

The Palchak Connection

Hope for a Cure... Begins with Research

☞ Fall 2021 ☜

THE JACQUALYN PALCHAK
CANCER FUND

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PCR
ONCOLOGY

2021 Virtual Cancer Survivor Celebration

Last year circumstances surrounding the COVID-19 pandemic cancelled our 2020 Cancer Survivor Celebration, and while the pandemic is waning, the current risk of an indoor event remained prevalent in October.

Since we were unable to gather in person, Dr. Palchak and JPCF President Marie Palchak created an online video that reviews the inspiration for this year's alternative Cancer Survivor Celebration with an in-depth overview of recent and significant advances that are being made in cancer medicine.

To view Dr. Palchak's online presentation, go to www.palchakcancerfund.org and click on the "Happenings" tab

Physician Assistant Joins PCR Oncology

PCR Oncology is proud to introduce their new Physician Assistant Kimen Colgan.

Kimen is entering her 20th year as a Physician Assistant. She graduated from the University of Wisconsin – Madison Physician Assistant Program.

Originally from Colorado, Kimen maintains her love of the outdoors and everything the Central Coast offers. She loves hiking, mountain biking, backpacking and paddle boarding. She plays the guitar, as long as she finds a song she can sing along with.

Her two teenage children keep her busy. She says they are her proudest achievement. She is married to her high school sweetheart who keeps her grounded.

Kimen is very excited to join the PCR Oncology team, where she hopes that

the impact she has on patients is as important and rewarding as the impact patients have had on her.



Clinical Trial Accrual by David Palchak, MD

One big story from PCR Oncology this year is a dramatic increase in clinical trial accrual. PCR Oncology enrolls 6 unique patients in clinical trials most years. Most patients enroll in secondary correlative science protocols in addition to the primary clinical trial.

In 2021 Dr. Hjortsvang and I are on track to enroll 12 unique patients in clinical trials. To put this in perspective, we are a member of the Las Vegas National Community Oncology Research Program (NCORP) and enrolled 13 patients in clinical trials in 2020.

Current clinical trials continue to focus on immunotherapy and targeted therapies. See the Fall 2018 JPCF newsletter at www.palchakcancerfund.org for an overview of these modalities.

Immunotherapies are FDA approved for many cancers. Immunotherapy trials are investigating PDL1 and CTLA4 directed immunotherapies in different stages of many other cancers.

Similarly, targeted therapies are FDA approved for many (mainly stage IV) cancers. Current targeted therapy trials are testing these treatments in earlier stages of these same cancers and advanced stages of others. As new drugs targeting different oncogenes become available they are tested in the clinical trial program, often as part of the MATCH trial.

We are grateful to the JPCF donors who make this work possible.

A Gift of Thanks

This year the JPCF recognized cancer patients who enrolled in clinical trials. By volunteering to participate they help future generations of cancer patients and advance knowledge in the field of oncology.

Every patient that is currently enrolled in a clinical trial received a letter from Dr. Palchak, Dr. Hjortsvang and the JPCF Board of Directors acknowledging the importance of their voluntary contribution, along with a gift card to a local business.

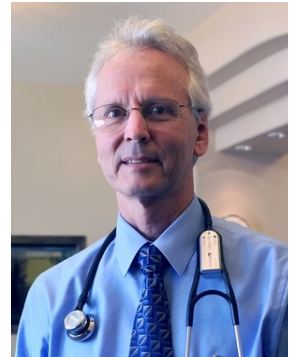
Participation in clinical trials is an integral part of cancer research. Thank you to these individuals sharing in our dream of curing cancer and finding better and safer treatments for all patients.

Expansion of PCR Oncology

Our office at 584 Camino Mercado in Arroyo Grande is growing. The AFLAC franchise next door was kind enough to move

several doors down so that we could expand into their space. This has allowed us to build a 3rd exam room and a larger biopsy room. The 3rd exam room allowed us to hire a Physician Assistant, Kimen Colgan, who will join us when the expansion is complete. The new biopsy room will double as a shot room and is big enough to serve as an exam room if needed.

The Research staff is pleased to be able to move upstairs into a new research office next to the new exam room. This positions the research staff (pictured below) in the patient care area and will permit continued close integration of research with our comprehensive medical oncology care.



Pictured left to right are Research staff members: IRB Regulatory Specialist Lori Robertson and Research Coordinator Ruth Mares.

JPCF Board of Directors

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

Local Fall Fundraisers

It's that time of year again when locals Rosie Saenz and Penny Rodriguez raise money for Breast Cancer and donate the proceeds to the Jacqualyn Palchak Cancer Fund.

This year Rosie is doing a "Masquerade" themed mailing instead of her usual in-person event. Each person who makes a donation will



receive a festive mask and special prizes will given out.

Penny of Penny's All-American Café got off to an early start this summer selling T-shirts. Once again, Penny is also selling her café coffee mugs, which usually sell out. She is having a special in-house fundraiser for her customers, with wonderful prizes such as gift cards to local restaurants, a one-night stay at a local hotel, and a "Thanksgiving Dinner" which includes an American Express gift card. Penny's All American Café is located at 1053 Price Street in Pismo Beach.



These ladies are awesome, and we are extremely grateful to them and for their continued efforts year after year.

Serving our Local Community Since 2003

A federally recognized 501(c)3 non-profit organization governed Federal Tax I.D. 010730501

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Health & Autumn Inspiration with Pumpkin

Pumpkins are one of the top cancer fighting foods individuals can add to their diet as they are packed with antioxidants and nutrients. One of the healthiest nutrients packed inside a pumpkin is fiber. Fiber offers great benefits to the digestive system. A healthy digestive system can aid in weight loss, reduce inflammation, lower blood pressure, and reduce the risk of colon cancer.

Sourced from Stanford Health Care.



Pumpkin Bread

Serves: 8 Per Serving. 1 slice = 170 calories, 4g fat, 2g saturated fat, 3g protein, 33g carbs, 1g fiber, 77mg sodium

Ingredients:

½ stick unsalted butter
¼ teaspoon ground ginger
½ cup sugar
1 large egg
¼ cup honey
1 teaspoon vanilla extract
¼ teaspoon ground allspice
1 cup flour
1 teaspoon baking powder
1 teaspoon cinnamon
½ cup canned pumpkin
¼ teaspoon salt
¼ cup nonfat, plain yogurt



Directions:

Preheat oven to 350° F. Spray a bread pan with nonstick cooking spray.

In the bowl of an electric mixer, beat together the butter and sugar on high speed until smooth. With the mixer on low speed, add the egg and combine. Add the pumpkin, yogurt, honey and vanilla and combine until smooth.

In a separate bowl, combine the flour, baking powder, cinnamon, salt, ginger and allspice. Fold this mixture into the pumpkin mixture and combine until smooth.

Pour into the prepared pan and place in the center of preheated oven. Bake for 45-50 minutes or until a toothpick inserted into the center comes out clean.

Your Support Makes Cancer Research Possible

Cancer research programs available at PCR Oncology, supported by our community have made a significant impact on the care and treatment of local cancer patients in southern San Luis Obispo County. Cancer research and clinical trials comes at a big cost, but it is the most important thing that JPCF does.

Our annual fundraising appeal campaign begins this month. We are mailing letters to your homes and local businesses, seeking donations that will be used to support local cancer programs at PCR Oncology. This vital research program gives local cancer patients life-sustaining treatment options here on the Central Coast. Your financial support will keep cancer research viable in our community.

The Tuesday after Thanksgiving is designated internationally as "GivingTuesday" and this year it is recognized on Tuesday, November 30th. "GivingTuesday" can demonstrate the power people and organizations have to support our local community and the valuable work JPCF does all year long. We greatly appreciate and thank you in advance for your consideration of financial support!