



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.

JENNIFER BEAUMONT (Q. 4 2020 GoTEAM...) "SOMETIME, THINGS JUST HAPPEN"

(ALBANY, OR)

Asking "how" or "why me" when given a cancer diagnosis does not serve towards healing. Sometimes, people who eat a plant based diet, exercise regularly, with no history of smoking or drinking still get cancer. Sometimes, things just happen. For Jennifer, the lung cancer diagnosis process was probably a long time coming. Shortness of breath and what seemed like allergy symptoms began in April 2017, about the time her primary care physician retired. Like many caregivers, Jennifer was so focused on her husband's health, that she did not insist on immediate assignment to a new physician. Some flaws in an overstressed medical system and a busy schedule lead to a situation where 8 months and 6 urgent care visits passed by before Jennifer was finally assigned a new primary care physician.

As the calendar flipped to 2020, Jennifer was treated twice for pneumonia, without any improvement. Then, as we all experienced, 2020 came to a grinding halt due to COVID 19, but Jennifer's pneumonia symptoms still persisted. As May came to a close and the economy began to reopen, a series of tests showed heart and lung irregularities... but imaging still looked like pneumonia. Lung biopsies on July 15th yielded unexpected results. So unexpected that the thoracic surgeon asked the pathologist to double check the results. Mucinous Adenocarcinoma of the lung is a unique diagnosis, especially when PET scans and MRIs do not show any cancerous activity elsewhere. Thankfully, the left lung biopsy was negative for cancer.

On August 26th, Jennifer underwent a thoracotomy for a right lower lobectomy and removal of several lymph nodes. In another unique turn of events, 3 separate primary tumors were found in the right lower lobe; each with a different pathology. This meant Jennifer had 3 different types of lung cancer simultaneously. All of the cancer was removed surgically and Jennifer will began a 12 week chemo cycle on September 25th, which will be followed by radiation in December. By Christmas, we are praying this will all be a part of the bad memory we call 2020.



FOLLOW UP STORY FROM RHONDA ALLEN "I HAVE LEARNED SO MUCH"

(INDEPENDENCE, OR)



My name is Rhonda Allen. I am a colon cancer survivor of 5 years. I got involved with the KickinCancer – WeAreTheSolution organization and it is the best thing I have done for myself. They have taught me about the importance of eating healthy, exercising, and support to a better life to prevent cancer. In my case it is to prevent it from returning. They have all kinds of events for education, fun and fundraising to bring awareness to all cancers. The biggest thing I like is I have alternatives to chemo. I have learned so much about foods that can help to prevent cancer's onset.

The group doesn't stop there. They provide ongoing support and let you know you are not alone. They have expanded worldwide and touch so many people now. I encourage people, especially the young, to reach out to this group and get education on the prevention of all cancers. Baron Robison, Brenda Farris, and the rest of the staff at KickinCancer are wonderful people who are there to help you get started.

PASSIONATE ABOUT BRINGING HOPE

BY STACEY ANN WOLLMAN (A BOARD MEMBER OF KICKING-CANCER)

I am passionate about bringing help and hope to those contending with Cancer! I have personally lost family and close friends to a Cancer. At the tender age of 14 my grandpa Thompson was diagnosed. I lost him almost two years later.

Just recently a good friend Bev passed away leaving a wonderful husband, 4 grown children and several grandchildren. My sweet friend Joyce has just finished an aggressive treatment plan for her breast cancer diagnosis this past spring. Everyday it seems I hear compelling stories requesting prayer for new diagnosis.



I can imagine a world without Cancer!

With ongoing education, fundraising to help with treatment options and support I know it is possible! I am excited to partner together with Kicking-Cancer. I love to come along side our community members with educations and encouragement. Every day in the news we hear the sad news of national figures, like Alex Trebek, who have succumbed to the battle. It is heart wrenching! Often times we never hear of our neighbors and co-workers' stories in the fight unless someone open ups and shares. It is important we keep building education and awareness to overcome the threat of Cancer! I love Kicking-Cancer's ability to help people in an up-close and personal way. I am looking forward to sharing with the world the great mission of Kicking-Cancer! Together, we are making a difference!

SECURED MY OWN HEALTH

BY CAREN MARIE GIBBS
(OLYMPIA, WA)

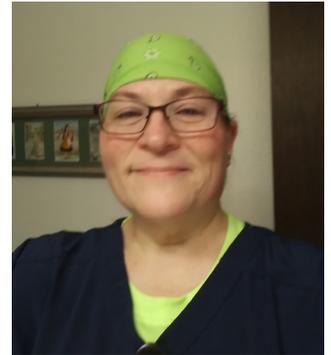
In 2010, I was a self-referral to one of Providence's clinics for Oncology for my Stage 2A breast cancer. After completing my chemotherapy and radiation treatments, I was placed on several medications as the next course of my care and treatment. Because I did not have insurance, I received "Charity services" through Providence.

In 2014, I had been re-diagnosed from Stage 2A to Stage 4. I was

told that I had "slipped through the cracks". Since being told, in 2014, that I had "slipped through the cracks", it changed me; my impetus to my health and welfare changed and I have worked diligently to educate myself. I have purchased professional literature, searched the periodicals, and consulted with other professionals.

While I am on the adjuvant therapy of an aromatase inhibitor, I also supplement. Over a year ago, I started to watch my labs change and see myself lean toward pernicious anemia. While discussion has never been made about the changes, I consulted a bio-chemist resource and prepared to titrate with the essential B vitamins and iron. Over that time, I have noticed that my health condition changed favorably. None of my providers opted to discuss with me the benefits of this adjuvant therapy; instead, opting to prescribe long-standing therapies that would create more harm in their "therapeutic approach" (Depakote 250 mg TID). For the better part of 10 years, I have suffered from Chronic migraines; with the addition of the B vitamins, they have been wholly suppressed and I have had more relief than I have ever asked for. I have used my PRN medications far less and have been able to secure my health.

Also, since Chemotherapy, I have been suffering with hearing loss. At one point, my provider decided to speak louder. When I had addressed this with his nurse, she decided to speak faster. While I understand that every medical and non-medical staff member may not be familiar with all things, cultural competence is quite important. For the most part, I fall in a small percentage of patients who have these outcomes and yearn for providers who are versed in care, compassion and understanding.



I do understand, very well, the importance of providing "high quality services to the communities" served. However, in my experience, the doctor-patient encounter is different behind closed doors. While literature supports the importance and reflects the diligence taken to ensure the overall wellbeing of each and every patient, there is contradiction. I have made every effort to express to those who have made excellent strides and established quality care, of my gratitude, in person. I value those who have studied hard and invested their lives in the passion of their careers to ensure my wellbeing and future.

QUARTERLY THOUGHT

"DO NOT TAKE AWAY SOMEONE'S HOPE!"

BY BRENDA FARRIS (YUMA, AZ)

"A man begins to die when he ceases to expect anything from tomorrow." (Abraham Miller)

Too often when one is diagnosed with cancer, they are given a certain amount of time to live. I am sooooo adamantly against this practice of the medical profession! When this happens, I always feel like saying to their provider, "DO NOT take that person's HOPE away!" It may be all they have to hang on to! Their outlook on their life with cancer will be their best chance of survival and they need all the HOPE and the support they can get along the way. A determinant date does them no favors and steals their HOPE.

The choices you make at home can make all the difference between life or death. You're not a powerless victim of disease. Our choices matter and our choices are powerful. Making radically healthy choices at home, choosing to take care of yourself like you never have before can literally save your life.

Eating a diet that is rich in fruits and vegetables, movement - exercise turns ON Cancer Preventing Genes and turns OFF Cancer Promoting Genes - a positive attitude and forgiveness.

You've got to take ownership of your situation. When you have a problem, whether you caused the problem or not, it is now your responsibility to work to solve it. Yes, it takes energy. Yes, it takes effort. "You will need to set aside preconceived notions and be willing to learn new things" (Chris Wark)

One of my favorite sayings comes from a book I read several years ago written by Fannie Flagg. "Don't give up before the miracle happens." You always have a choice and as long as you have HOPE, you have a life worth living.

Beat cancer mindset: **Stay positive.** Those with a positive outlook live much longer and have a happier life as they learn to navigate with their new situation. Believe you can get well. Take massive action by taking responsibly for your whole life: change what you eat, the way you think, daily movement, be willing to forgive, make decisions to embrace the new way of life.

If you only carry one thing through this experience, let it be HOPE. Hope will be the very thing that carries you through.