



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.

“WHY CHANGE NOW?”

BY DANIEL SHOCKLEY (Galt, CA)

I am a retired U.S. Navy, Operation Desert Storm, Operation Enduring Freedom, and Operation Iraqi Freedom veteran. I am a colon cancer survivor with a rare gene mutation. At the age of 51, I received a life-changing diagnosis after having my first and only colonoscopy. I was diagnosed with Attenuated Familial Adenomatous Polyposis, (AFAP). AFAP is a subtype of a condition known as Familial Adenomatous Polyposis (FAP), which causes an increased number of colon polyps and therefore an increased risk of colon cancer in the people who have it.



May 2012, at the age of 51, I first learned of AFAP after my first and only colonoscopy. The outcome revealed a large mass in my colon and 100 polyps embedded throughout my colon, rectum and anus. Based on these findings I was immediately referred to the Tripler Army Medical Center, Hawaii for a consultation with their Certified Genetic Counselor, in which DNA testing was conducted. The DNA results revealed I had the gene mutation, Adenomatous Polyposis Coli (APC), confirming the diagnosis of AFAP.

I was informed if the large mass and polyps are left unattended there is a 100% chance of them developing into colon cancer. It was determined, based on the best practices of medicine, that I would need total-proctocolectomy with ileostomy surgery. This type of surgery removes the entire colon, rectum and anus.

I embraced being diagnosed with AFAP from the beginning and have undergone what is considered to be a lifesaving and life changing surgery. My mindset from the onset can be best described as, “I tend not to think about things I am unable to control especially medical issues.” What I can control is my positive attitude and after five decades on God’s green earth it has brought me this far. Why change now?

“CANCER HAS MADE ME A BETTER PERSON”

BY TERRY TUCKER (Denver, CO)

The greatest challenge of my life began in 2012 when I was coaching girls’ high school basketball in Texas. I had a callus break open on the bottom of my left foot right below my third toe. Initially, I didn’t think much of it, but after a few weeks of the wound not healing, I went to see a podiatrist. He took an x-ray and told me that I had a cyst within the callous and he could cut it out, which he did. Fortunately, he sent it off to pathology to have it looked at.

Two weeks later I received a call from him. The more difficulty he had telling me what was going on, the more frightened I was becoming. He finally said, “Terry I have been a doctor for twenty-five years and I have never seen the type of cancer you have. You have an incredibly rare form of malignancy called Acral Lentiginous Melanoma, which appears on the bottom of the feet or the palms of the hands.” Because my cancer is so uncommon,

he recommended I be treated at M.D. Anderson Cancer Center in Houston, TX. I had two surgeries to remove the tumor on the bottom of my foot and all the lymph nodes in my groin and then had a skin graft to close the wound on my foot.



Since, at the time, a melanoma diagnosis was a death sentence, after I healed, my oncologist put me on a weekly injection of the drug ‘Interferon’ to help keep the disease from coming back. The side effects of the Interferon were that it gave me severe flu-like symptoms for 2-3 days after each injection. I lost 50 pounds during my therapy. I was constantly nauseous, fatigued, and chilled, my ability to taste food significantly diminished and my body continually ached. AND I took those weekly injections for almost 5 years. My oncologist used to say, “We’re trying to kick the can down the road in the hope of buying you more time for additional treatments to become available.”

By 2017, the Interferon became so toxic to my body that I ended up in the Intensive Care Unit with a body temperature of 108 degrees, which usually isn’t compatible with being alive. Fortunately, I was at a Level I Trauma Center and they were able to stabilize me, by literally packing me in ice and giving me a hyperthermic medication, before sending me to the ICU.

Because of the toxicity to the Interferon, I had to stop taking the drug, and almost immediately after discontinuing the medication, the cancer came back in the exact same area on my foot where it initially presented in 2012. This necessitated the amputation of my left foot in 2018.

The melanoma worked its way into my shin in 2019 requiring two more operations.

In 2020, an undiagnosed tumor in my ankle area grew large enough that it fractured my tibia, my shin bone, which required the amputation of my leg above the knee and I also found out I have tumors in my lungs, which I am currently being treated for. My leg amputation occurred in the middle of the COVID pandemic. My wife literally dropped me off at the hospital the morning of the surgery. My surgeon had to get special permission to even perform the operation and I was the only surgery scheduled that day. I was supposed to remain in the hospital for ten to fourteen days after the amputation to learn how to function without a leg, but due to COVID, I was sent home after 48 hours. Once I healed from the amputation, my doctor wanted to put me on chemotherapy. When I asked him if it would save my life, he indicated it might buy me some more time but wouldn’t prevent me from dying.

Initially, I didn’t want to take the chemotherapy, but my family convinced me to take the medication. The chemotherapy was a bridge that kept me alive long enough for my doctor to switch me to the clinical trial drug I am currently taking. I have been on the trial medication for almost three years and it has shrunk the tumors in my lungs and kept them stable.

I know this journey sounds very dark and depressing, and at

times it certainly has been, but I came to appreciate a couple of things, during these past 11 years. First, I don't believe you ever truly know yourself (or what you are capable of) until you have been tested by some form of adversity. And, second, cancer has made me a better person. It's made me a better person because I've come to appreciate the good fortune I have in my life and it has allowed me to find a new purpose, putting as much goodness, positivity, and love back into the world with whatever time I have left.

“THE CLUB”

BY TONY LING (Keizer, OR)

I never grew up thinking “I want to be a Fire Fighter” as many young boys do. Instead, I wanted to be a Truck Driver. Then a home across the street and a few down from us caught on fire. Fire Fighters were everywhere, but one of their engines was parked right out in front of our house. I then knew I wanted to be an EMT, and joining the Keizer Fire District was what I was going to do. So, in 1998, I joined Keizer Fire as a volunteer recruit. We trained every Monday, for several hours, for a year, until finally we were tested and earned our NFPA (National Fire Protection Association) Fire Fighter 1 certification. By now, I had already learned to love firefighting. After I received my Fire Fighter 1 certification, I continued on as a Fire Fighter, still continuing to train every Monday evening as well as filling a regular weekly shift at the station.



By 2018, I had put in 20 years there, and I knew it was time for me to leave. It was a hard thing to do, as they were my family too, but “retirement” was the right thing to do. Things were going fine after retirement, but I was getting older for sure. Somewhere around September or October of 2022 I had blood in my urine one day. I thought it was odd, but didn't want to make a big deal out of it, so I didn't say anything. By the end of the day, it was gone. This happened a few times before I happened to mention it to Marinda, my wife,

who immediately told me I needed to go be seen! I went to see my Primary Care, who referred me to a Urology clinic.

In January 2023 I had my first appointment. They commented they were going to treat it as cancer until they could prove otherwise. Wait... what? Cancer? No... not me. That certainly is not what he meant to say, because that is not what I was expecting to hear! Then in February 2023 I had a scan. The CT scan showed a mural filling in my bladder. The Doctor who reviewed the CT scan suggested having a Cystoscopy to look at it, indicating it was probably a tumor. It was during this time that I was introduced to KickinCancer. My good friend and fellow Fire Fighter, Bob Busch, introduced me to Baron Robison and the KickinCancer movement. They passed on some very good information, including contact with the Firefighter Cancer Support Network. This was instrumental in my “processing”! I remember going home after meeting with Baron and I was actually excited about where things were going. I started to tell Marinda about the meetings and connections, and she turned to me and said “Is this club stuff? I don't want to be a part of that club”! From then on, any appointments, contacts, communications, and discussions about my new situation were all “club” related.

In March, 2023 I finally went in for the Cystoscopy. The Doctor used a camera to go in and view the inside of my bladder. The scope had barely gotten into my bladder when he verbalized “Oh yeah, there it is. Looks like a low-grade tumor”. After I was able to regain my composition (and clothing), he sat down with us to chat about it. He asked if I smoke, and I was able to tell him I have never had a cigarette in my mouth, ever. He looked a little taken aback until I told him “But, I was a Fire Fighter for 20 years”. His face lit up with acknowledgment and mentioned: “That makes sense”.

April 21, 2023 - Surgery day. The Doctor said the surgery went well. He felt he was able to remove all of the tumor, but because of

the placement of it, he didn't feel like he could take any more. He also said it created a little divot, so he didn't want to proceed with the chemotherapy after the surgery. He stated that there is no need for further treatment, but I will have to be checked in 3 months, then 6 months, then a year, and then again every year for 10 years. It was about a week and a half later we got the results back from the biopsy. It was confirmed that I had low-grade Papillary Urothelial Carcinoma.

I cannot stress enough the importance; if you have ANY symptoms, go and get checked today! You may not have a choice about joining our club, but you may have a greater chance of being in the club longer than some have, and that is our wish for you today!

“CULTURE FORMS THE FOUNDATION”

BY DEVON GROGANS (golf tournament director for KickinCancer staff)

Culture is the most significant factor that attracts people to join any group or community. Starbucks and Dutch Bros are perfect examples of this phenomenon, especially for Pacific Northwest residents. For most people, the choice between the two coffee shops comes down to the culture surrounding each business. Culture forms the foundation of a business and shapes its interactions with people. At KickinCancer, the community is involved in raising money and awareness for the cause, creating an infectious culture where everyone feels like they're a part of something bigger.



As the golf tournament director for KickinCancer the past three years, I am consistently impressed by the organization's effective event planning and community engagement to assist those in need. Add to their multiple channels of education and awareness, they offer solutions and preventative information, making it more inviting to stand behind their cause. I am proud to help KickinCancer, and cannot imagine working with any other organization.

QUARTERLY THOUGHT SMALL PROGRESS IS STILL PROGRESS!

BY BARON ROBISON

5 years ago, on Nov. 8, 2018 KickinCancer became a “domestic non-profit corporation” in the State of Oregon. What has happened since then, and where are we going?

2019 was spent spreading the news of our new MISSION to “Empower Individuals to THRIVE through the cancer journey with support and education”. Volcanoes Stadium with Cancer Awareness Weekend, Corvallis, OR with the second Lovin'Run, and our 6th GoTeam... Nolan DeHart.

2020 was much more challenging. After beginning the year with Stair Climb for GoTeamBecky we had to deal with how to keep KickinCancer going through COVID. We pivoted to more online seminars and got more creative with our GoTeam... events, including a drive by show of support for GoTeamJennifer.

2021 allowed us to get back to what we do best, but COVID showed us how to do it better. We were able to REALLY help GoTeamDoreen and GoTeamJeff before they both passed from this awful disease. We also were better at the online seminars keeping the education message moving forward.

2022 not only brought about more GoTeams.. but also the first KickinCancer Festival with Ball golf and Disc golf events.

As 2023 comes to an end we now look to the next 5 years. We are excited to add the “KickinCancer Communities” giving other locations the opportunity to create a CHAPTER and push the Pathways for Youth program out further. Additionally watch for a “NotInVain...” memorial in the near future. Yes, the KickinCancer movement is REAL and we are excited to see 2029.