposed areas of the body.

Along with protecting your skin from the damaging affects of the sun, shielding your eyes from intense UV exposure is also important. According to The Vision Council, protecting your eyes from the sun starts with understanding that:

- While UVA radiation is less intense than the UVB variety, UVA accounts for up to 95 percent of all UV radiation. The prevalence of UVA can produce long-term, severe damage to skin cells.
- UVB radiation is more likely to penetrate on cloudy days, is more prevalent at higher altitudes and is highly reflective off snow and ice.
- Reflected UV light is just as damaging as direct UV exposure. Water reflects up to 100 percent of UV, while snow reflects up to 85 percent. Dry sand and concrete can reflect up to 25 percent and even grass reflects up to 3 percent.
- During most times of the year, the amount of UV entering the eye in the morning (8 – 10 a.m.) and late afternoon (2 – 4 p.m.) is nearly double that of midday hours (10 am – 2 p.m.).

This summer, protect your skin and be sun safe!





# 7 Cancer Diet and Health Tips



BY ALLY F. GOTTFRIED MFN, RD, LD  
REGISTERED DIETITIAN, COMMUNITY CANCER CENTER

*While there is no guaranteed way to prevent cancer, research shows that many cancers are linked to lifestyle behaviors and that eating well can help reduce the risk of cancer in a variety of ways. Here are seven diet-related tips to consider.*

## #1 Maintain or Achieve a Healthy Weight

Excess body weight is associated with an increased risk for several types of cancer. By maintaining a healthy body weight, or losing weight if you have a body mass index (BMI) in the overweight or obese range, you can help to reduce your risk.

## #2 Limit Added Sugars and Solid Fats

Foods with added sugars and solid fats provide a lot of calories but few essential nutrients. Try to limit your intake of these types of foods, which include sugar-sweetened beverages, highly processed snack foods and desserts. Calories add up fast with these types of calorie-dense foods, which may lead to weight gain and leave little room for more healthful, cancer-preventive foods.

## #3 Include Vegetables, Fruits and Whole Grains

Vegetables, fruits and whole grains are linked to a lower cancer risk. It is not clear which components in vegetables and fruits are most protective against cancer. So enjoy a variety of these foods as they are often rich sources of a variety of nutrients. Fill half your plate with vegetables and fruits, and include the other half as whole grains.

## #4 Moderate Your Portions of Red and Processed Meats

Some studies suggest a link between colon and other types of cancers and red meat intake. This is especially true for processed, and smoked, meats such as ham, bacon and hot dogs. If you eat these foods, choose them in moderation.

## #5 Focus on Plant Proteins

Beans, lentils and other whole grains are sources of protein, dietary fiber, iron, potassium and other necessary nutrients. Other nutrient-dense, plant-based proteins include tofu and tempeh. Eating more plant protein than animal protein is associated with a lower risk for many types of cancers.

## #6 Avoid or Limit Alcohol

Alcohol consumption is considered to be a major modifiable risk factor for cancer. Even a moderate amount of alcohol may increase your risk of some types of cancer. Limit alcoholic beverages to no more than one drink per day for women and no more than two drinks per day for men.

## #7 Choose Foods First

Research suggests the nutrients found naturally in foods offer a protective effect. The same findings do not appear to be true for supplements. Choose nutrient-rich, whole foods and beverages as the best source of vitamins, minerals and herbal nutrients for cancer prevention. Talk to your health care provider before taking any supplements.

## Try This Recipe!

### Avocado Mousse

Serves 2 to 4

1 ripe Hass avocado

4 ounces bittersweet chocolate

1/4 cup thick coconut milk  
(from the top of the can)

1/2 teaspoon vanilla extract

3 tablespoons agave syrup (or  
pinch of Stevia plus 1/4 cup milk)

1 pinch salt

In a heatproof bowl, melt the chocolate in the coconut milk over hot water or in the microwave. Stir until smooth then cool slightly.

Put remaining ingredients in a food processor bowl and add cooled chocolate mixture. Blend until completely smooth.

Spoon into dessert cups. Serve well-chilled. Add a dollop of coconut cream if desired.



# Thank You Donors!

*The Community Cancer Foundation wishes to express sincere appreciation to the many donors whose contributions have made the Community Cancer Center a success. Below is the list of donors from June 2020 – April 2021. These funds help with healing and support and are used to assist patients with the cost of treatment, prescriptions and other crucial services.*

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# Cancer Support Resources

**For more information or appointments, contact Angelia Freeman, 541.672.0072 or [afreeman@cccroseburg.org](mailto:afreeman@cccroseburg.org).**

## Cancer Support Group

Monthly meetings hosted by our Patient Mentors. This group is designed for anyone who has, or had, cancer and those who care for them.

**Meets:** Third Tuesday of each month, 1 – 2:30 p.m.

## Tobacco Cessation Program

Weekly meetings or semi-annual classes designed with coaching and mentoring to aid the participant in quitting tobacco use for good.

**Meets:** Each Tuesday, 4 – 5 p.m.

## Spiritual Care

Non-denominational spiritual care available for those in need.

**Meets:** By appointment only

## OUTREACH, EDUCATION & PROGRAMMING

### Services for Community

Cancer awareness programs, community outreach and conference facility reservation.

## PATIENT RESOURCES AT OUR CAMPUS

### Camp Millennium

A non-profit organization that hosts a week-long retreat for children dealing with cancer within their families.

**Contact:** [campmoregon@gmail.com](mailto:campmoregon@gmail.com)

### Douglas County Cancer Services

Patient resource that helps patients in treatment with lodging, travel, wigs, turbans, prostheses and financial aid.



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### Medical Oncologists

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