

CANCER CONNECTIONS

Connecting patients and community to the cancer resources and updates in North Central Washington.



DIRECTOR'S WELCOME LETTER

*By: Spencer D. Green,
Service Line Director of Oncology*

On behalf of the Confluence Health Oncology Program, I would like to welcome you to the inaugural edition of our quarterly newsletter!

The intent of this offering is to keep our community “in the know” about important happenings within our program, as well as, introduce you to the people and programs available to all of those needing help during their cancer journey. Our program services those living within a roughly 12,000sq mile section of North Central Washington. Our Oncology home base is in Wenatchee, with satellite clinics in Moses Lake and Omak. Our team of nearly 100 clinicians and ancillary support staff are here to serve you from diagnosis all the way to survivorship, and every step in between. We are proudly a member of the Seattle Cancer Care Alliance Network, where we partner with Fred Hutchinson Cancer Center and the University of Washington. In the editions to come, we hope you get to know us better, and trust that if you or a loved one ever finds themselves in need of cancer treatment, our team is here to serve you!



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COVID-19 AND CANCER

By: Julie Smith, MD

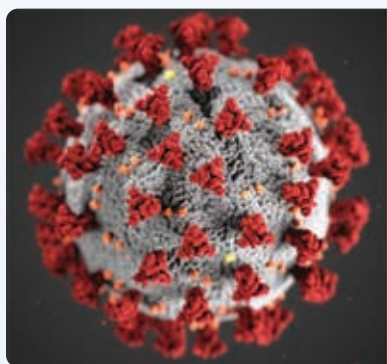
The COVID-19 pandemic has affected persons across the globe, including patients receiving treatment for cancer. We do know that some cancer patients are at an increased risk of severe infection and death when they become infected with COVID-19, including patients with hematologic malignancies and Lung

Cancer, and those receiving treatment that may weaken the immune systems.

The COVID-19 vaccinations currently available through the FDA's Emergency Use Authorization are well studied in general human populations. There is no reason to believe that the COVID-19 vaccines are not safe for people with cancer. It is recommended that all cancer patients and cancer survivors consider vaccination against COVID-19 and discuss with their cancer treatment team the safety and timing of vaccination, dependent on the cancer treatment plan.

We continue to recommend attention to risk reduction and prevention, including wearing a mask, minimizing exposures, hand washing, and hygiene. These techniques are known to substantially decrease the spread of COVID-19. Telemedicine visits for patients that do not require a face to face visit are also appropriate to decrease exposure. Cancer screenings, preventive medicine, and healthcare maintenance should continue.

The multi-disciplinary Cancer Team at Confluence Health is working closely with Infectious Disease experts and other medical specialties to ensure seamless cancer care throughout the pandemic for all patients.



CURIOUS ABOUT COVID-19 STATISTICS?

View U.S. and Global maps of COVID-19 statistics at the Johns Hopkins Coronavirus Resource Center.

coronavirus.jhu.edu

Resources:

www.cancer.net/covid19; www.asco.org/asco-coronavirus-information/care-individuals-cancer-during-covid-19;
www.cancer.org/latest-news/common-questions-about-the-new-coronavirus-outbreak.html



REDUCING CANCER RISK

By: Maggie Ellings, DNP, ARNP

People with cancer are living longer, and better. To reduce the risk of cancer recurrence there are many steps one can take. In this issue we will focus on PHYSICAL ACTIVITY.

Research has shown that activity can improve the health of those with cancer, help stop some cancer from returning, and even extend life. Benefits of physical activity among cancer survivors also include: improved fitness, greater muscle strength, better balance, healthy body composition, less fatigue, better emotional well-being, and improved quality of life. Any movement activities count, such as: household chores, brisk walking, hiking, swimming, yard work, chasing kids at a park, dancing, biking, etc. You want to aim for at least 30 minutes per day, 5 days per week of moderate-intensity activity for optimal cancer prevention and cardiovascular risk reduction. In addition, strengthen major muscles with resistance training at least 2 days per week, such as with weights or elastic bands. With most cancer treatments it can be difficult to maintain or recover physical fitness. Please contact a member of your cancer team for guidance on how to incorporate physical activity into your treatment or survivorship plan, including (if needed) a referral to physical therapy, occupational therapy, or cancer rehabilitation.



SURVIVORSHIP RESOURCES

By: Lorri Duran, Survivorship Navigator

The goal of our Cancer Survivorship and Wellness Program is to empower individuals to make positive changes to improve quality of life during and after cancer treatment. Optimizing physical fitness, whole food nutrition, and good communication between you and your healthcare providers are key components.

Highlights include:

- Information on cancer risk reduction, symptom management, cancer fighting foods, sleep hygiene, and health promotion.
- Comprehensive customized notebook with care plan and treatment summary.
- Recommendations for surveillance, screening, and healthcare maintenance.
- Local, regional, and national cancer resources and events.
- Cancer Survivorship Rehabilitation Program: Call for more information.

UPCOMING EVENTS

EASE Cancer Foundation:
Journey to Wellness

Cancer Survivorship Workshop:
Call for more information.

www.easecancer.org

Ask your Oncology provider about the program or contact us at 509.664.4868, ext. 69466.



CURRENT RESEARCH

By: Diane Davis, Research Coordinator

Confluence Health Cancer Care Center participates in multiple clinical research studies to assess the effect of investigational treatments for cancer patients.

The studies are offered through affiliation with the Southwest Oncology Group (SWOG), Puget Sound Oncology Consortium (PSOC), Gynecological Oncology

Group (GOG), National Surgical Adjuvant Breast and Bowel Project (NSABP), and the Seattle Cancer Care Alliance (SCCA). In each newsletter we will highlight a current research study.

Have you recently been diagnosed with advanced kidney cancer? Confluence Health has a research study for newly diagnosed kidney cancer patients who haven't had treatment yet. The study involves standard of care with the addition of an investigational drug. **If you have questions about this study, ask your oncologist or call to Diane Davis, Research Coordinator, at 509.436.6245 to see if you are eligible.**

PATIENT RESOURCES AND UPCOMING EVENTS

By: Julie Smith, MD and Abel Noah, Confluence Health Foundation Executive Trustee

Confluence Health has had a long-standing vision of bringing a state-of-the-art radiation facility to the Columbia Basin to better serve patients in that area who are undergoing radiation treatments in a cost-effective and self-sustaining model of care. Cancer patients living in the Columbia Basin who require radiation treatment currently travel to Wenatchee, Spokane, Tri-Cities, or Seattle for treatment. Confluence Health and the Columbia Basin Cancer Foundation realize that this travel causes significant emotional, physical, and financial stress on patients and their caregivers.



Your Local Cancer Care is a Capital Campaign project overseen by the Confluence Health Foundation in partnership with the Columbia Basin Cancer Foundation, is well under way to make this vision a reality, with goals of providing local radiation oncology services for patients in the Columbia Basin, and improving support services to cancer patients. Thanks to the generosity of the people of this region, we are more than 75% of the way to the goal to enable construction of this facility.

Confluence Health has been providing care in the Columbia Basin in Moses Lake for 25-30 years, including Medical Oncology, Chemotherapy, Infusion Therapy, and follow up Radiation Oncology visits. Additional on-site services also include: Oncology Nutrition, Behavioral Health, Oncology Pharmacy Services, Certified Oncology Nurses, and Oncology Nurse Navigation. The Cancer team in the Moses Lake Clinic works closely with other local specialty physicians and medical services to deliver cancer care close to home for patients in the Columbia Basin.



PATIENT SPOTLIGHT

Testimonial by: Bruce Thornton, Oroville, WA

"We are so, so, so lucky in Okanogan County to have the Cancer Care / Infusion Clinic at Confluence Health in Omak. Such a highly qualified staff right here in our county so we, as patients, don't have to make the many, many trips to Wenatchee or Spokane for treatments.

Hats off to some of the best oncologists and nurse practitioners in the business. They have chosen to add driving from Wenatchee to Omak (and back) to their already long day, to see those of us in Okanogan County that need them and their knowledge. I'm impressed with their dedication! They have done this for many years.

The local staff at the clinic are all totally awesome. Sometimes they have to put up with us for hours at a time, and from Receptionist Connie, to Medical Assistant Tyla, and all of the Nurses: Tami, Kristi, Molly, Tom, and Linda, they are always cheerful and helpful in every way. They know their stuff!!

I know that all patients that come into the Oncology Clinic are going through something, but this staff makes all of us feel at home and encouraged, and often there is laughter. Many days they are very busy, but they always inject some humor into the situation, and always have time to stop and listen to us talk about the Best Grandsons in the World or anything else on our mind.

I have been going to the Confluence Health Oncology / Infusion Clinic in Omak for over six years and I have never seen any of the staff in a bad mood (and I don't think they are just on their best behavior when I am there). They have become very good friends, that I look forward to seeing. Kudos to everyone that works there, and Thank You! Thank You!! Thank You!!!"

LOCATIONS



OMAK CLINIC

916 Koala Drive
Omak, WA 98841



WENATCHEE VALLEY HOSPITAL & CLINICS

820 North Chelan Avenue
Wenatchee, WA 98801



MOSES LAKE CLINIC

840 East Hill Avenue
Moses Lake, WA 98837

CONFLUENCE

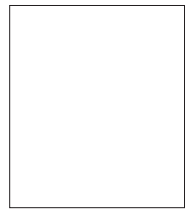
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confluencehealth.org



820 N. Chelan Ave.
Wenatchee, WA 98801



AUTUMN 2021 | VOLUME 1 | ISSUE 1

PARTNER ORGANIZATIONS

And many more!



Fred Hutch · Seattle Children's · UW Medicine

