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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.

FOLLOW UP STORY

SUBMITTED BY MARISSA LEIGH, Q.4, 2018 GOTEAMMARISSA

I was diagnosed with breast cancer in March of 2017. I refused all conventional treatments at the time and worked on natural and alternative approaches. However, because I didn't choose the "right regimen", the cancer grew. I found HelpTeamBrenda when I was searching Facebook for cryoablation. Circumstances made it so that I ended up doing a mastectomy. The surgery was on Halloween of 2018, a year ago. TeamBrenda decided to support me, both financially and emotionally. I cannot express the gratitude I have. TeamBrenda helped me through the awful recovery process. Their time, effort and prayers, as well as the financial support, helped to get me through.

One year after my surgery, I was told that the cancer has come back and is scattered throughout the chest area where my breast used to be. It is also back in my lymph nodes. I agreed, to my dismay, that I would take tamoxifen in order to block the hormones and reduce the tumors. However, I am hopeful this is only a temporary thing. I am now trying something different: two supplements that target the immune system at the cellular level and have regressed the cancers in many people. I won't give up. **SURGERY DOES NOT CURE CANCER!** I am working to change careers to be a health advocate to help prevent and treat auto resistant issues such as cancer. I hope my journey can help others.



RACHEL BRETBRUNNER'S "TRIP" INTO CANCER

SUBMITTED BY CHERYL GOOD, Q.3, 2019 GOTEAMRACHEL

While hiking with her husband Robert and children memorial day weekend 2018, Rachel tripped, hit her knee. Rachel, who had been a hairdresser for 20 years, quickly found standing on her feet all day more and more difficult. At a doctor's appointment they determined a cyst on her knee was the source of the excruciating pain. That seemed so simple, just remove the cyst, then the healing could begin and life could be normal again. Unfortunately during surgery they found the cyst was actually a cancerous tumor coming out of the bone just below the kneecap. There was no way to remove it. Cancer treatment needed to begin immediately. Turns out Rachel had a very rare Sarcoma - a type of bone cancer with only 400 cases in the US. It was also a very rapidly growing cancer that ate away at the bone and made it spongy. Being one of the most aggressive types there was no doubt that the course of treatment would be chemotherapy.

She did several rounds of chemotherapy at OHSU and responded well to the treatment. So on January 24, 2019, she went into the hospital for a total knee replacement. They had to literally cut out all the bone midway on her shin and up into her thigh in order to find non-cancerous bone - a mega knee replacement. On June 30, 2019 Rachel joined up with GoTeamJames Warren's widow and KickinCancer for a LovinRun in Corvallis. James died from bone cancer. It was a beautiful day. (Rachel's picture can be seen at Kicking-Cancer.org). Rachel has adopted a plant-based

vegan diet, since the studies show that is what helps fight cancer. She is walking with crutches at this point and doing regular water-walking at the gym to strengthen her muscles that had atrophied. Her hair has started growing back, and she has been able to return to doing 1 or 2 haircuts at a time. The family is very grateful for the support Kicking Cancer, the Angry Beaver Grill and the silent auction donors. The money allowed them to pay off one of the outstanding bills that made their credit look much better. They hope to be closing on a home of their own very soon! This would not have been possible with the support from Kicking Cancer! There are so many changes to adapt to when cancer hits a family. Rachel and family are taking it one day at a time. Rachel says her strength comes from God, and her faith has grown during this time. And she has every intention of kicking cancer!



QUARTERLY THOUGHT: THE FIRE TREE

SUBMITTED BY BRENDA FARRIS

Have you ever heard of a Fire Tree? These various pine species have developed thick hard cones that are glued shut because of their thick resin. These types of pine trees do not release their seeds until they are scorched with fire. Only when the heat is intense can they release their seeds. Are we much different than these cones and seeds? A cancer diagnosis can be what ignites that fire that gets us to sprout!

Sometimes it takes intense heat and fire to "wake us up" from a stagnant and stressful part of our life. Perhaps we are running like a hamster on a hamster wheel. We ignore the signals our body is sending us. We push through the pain. We grab fast food to simply fill our stomach. We burn the candle at both ends. For me, after my cancer diagnosis, I sprouted as a happier and healthier woman, wife, friend, mother and grandmother. Remember to be grateful for this fire because it will open up your heart to new and wonderful opportunities and ways of living.

NIGHTOUTNIGHTOFF FROM CANCER

SUBMITTED BY NANCY ALLNUTT,
BOARD MEMBER FOR KICKINCANCER

Our journey with cancer began back in July of 2011. I say “our” because it affected my husband and kids as much as myself. That’s when I first noticed the lump the size of a small pea on the right side of my neck. So off to my primary I go. He confirmed that it was definitely a lymph node and said- literally- “Get ready for a fast ride.” Within a week, if I remember correctly, I had the first of many surgeries and tests as well as imaging. It was during that time that they found the “spot” on my pancreas. After meeting my oncologist, he said those dreaded words- Stage 4 Head & Neck cancer. After 12 modified chemotherapy treatments so it didn’t trigger my MS any, oh yeah I have that too, and 55 radiation sessions and even more surgeries, one to remove half of my pancreas and spleen, I had hoped and prayed we were DONE.

You know how you hear about that 5 year mark? Well, 4 years and 40 some odd weeks later, we heard those words again, luckily this time only Stage 2 skin cancer in 3 different spots to be surgically removed. That’s when NO NO Night was formed. God gave me the gift and passion to help people in a unique way. I love to plan parties and I actually made a good living doing that for years. So when we heard those words again I knew that I wanted to thank my husband- my caregiver- in a BIG way. In March of 2017, we had what turned out to be our first Night Out, Night Off to Cancer. We took a few hours off just to forget that cancer even existed. That night we had 100 guests

attend a night of food, fun and entertainment at NO COSTS to them. They had already paid that price of admission. It was only going to be a onetime deal, but in March of 2018, I was getting asked when was the next one going to be? So March 2019, we held our 1st Annual NO NO Night. We did a Luau Themed night that 22+ businesses supported for our 250 guests! Until we put an end to cancer- and we WILL- we ALL need a Night Out, Night Off to Cancer.



*Editor’s note: As of Nov. 10, 2019 the NoNo Night organization has joined forces with KickinCancer and voted Nancy to the board making her the Program Director. Her next NightOutNightOff from Cancer event will be in March 2020. Watch Kicking-Cancer.org, We_Are_The_Solution@fb, or NoNo night.com for details.

CHILDHOOD CANCER JOURNEY

SUBMITTED BY NOLAN DEHART, Q.4, 2019 GOTEAMNOLAN

I’m told that I started limping off and on in the month of October 1995. In November, the limping got worse and I was refusing to walk and asking to be held all time. One night I was dancing with

my parents in the living room and I fell down and never got back up. That night I broke out with a high fever and cried, “Owie leg, owie leg!” The next morning at the pediatrician’s office my mom knew that something serious was happening. The doctor ordered x-rays and blood tests immediately. That night, the doctor called and told us it looked like childhood leukemia but we needed a bone marrow test to confirm. We were immediately sent to Doernbecher’s Children’s Hospital in Portland where I underwent a battery of tests. On December 8th, 1995 I was diagnosed with Acute Lymphoblastic Leukemia, otherwise known as Childhood Leukemia or A.L.L. Thanks to years of research, I was going to be facing a protocol of a 97% survival rate after 5 years.

The 1st stage of treatment was called Induction. The short version meant painful bone marrow tests, numerous spinal taps with chemo introduced into my central nervous system, blood transfusions, chemo that made me nauseous, surgery to install a port catheter in my chest and lots of steroids! Amazingly, I was in remission after just 30 days. Then came 6 months of what my mom calls “hell on earth” otherwise known as the Intensification treatment. This is when my hair fell out and I swelled up like a pumpkin. The protocol calls for many rounds of the most potent drugs, as well as super steroids to knock down the immune system. I had to have my blood counts taken continuously to make sure that I had enough cells to oxygenate my blood, help my blood clot and have just enough white cells to survive. When this stage was FINALLY over, I was given months to recover and then put on the “Maintenance Phase”. The entire process took 3 years and 3 months.

I went on to live a great childhood, until I noticed something in 7th grade. I was told the Leukemia had, somehow, relapsed and spread back into my body specifically, my bone marrow. Just before I was to turn 13, I returned to the hospital for my first dose of treatment on round two. I volunteered to take place in an experimental new study for a medicine called epitusimab. I was their ninth patient in the nation to receive it. It went ok for about six weeks keeping the cancer at bay, but not curing it.

The second time through was much more difficult. Treated as a relapse, the strategy is much more aggressive treatment. The “big guns” chemo was my only choice. I often had less than enough red blood cells to live and needed 24 blood transfusions. The inside of my mouth was like ground beef and it bled constantly. After 2 years of in and out of Doernbecher’s children’s hospital, I finally got my hair back. I went into remission at 15 and began the long process of trying to pick up where I left off.

I am now in a childhood cancer survivorship group. This “special” club tracks long term survivors in order to study the long term effects of their early treatments. It appears that my side effects including a brain processing delay disorder and chronic skeletal and muscle pain will be permanent. Research and development is encouraging for future and better options to treat this dreaded disease in the future. I hope that sharing my journey can help any family in any way.

