

The Palchak Connection

Hope for a Cure... Begins with Research

☞ Fall 2019 ☛

THE JACQUALYN PALCHAK
CANCER FUND
Volume 8 Issue 2

Technology at Work

by David Palchak, MD



The theme of this year's Cancer Survivor Celebration was "Technology Leads to a Cure," which is helping to give our patients more effective

treatments. The following is a story of how technology has helped one of our local neighbors.

A 61-year old woman suffered a relapse of her low-grade serous ovarian cancer, seventeen months after completing surgery and chemotherapy. Her tumor marker rose to a peak of 111, indicating the presence of cancer, and a CT Scan revealed a new mass in the pelvis. Biopsy of the mass revealed recurrent ovarian cancer and sequencing of the tumor's DNA also revealed a solitary mutation in the RAS oncogene, a causative factor in the initiation of cancerous growth.

The MEK gene follows RAS in some genetic paths, so MEK inhibitors are predicted to stop the growth of some RAS-driven tumors. She began binimetinib (MEK inhibitor) in mid-June. Her pelvic pain resolved and her tumor marker fell to normal.

As more drugs are developed to modulate these paths through new technology, stories like this are becoming more common as we gain a better understanding of the molecular pathways driving cancers.

The support of donors and participants in clinical trials make stories like these possible and our work even more fulfilling.

Remembering Bob Lange



In 2003, it was Bob Lange's knowledge of how non-profits are organized and his vast experience working with many organizations over the years that made Bob an ideal choice

Continued on back

(L-R, Dr. Palchak pictured with Bob Lange)

The 11th Annual Cancer Survivor Celebration

The 11th Annual Cancer Survivor Celebration was held on October 19th. This year's theme was:



Technology Leads to a ...

- C** - Cutting Edge Therapies
- U** - Understanding the Disease
- R** - Researching for Results
- E** - Effective Treatments

We had a wonderful and varied program that tied into our theme, and a great turnout of over 100 attendees with each survivor receiving a special gift bag. The program featured presentations by Registered Dietitian Marisa Bolivar and Radiologist Timothy Auran MD; a cancer survivor testimonial by retired Pediatric Nurse Practitioner and author Destry Ramey; and uplifting testimony on the advances that are being made in cancer treatment by PCR Oncology's David Palchak MD.

A silent auction, featuring a hot-out-of-the oven apple pie prepared by Dr. Palchak,

Continued on back



JPCF President
Marie Palchak

Celebration's Featured Guest Presenters



The "Top 10" for Cancer Prevention

Presented by Registered Dietitian Marisa Bolivar

#1: A plant-based diet! Aim to get most of your food from plant-based sources.

#2: Limit consumption of red meat and processed meat.

#3: Daily exercise: Be physically active as part of your everyday life. Move more and sit less.

#4: Limit alcohol and avoid tobacco. For cancer prevention, no amount of alcohol is truly considered safe.

#5: Be as lean as possible: Keep your weight within a healthy range.

#6: Limit consumption of "fast foods" and other processed foods high in fat, starches and sugars.

#7: Limit consumption of sugar-sweetened beverages: Drink mostly water and unsweetened drinks.

#8: Do not use supplements for cancer prevention: Aim to meet nutritional needs through diet alone.

#9: For mothers, breastfeed your baby, if you can. Breastfeeding is good for both mother and baby!

#10: Avoid excess sun. Skin damage can trigger cancer cell initiation.

Visit Marisa's Wellness Matters website at: wellnessmattersrd.com

A Radiology Presentation

As a guest speaker at our Cancer Survivor Celebration, Radiologist Dr. Timothy Auran gave an overview of advanced radiology techniques available in our local community. Dr Auran presented a PowerPoint slideshow and discussed:

- An overview of PET-CT imaging, giving examples of the ability to determine how much cancer is present and how far it has spread.
- Examples of prostate and neuroendocrine cancers detected by a PET-CT scan after being missed by other imaging.
- An example of a prostate cancer found with our current MRI scanners using stronger magnets and shorter scan times.
- Images of liver and kidney directed therapy with Yttrium-90 and microwave ablation that led to complete responses of liver and kidney cancers.

By the end of Dr. Auran's presentation, our audience had learned that sophisticated imaging and interventional radiology procedures are now available close to home.



Cancer Survivor Celebration *continued*

raised \$100.00. A fun drawing for attendees, included a certificate for another apple pie by Dr. Palchak and several gift cards generously donated by local businesses (see the list of "Our Supporters" to the right).

A fabulous BBQ chicken lunch was prepared and served by the Lions Club of Arroyo Grande. In addition, a generous \$500.00 donation check was presented by the Lions' head BBQ chef, George Stewart (center picture: on left) and Art Delgadillo (center) to JPCF President Marie Palchak (right).



We greatly appreciate the contributions made by the following businesses and organizations, and thank them for their generous support.

OUR SPONSORS

- Kardel Insurance Services, Inc.
- Broadway Bagel
- One Hour Valley Cleaners
- Maurina L. Kusell, DDS
- EC Loomis Insurance Associates

OUR SUPPORTERS

- Wells Fargo Advisors, Arroyo Grande
- Rooster Creek Tavern
- Mason Bar & Kitchen
- Branch Street Deli
- Essence Beauty Supply & Salon

OUR VOLUNTEERS

- JPCF Board of Directors & Family
- PCR Oncology Staff

SPECIAL GRATITUDE

- Arroyo Grande Lions Club
- Saint John's Lutheran Church



In Remembrance of Bob *continued*

to serve as a founding member of the JPCF Board of Directors, a seat Bob held until 2009.

David and Marie Palchak met Bob in 1994 when Bob was volunteering for the Arroyo Grande Hospital Auxiliary. It marked the beginning of a wonderful and cherished 25-year friendship.

In 2012, David and Bob together purchased a 14' Gregor aluminum boat and every year took 4 to 5 fishing trips out of Avila, up until a few years ago when Bob's health began to decline.

Over the years, Bob and his wife Sherry shared many a meal and a bottle (or two) of good red wine, with the Palchaks.

Sadly, Bob passed away this September after battling a recurrence of his kidney cancer from 2001.

We are eternally grateful for Bob's contributions to the JPCF. He will forever live in our hearts. ♥♥♥

**JPCF
Board of Directors**

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

**Serving our Local
Community Since 2003**

Contact JPCF: 805-710-3113
PO Box 1614
Pismo Beach, CA 93448
www.PalchakCancerFund.org

A federally recognized 501(c)3
non-profit organization
Federal Tax I.D. 01-0730501

**Your Support Will
Make a Difference**

Cancer research programs available at PCR Oncology have made a significant impact on the care and treatment of local cancer patients in southern San Luis Obispo County.

This month JPCF will be mailing out letters to members of our community seeking donations to support local cancer programs at PCR Oncology.

These vital research programs give local cancer patients life sustaining treatment options here at home.

We greatly appreciate and thank you in advance for your consideration of financial support!