

The Palchak Connection

Hope for a Cure... Begins with Research

∞ Fall 2016 ∞



Progress in New Cancer Treatments

By David Palchak MD

When I gave my annual talk on advances in cancer medicine in September at the JPCF Cancer Survivor Celebration, the biggest advance in cancer medicine for the past year was not a single new treatment, but the rapid acceleration of progress in cancer medicine.

In an average year, the FDA approves 18-19 new cancer treatments. In the year ending in September 2016 there were 30 FDA approvals for new cancer treatments. In a sign of the shift from chemotherapy to newer treatments, only 5 of the new approvals were for chemotherapy drugs while 25 were for immunotherapy or targeted therapies. (Targeted treatments are aimed at specific enzymes that promote cell division and are malfunctioning in some cancer cells.)

These treatments are helping our

patients in the south-county.

For example we have a 40-year young woman with metastatic melanoma who began nivolumab (an immunotherapy) in January of 2015. By March of 2016 her tumor had resolved. (See the blog post on immune checkpoint inhibitors at PCRoncology.com for this story and others about immunotherapy, targeted treatments and recent advances in cancer.)

The JPCF continues to support research that is leading to this progress by providing grant moneys for the research coordinator and regulatory specialist at PCR Oncology.

Thank you for supporting the Palchak Cancer Fund and the PCR research program.



Chili's "Give Back" Event Three Cheers for Chili's Restaurant!

The JPCF is grateful to Chili's Bar & Grill for the \$540 donation made through their "GIVE BACK" event, and was based on 15% of restaurant sales for September 29. The event was well attended and we thank everyone who ate in-house or ordered take-out.

PCR Oncology's Registered Nurse, Erin Eichperger, has worked at the restaurant, located at 991 Rancho Parkway in Arroyo Grande, since it first opened. After graduating from nursing school, Erin (pictured left) has continued to work at Chili's Thursday nights.

We thank the community for your support!!



Pictured L-R: Renee Silva, Chili's Manager and Chili's Server and PCR Oncology R.N. Erin Eichperger

Jacquelyn Palchak Cancer Fund Board of Directors

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

- Marie Palchak, President
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- Bill Cockshott, Member at Large
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Hope for a Cure Begins with Research



Annual Fundraising Letter Campaign

Our annual community fundraising appeal begins this month with a letter campaign. Letters from our Board of Directors will be mailed to homes and businesses, explaining the benefits of local cancer research and requesting your help in keeping cancer research viable in our community. Cancer research in clinical trials comes at a big cost, but it is the most important thing we do. This is your opportunity to financially support the valuable work we do all year long year.

Treatment alternatives offer patients choices and a variety of new options in their cancer treatment, all here locally at PCR Oncology. Your financial assistance will ensure this important continuance of research treatment options for local cancer patients and their families. Thank you for considering JPCF in your gift giving. Your continued support and generous financial contributions will ensure the availability of local cancer research.



Volume 5 Issue 2

Penny's Annual October Return!

Penny Rodriguez and her All American Café crew were back again this October working overtime to raise funds for the JPCF. This year it was with their "Pink Ribbon Dinners".

During the whole month of October, Penny opened the Café for dinner on Friday and Saturday nights, and will be donating a portion of the sales to the Cancer Fund.

On top of that, she sold homemade jam; T-shirts; Pink Ribbon mugs; plus raffles tickets for gift baskets; various gift certificates; and a one-week timeshare with a \$200 Visa card for travel. The JPCF will receive 100% of the proceeds from these sales.

We'd like to say "thank you" to Penny and her All American Café crew. Penny's continued support of the JPCF each year during the month of October is greatly appreciated. We think you are pretty awesome, Penny!

Penny's All American Café is located at 1053 Price Street in Pismo Beach



Pictured are JPCF President Marie Palchak (left) and Penny Rodriguez (right)

8th Annual Cancer Survivor *Celebration!!*

This past September marked our 8th year hosting the JPCF Cancer Survivor Celebration for members of the community.

This year's event drew nearly 100 attendees and featured PCR Oncology's David Palchak MD and Erick Hjortsvang MD as the event's guest speakers.

Jackie Hertzog provided a cancer survivor testimonial and also made a wide assortment of handmade greeting cards that were sold at the event, with all the proceeds donated to JPCF.

Our heartfelt thanks to the Arroyo Grande Lions Club, who year after year generously provide a delicious barbecue

chicken lunch.

Special thanks to the congregation of Saint John's Lutheran Church in Arroyo Grande for the use of Ouimette Hall and their facilities.

Thank you to this year's Event Sponsors

- PCR Oncology
- Dr. Marc Weise, Orthopedic Surgeon
- Lemos Feed and Pet Supply
- Broadway Bagel
- EC Loomis Insurance Associates
- Maurina L. Kusell, DDS
- Apio, Inc.

Thank you to this year's Supporters

- Rooster Creek Tavern
- Mason (Restaurant)
- Ember
- CJ's Restaurant
- Wells Fargo Advisors
- Nate and Linda Alvarado
- Bill and Marilyn Cockshott
- Peter and Donna Glass
- David and Marie Palchak
- Richard and Theresa Schultz

"Celebration" event pictured below



RECIPE CORNER

Sweet Potato Hash

From "Cook for Your Life"

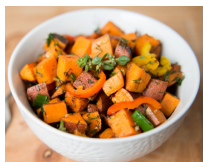
This deliciously easy sweet potato hash has a colorful multitude of reds, oranges and greens that signal you'll have your vitamins covered, plus it's topped with an egg for added protein. The quick one-dish meal is fast and perfect to pull together during therapy sessions. Use frozen or pre-cut kale if you're especially tired and to save time. This nutritious hash is so tasty you'll be cooking it long after your treatment is over.

Ingredients

- 2 teaspoons canola oil
- 2 slices turkey bacon, diced (optional)
- 2 cloves garlic, minced
- 1 large sweet potato, peeled and diced
- 1 small onion, diced
- 1 medium red pepper, chopped
- 1 medium yellow pepper, chopped
- 1½ cups chopped kale
- salt and pepper to taste
- 4 soft boiled eggs

Preparation

Heat a medium sauté pan over medium-



high heat and add canola oil. Add turkey bacon to the pan and cook for about 5 minutes, until starting to crisp. Add garlic and cook until fragrant, 1-2 minutes. Add the sweet potatoes and cook for about 5 minutes, or until they begin to soften. Add the onions, red peppers and yellow peppers to the pan. Season lightly with salt and pepper and cook for about 10 minutes, stirring occasionally. The onions should start to caramelize. Add the kale to the pan until wilted. Lightly re-season with salt and pepper, if needed. Add ½ cup water and cover to steam if potatoes haven't cooked through. Serve with soft boiled eggs.