

# CANCER CONNECTIONS

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



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

We would like to welcome Dr. Ensi Voshtina (D.O.) to our Confluence Health Oncology Team! Ensi was born in Albania, and then moved to Chicago when she was 11 years old. She attended medical school at Northwestern University in Chicago, and then completed residency and a chief year in Internal Medicine at the Medical College of Wisconsin. She then completed a fellowship in Hematology and Oncology, also at the Medical College of Wisconsin, in Milwaukee. She loves the outdoors particularly running, hiking, and biking. She is tri-lingual in English, Spanish and Albanian. Ensi will be primarily based in Wenatchee with outreach clinics in Omak, once weekly.

“I am thrilled to join Confluence Health. I have found here my perfect community-based practice which allows me to care for my patients at a more personal level while still providing the most updated evidence-based care in our smaller community. I look forward to establishing meaningful relationships with my patients and ensuring they receive the best personalized care. The emphasis will always be on taking care of each patient in a compassionate manner.”

~Dr Ensi Voshtina



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# MOSES LAKE RADIATION ONCOLOGY FACILITY BREAKS GROUND!



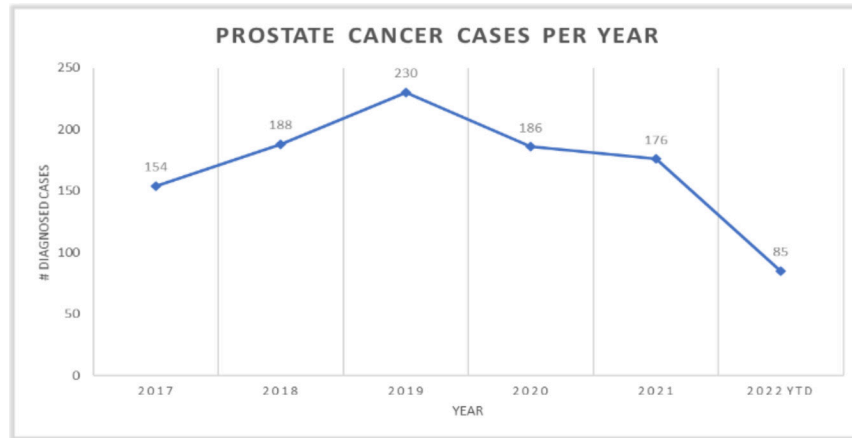


# PROSTATE CANCER AWARENESS MONTH

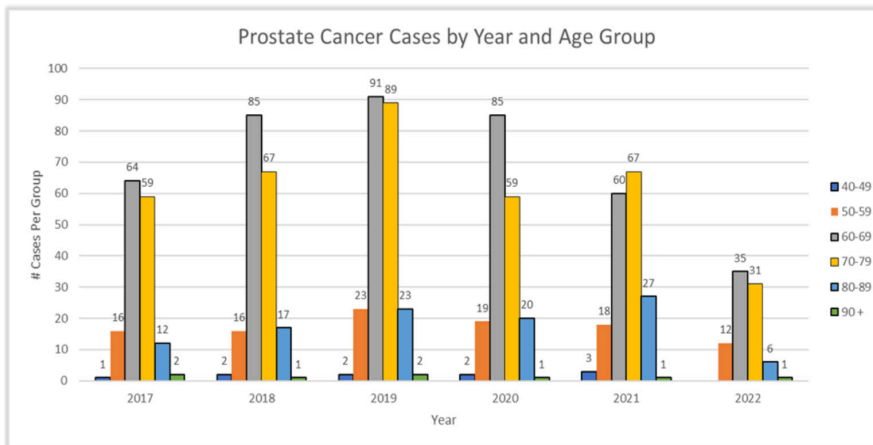
By: Julie Smith, MD

Medical Director of Oncology

Prostate Cancer is the most common cancer in American men. The American Cancer Society estimates that there will be



268,000 new diagnoses of Prostate Cancer during 2022, with an estimated 34,000 deaths this year from Prostate Cancer. *\*\*Confluence Health Cancer Registry Statistics*



1 in 8 men will be diagnosed with Prostate Cancer during their lifetime, typically over the age of 65.

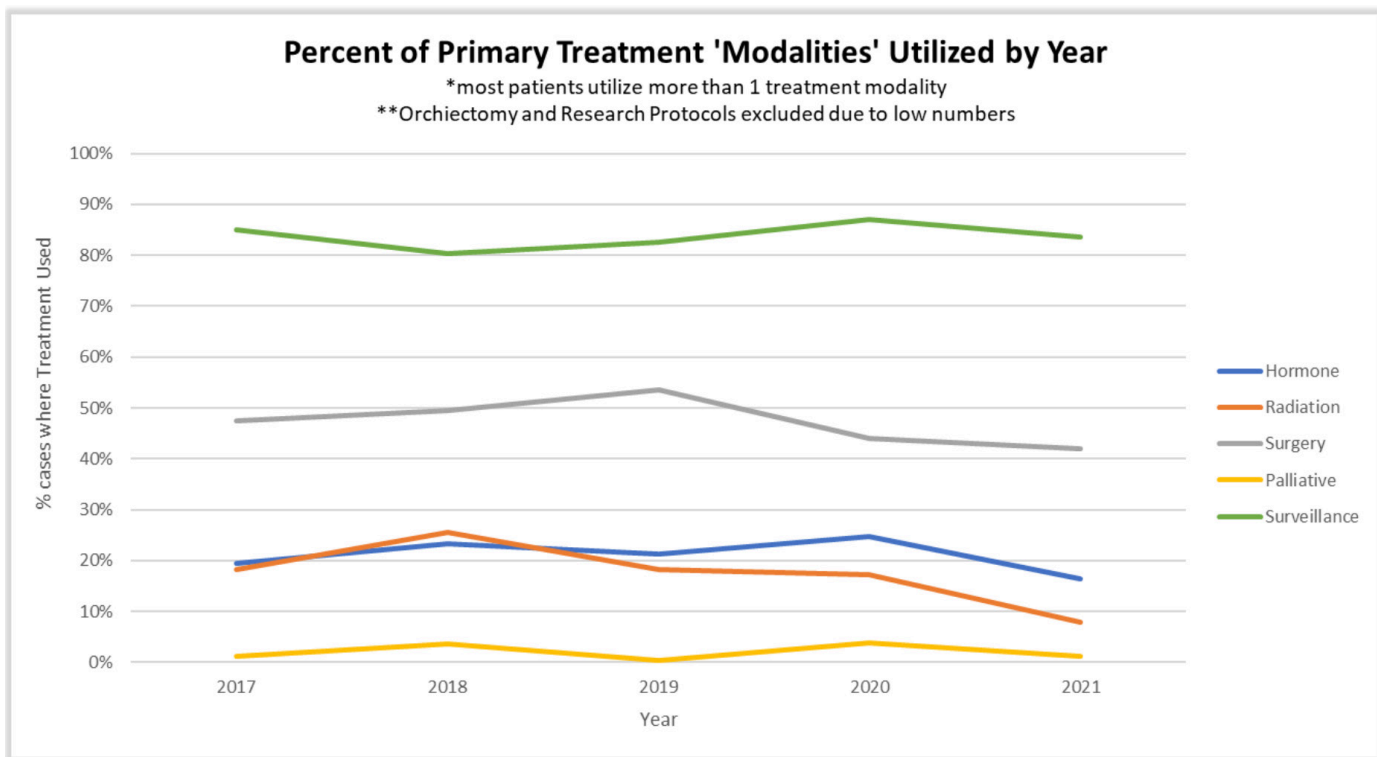
*\*\*Confluence Health Cancer Registry Statistics*

Risk factors in men for Prostate Cancer include age, race/ethnicity (more common in African American

men vs others), and is more common in North American, Northwestern Europe, Australia, and the Caribbean. In some cases, there may be an inherited component. Having either a father or brother with Prostate Cancer, having inherited BRCA1/2 genetic mutations, or having a diagnosis of Lynch Syndrome may increase the risk of developing Prostate Cancer.

The American cancer Society recommends that men discuss with their healthcare provider their risk and make an informed decision regarding screening if appropriate after discussing the risks, benefits, and uncertainties in some groups of screening. For men aged fifty or older who are expected to live 10 or more years, for men aged 45 felt to be at higher risk, or men aged 40 at very high risk, PSA screening may be appropriate, then continue screening at 1–2-year intervals dependent on risk, PSA baseline, and rate of PSA change if any.

If a diagnosis of Prostate Cancer is made, a discussion with the healthcare provider and multidisciplinary team may be appropriate, as treatment decisions vary from: watchful waiting (observation), to surgical removal of the prostate gland, Radiation therapy to the prostate gland, to hormonal therapy, targeted oral therapies, chemotherapies, and clinical trials. A multidisciplinary approach and discussion is recommended in cases considering surgery or Radiation Therapy as curative intent treatment, and with Medical Oncology when felt to be metastatic to lymph nodes, organs, or bones, or in higher risk situations. Cancer survivorship is important after a diagnosis of Prostate Cancer. At Confluence Health, we have an active Cancer survivorship clinic, and rehabilitation programs, educational programs, physical therapy to help with pelvic floor dysfunction, and other services. Genetic counseling is also available those patients felt to be at risk of inherited syndromes placing them at risk of Prostate Cancer.



\*\*Confluence Health Cancer Registry Statistics

American Cancer Society's Prostate Cancer Survivor Guide  
<https://www.cancer.org/cancer/prostate-cancer/after-treatment/follow-up.html>





## TOP-NOTCH TRANSPORTATION ASSISTANCE

By: Kimberly Fischer, PA

Cancer Program Quality Coordinator

The Health Express Shuttle Route 100 started December 1, 2004, in a partnership with Grant Transit Authority (GTA),

Confluence Health, Washington State Department of Transportation, Columbia Basin Cancer Foundation, and People For People. The Health Express Shuttle was established to meet the critical healthcare needs of residents who needed to seek cancer treatment in Wenatchee. Currently, all patients who need any type of health care treatment are encouraged to use the shuttle for transportation between Moses Lake, Ephrata, Quincy, and Wenatchee.

By far, cancer patients in need of radiation therapy are the highest users. It is not possible for small towns like Moses Lake, Ephrata, and Quincy to provide their communities with high-cost healthcare services like radiation therapy.

The Health Express Shuttle operates Monday through Friday (except for holidays). The AM run begins at the Confluence Health at 7:45 a.m., proceeds to the GTA Multimodal Center, Columbia Basin Hospital in Ephrata, Quincy Valley Hospital then continues into Wenatchee. The PM run starts at 10:30 a.m. Both shuttles provide return transportation in the afternoon.

The Health Express Shuttle has demonstrated a cost-effective, dependable, safe, and reliable transportation alternative for individuals to access their critical life support healthcare needs.

For more detailed information please visit us at our PFP Website Link: <https://mypfp.org/services/transportation/>





## DAVID NOTTER AWARD RECIPIENT

The David Notter Award from the Confluence Health Oncology Program is given to those who go above and beyond caring for the patient, teamwork, customer service, or quality improvement. Dr. David Notter exemplified the art of caring for the patient—touching thousands of patients, families, community members, and others. His spirit of placing the patient and their needs first is fostered within the Oncology Community here at Confluence Health. We celebrate this gift among each other, and honor those who practice this art of caring.

Our newest recipient of this award is Tyla Bowling, MA-C at our Omak Oncology Location.

Tyla exemplifies the qualities that make a great Oncology Team member -- amazing teamwork, customer service, and always going above and beyond to care for the patient. For years, she has run the clinic smoothly for our Providers, including thoroughly prepping outside records, efficiently rooming all of the patients, and faithfully following through to make sure all patients were scheduled appropriately. She additionally handles prior authorizations and scheduling for CTs and MRIs, plus never-ending phone calls and provider in-basket requests daily. The number of tasks that she can accomplish in a day is simply amazing, and She is a master of prioritization.

Tyla is dedicated to our patients. If a patient cancels an appt, she will follow up with them to make sure they are okay, and to get them rescheduled. If a patient no-shows, she will reach out to them multiple times to make sure that they get the care that they need. If a patient simply calls for a refill, but Tyla hears something off in their voice, she will inquire more. She has a great sense about when to reach out to nursing triage or assistance for the patient – she is always spot on. When coordinating care for a patient, she has the knowledge to know when it is okay to wait for a procedure, and when the timing needs to be more urgent. She is professional in her delivery and always puts the patients first. She advocates for their best care on a daily basis.

She is very deserving of this honor. Both her co-workers and her patients are lucky to have Tyla on their team



## SURVIVING AND THRIVING

*Patient Insights and Future Events*

*By: Katie Kemble, ARNP*

I am sitting on the table at the clinic. My doctor says, “You have finished your cancer treatment.” I walk out of the clinic, down the hall, and a sea of emotional waves go through my body. Gratefulness for surviving the ordeal. Thankfulness to the medical professionals for their wonderful care. Then a wave of panic sets in. How do I start my life over after it has been turned upside down? My body and my life are not the same as they once were. I was scared to death.

Then, I found out about the E.A.S.E. Cancer Foundation and Confluence Health’s Cancer Survivorship Wellness and Rehabilitation Program, which is a collaborative effort involving the E.A.S.E. Cancer Foundation, Central Washington University, and the Wenatchee Valley YMCA. The E.A.S.E. Cancer Foundation has been providing community-based cancer survivorship programs since 2006. This wellness program gave me the tools I needed to transition to my new normal, post-cancer.

Through diet, exercise, and mental health education, I learned how to move forward with plans for a healthy and successful life again. I was taught how to exercise properly with the correct equipment and techniques, improving my strength and stamina. I learned the importance of diet and the kinds of foods that help fight against cancer returning, as well as how certain foods can improve your mental health and strength. Not only that, but they taught me how to include these foods in everyday meals, so they also taste good. Mental health was a big one for me. Learning how to exercise your brain to combat the effects of “chemo brain.” I learned how to calm my mind, providing it the time it needs to rest from all the fears, which in return gives me the strength to combat the immediate challenges in front of me.

When you are with other people who are struggling like yourself, you suddenly realize that you are not alone, and life will improve. It warms my heart remembering the care I received from the professionals at E.A.S.E. Cancer Foundation and Confluence Health. They were always caring, listening, and gently guiding me forward. If you or someone you know are struggling with finding your way back after cancer treatment and you are not sure what to do next, my recommendation would be to contact E.A.S.E. Cancer Foundation and learn more about their community-based cancer survivorship programs. I am so grateful that I did, and I am still moving forward one day at a time.

Sincerely, Connie Bailes

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[Journey to Wellness Cancer Survivorship Workshop](#)

[The Cancer Survivorship Wellness & Rehabilitation Program](#)

**CONFLUENCE**

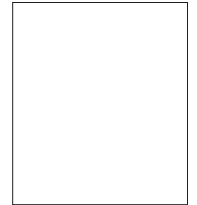
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[confluencehealth.org](http://confluencehealth.org)



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## PARTNER ORGANIZATIONS

*And many more!*



Fred Hutch • Seattle Children's • UW Medicine

