

live well now

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By also focusing on the little things, Olympic Medical Cancer Center makes a big impact.

WHY THE Details Matter

AFTER A CANCER diagnosis, patients often experience fear of the unknown. At Olympic Medical Cancer Center, care providers work to ease that fear by focusing on the little things.

“Our front desk and medical assistants like to ask how a patient’s day is going and learn about who they are,” says Dean Putt, director of Olympic Medical Cancer Center. “It relaxes patients so they aren’t quite as anxious when they talk to their physicians. It also isn’t unusual for patients to enter the cancer

center and see a friend, neighbor or relative among the staff.”

In addition to the same advanced treatment technology and equipment available in big-city cancer centers, patients get an extended appointment time and their physician’s undivided attention. Appointments usually last 30 minutes – 10 minutes more than industry standard – according to Putt.

“At Olympic Medical Cancer Center we found terrific care close to home. They have

a professional staff, brilliant physicians, outstanding nurses and terrific support staff. I have nothing but positive things to say about my experience at the cancer center – it’s that good,” Sequim resident Fred Mueller says. “We were surprised in such a small town to find high-caliber cancer care during a scary period of life and close to home. It’s been wonderful. It is obvious the staff cares about people individually. I leave every time with a warm feeling – like it’s a second home. I am very grateful.”

Patients trust and appreciate Olympic Medical Cancer Center.

If you or a relative have a cancer diagnosis, call (360) 683-9895 and press “0” to learn more.

THE POWER OF

Routine Cancer Screenings

Early detection is key to effective cancer treatment.

RECOMMENDED SCREENINGS CAN detect precancerous changes or early-stage cancers, providing the best chance for successful treatment. Knowing at what age and how often to have certain preventive

screenings is an important piece of early detection, says Marcia Limoges, RN, BSN, OCN, Olympic Medical Cancer Center nurse. Most cancers don't cause any symptoms in early stages.

TYPE OF CANCER	WHO SHOULD BE SCREENED	RISK FACTORS	SCREENING RECOMMENDATIONS	PREVENTION
Lung	<ul style="list-style-type: none"> Men and women Ages 55–80 Who have smoked at least one pack a day for 30 years, two packs for 15 years, three packs a day for 10 years, currently smoke or it has been less than 15 years since quitting 	<ul style="list-style-type: none"> Smoking tobacco Second-hand smoke exposure 	<ul style="list-style-type: none"> Low dose CT scan once a year 	<ul style="list-style-type: none"> Quit smoking Avoid tobacco smoke 
Cervical	<ul style="list-style-type: none"> Women Ages 21–65 	<ul style="list-style-type: none"> Radon gas or asbestos exposure Family history of lung cancer 	<ul style="list-style-type: none"> Ages 21–29, a Pap test is recommended every three years if the result is normal. If ages 30–65, receive Pap test every three years. If both HPV and Pap tests are done and both results are negative, women may wait five years between screenings. 	<ul style="list-style-type: none"> Both boys and girls can begin receiving the HPV vaccine as early as 9 years old. Adults up to age 45 can also receive the HPV vaccine**.
Breast	<ul style="list-style-type: none"> Women Ages 40–74 Or ages 75 and older in good health, with a life expectancy of 10 years or more 	<ul style="list-style-type: none"> Infection by the human papillomavirus (HPV), commonly spread through sexual activity 	<ul style="list-style-type: none"> Ages 40–44: The option for an annual mammogram Ages 45–54: Annual mammograms Ages 55+: Mammograms at least every other year as long as the life expectancy is at least 10 years.** 	<ul style="list-style-type: none"> Stay physically active with regular exercise Maintain a healthy weight and diet Limit alcohol consumption
Colon	<ul style="list-style-type: none"> Men and women Ages 45–75 	<ul style="list-style-type: none"> Being overweight, especially after menopause Drinking two or more alcoholic beverages per day Being overweight Eating a low-fiber diet with few fruits and vegetables High intake of red meat or processed meats such as hot dogs Having an inflammatory bowel disease, such as Crohn's disease or ulcerative colitis 	<ul style="list-style-type: none"> Have a baseline colonoscopy (age 45).* Repeat colonoscopy every 10 years, if results are normal 	<ul style="list-style-type: none"> Maintain a healthy weight and diet Stay physically active 

* According to the American Cancer Society

**According to the U.S. Food and Drug Administration

Turning the Tide in Cancer Care

Unlike other cancer centers, Olympic Medical Cancer Center offers both radiation and chemotherapy under one roof, making treatment more convenient than ever!

Targeted therapies are changing the face of cancer care – and Olympic Medical Cancer Center is keeping pace.

MANY HEALTHCARE PROFESSIONALS would agree that we are experiencing one of the most exciting times in oncology. Surgeries continue to become less invasive and more accurate. And emerging innovations in radiation, drug therapy and immunotherapy continue to open more avenues than ever before for virtually all types of cancer.

“Cancer care is constantly changing in both large and small ways as we come to better understand each disease – as well as better understand how we can best leverage the tools we now have to screen, diagnose and treat each patient,” says Patrick Jewell, MD, radiation oncologist and medical director of Olympic Medical Cancer Center.

THE RUNDOWN ON ADVANCES IN RADIATION

As surgeries for cancer become increasingly precise, so, too, do radiation treatments.

“Radiation technologies and treatments continue to become more refined and accurate, helping to further ensure that only cancerous cells are targeted during treatment,” Dr. Jewell says.

To achieve this, the radiation oncology team at Olympic Medical Cancer Center uses the Varian TrueBeam™, the most advanced linear accelerator available (a state-of-the-art device that delivers ultra-precise radiation treatments).

“This machine can perform the full scope of radiation treatments, from ‘simple,’ lower-dose treatments for alleviating cancer symptoms, like pain, to high-dose, pinpointed ones for destroying cancerous tumors,” Dr. Jewell says.

What does that ultimately mean for patients? Better cure rates and less toxicity.

“Patients battling cancer stand to enjoy a better quality of life than ever before – not only while

receiving treatment, but after as well,” Dr. Jewell says.

INNOVATIVE DRUG AND IMMUNOTHERAPIES

In addition to improved radiation therapies, drug and immunotherapies have also come a long way in recent years.

“There have been a number of exciting changes in cancer treatment – especially for hematology cancers,” says Kevin Weeks, DO, medical oncologist at Olympic Medical Cancer Center. “The most important being the highly targeted drug and immunotherapies now available to patients.”

Immunotherapies unlock the ability of the body’s immune cells to recognize and attack cancer cells. Targeted drugs, on the other hand, prevent cancer growth by exploiting cancer cells’ gene mutations. As these therapies continue to improve, we can better, and more precisely, treat different cancers.

“While these therapies don’t work for every person or every cancer, when they do work, they’re very powerful,” Dr. Weeks says. “We have more tools than ever before to make the body stronger and help it more effectively fight cancer. Olympic Medical Cancer Center has invested well in cancer care to meet our community’s ever-changing needs, so you don’t have to leave your hometown community to receive world-class cancer care.”



Kevin Weeks, DO



Patrick Jewell, MD

When it comes to cancer care, there’s a reason why so many patients trust Olympic Medical Cancer Center. To learn more, call (360) 683-9895.

NEW to the Team



VETERAN MEDICAL ONCOLOGIST JOINS SKILLED CANCER SERVICES TEAM

Medical Oncologist Kevin Weeks, DO, joined Olympic Medical Cancer Center in early January 2019.

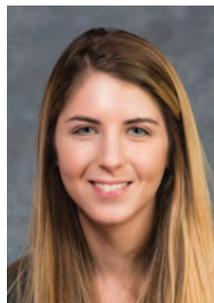
Dr. Weeks is a Navy veteran, former member of the Washington Army National Guard and retiree of the Army Medical Corps. He has practiced medical oncology for more than 20 years.

"I started my career as a Navy Hospital Corpsman, which provided a unique perspective in regard to medical care," Dr. Weeks says. "During my medical residency at William Beaumont, cancer patients touched my heart the most."

Dr. Weeks completed his internal medicine residency at William Beaumont Army Medical Center and his fellowship in hematology-oncology at Brooke Army Medical Center. He is board certified by the American Board of Internal Medicine in internal medicine, hematology and medical oncology.



Kevin Weeks, DO



Fallon Clancy, PA-C

GASTROENTEROLOGY TEAM WELCOMES NEW PHYSICIAN ASSISTANT

Fallon Clancy, PA-C, recently joined the gastroenterology team at the Olympic Medical Physicians Specialty Clinic.

Clancy received her Master of Medical Science in Physician Assistant Studies at Midwestern University in Illinois. She holds a Bachelor of Arts degree in biology from Olivet College in Michigan.

As part of her clinical rotation experience, Clancy served throughout Illinois, including Advocate Trinity Hospital, Northwestern Memorial HealthCare, Swedish Covenant Hospital and Park Primary Care, as well as with individual practices in the state.

Building a SAFER TOMORROW

Renovations to Olympic Medical Cancer Center will improve safety and streamline patient care.

OLYMPIC MEDICAL CANCER CENTER will soon break ground on an addition – a new on-site pharmacy – that will improve the care experience for cancer patients.

"Our new pharmacy space will be four times larger," says Dean Putt, director of Olympic Medical Cancer Center. "Not only will it be safer for pharmacy techs to mix medications, they can also get chemotherapy drugs to patients in our infusion rooms more quickly."

After the expansion, the cancer center will have 10 private infusion rooms with space for two or three family members to remain with patients, as well as



added oncology exam rooms. The nurses' station will also be arranged so that nurses can see all rooms, allowing them to respond to patient concerns more quickly.

"Senior leadership at the hospital felt it was important to prioritize these renovations, because they recognize how the cancer center serves the community," Putt says. "We're expanding to meet the needs of our growing community."

The renovated space is currently projected to open in early 2020.

Olympic Medical Cancer Center offers high-quality, patient-centered care.

If you or a loved one has a cancer diagnosis, call (360) 683-9895 to learn more.



EATING TO PREVENT CANCER



A healthy diet may help you lower your risk of cancer.

RESEARCH SHOWS THAT almost half of cancer diagnoses and deaths are preventable if you make healthy lifestyle choices, such as eating a healthy diet. But with so much information in the news about cancer-causing agents in our food, how do we know what we should be eating?

“A good rule of thumb when you go grocery shopping is to focus on the outside areas of the store,” says Michael Lessor, registered dietitian at Olympic Medical Center. “That’s where you’ll find fruits, vegetables and non-processed foods. The inside aisles of the grocery store typically contain items with a lot of processed and refined ingredients, which lack nutrition and can potentially lead to cancer.”

Cancer risk can increase because of excessive weight gain or obesity that is related to consuming processed foods. Fat can surround a person’s organs and lead to things like fatty liver disease, cirrhosis of the liver and eventually liver cancer. Processed foods can cause an inflammatory response in cells, which over time can increase the risk of cancers of the small intestine, esophagus and colon.

Asian Mango Chicken Wraps

Healthy doesn’t have to mean bland; these chicken wraps are sure to delight your taste buds.



INGREDIENTS

- 2 ripe mangos (peeled, pitted and diced)
- 1 ½ cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- ½ red bell pepper (chopped)
- 1 ½ cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- ⅓ cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole wheat tortillas (8”)

DIRECTIONS

1. Place mangos, chicken, onion, fresh basil, red bell pepper, cabbage and carrots in a mixing bowl and toss until well-mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread ¼ of cream cheese mixture and top with mango, vegetable and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate. These wraps keep well overnight.

NUTRITION INFORMATION (MAKES 4 SERVINGS)

Calories: 440
Total fat: 12g

Saturated fat: 3g
Sodium: 570mg

Carbohydrates: 57g
Dietary fiber: 9g

Protein: 29g
Cholesterol: 50mg

Source: Produce for Better Health Foundation courtesy of “What’s Cooking? USDA Mixing Bowl.”



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-360-417-7000 (TTY: 1-360-417-8686).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-360-417-7000 (TTY: 1-360-417-8686)。

For more information, visit Olympic Medical Center at www.olympicmedical.org.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise guidelines.



Patrick Jewell, MD

What the Heck Is Stereotactic Radiosurgery?

THOUGH MANY PEOPLE have never heard of stereotactic radiosurgery (SRS), it has been around for about 50 years. SRS is a radiation treatment that was first developed and used to deliver precision radiation to the brain by neurosurgeons and physicists in Sweden.

Since then, SRS has come a long way. It's now used to treat tumors and other problems in various parts of the body. And because it's less invasive than other procedures, it offers a number of unique benefits to patients.

Patrick Jewell, MD, radiation oncologist and medical director of Olympic Medical Cancer Center, offers insights into some of the top questions about SRS.

Q: WHAT IS SRS, AND WHAT CONDITIONS DOES IT TREAT?

Dr. Jewell: SRS is a type of radiation therapy that uses high-power energy to destroy tumor cells in place. It's used primarily for brain tumors – both cancerous and noncancerous – but it can also be used to treat tumors in the neck, lungs, liver, spine and other parts of the body as well. For tumors of the spine, lung and liver, in particular, a similar procedure, called stereotactic body radiation therapy (SBRT), is used instead. While the SBRT technique also leverages high-dose, precisely aimed radiation beams, it's usually performed over a handful of treatment sessions, whereas SRS requires only a single treatment in the brain.

Q: HOW IS SRS DIFFERENT FROM TRADITIONAL SURGERY?

Dr. Jewell: SRS is not like surgery, in the classic sense, in that there are no incisions – and very often, anesthesia isn't involved either.

Q: WHAT ARE THE BENEFITS OF SRS COMPARED TO OTHER TREATMENT OPTIONS?

Dr. Jewell: For one, the recovery period is typically very fast, as there are no large wounds to heal. And there usually isn't a need to take a break from or stop treatment if, for example, chemotherapy is also needed to help control cancer elsewhere in the body.