

# The Palchak Connection

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

Spring 2019

THE JACQUALYN PALCHAK  
CANCER FUND

Volume 8 Issue 1

### New Colon Cancer Trial

by David Palchak, MD



Oxaliplatin is one of our most potent chemotherapy drugs for treatment of stage IV colorectal cancer, but its use is limited by the potential for nerve damage.

The Pled-Ox trial, tests a new drug to prevent nerve damage, caused by Oxaliplatin treatment of stage IV colorectal cancer. It is a phase III trial initiated after smaller phase II trial suggested the new drug dramatically reduced the incidence of neuropathy.

PCR Oncology was the first office in the country to open this trial. This first-in-country privilege is a testament to our research staff, experience and hard work.

If you know of anyone newly diagnosed with this disease, let them know of this opportunity.

### Your Generous Support Is Making a Difference



In November, we mailed out 1,000 letters to our local community members seeking donations, and as a direct response, we received \$18,000. Every dollar of those donations supports local cancer programs at PCR Oncology.

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 research is made possible through your generous donations, which helps to assure the preservation of local cancer research and gives these cancer patients life sustaining treatment options.

**We greatly appreciate  
your support and generosity!**

### Dr. Palchak's Spring Talk and More!

#### WHO:

Dr. David Palchak, PCR Oncology  
The Arroyo Grande Lions Club

#### WHAT:

Cancer Presentation & Lecture: An introduction to Clinical Trials in Cancer Treatment & FREE Vision Screening

#### WHERE:

St. Barnabas Episcopal Church  
301 Trinity Avenue, Arroyo Grande

#### WHEN:

Saturday, April 27, 2019  
10:00 FREE Vision Screening  
Light Refreshments  
10:30 Presentation & Lecture

#### SPONSORED BY:

The Jacquelyn Palchak Cancer Fund  
The Arroyo Grande Lions Club  
St. Barnabas Episcopal Church

### 25<sup>th</sup> Year Anniversary Celebrated

by David Palchak, MD



January 17, 2019 marked the 25<sup>th</sup> anniversary for our practice.

My wife Marie and I moved to Arroyo Grande with about \$15,000, faith in each other, faith in the golden rule and faith in the truth.

We started an oncology practice based on the premise that if we worked hard, and treated both patients and staff as we wished to be treated, we would succeed.

We trusted science, organized cancer research and anticipated steady progress in cancer medicine.

That trust paid off. We have been blessed with employees who have

stayed with us for as long as 24 years; patients who have been neighbors; and friends who have become patients.

We have been part of research that has led to historically high cure rates and even more dramatic improvements in a 5-year cancer survival.

We are grateful to the volunteers who have led the Jacquelyn Palchak Cancer Fund, that has allowed PCR Oncology to be first in the region to do so many important things for our patients: Offer clinical trial treatments, social work consults, dietary information, cancer survivor celebration and educational programs.

We look forward to a future of continued progress, not only in the science of oncology, but in the networks of support that permit our patients to thrive, in spite of cancer.



**PCR Staff:** Pictured L-R, Front row: Phea Bonds-Castro, Erin Eichperger and Crystal Gallegos. Middle row: Karen Edmunson, Lori Robertson, Monica Esparza, Dr. David Palchak, Laura Robinson and Dr. Erick Hjortsvang. Back row: Jennifer Quezada and Sarah Estrada.

## Penny's Raised Funds and Awareness



*Pictured L-R: Marie Palchak and Penny Rodriguez.*

JPCF greatly appreciates Penny Rodriguez and her strong commitment in supporting cancer research.

For 12 years, Penny has been raising money for JPCF for breast cancer research. She has done this through her hard working fundraising efforts at Penny's All American Café in Pismo Beach.

This year's fall theme, *"The Fear of Not Knowing is Worse than Going"*, highlighted the importance of early detection by mammogram and raised \$10,160!

Special thanks to Penny, her staff, and her countless supporters, for their giving hearts and generous contributions.

## Daffodils Given as Gifts of Hope



Every March, JPCF prepares vases of daffodils that are given out as "Gifts of Hope" to PCR Oncology patients during the second week of March. The beautiful yellow daffodil, is the birth flower for the month of March and represents hope and rebirth.

**Serving our  
Local  
Community  
since 2003**

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

## JPCF Board of Directors

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

### Contact JPCF

PO Box 1614, Pismo Beach, CA 93448  
(805) 710-3113

[www.PalchakCancerFund.org](http://www.PalchakCancerFund.org)

## Tips that may reduce your Cancer Risk

According to the Academy of Nutrition and Dietetics, your chances of developing cancer may be affected by the choices you make in the foods you eat. These six tips can help guide you in making better choices for a healthier life:

1. Eat plenty of vegetables, fruits, whole grains and legumes. Fill half your plate each meal with a variety of colorful fruits and vegetables.
2. Limit calorie-dense, nutrient-deficient foods with added sugars and solid fats such as sugar-sweetened beverages, processed snack foods and desserts.
3. Focus on eating plant proteins such as beans and lentils.
4. Moderate the portions of meat you eat, especially red meat. Processed meats such as ham, bacon, lunchmeats and hot dogs, should be eaten sparingly.
5. Limit your alcohol intake.
6. Keep a healthy weight with proper diet and exercise.



## Rosie Raises Money for Breast Cancer

For the past seven years, Rosie Saenz has been hosting fundraiser events and activities to benefit research in breast cancer, and donating her proceeds to JPCF.

This past fall, Rosie's diligent efforts raised \$1,825.

Rosie's generous heart and continued commitment supporting cancer research through JPCF, is greatly appreciated.

We also want to thank and acknowledge the businesses, and Rosie's many friends, that faithfully contribute to support her efforts.



*Pictured L-R: Rosie Saenz and Marie Palchak.*