



# KICKING-CANCER CHRONICLE

EDITOR: BARON ROBISON

**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 ON OZZY BROWN – Q. 2 2022 GoTEAM...

BY MARGARET BROWNING (KICKINCANCER STAFF)

JJ and Chyla Brown, received the news on March 4, 2022 that their 2-year-old little boy, the light of their world, had Diffused Intrinsic Pontine Glioma (DIPG), which is an inoperable brain tumor located on his brain stem, with a 1% survival rate. Their whole world changed in that one tiny, stress-filled moment. The very thought that they might lose this special little light that illuminated their lives, was just unimaginable.

When family friends found out what is going on, they partnered with Kickin' Cancer to organize a "Family Fun Night – Fight For Ozzy" benefit dinner at the Albany Historic Carousel on June 18, 2022. Local restaurants donated and brought food, a silent auction was set up with many local merchants donating items to be bid on, including a major donation from Bi-Mart. Family games were provided, the Carousel donated their venue, princesses and superheroes characters were present, and the Albany Fire Department was on hand to provide truck tours. In fact, a special uniform was made especially for Ozzy with his name on it. In partnership with Kickin' Cancer and family friends, just shy of \$22,000 was raised.

Ozzy is now taking part in a clinical trial in Seattle, WA. From his mom, Chylla, on Oct. 20, 2022 we heard, "It's been a hard day. Ozzy had such horrible pain at the 3 hour mark after his infusion. He was screaming bloody murder at the nurse, 'doctor give me medicine! PLEASE!' He HATES medicine and was begging for it. I hate feeling so helpless in this. It was hard for me not to start crying while he was screaming for help. He started vomiting at the 4 hour mark and luckily it only lasted about 30 minutes with nausea medicine on board quickly by his nurse."



PLEASE continue to pray for Ozzy Brown.

## "IS IT TRUE? DO I HAVE CANCER?"

BY DESI JO GRABENHORST-SIMERAL (30 YEAR SURVIVOR)

In 1977 my dad died at age 41 of colon cancer and his aunt a few months before him of breast cancer. In 1984 my dad's mother died of liver cancer at the age of 67 and my brother two months later of lung cancer at the age of 33. That's a lot to handle for anyone!

In 1992 I was 31 years old, healthy, fit, and in the best shape of my life. While at work one day in June I suddenly doubled over from excruciating pain in the right side of my abdomen and I was rushed to the hospital. After examining me the ER doctor was concerned that I was having an appendicitis attack so he sent me to have an ultrasound. As I laid there in pain while the technician was pushing on my stomach, taking measurements and pictures, I looked up and saw the look on her face. She tried to change her expression quickly but it was too late. I saw the concern on her face. She finished up and took me back to my room in the ER and

let me know the doctor would have the results soon and would be in to see me. The doctor came in and told me I had a large, softball sized, cyst on my ovary that had twisted my fallopian tube and that is what is causing the extreme pain. His was going to send me home with some pills that would dissolve the cyst. He went to get my discharge papers ready. A few minutes later he returned and said with the history of cancer in my family that he would like to get a second opinion, to which I agreed.

Dr. David West walked into my room. He informed me that he had seen the ultrasound and looked over my chart and said with my family history of cancer he didn't feel comfortable with sending me home and would like to remove the cyst surgically. I consented to the surgery. Monday June 15th, 1992 I went in for surgery. Dr. West explained the procedure to me. It was going to be laparoscopic and he would do a biopsy to rule out cancer. When I woke up in recovery Dr. West was at my bedside. He informed me the biopsy had revealed cancer on my ovary inside the cyst, so they had to open me up and remove my ovary. He discovered a growth on my left ovary and it too was cancerous so he ended up doing a complete hysterectomy. He told me how lucky I was that the cyst didn't rupture because if that had happened the cancer would have spread.

I was in shock! So many things were going through my mind.... LUCKY was not one of things I was thinking. My hopes of having another baby were gone! I guess it wasn't meant to be. I guess I should be grateful for the two healthy children I do have. Did they get all the cancer? Was there cancer anywhere else in my body? Where do we go from here? My family can't take anymore loss! I have to fight! This has to be a dream! I fell back to sleep with all these thoughts weighing on my mind. Next thing I remember I was waking up in my hospital room surrounded by my family. I closed my eyes because I didn't want to talk about it yet. I waited until it was quiet in my room. I opened my eyes and my mother and my mother-in-law were the only two in my room. Tears welled up in my eyes. Finally I asked the dreaded questions, "Is it true? Do I have cancer? Did they get it all?" My mother tearfully answered, "Yes you do have cancer and they aren't sure if they got it all."

Next Dr. West referred me to an oncologist named Dr. Edward P. Orlowski. My first appointment with him left me feeling very hopeful. He told me I had a 90 percent cure rate but I had to endure chemotherapy. I went through 5 months of chemo and it was brutal! 1 week in the hospital 3 weeks out and visit at the oncology office every Monday for another type of chemo and blood work and repeat this for 5 months. I have never been so sick and weak in my life and hopefully I never will be again! On June 15th, 2022 I celebrated 30 YEARS CANCER FREE! Thank you Lord I am still here and I can tell my story! As I finish writing this praise story my sister-in-law is in the hospital fighting for her life and the outlook isn't good. CANCER SUCKS!! Some win the battle and some lose. We just have to keep fighting and pray for a cure one day. Thank you Kickin' Cancer for everything you do.



## “DIVINE APPOINTMENT”

BY MARGARET BROWNING (KICKINCANCER STAFF)

We never thought our family tree carried any cancer gene. Yes, our father had cancer when he passed away, but after all he smoked for 40+ years. We expected that. UNTIL, both my sister and my first cousin on our dad's side were both diagnosed with breast cancer within 24 hours of each other. WHAT? How does that happen? Now we had to take a closer look at family history. Since we didn't have a whole lot of history on my dad's side of the family, we had to move forward and take precautions.

Call it a Divine appointment, or just a coincidence, but right after we received the news of my sister and cousin, I had a “friend suggestion” come up on my Facebook page for this man that had a cancer foundation. Something told me to go back to that profile. That is when I first experienced the passion that Baron Robison has to rid this world of cancer. Will we ever be rid of cancer? Most likely not, but the drive and determination behind Kickin' Cancer to support those who are currently in the fight and to educate the rest of us with tips to prevent ever getting cancer was something I knew I had to be part of.

For 10 years I was a care giver to my late husband who passed in 2014 of Congestive Heart Failure and I witnessed firsthand how his

suffering could have been prevented and I was not going to repeat his mistakes. I took my health seriously at that point and began my health journey. With the tips that I have learned on this journey, I have lost over 100 lbs, got off all my diabetic medications and have experienced things I never thought I could. But more importantly what changed inside me was the most valuable gift I have ever given myself. As a care giver, I understand how they can get lost and feel like they cease to exist. It is now my passion to help others by supporting the family members of those fighting cancer and to lend my talents to help others design their health journey.

I watched both my sister and cousin go the traditional route in their fight. While working with Kickin' Cancer I have also watched others fight the fight in more natural ways and effective ways. There is so much that we have been fed by the medical industry that is just fueled by the almighty dollar and not by the truth. We MUST take our health into our own hands and Kick Cancer in the @\$\$.



## “NEW MEANING TO LIFE”

BY TERESA DINSMORE (18 YEAR SURVIVOR)

August 18th 2004, my journey began! I remember that day over 18 years ago like it was yesterday. Going in for a routine mammogram only to be called back by my doctor's office that very same day I needed to return as soon as I could for additional images. Odd, but ok I'm only 42 years old so what could possibly be wrong with me. I'm young, healthy, active and a single mother of two beautiful daughters! Several days later I received the news I needed to make an appointment to come back to see my physician to schedule the next step, getting in fairly quickly for a biopsy. You complete the biopsy, and then you wait to see the outcome. It came and I heard the “three words” no one ever wants to hear. “YOU HAVE CANCER”!

Early detection of Breast Cancer led me to believe in faith more than ever in my life! I had an amazing team of Physicians, their staff, family and friends that help me through each and every day!

The next year was spent with many visits to my many physician's, along with surgery after surgery, Chemotherapy, for my special cocktail and loss of my hair, Radiation, which became my one and only tattoo to date. And yet more surgeries. I chose to fight aggressively, all the while keeping in mind that I was going to be ok. I was going to go into remission! I was going to live to tell the story and later in life be able to encourage those who are battling the battle. Back in the day I walked to my mailbox to collect hand written greeting cards became the highlight of my day a special “thank you” goes out to those that sent letters of encouragement.

The disease that does not discriminate! Stay Strong, Stay Focused, and most of all Stay Positive! There are so many resources throughout the community USE THEM! I did not allow myself to have a pity party. I did not ask “Why me?” I knew I was going to fight the fight! Not everyone can do that, for me it was mind over matter I was not going to allow myself become depressed. My motto was to “Get up every single day, and never give up until the end”. Hearing the three words, those that you never want to hear gave me a whole new meaning to life.

Oct 19th 2022, just over 18 years from the day I heard those 3 words, I was selected to join in at the “Tunnel” at Autzen Stadium, in front of almost 60,000 spectators. It was the University of Oregon Ducks Breast Cancer Awareness game. That was the most spectacular event, to date, that I have been a part of! (A special thanks go out to my friends that submitted my name, you know who you are.) Remember this: It's Okay to ask for help and let those around you help you! Thank you, to my team of physicians, family and friends for walking the journey with me!



## QUARTERLY THOUGHT A LESSON AND A BLESSIN'

BY BRENDA FARRIS

All adversities have these two things...a beginning and an end. No matter how much we try to convince ourselves of their permanence, life's inevitable hardships eventually conclude at some point. Nothing lasts forever, even our problems.

A quote from Dr. John Demartini in his book, *The Breakthrough Experience*, states: “Even the most terrible events always contain hidden blessings. The masters know this great truth and remain undisturbed by events, while those of lesser wisdom swing from elation to depression as they move through positive and negative experiences on their way to understanding.”

In other words, each crisis reveals blessingS. Every difficulty contains wisdom. Every storm runs out of rain. We tend to remember all the stuff once we've gotten through one of life's storms. We look back and see how much we've grown. But what if we went into our storms actively looking for the blessings and the opportunities to grow? Would the rain be as cold? Would the thunder be as scary? Every opportunity can offer a lesson and a blessin'. As we move into this new year, I would desire for you to look for the blessin' in the experiences that arise.

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