



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.

“ADVOCATED FOR MYSELF”

Caren Gibbs story (from Olympia, WA)

SUBMITTED BY BARON ROBISON, co-founder of KickinCancer

As the co-founder of KickinCancer it has been my HONOR to meet some amazing people over the past 5 years. One of these people was a chance meeting on Facebook. Once we realized she was in the Seattle WA area and I was just south of Portland OR we agreed to meet halfway to hear each other's passions. Each time I post something on Facebook she is quick to add amazing comments. I would like to HONOR her story and her personal journey, in her words.

“In 2010, I was a self-referral to a clinic for Oncology. After completing my chemotherapy and radiation treatments for breast cancer, I was placed on several medications as the next course of my care and treatment. I could not handle the side effects of the medications.

In 2014, I had been re-diagnosed from Stage IIA to Stage IV. I was told that I had “slipped through the cracks”. Later I had found out that the first Oncologist had been asked to leave the group.

At that point, I had been registered for the Integrative Services within the clinic, a new Oncologist and a direction toward my wellness for insuring my health. Since I had been told, in 2014, that I had “slipped through the cracks”, it changed me; my impetus to my health and welfare. I have worked diligently to educate myself. I have purchased professional literature, searched the periodicals, consulted with other professionals, and to my greatest accomplishment, started a psycho-social support group through social media. While cancer destroyed my career, it has bolstered my desire to excel when my providers consider me less than.

Over the past 12 years, collectively, I have had many experiences with Providers and staff that are less than favorable. I have been discharged from providers because I have challenged their diagnoses; I have refused to medicate at work resulting in discharge; I have advocated for myself! You need to do the SAME! Be informed!”

“KILL THE CANCER, BEFORE THE PATIENT”

Holly McKinley's story (from Seattle, WA)

SUBMITTED BY JILL WARD, KickinCancer CFO, board member and Holly's sister from Gaston, OR

My sister Holly was diagnosed with HER 2 positive breast cancer in August 2022, at the age of 64. This aggressive cancer requires a course of chemotherapy, followed by a lumpectomy, then radiation. She also started Herceptin with her first chemo infusion. This form of breast cancer was not survivable until Herceptin came on the market about 15 years ago. She will continue to take Herceptin for a year. With all of that, she has a 95% survival/cure prognosis. Her tumor measured a little less than 2 centimeters at diagnosis. So, they caught it fairly early, calling it stage 2. Holly started her chemo three weeks after her initial diagnosis. She was to get an infusion every three weeks for six total infusions. They test her blood two days before each infusion.



Her white cells, platelets, and neutrophils all have to meet a minimum in order for her to qualify for the next infusion.

There have been many surprises, or learning moments, through this process. Holly feels pretty much OK the day of the infusion, and for several days after. So, if the infusion is Day 1, it is about Day 5 when she starts to feel the worst. The fatigue, hair loss, and nausea are expected, but the other symptoms are more odd and unexpected. She sometimes gets quickly traveling cramps, has an aversion to or cannot taste many foods, has partially blocked tear ducts which could become permanent, and many other odd side effects. It even messes with your fingernails, which can detach entirely from the skin, a condition which can sometimes be permanent. They all remind us that she is being poisoned, and the goal is to kill the cancer before the patient. While it has been no cake walk, Holly has done remarkably well with her chemo, and we are all very grateful and hopeful for the best.

Before Holly started her treatment, I had never heard of neutrophils, which are a necessary type of white cell. A normal counts starts at about 2,500. When she got her first infusion, they said nothing to her about neutrophils and the danger of them going too low. About day 10 after the infusion, Holly was feeling very weak and took herself to the emergency room. They tested her and found her neutrophils were near zero. They gave her a shot and had her come back a day later for another that brought them way back up. Why in the world did they not tell her of this possibility? The likely answer is money. (We watched a movie about the development of Herceptin that is very educational about the development of any drug. Look for “Living Proof” with Harry Connick Jr.)



We are confident that Holly is going to get through this and live many more years, but cancer treatment takes a toll. Had Holly not been otherwise very healthy and strong, this would have been harder. And, it is far from over.

Note from Jill on one experience while visiting Holly:

(The patient can take one person in with them when they get each infusion. Holly is very loved by her family and her friends, so she had many options for people to go with her. I am her only sister, and I didn't go until the 5th infusion, although that is partly because I live four hours away. It is important, but not required, that you have someone with you. The staff is wonderful and very attentive, but they are not watching you at all times. When I was with her, she had a roommate, whose name we later learned was Ally. Ally was there when we arrived, but we had not spoken with her in the hour or so after we had been there, partly because the curtain between us was drawn closed. When Ally was given her first of several infusions, they left the curtain open a bit. This invited Holly to start a conversation with Ally. Holly and Ally had been talking only 2-3 minutes when Ally suddenly said she didn't feel well. She searched for her nurse call button but couldn't find it. So, I pressed Holly's. It was probably only 20 seconds, but seemed like an eternity until a nurse came in and looked at us. We directed her toward Ally. The nurse took one look at Ally and shouted “Get a kit.” Ally had coded. It was Ally's second infusion, and she had not reacted to the first infusion. It is a little like being allergic to a bee sting, where you don't react the first time, but the second one can kill you.

Holly and I were very sobered by this, but extremely grateful we were talking to her when she reacted so we could call the nurse for her.)

“LONG ROAD, BUT I AM STILL ME”

Keri Burwell is GoTeam...Q. 1 2023, (from Albany, OR)

SUBMITTED BY AMY YEAGER, Keri's good friend from Lexington, TX

Keri and I have been friends for about 30 years. We were in each other's weddings, and she was there for me during a rough place in my life. Life has taken us through raising kids, new jobs, new homes, celebrations and tragedies. She's always been there to offer a listening ear, tea, cookies and friendship. Keri has always entertained my ideas. We have celebrated together and offered each other support in person, and from a distance.

When Dean and I were married, she made my vision for the reception and desserts come to life. She put all of her creative effort. So much effort in fact that she had to rent a U-Haul to bring everything. Plus she made the reception my every wish come true. Keri took my ideas of beautiful displays of all types of bite sized desserts and made it a reality for me. We even had popcorn, because every great celebration should have popcorn! It was a lot of work for her, and she still says to this day, that she would never do that for anyone but me.

Keri gave me a wall hanging as a gift several years ago. I've lived in 3 different houses in 2 different states since then, and in each home this piece hangs near my front door. It's an Irish Blessing. This is my friendship with Keri. We have always wished each other the best, through all of life's celebrations, triumph's, trials, and heartaches. So, now as Keri faces a new challenge I have submitted her name as a KickinCancer GoTeam... Keri was diagnosed with triple negative breast cancer on the Friday before Thanksgiving 2022. She's now in a battle, and has a long road ahead of her.



Editor's note (Here is what Keri has to say - I was diagnosed Nov. 18, 2022 with triple negative inflammatory breast cancer. This is an aggressive, fast growing cancer. It is in my lymph node as well. In May this year I had a normal mammogram and normal breast exam at my OB office. By Aug/Sept I felt a lump on my breast. It was about 2 inches long, and inch wide. My OB was shocked because she knew it was not there before., but assured me breast cancers don't usually grow so quickly. She scheduled me for a diagnostic mamogram and ultrasound. My mammogram didn't show anything and the ultrasound was clear also. My lymph node was enlarged though. This type of cancer often doesn't show up on mammograms or ultrasounds.

They scheduled biopsies of both the breast and lymph node. That was done Wednesday, Nov 16, 2022. On Wednesday the skin became red and began pitting, very similar to an orange peel. When the radiologist saw me she said that she didn't want to alarm me, but that I needed to see a surgeon right away. I had a skin biopsy. I was told no matter what the pathology said I needed to be treated like it was inflammatory breast cancer because it was presenting as such. Two hours later I had a preliminary diagnosis that showed breast cancer and in my lymph node. By 3:00 I was in sitting in an oncologists office planning for chemo for next week. I was told I will be doing about 6 months of chemotherapy, mastectomies, and radiation. I will eventually do reconstruction. This is going to be a long road, but I am still me.)

“HONORED TO CALL YOU, FRIEND”

Brenda Farris' story (Yuma, AZ)

SUBMITTED BY VICTORIA SHINN, a member of the Kickin'Cancer advisory board

I first met Brenda Farris, the summer of 2018 after her brother Baron Robison was introduced to me by a friend who wanted us to connect due to our common denominator, Cancer! Brenda had been diagnosed with Metastatic Breast Cancer in 2015. I had been diagnosed in 2016 with Metastatic Breast Cancer which is

why my friend felt it was important for Baron and me to connect. Baron explained why he was introduced to me, told me about his sister Brenda, and that he would like for us to meet the next time she was in Salem. I remember my fascination with Brenda and her story of her metastatic cancer diagnosis, her journey to that point, in addition to Cancer, having a rare and painful chronic nerve disorder called Trigeminal Neuralgia.

My first meeting with Brenda was when she participated in a local event with Baron. Her family was with her that day, so I was able to meet them and see the support she had from them and why surrounding yourself with supporters, especially family, is so important. I quickly learned that Brenda is patient, kind, resilient, strong, compassionate, a warrior, a researcher, open to new ideas and has a strong faith and relationship with God that is incredibly inspiring. She is a beautiful lady that I am honored to call you my friend.

Brenda's cancer diagnosis was similar to mine in that it was not discovered by traditional mammograms that we both had on an annual basis. Brenda's was found when helping her husband demonstrate a Thermography machine to help create awareness of how this is a non-invasive machine can detect cancer hot spots. Thermography machines are not currently approved by the FDA as a screening tool for breast cancer, but FDA has approved it as an adjunct to mammography. Brenda was alerted to the readings from the Thermography demonstration that she may have a medical issue at which time she consulted with her doctor who determined through additional testing she had breast cancer that had spread to her lymph nodes. Brenda's specific Breast Cancer diagnosis was not receptive to traditional Chemotherapy. She endured a radical mastectomy. She was and remains determined to take charge.

If the cancer diagnosis isn't enough, Brenda as mentioned previously, endures bouts of Trigeminal Neuralgia which is incredibly painful and debilitating. Brenda has controlled her Cancer diagnosis by "choosing her hard" as she states! She created a daily discipline to fight this diagnosis by changing her diet to plant based, added multiple supplements, exercises daily by her movement of choice, has a solid foundation of faith, demonstrates her kindness, determination and perseverance that she continues to follow daily. This daily regimen is not easy to follow consistently. I am inspired each time Brenda and I connect. She instills the importance of staying the course with a balanced approach and daily plan no matter what is happening.

Brenda has participated in several challenging events with her brother Baron, including the Warrior Dash and several Spartan Races. Look them up and you'll see what I mean by being inspired with her participation in these, what I see as grueling events. The discipline Brenda has is tremendously inspiring. Brenda is a petite lady and the thought of her trudging through mud carrying massive weights in some instances is awe inspiring. I continue to share my journey with Brenda and gain insight from her. I encourage each of you to follow Kickin'Cancer (either at Kicking-Cancer.org or on Facebook at Kicking-Cancer). She continues to do a lot of research to leave nothing on the table that can help her win the battle. She shares her knowledge and thoughts she has acquired over the years to help others not be afraid to tackle life's challenges and illnesses.



Her brother Baron was moved so much by Brenda's journey that he and Brenda started a simple movement to help others that have been diagnosed with Cancer. Together, they have touched multiple individuals, families, friends and community members that is now far reaching globally through the Kickin'Cancer movement. This is a journey we should all walk alongside Baron and Brenda to support and assist in the fight and prevention of Cancer.

Brenda, I love you!