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WEARETHESOLUTION

UNITED TO PREVENT
(WATSUP!)

HTB "TRIBE" UNAL

HELPTEAMBRENDA

SUPPORTING THOSE WHO HAVE FOUGHT, OR ARE FIGHTING,
THE GOOD FIGHT AGAINST CANCER.

EDUCATING PEOPLE ON HOW TO LIVE AN ANTI-CANCER
LIFESTYLE BY EATING REAL FOOD AND DOING SOME MOVEMENT.

ANTI-CANCER TIP: LET FOOD BE THY MEDICINE

SUBMITTED BY JAMIE HERB – CORVALLIS

Jamie Herb first realized the value of health when her 41 year old marathon running father had his first heart attack. On the outside everything looked good, but things weren't working on the inside. She often says you can't feel disease until something goes wrong. In 2003, her 6 month old daughter was diagnosed with stage 3 neuroblastoma, with no cancer history in their family, she began asking questions. How could this happen? When a dietician wanted her to feed her 7 month old margarine because of a high calorie count... that didn't sit well with Jamie.



She dove into nutrition and found that avocado had a high caloric intake and blueberries were loaded with antioxidants. She would make a slurry to feed Payton in hopes of keeping her off a feeding tube. It worked! After her 4 year old son was diagnosed with an autoimmune disease in 2012, she went back to researching. After discovering whole food concentrates in a capsule form she's been passionately sharing Juice Plus for 6 years.

NEVER TOO EARLY FOR GOOD NEWS

BY CHRISTEE SINCLAIR – CORVALLIS

My name is Christee Sinclair. I'm almost 46. Wednesday, February 6, I went in for a routine mammogram screening. Thursday morning, February 7, I got a call from my doctor saying she'd like me to come in for some additional imaging and an ultrasound of my right breast. Tuesday, February 19, I went in for the tests and when the technician left the room to get the radiologist, I started to get a bit worried. A long 15 minutes later, the radiologist came in the room and showed me the spot they were concerned about. Friday, February 22, I had a biopsy. Monday, February 25, at 5pm, I got the call from my radiologist; the small spot in my right breast, only about 7 mm, was cancerous. Invasive Ductal Carcinoma. Wednesday, February 27, I met with my surgeon and we scheduled the surgery for Monday, March 11. That same day, February 27, I also met with my medical oncologist as well as the care coordinator from Project H.E.R. The nurse with Project H.E.R. said my cancer was so slow-growing, it would have taken YEARS to actually feel it.



March 11, I went in for a partial mastectomy of my right breast and a sentinel lymph node dissection. Wednesday morning, March 13, at 8am, my surgeon called and said, "I figure it's never too early to call with good news." The lymph node was clean and all of my margins had come back negative! All of this in just over one month! On May 9, I started my 20 sessions of radiation. Four weeks later, on June 6, I finished! To say we've had an eventful winter and spring is certainly putting it lightly. But I'm so thankful for my team of medical professionals who wasted ZERO time getting this taken care of. I'm excited hear the words, "You made it! Five years! You are a survivor!" Until then, I'm going to take every opportunity to encourage women of all ages to get regular mammogram screenings. It's so important. Without my screening this year...well, I don't want to think about that.

On September 5 I had my post-operation/radiation mammogram and I got a clean bill of health!!! The radiologist said, EVERYTHING LOOKS GREAT.

QUARTERLY THOUGHTS

ARE YOU READY TO BE PART OF THE MOVEMENT?

BY BARON ROBISON

There is a movement occurring. We are Kickin' Cancer!!! In Jan 2018, I decided to do the Warrior Dash with Brenda Farris, my sister. I needed a little help to get her up from Arizona so I went to my friend Doug. Well, here we are Oct 2019 and the support for this grass roots movement is growing. I wanted to take a moment to share an endorsement :

"My name is Doug Dealy and I own Real Tech Auto & Truck Repair. Baron came to me one day telling me how his sister Brenda had cancer. Baron had a vision that was going to go far beyond just helping out his sister so I decided to plant some seed money to help him get his vision started. With some help from other businesses, this vision has superseded even what he thought was a possibility. I've been amazed how so many people have endorsed this vision. Baron and Brenda, you both have inspired me and hundreds like me. Keep up the good work. God Bless both of you." Doug

So here is the only question you have to ask yourself: Are you ready to be part? Wear an Honor Shirt. Place a Kickin'Cancer sticker in your car window or place of business. Go to our website (Kicking-Cancer.org) and make a pledge to our Golf-a-thon. WE WILL SIGNIFICANTLY REDUCE CANCER AS A GIFT TO FUTURE GENERATIONS.



I LIVED TO DECLARE THE WORKS OF THE LORD!

BY BEKA LLOYD – SCIO

My name is Rebekah Lloyd. It was just shy of my 24th birthday when I first began to notice symptoms. That was the end of March, 2008. By the second week of April, my symptoms had grown worse. At first I thought that I was fighting off the flu, but the symptoms were becoming more alarming. One Wednesday night at church, the lower part of my face went numb, so the next day I asked my mom to take me to the doctors. They ran some tests and the blood came back positive for cancer. They thought initially it was a blood cancer and scheduled a lymph node biopsy to determine more. The lymph node was completely filled with cancer, indicating it had spread through my entire body. The Dr. referred me to a cancer center in Denver, CO and we left the very next day. When I arrived at the Denver cancer center they did a bone marrow biopsy and determined that I had ALL-Acute Lymphoblastic Leukemia. The day was April 25, 2008, less than a month from when I first noticed symptoms. The doctors came back in with the results of the tests and told me that I had 2 weeks to live if I did not begin treatment immediately.

I lived in the ICU for almost a month completing 2 rounds of chemotherapy and the transformation could not have been more drastic. The Dr. declared my blood completely cancer free. I was walking, off oxygen (they had drained more than 2 liters of fluid off my lungs), my headaches were gone and I was only feeling nauseated when I did the treatments. I was so ready to go home! At the end of the 2 rounds of chemo, the doctors had a meeting with me and my mom. They said they had found something alarming in the bloodwork. The kind of cancer that I had included a Philadelphia Chromosome, making it an extremely aggressive and fast reproducing cancer. This explained both why it had come on so suddenly as well as why it had been so easy to beat back. The Dr. told me that because of this, the chance of the cancer coming back without further treatment was 95%. He said a bone marrow transplant was the only way to ensure the cancer was gone for good. He said if I survived the bone marrow transplant and 5 years after, I would have a 98% chance the cancer would never return.

I had to complete 2 more rounds of chemo and multiple radiation sets. They gave me the highest doses of radiation they give to humans. My younger brother Jon was a perfect match and agreed to be my donor. I received my brother's



bone marrow cells in the middle of August. It was still a long, slow agonizing recovery. My body had to slowly integrate my brother's cells and use them to start creating new ones. I required multiple blood and platelet infusions to keep my blood levels up and to prevent bleeding. I was released to a local hotel in October. When I was released from the hospital I was on 27 different medications. I have been able to come off of all medications and am 100% cancer free. This is my 11th year and I have not died, but have lived and declared the works of the Lord!

EXTENDING THE MOVEMENT TO NY - VIA ID

SUBMITTED BY RENEE IRACE – A 2019 WARRIOR DASH PARTICIPANT FROM IDAHO

Jon Irace was born in San Jose, California on January 30th, 1957. He moved to Idaho, built a family, raising five boys, started their own restaurant business for 13 years in Wendell, Idaho, sold the company, then for the Gooding Hwy until 1993. In 1993 he started his own construction business and was very successful, but in 2010, he decided to move to Niagara Falls, New York. Jon decided he no longer wanted to run a business and has found other work in Niagara Falls, New York.

Jon was diagnosed with ET Cancer (Essential Thrombocythemia) in which is a rare blood cancer about three weeks ago. He will have this cancer for the rest of his life; it is manageable at this point with a daily chemotherapy pill and aspirin. In taking the chemotherapy pill, he will have to have weekly blood draws done to make sure that his blood levels do not go to low. As we know with chemotherapy there comes the risk of potential other blood disorders, infections due to both good and bad cells being killed, fatigue, nausea/vomiting, etc. In finding out that he has this blood cancer, we have also, found out there is a mass that has been spotted on one of his kidneys. He has had a biopsy done and now waiting results. There are other test results that have also come back abnormal and at this point we are waiting for the results and answers on these results. So, far he is has had minimal side affects being on the chemotherapy medication at this point, but he still has a long road a head of him and the wait for results.



FINAL NOTE FROM THE KICKINCANCER GUY:

“Please go to Kicking-Cancer.org. Open the golf-a-thon tab and either JOIN us in the fundraising efforts, or HELP us by making a pledge. Every grass roots effort needs to be financed. Thanks for your support.”