

The Palchak Connection

Hope for a Cure... Begins with Research

☞ Fall 2015 ☛

THE JACQUALYN PALCHAK
CANCER FUND

Volume 4 Issue 2



Oncology Updates

David Palchak MD

Over the past six months there has been an unprecedented interest in clinical trials at PCR Oncology. We have received a signed, informed consent document every 2-3 weeks for one trial or another and have received phone calls from patients as far away as San Diego. Not only does this help to validate our decision to join the National Community Oncology Research Program (NCORP); it also shows us the importance of forming a satellite of the National Cancer Institute (NCI) here in Pismo Beach. Due to this we have been granted access to seventy six NCI sponsored clinical trials.

One of the exciting lines of research in cancer medicine is called "Precision Oncology". This term refers to the use of drugs aimed at genetic defects causing cancer. For example, lung cancers harboring activating mutations of the EGFR gene may be treated with Erlotinib or Afatinib, both of which usually trigger brisk responses of this cancer. There is no reason to believe these responses are limited to tumors that originate in the lungs, since the target of these drugs is an abnormal gene product, not normal lung tissue. One of the most exciting NCI sponsored clinical trials is the MATCH Trial, which is a collaboration between MD Anderson Cancer Center, the NCI and satellites of the NCI. In the MATCH trial, patients with metastatic cancers have fresh biopsies sent to MD Anderson for sequencing. Results of sequencing are sent to the NCI and our office. The NCI notifies us whether "an actionable mutation" was found in the tumor. (An "actionable mutation" is one for which a specific treatment is available.) The NCI expects to find actionable mutations in about one third of tumors. For more information go to the www.cancer.gov and search for the "MATCH trial" and "Opportunities in precision oncology".

This past August, as part of our admission to the NCORP, PCR Oncology underwent an audit of quality of care and quality of research. The audit was conducted by cancer researchers selected by the National Cancer Institute. The NCI could not find any mistakes nor did they make any recommendations for improving the quality of care we provide. I hope this gives our community confidence in the quality of care in Pismo Beach.

Finally, Erick Hjortsvang MD, joined me in July of this year. As a result, for the first time in ten years we have been able to accept all patients referred to us.



Annual Fundraiser is Pink in Paris

How fun to experience Paris in the Fall! Rosie Saenz held her 4th annual Breast Cancer Awareness fundraising event for friends and family. The event's theme was a Pink Day in Paris and took place in Rosie's lovely home in Arroyo Grande on Saturday, October 3rd. All proceeds benefited the Jacquelyn Palchak Cancer Fund.

The event began with each guest receiving a purse and passport for their travels and included hair styling, facials, a Kissology Reading and a visit to the 'Le Coop Divine'. A photo booth invited guests to be photographed with the 'Eiffel Tower'. Each activity earned the guest a stamp in their passport.

The evening culminated with a wonderful dinner and dessert.

Generous local businesses donated handbags, jewelry, pictures and wine, which was sold at the event auction. The evening was enjoyed by all and was a huge success with lots of 'Pink Paris Memories'.

Rosie's event raised \$2,300! The JPCF is so grateful for her efforts. Ruthie Rowse (left) and Rosie Saenz (right) present event proceeds to JPCF President Marie Palchak (center and above). THANK YOU ROSIE!



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Penny's All American Café



Every October, Penny Rodriguez hosts a fundraiser in Pismo Beach for Breast Cancer Awareness Month, and donates all proceeds to the JPCF. But this October the wedding of her son took center stage!

That didn't stop Penny from rallying support from her restaurant patrons for breast cancer. She sold jars of strawberry jalapeño jam and pink raffle tickets that were entered into a drawing for a 7-day timeshare trip to Mexico, Florida or Las Vegas.

Thank you Penny for your generosity and continued support of the JPCF!

Student Grant Pays Off

Weston Mangin has a Bachelor of Science degree in biomedical engineering and is enrolled as a graduate student at Cal Poly. This summer the Arroyo Grande native worked for the JPCF through a generous grant, and organized genetic data of cancers treated at PCR Oncology since 2013.

As a result of his work we have been able to identify patients eligible for the MATCH trial. We learned that TP53 mutations are the most common in our patients' cancers. We are now on a list of sites to open a clinical trial for patients with TP53 mutated cancers.

Fundraising Campaign

Our community fundraising appeal begins this month with our annual letter campaign. A letter from our Board of Directors will be mailed to homes and businesses explaining the benefits and strides being made through local cancer research. This is your opportunity to financially support the work we do throughout the year.

Cancer research in clinical trials is the biggest cost to our budget, but the most important. Treatment alternatives offer patients choices and options in their cancer treatment without having to travel outside of their local community. Your financial assistance will ensure continued research treatment options for local cancer patients and their families.

Thank you for your continued support.



RECIPE CORNER Sautéed Carrots & Fresh Sage



The benefits of carrots can be attributed not only to their beta carotene and fiber content, but they are also a good source of antioxidant agents, and rich in vitamins A, C, K, B-8, pantothenic acid, folate, potassium, iron, copper, and manganese.

An herb native to the Mediterranean, sage has a long history of medicinal uses, and its pleasant aroma packs abundant flavor into foods.

Ingredients

1 teaspoon butter
 1 teaspoon olive oil
 1 1/2 cups diagonally sliced carrot
 2 tablespoons water
 1/8 teaspoon salt
 1/8 teaspoon freshly ground black pepper
 2 teaspoons fresh sage leaves, torn in pieces

Directions

Melt butter in a large nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add carrot and 2 tablespoons water. Partially cover pan and cook 10 minutes or until carrots are almost tender. Add salt and pepper to pan; increase to medium-high heat. Cook 4 minutes or until carrots are tender and lightly browned, stirring frequently. Sprinkle with fresh sage.



JPCF Board of Directors L-R: Theresa Schultz, Donna Glass, Linda Alvarado, Bill Cockshott, and Marie Palchak.

Jacqualyn Palchak Cancer Fund Board of Directors

A federally recognized 501(c)3 non-profit organization governed by a Board of Directors.

Marie Palchak, President
 Theresa Schultz, Secretary
 Linda Alvarado, Treasurer
 Bill Cockshott, Member at Large
 Donna Glass, Member at Large

To Contact JPCF

Call Marie Palchak at
 805.710.3113
 PO Box 1614
 Pismo Beach, CA 93448
palchakcancerfund.org

Charitable donations made to the JPCF remain here in our **local** community, benefiting patients **locally** who are undergoing cancer treatment.

Your donations will continue to preserve cancer research in our **local** community and provide cancer treatment options for **local** patients. Thank you for your consideration of support.

Cancer Prevention

Colon cancer is the third leading cause of cancer-related deaths in the United States among men and women, and is expected to cause about 49,700 deaths during 2015. Routine screening starting at age 50 can actually prevent many cases of colon cancer, or find it at an early stage.

7th Annual Cancer Survivor *Celebration!*



It's hard to believe that this year marks our seventh year hosting this annual "Celebration" of cancer survival for members of the community.

This year's event featured Medical Oncologist & Clinical Investigator, David Palchak MD of PCR Oncology, along with whole foods nutritionist Sally Buchanan, and a testimonial from Bonnie Hutchings.

Our heartfelt thanks to the Arroyo Grande Lions Club, which year after year generously provide a delicious barbecue chicken lunch.

Thank you to our sponsors and supporters:

- **Arroyo Grande Lions Club**
- **PCR Oncology**
- **Apio. Inc.**
- **Dr. Marc Weise, Orthopedic Surgeon**
- **E.C. Loomis & Son Insurance Assoc.**
- **Maurina L. Kusell, DDS**
- **Rooster Creek Tavern**
- **Ember "Wood fired honest food"**
- **Saint John's Lutheran Church**



Featured speaker Dr. David Palchak, addresses a large audience at this year's event.