

# The Palchak Connection

## Hope for a Cure... Begins with Research

Spring 2017

THE JACQUALYN PALCHAK  
CANCER FUND

Volume 6 Issue 1



Dr. Palchak and wife Marie, took a recent trip to see the wild flowers blooming along Shell Creek Road at Highway 58, east of Santa Margarita. After a long drought, the flowers were again restored, much like the way our bodies regenerate after treatment.



### A Very Special Thank You to Our Generous Community!

As we wrap up our fiscal year, the Board of Directors of the Jacquelyn Palchak Cancer Fund (JPCF) would like to take this opportunity to express our gratitude for the compassion and generosity of our local community.

Local cancer research programs have had a significant impact on the care and treatment of local cancer patients. Last November the Board of Directors mailed over 1,000 letters to our local community members seeking donations. As a direct response we received over \$14,000!

Every dollar of those donations supports local cancer programs.

**We truly appreciate your support!**



### A Review of Cancer Medicine Progress over the Decades

From 1974-1976, the 5-year survival for cancers (all serious cancers) was 50%.

For 2007 the 5-year survival for cancers had improved to 68%. Over this same interval, 5-year survival for breast cancer rose from 75 to 90%; prostate cancer 69 to 100%; lung cancer 13 to 16%; colorectal 51 to 67%; and bladder 74 to 81%. (Taken from the National Institute of Health Research Portfolio Online Reporting Tools)

These improvements are a result of a healthy national cancer research program, which has driven survival up at a rate of about 0.5% per year for my entire career.

Dramatic progress has been made, in part, as a result of improved screening. Mammography has transformed breast cancer medicine. At the beginning of my career most breast cancers I saw were large and many women died of them. By the late 1990's most breast cancers were diagnosed early and had not spread to

lymph nodes.

Other advances have led to less treatment. During the early 1990's it was not rare to administer 12-months of CMF (cyclophosphamide, methotrexate, and 5-fluorouracil) chemotherapy for breast cancer. Presently only about 10% of my breast cancer patients receive chemotherapy, because we have learned to identify women who will not benefit from it.

Entirely new modalities have been invented, most recently immunotherapy, but also minimally invasive surgery and more highly focused radiation, all of which reduce side effects and/or improve cure rates.

PCR Oncology has been privileged to both see and help develop many of the advances in medical oncology by participating in the National Cancer Institute sponsored research. We are only able to do this because of generous donations by our community, which provides about 2/3 of the funding for our research program.

**Thank you for your support!**

### A Story of Cancer Survival

By Theresa Schultz

I am happy to say that my dear sweet mother-in-law, Jeanie Schultz, is an official cancer survivor! I never thought I would be writing this newsletter story about her, because she's always been so healthy.

Having served on the JPCF Board of Directors, for many years, I've had the distinct privilege of meeting many survivors, and seeing the joy in their eyes when they describe the process of becoming a member of the club of survivors. Nothing is better than when your loved one is called into this exclusive club, because they have survived a cancer diagnosis. In February 2016

Jeanie was diagnosed with colon cancer. In March, her surgeon, Howard Hayashi, MD removed a large tumor and about 16" of intestines. Dr. Hayashi jokingly assured Jeanie that she wouldn't miss any of it, "And I haven't!", she says with a chuckle.

"It's a miracle that I am here at all, though I never felt like my life was over, ever! I knew from day one I was in God's hands and I had no fear", she tells me. "My life just got put on hold for a year and it has resumed."

Jeanie attributes her recovery to having good doctors and nurses, plus friends



*(Jeanie Schultz, left, with daughter-in-law Theresa Schultz)*

and family supporting her along the way. "With Dr. Palchak you can see the love and care in his eyes," she says with sincere admiration and gratitude. "Everyone in that  
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office is so compassionate, loving, caring, gentle and kind, from Dr. Palchak, to the nurses, to Karen at the front desk. And they listen to you!", she says with an emphasis.

Last month marked one year post surgery and the need for Jeanie to undergo a follow up colonoscopy. She was elated when her gastroenterologist reported that her colon looked good and that he didn't need to see her again for three years! She was overjoyed to share the good news with her family and friends and says, "That was a Hallelujah!"

For me, as a member of the JPCF Board, this year's annual Cancer Survivor Celebration will be more significant and I know I will have a much deeper appreciation for Jeanie's victory over cancer. I will also be celebrating my dear mother-in-law's resilience, strength, perseverance and strong faith in God. She is right, it is INDEED a Hallelujah!

## DENIM & Diamonds

Rosie Saenz hosted family and friends for her 5th Annual fundraiser with proceeds that were donated to the Jacqualyn Palchak Cancer Fund.

Every year Rosie comes up with a different theme to recognize breast cancer.

This year's theme was "Denim and Diamonds", and called her guests to come dressed in 'pink, denim and bling'. Participants enjoyed facials, hair up-do's and wig styling, as well as great food and a silent auction.

This year's event raised nearly \$2,100. Thank you, Rosie, for your dedication, extreme generosity and enthusiasm!

### Mark Your Calendar for the **9th Annual Cancer Survivor Celebration!** **Saturday, September 9, 2017** **10:30 a.m. - 1:00 p.m.**

Saint John's Lutheran Church

Featuring guest speakers, prizes, and a delicious no-cost BBQ Chicken lunch provided by the Arroyo Grande Lions Club. We look forward to seeing you!

### Serving our Community Since 2003

Since 2003, the JPCF has been supporting local cancer research and providing educational programs and patient services. Your donations can help to assure the preservation of cancer research in our community, that provides cancer treatment options for local patients. We hope this newsletter helps spread the word that local cancer research is making a difference in the lives of people right here in our community.

### 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

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[www.palchakcancerfund.org](http://www.palchakcancerfund.org)  
 Marie Palchak (805) 710-3113



## Eggplant Pizza

Eggplant, artichokes and tomatoes are loaded with cancer-fighting nutrients, and count

toward your five daily servings of fruit and vegetables.

To eliminate eggplant's bitter taste, salt both sides of eggplant slices, let stand for 30 minutes, rinse well and pat dry. Use according to recipe.

### **Ingredients:**

- 1/2 package frozen bread dough, thawed
- 1/2 teaspoon olive oil
- 1 medium eggplant, sliced crosswise, 1/2" slices and grilled until browned
- 8 Roma tomatoes, sliced crosswise, 1/2" slices
- 1/2 cup artichoke hearts, packed in water
- 1 tablespoon black olives, chopped
- 1/4 teaspoon garlic salt
- 2 tablespoons fresh basil, chopped
- 1 tablespoon Parmesan cheese
- 1/3 cup mozzarella cheese

### **Directions:**

Preheat oven to 350°F. Press bread dough onto a pizza pan or cookie sheet, forming a crust. Rub dough lightly with olive oil. Top crust with grilled eggplant, tomatoes, artichoke hearts, and olives. Sprinkle with garlic salt, basil, Parmesan, and mozzarella cheese. Bake 15 to 20 minutes on middle rack of oven until cheese is bubbling and crust is lightly browned.

From: *Celebrate! Healthy Entertaining for Any Occasion*. Copyright © 2001 American Cancer Society.