

The Palchak Connection

Hope for a Cure... Begins with Research

Spring 2016

THE JACQUALYN PALCHAK
CANCER FUND

Volume 5 Issue 1

Fundraising Campaign

Thank You!



This year we had an overwhelming response to our fundraising appeal letter!

As in years past, last November we mailed out over 900 letters to the community seeking donations for local cancer research and care. In response, we received over \$16,400 in donations, an increase of 40% from the previous year.

The JPCF is a nonprofit organization of which every dollar of donations goes directly into local cancer research programs and the care of our local cancer patients. Over this past fiscal year we have received a very generous \$38,000 in donations. We are all very fortunate to live on the Central Coast - a beautiful and compassionate community!

Formally Introducing Dr. Erick Hjortsvang



In July 2015, PCR Oncology welcomed Dr. Erick Hjortsvang to the practice, who is board certified in Medical Oncology and Hematology.

Dr. Hjortsvang's education includes a Bachelor of

Science in biochemistry and molecular biology from U.C. Santa Cruz.

For a time he worked as a teachers' assistant for a school specializing in severely emotionally disturbed children. He went on to receive his Medical Doctorate from St. George's University School of Medicine, and trained in Internal Medicine, Hematology and Oncology at the University of Oklahoma.

Dr. Hjortsvang brings to the Central Coast eight years of experience with Kaiser Permanente, in Marin County. His hobbies include music, running, martial arts and languages, but his passion beyond medicine, are his children.

PCR Oncology is pleased to have Dr. Hjortsvang on staff, allowing PCR to now see more patients here in the South County.



Immune Therapy Advancements

By David Palchak MD

The American Society of Clinical Oncology has proclaimed a new immunotherapy, PD1 blockers, the advancement of the year in cancer medicine for 2015.

Immune therapies have the potential to kill cancer cells with fewer side effects than chemotherapy, hormonal therapy, surgery and radiation. Older immunotherapies (Rituximab and ipilimumab) have been helpful, but for only a few malignancies (mainly lymphoma and melanoma). In contrast, the new immune therapies yield responses in 17-87% of a wide variety of tumors and are already FDA approved for melanoma, kidney cancer and lung cancer.

How they work: Some cancer cells produce molecules called PDL1 and PDL2. These molecules bind a receptor on immune cells called PD-1. When PD-1 binds PDL1 or PDL2, the immune cell is turned off and does not attack nearby cells. Some tumors produce PDL1 or PDL2 to evade the immune system.

Once this was understood, antibodies were created that bind PD-1, PDL1 or PDL2 and prevent the ligands from binding the PD-1 receptor. The first of these blocking antibodies were pembrolizumab and nivolumab, which were FDA approved in September and December of 2014. We began using nivolumab in January of 2015. Our first nivolumab patient achieved a complete response of her metastatic melanoma by January of 2016, about one month after President Carter achieved a complete remission of his melanoma to pembrolizumab.

The National Cancer Institute is continuing immunotherapy research and will be instrumental in determining the best ways to integrate immune therapies with other cancer treatments.

"I Have Cancer but the Cancer Doesn't Have Me"

An Interview with David Lefler

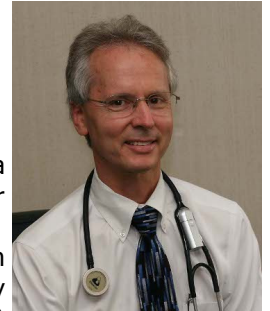
By Donna Glass

David Lefler, 67, has been married 42 years to his lovely wife, Sharon, who he refers to as an "Angel". He has two grown married daughters and four grandchildren. Before he retired three years ago, David worked as an Engineer, Operations and Project Manager. He and his wife moved to the Central Coast in 2013.

When David was 45, he made a conscious effort to lose weight and get healthy. He walks four miles a day, enjoys surfing, hiking, flying and staying active. With no prior symptoms, it was an unimaginable surprise when he went in for a Fit Test and the blood work came back positive. Being in great shape, it was thought to be a false positive. David followed up with a colonoscopy and the gastrologist discovered a tumor. A biopsy confirmed that it was cancerous and indicated Colon Cancer Stage 3B. Cancer has no bounds, but David's great physical condition would later prove to help him during treatments, minimizing the side effects.

David had surgery the following day. The surgeon removed 18 inches of colon and 17 lymph nodes. Although, his prognosis is excellent and his margins are clear, David would still have to begin chemotherapy treatments.

Since David had known about Dr. Palchak, his great work and medical practice, he was happy that the surgeon recommended him. "Dr. Palchak has a wonderful heart and commitment." David began treatment February 25th of this year. He will receive 6 cycles of 3 weeks of treatments with 1 week of rest in between the treatments. (Cont. Pg 2: Lefler)



THE RECIPE CORNER

Turkey & Carrot Linguine Tasty **AND** Healthy!!

Ingredients

- 2 tsp. olive oil
- ½ small onion, sliced
- 1 stalk celery, sliced
- 2 cloves garlic, minced
- ½ lb. lean ground turkey
- ¼ tsp. ground cinnamon
- 1 – 15 oz. can chopped tomatoes
- ½ lb. carrots, peeled and shaved into ribbons
- 4 oz. whole wheat linguine
- 1 Tbsp. fresh parsley, chopped
- 1 Tbsp. grated Parmesan cheese



Directions

Prepare the linguine noodles al dente according to package directions.

Using a vegetable peeler, peel carrots and then shave into long thin ribbons, set aside.

In a medium skillet, heat olive oil and add onions, celery, garlic, and 1/8 teaspoon each of salt and ground black pepper. Cook about 5 minutes over medium heat until tender, stirring occasionally. Add turkey and cook until meat loses its pink color, breaking into small pieces. Stir in cinnamon; cook 2 minutes. Stir in tomatoes and carrot ribbons. Heat to boiling, then reduce heat and simmer for 15 minutes, stirring occasionally.

Drain linguine noodles and return to pot. Add turkey & carrot mixture and chopped fresh parsley. Season with salt and pepper to taste.

Gently stir until well incorporated. Top with freshly grated Parmesan cheese.

This and That...

- JPCF sponsors monthly small group meetings on diet and cancer. Call 474-9143 for upcoming dates and times.
- An easy way to optimize your diet is by eating a variety of deep colored fruits and vegetables, which are nutritiously rich in vitamins and minerals.

Donations to JPCF

Your donations will continue to preserve cancer research in our local community, which provides options in cancer treatment for local patients.

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

To Learn More

CHECK US OUT ON THE WEB AT
www.palchakcancerfund.org

You can reach us at
 P.O. Box 1614
 Pismo Beach, CA 93448
 or call Marie Palchak @ 805-710-3113

JPCF is a federally recognized 501(c)3 non-profit organization governed by the following Board of Directors:

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

(Cont. Pg 1: Lefler)

David credits his surgeons and Dr. Palchak for the amazing care and treatment that he's received at PCR Oncology. "They treat everyone like family and it's a wonderful feeling and blessing."

Family and friends, his deep faith and outlook on life have helped David tremendously since receiving his cancer diagnosis.

"I've had blessings from cancer." Many friends, family, past co-workers and clients have called, sent cards and offered support beyond his expectations, "Life doesn't get any better than having a loving family, supportive friends, fellowship and a prayer life. I've been truly blessed."

David has a warm, kind spirit and hopes to help others by sharing his story. There's a lot of beauty in being able to appreciate each day and all that it brings.

Medical Social Work Consults

As a JPCF service, Clinical Social Worker, Elaina Weiss assists PCR Oncology patients with resource management and referrals; as well as counseling and educational services to help patients and their family members cope with and manage their illness and diagnoses.

Coming this Fall 2016 8th Annual Cancer Survivors *Celebration!*

Be sure to **Mark Your Calendars** for Saturday, September 10, 2016! You don't want to miss our 8th Annual Cancer Survivors Celebration which features guest speakers, prizes, and a fabulous BBQ Chicken lunch provided by the Arroyo Grande Lions Club.

