

Inspiring News and Stories of



HOPE

Community Cancer Center

roseburgcancercare.com

Roseburg, Oregon | Fall 2021

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Community Cares for Its Members

Breast cancer survivor Andie Cortes is more grateful than ever for family, friends and close-knit community.

Andie Cortes had a gut feeling, and it wasn't a good one. After noticing a lump in her breast in August 2019, the Sutherlin resident had undergone an ultrasound and biopsy and had been waiting anxiously for the results.

Now her physician was calling with them, but the information he delivered did more to confirm her suspicions than serve as news.

"I think I knew even before he called me that was what he was going to tell me," says the wife and mother of two. "When the doctor said it's cancer, I went through a range of emotions. But I'm very pragmatic, so I took a deep breath and then it was, 'OK, now what do we do?'"

Andie's answer came in the form of a year-long journey that would include a

chemotherapy regimen from October 2019 to March 2020 followed by a double mastectomy that April, then radiation therapy and reconstructive surgery.

Now, just over a year after completing the long, arduous treatment process, Andie says she's "still tired, but feeling good." She's back working full-time as a parole and probation officer, while also doing the books for the family business, which her husband, Bruce, runs. On a sunny day in late August, Andie finds time to talk about her experience after dropping off sons Tyler, 16, and Riley, 13, at football camp.

Though she had been faithful in getting regular mammograms, Andie says her cancer had already advanced to Stage 2 by the time it was diagnosed. "My surgeon said I had a 'sneaky' cancer which, because of the way it moves through

tissue, is very difficult to see with a mammogram," she says. "I probably had it for quite a while before it was detected, so luckily it was slow growing."

Once in treatment, Andie says she was also fortunate to have an incredible support system, which included her family, employer and workmates and the staff of Community Cancer Center. Having access to a local cancer center and its team of Oregon Health & Science University cancer specialists benefited Andie and her family tremendously, she adds.

Born and raised in Sutherlin, Andie left for Eugene and the University of Oregon after high school. But after earning her degree, she was drawn back to the area, in large part to be near her family. That was a decision she appreciated even more during her treatment.

"I was very grateful that I had my husband and parents here to help me," she says. "Bruce would go with me to my chemo treatments, then the next day my mom would come stay with me so he could go to work. Then she'd go with me for my infusions. Friends contributed meals. It definitely made me appreciate where I live."

Andie says her appreciation extends to the entire Community Cancer Center team. "They were great," she says. "They are really, really great people. They take care of you, make sure you are comfortable as possible and answer all your questions.

"It feels weird to say this, but I'm really going to miss those people."



FROM THE EXECUTIVE DIRECTOR

And just like that, autumn has arrived. It seems like only days ago I was enthusiastically welcoming the arrival of summer in this same space.

This change of seasons does bring exciting news to us at Roseburg's Community Cancer Center and, of course, the patients we have the honor of caring for. In the last few weeks, we have added two outstanding individuals to our team of Oregon Health & Science University and Community Cancer Center professionals.

The first, Dr. Michael Marietta, we introduced to you in the summer issue of our Hope newsletter. He comes to us from the University of Southern California where he finished his residency training last June. We were very pleased that our newest radiation oncologist arrived in Roseburg a little sooner than he had planned and is already caring for patients. In early 2022, he will assume additional responsibilities as our medical director, and we are very excited to have him as part of the OHSU team caring for our patients.

In this issue we are introducing Dr. Vorakarn Chanyavanich, our new physicist. We are happy to welcome him to the CCC team and hope you enjoy reading about him.

As many of you I am sure know, October is National Breast Cancer Awareness Month, and this issue we provide a reminder of important steps to take to help prevent the disease or, when that isn't possible, detect it at its earliest, most treatable stage. Also, on our cover and above, we are once again featuring a profile of one of our recent patients, Andie Cortes, who received part of her treatment at Community Cancer Center and is back enjoying her very active life.

Finally, I mentioned last issue that we were developing a new, more comprehensive and easy-to-navigate website, and I am pleased to say it is now live. I invite you to visit it at roseburgcancercare.com. If you or anyone you know is looking for information on our team and the care provided here, our new site is a great place to start.

I hope you have a great autumn.

Tammy Turner

Executive Director
Community Cancer Center

Welcome Dr. Vorakarn Chanyavanich

We're excited to introduce the Community Cancer Center's newest medical physicist.

Radiation therapy saves thousands of lives each year. It also requires skilled, knowledgeable medical staff to properly—and safely—administer.

Blending a firm understanding of both medicine and physics, medical physicists work alongside oncologists, therapists and engineers to help develop effective treatment strategies while having the added responsibility of ensuring the safety of patients and staff during radiation treatment.

It's a job that requires both deep technical know-how and the ability to find solutions to unique challenges. And it's just the kind of environment our newest medical physicist Dr. Vorakarn Chanyavanich appreciates.

"My favorite part of the job is solving complex problems and thinking outside of the box," says Dr. Chanyavanich. "Sometimes that means determining what the box is, or how to build a different box."

Dr. Chanyavanich started his technical career in the software industry before earning a Ph.D. from Duke University. A research role at Emory University in Atlanta, Georgia followed before he accepted a clinical position in Denver, Colorado. The pivot from a research-based setting to a clinical one allowed him to use his skills to help patients directly without needing to become a full-fledged medical doctor.

"My job provides a nice balance of unique technical skills that directly benefit patient care and provide

immediate social impact, without being a physician," he shares. "Research is delayed gratification while being in a clinical setting means you're providing that direct, physical benefit to patients in your care."

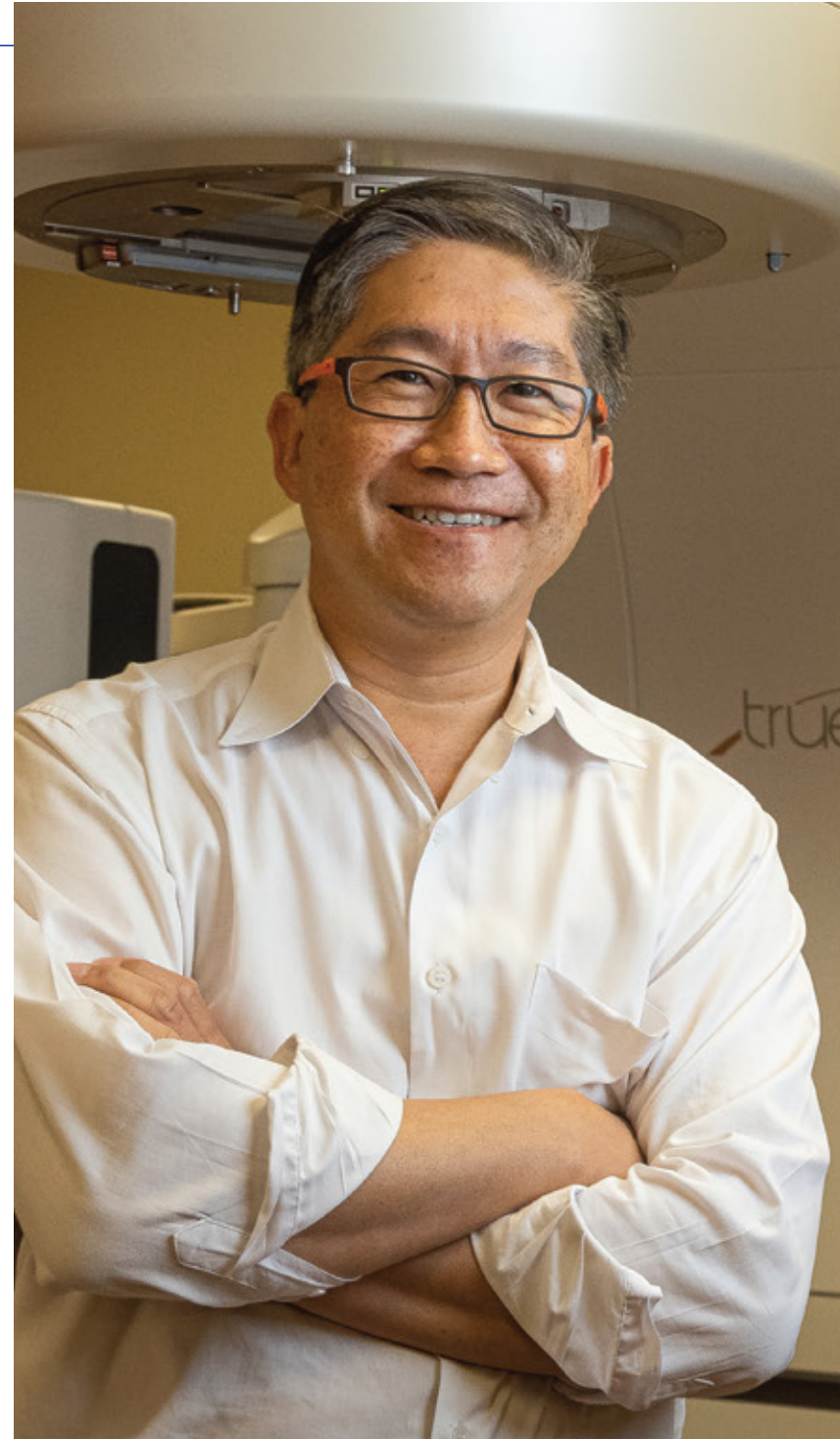
Dr. Chanyavanich values the cohesive team of professionals at the Community Cancer Center and enjoys helping fulfill the mission of a community-focused, non-profit medical practice. He describes his new work environment as dedicated to not only high-quality radiation treatment, but also to the compassionate care and support that serves patients as individuals.

"The Community Cancer Center's values are aligned with providing true community care," says Dr. Chanyavanich.

With a love for both food and travel (Dr. Chanyavanich lived in Brazil in his 20s and can still carry on a conversation in Portuguese), he is looking forward to exploring the Roseburg area and its exceptional bounty, including the famed Umpqua River and Douglas County's world-acclaimed wineries.

One early aspiration for his new home reflects Dr. Chanyavanich's ability to blend different disciplines, interests and skills toward a worthwhile goal:

"I want to learn how to catch a steelhead trout and then find the perfect local wine to pair it with."





Dori Compton, RN

Director of Nursing Services

Q Where did you grow up?

A "In Douglas County, on the main Umpqua in Kellogg, Oregon."

Q What's your favorite part of your job?

A "Meeting new people and learning new things."

Q What do you appreciate most about CCC?

A "The nonprofit community base."

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

A "Fishing for winter steelhead, hunting elk and riding quads."

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

A "Hallelujah, played it for my dad when he was passing away, I got his last tear."

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

A "I have sewn quilts and donated them to charity raffles."

Four Steps to Lower Breast Cancer Risk

October is National Breast Cancer Awareness Month and it's worth emphasizing: Early detection saves lives!

And while screening tests can find breast cancer in its earlier stages when treatment is easier and chances of survival are highest, making choices now that lower your risk is the best answer to the question "How can I protect myself from getting breast cancer in the first place?"

Follow these four easy steps to lower your breast cancer risk.

#1 Know—and Understand—Your Risk

Talk to your loved ones to learn about your family health history and talk to your health care provider about personal risk factors that may increase your chance for a breast cancer diagnosis.

#2 Get Screened

Your health care provider can help you decide which screening tests are right for you based on your risk level. For average-risk women, we recommend a clinical breast exam at least every three years starting at age 20 and every year starting at age 40, along with a yearly mammogram starting at age 40. A clinical breast exam is as important as a mammogram in your cancer-prevention routine.

#3 Know Your Normal

Learn how your breasts normally look and feel and report any changes to your health care provider. Perform a breast self-assessment monthly, preferably 72 hours after the last day of your menstrual cycle. If you no longer have a menstrual cycle, pick the same date each month.

There is no "standard" breast size, shape or feel. Each person is unique so it's important to become familiar with the way your breasts normally look and feel so you can notice changes.

See your health care provider if you notice any change from your normal. While breast cancer warning signs are not the same for all women, the most common symptoms include a lump, hard knot or thickening inside the breast or underarm area; swelling, warmth, redness or darkening of the breast; change in the size or shape of the breast; dimpling or puckering of the skin; itchy, scaly or sore rash on the nipple; pulling in of the nipple or other parts of the breast; nipple discharge that starts suddenly; new pain in one spot that does not go away.

#4 Make Healthy Lifestyle Choices

A healthy lifestyle is about taking responsibility for our choices and making smart health decisions for today and for the future. Eating right, staying active, practicing prevention and maintaining emotional and spiritual wellness are all part of choosing a healthy lifestyle. Preventing a breast cancer diagnosis includes:

- Maintaining a healthy weight.
- Adding exercise to your routine.
- Limiting alcohol intake.
- Limiting post-menopausal hormone use.
- Breastfeeding, if possible.

For more information on mammogram screening or the Community Cancer Center's Breast Health outreach program or resources, please contact Angelia Freeman, Program Manager, at 541-672-0072 or afreeman@cccroseburg.org.





Purslane



Diet, Inflammation and Health

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

Inflammation serves a necessary function, but too much is not always a good thing. Reducing your inflammation can start at home.

Chronic inflammation that goes unchecked for weeks, months and even years can lead to a variety of disorders, including autoimmune diseases, heart disease, high blood pressure, inflammatory bowel disease, mental illnesses, type 2 diabetes, neurodegenerative diseases like Parkinson's and cancer.

Some experts believe that risk factors for chronic inflammation include smoking, sedentary lifestyle, obesity, alcohol intake, chronic stress, environmental pollutants and diets high in sugar and refined carbohydrates.

Specific markers in a blood test can be used to evaluate your inflammatory status. These tests include C-reactive protein (CRP), homocysteine, tumor necrosis factor alpha, and interleukin-6. There are prescription and non-prescription medications that you can take to help reduce inflammation. There are also lifestyle changes in diet and exercise that you can make to help reduce unnecessary inflammation in the body.

From a diet perspective, reduce your sugar and refined carbohydrate intake and choose foods that contain polyphenols and antioxidants. These foods include all types of berries along with cherries, plums, red grapes, onions, spices like turmeric, ginger and cinnamon, herbs like basil, rosemary and thyme, green tea, garlic, dark leafy vegetables and certain types of oils.

The oils that can promote an anti-inflammatory status include omega-3-fatty acids. While you can find these fatty acids in oily fish such as salmon, you can also try looking at the weeds in your backyard!

One common backyard plant that has been shown to reduce production of tumor necrosis factor alpha and interleukin-6 expressions is Purslane and the delicious vegetable can be used in salads, soups and smoothies or substituted for basil in pesto.

If not completely confident in your plant identification skills, an OSU Extension Service expert can help identify a sample or offer additional guidance.

Purslane Salad



Chilled Purslane Cucumber Soup



Purslane Smoothie



Purslane Pesto



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 for the months of April, May and June of 2021. These funds are utilized to assist patients with cost of treatment, prescriptions, and other services.

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Patricia Cummings	Charlotte Stiles
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Ally Gottfried	Thomas Wicks
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The Community Cancer Foundation would also like to extend a special 'Thank You' to the following organizations. Thank you for your support!

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Contributions
Thrivent Financial for Lutherans'
Thrivent Choice® Program
Umpqua Valley Modelers
Wesley Orchards

Cancer Support Resources

For more information or appointments, contact Angelia Freeman, 541.672.0072 or 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

Douglas County Cancer Services

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

Board Members

Thank you for your time, talent, and expertise you have given to the Community Cancer Center through your active volunteerism while serving as a trustee on our board.

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