

Inspiring News and Stories of

HOPE

Community Cancer Center

roseburgcancercenter.com

Roseburg, Oregon | Winter 2023

SURVIVOR STORY | This Is What Hope Looks Like

Cancer-Free

With the help of her positive attitude and the Community Cancer Center team, Mary Baze puts her cancer experience behind her.

When Mary Baze describes her upbringing, she sounds like she's paraphrasing the lyrics to the old Johnny Cash song, "I've Been Everywhere."

"My dad was a hurricane hunter in the Air Force, so growing up I lived all over," she says. "I was born in Bermuda, and I've lived in Chicopee Falls, Massachusetts; Moses Lake, Washington; El Paso, Texas. I spent most of my time growing up living along Lake Champlain in New York. I often think I'd like to go back and redo it all so I could better appreciate what I experienced."

Now Mary's in Roseburg, which she's officially called home since 2017. She and her husband of 53 years, Larry, have owned property here since 2009. But because of Mary's responsibilities caring for her parents, their move from Placerville, California, was an extended one.

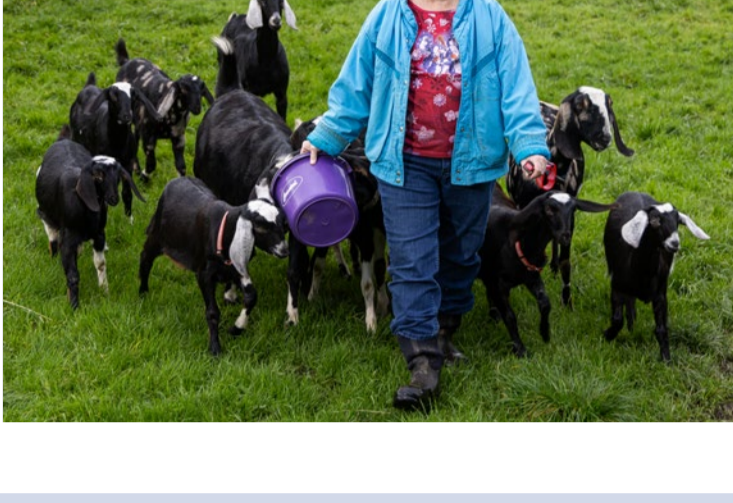
"I always say it took us five years to move," she says. "Larry moved our stuff up here truck by truck while I was taking care of mom and dad."

Their Roseburg acreage is also home to their daughter, Angela, son-in-law and grandchild, as well several goats and an assortment of cats, dogs and chickens.

"Our family is kind of dispersed," Mary says. "We have three grandkids, but the other two are with our other daughter, Jennifer, in San Antonio. Angie lived her eight years before we came up."

In August 2021, when COVID-19 was the world's top-of-mind health concern (and one whose impact had brought an end to one of the Baze's favorite activities, attending the auction at Roseburg's former bowling alley on Stephens), Mary scheduled a regular check-up with her doctor.

"I was having a hard time finding bras that would fit me and were comfortable, but cancer was the farthest thing from my mind," she remembers.



But Mary's mammogram results changed that. They led to a sonogram which led to an MRI, with each test producing more discouraging results than the previous one. "Every time I had another test, the prognosis got worse," Mary says.

What began as a breast cancer treatment plan that included a lumpectomy and reconstructive surgery ultimately became a double mastectomy followed by 12 sessions of chemotherapy and 24 radiation treatments at the Community Cancer Center.

"We got to know the cancer center building better than we wanted to," Larry says.

Through the entire treatment process, which spanned several months, Mary kept a positive attitude. "I think it was hardest on Larry, just sitting and waiting for me," she says. "I didn't really worry about it. There was no sense. Worrying wasn't going to change anything."

During the process, a friend gave Mary a journal for her birthday. She filled that and a second one with her thoughts as her treatment and recovery progressed, an exercise that Mary says helped her through treatment. She was also grateful for the support she received from friends as well as fellow members of Pine Grove Community church. Mary also regularly attended breast cancer support group meetings at the Community Cancer Center.

With her treatment behind her and a positive prognosis ahead of her, Mary has nothing but positive things to say about her experience with her doctor, Stephen Williams, M.D., and the cancer center team. "They were all great," she says.

EMPLOYEE SPOTLIGHT

Stephanie Morgan

Certified Clinical Medical Assistant

The newest member of the Community Cancer Center nursing team brings a unique personal background and a strong dedication to her profession.

In her work as a certified clinical medical assistant (CCMA), Stephanie Morgan offers a diverse perspective and well-rounded understanding of different communities. Born in Nacogdoches, Texas, Stephanie split her formative years between Allen, Texas, and South Grafton, Massachusetts.

Once she decided to pursue a career as a health professional, Stephanie received her education through the National Health Career Association, then completed a year of clinical training. This led to her attaining her CCMA certification, which demonstrates her commitment to honing her skills and knowledge to provide the best care possible to her patients.

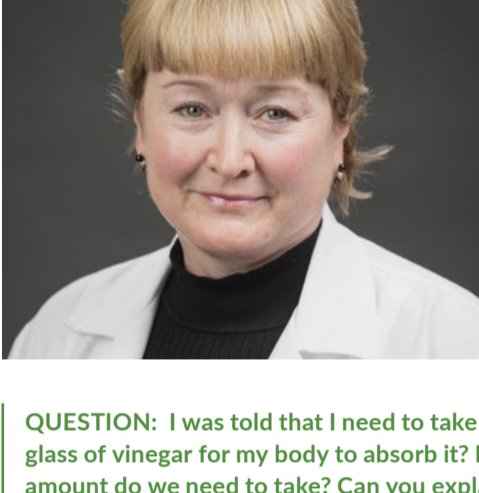
"I was motivated to enter the healthcare field by my belief that nothing is as important as a person's health," Stephanie says. "So to be in a position when I can have a positive impact on cancer patients in their journey back to optimal health is very rewarding."

Stephanie's commitment to providing exemplary care is made clear by her dedication to staying current with the ever-changing best practices in patient care. This commitment to ongoing learning and improvement ensures Stephanie's patients at the Community Cancer Center benefit from the highest standard of care.

Her background, education and dedication to her patients make her a valuable asset to our nursing team.



Outside of her professional life, Stephanie loves to spend time outdoors. Hiking and horseback riding are among the activities that help her recharge and maintain her well-being, which is crucial for healthcare professionals who often encounter emotionally challenging situations.



ASK THE DIETITIAN

Calcium

ALLY GOTTFRIED MFN, RD, CSO, LD (SHE/HER)
REGISTERED DIETITIAN
CERTIFIED SPECIALIST IN ONCOLOGY NUTRITION
COMMUNITY CANCER CENTER

This article is reprinted from the News Review - Ask the Dietitian July 2016

QUESTION: I was told that I need to take calcium pills with a glass of vinegar for my body to absorb it? Is this true and what amount do we need to take? Can you explain calcium?

ANSWER: Calcium is a mineral that is involved with muscle and vascular function, blood clotting, nerve transmission and cellular activity. But perhaps its best-known role is to promote strong bones and teeth.

It is crucial that we get adequate calcium in our growing years, which lay down the foundation of our adult bone health. Deficiency of this mineral during growth increases the risk for osteoporosis which can lead to bone fracture in later years.

Calcium absorption requires vitamin D. Vitamin D is manufactured by the body using sunlight and is also found in fortified foods. Natural food sources are limited but include egg yolks and oily fish (go Umpqua salmon!)

Rickets is a vitamin D deficiency in children who lack calcium or more commonly vitamin D from diet or sun exposure. Of note, this disease is on the rise in Europe in children who have moved from sunny countries to "non-sunny countries," cover their skin and are not traditional dairy consumers.

The amount of calcium you require is based on your age. Recommendations are as follows:

- Teenagers: 1,300mg/day.
- 19-50 years: 1,000mg/day.
- Men 50-70 years: 1,000mg/day.
- Women 50-70 years: 1,200mg .
- People over 70 years: 1,200mg/day.
- Pregnant and breast-feeding women: 1,300mg/day.

If you have a medical condition these numbers might alter.

Get your nutrients from whole foods when possible. The richest natural sources of calcium in the diet are milk, yogurt and fish with bones that are small enough to eat. Additional sources are fortified foods that have added calcium (and vitamin D) in a product where it's not found naturally. Calcium is also added to processed foods so check ingredient labels.



We typically absorb about 30% of calcium from our food. Although vegetables and beans contain a respectable amount, absorption is compromised due to components that "bind" with calcium. It is fairly well absorbed in the form found in fortified foods like calcium enriched orange juice.

If taking a supplement, ideally take an amount to compensate for a "shortfall" in your dietary intake. For example, if you eat a daily yogurt, a cup of milk (or other fortified beverage) you might only need to take 500mg in pill form.

The two major forms of supplement are calcium carbonate and calcium citrate. Calcium carbonate (Tums, Rolaids, Caltrate, Viactive chews) is best taken with food, when we produce more stomach acid. This acidity helps your body dissolve and absorb the calcium.

Calcium Citrate (Citracal) does not require an acidic environment for absorption. It also does not have the constipating effect of the carbonate products. Acid blockers for indigestion will reduce the "acidity" of your stomach, negatively affecting calcium carbonate absorption. Calcium citrate would be a better choice if taking antacids. So, rather than having to drink a glass of vinegar with your pills, just choose a Citrate supplement!

To determine how your calcium supplement breaks down, put a pill in a glass of vinegar. If it dissolves in 30 minutes, it should do the same in your stomach. Typically, products that carry the USP symbol have gone through this test and dissolve efficiently.

Calcium supplements are best absorbed in small amounts (500mg or less). So, don't take your whole 1,200mg in one shot! Space it out over the course of the day. This also helps reduce constipation.

Factors that negatively affect calcium absorption include excessive caffeine intake, excessive salt intake, taking iron and calcium pills together, long term use of magnesium containing laxative agents and other medications that might interact. Check with your pharmacist possible interaction that calcium pills may have with medications you are taking.

Bottom line: Get your minerals from whole foods when possible. If necessary, take Calcium Citrate for best absorption especially if using antacids, and be aware of nutrient/drug interactions. Vinegar? I would find a nice balsamic product, mix it with olive oil and put it on my salad!



NATURAL EDUCATION

New Type 2 Diabetes Prevention Initiative Announced



The Community Cancer Center is pleased to present an innovative and comprehensive health and wellness initiative brought to you as part of our comprehensive Healthy Lifestyles programming.

Called Prevent T2, our program is designed to empower individuals with the knowledge and tools to understand, manage and reduce health risks, with a special focus on the correlation between diabetes prevention and lowering cancer risks.

This initiative not only addresses diabetes prevention but also recognizes the connection between lifestyle changes and cancer risk reduction, offering valuable support and resources for the community. Each session is facilitated by a CDC-trained Lifestyle Coach which will add significant value to the participants' experience.

Participants will be introduced to skill development, goal setting, motivation and in-depth group discussions surrounding nutrition and movement.

Feel free to reach out to our Outreach team (see contact information below) to learn more about the program guidelines, session details and how to commit to this valuable opportunity for positive lifestyle changes. Taking steps toward a healthier lifestyle can contribute significantly to managing cancer risks and overall well-being.

For those interested in participating in the upcoming Prevent T2 Diabetes Prevention Program starting on April 2, 2024, you can get more information and register by contacting the Community Cancer Center. Here are the contact details:

Community Cancer Center Contact Information:
Phone: 541-672-0022
Email: AFreeman@CCCORoseburg.org
Website: www.RoseburgCancerCare.org

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 July, August, and September of 2023. These funds are utilized to assist patients with the cost of treatment, prescriptions, and other services.

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|--------------------------|------------------|
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The Community Cancer Foundation would also like to the following organizations. Thank you for your support!

- Cardinal Services, Inc.
- Kroger Fred Meyer
- My Tribute Gift Foundation, Inc.
- Oregon Pacific Bank - Roseburg Branch Team
- Roseburg Lions Club
- True Kitchen & Bar
- Umpqua Valley Republican Women
- ABCT Inc.
- Douglas Fast Net
- First Interstate Bank-Roseburg Branch
- Frontstream
- Greater Douglas County United Way
- Network for Good
- RNDC - Sherm's Thunderbird Market
- Roseburg Forest Products Employee Contributions
- Standard Motor Products
- The Human Bean

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: 2nd Tuesday of each month, 1 - 2:30 pm

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.
Contact: 541-440-9409

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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