

"Clara Polinske is definitely a very experienced adult. She can really be funny. In one of our summer parties, we had a beach party theme and she complained to me that she was not able to wear her bikini because of her pacemaker."

She has been our stand-up comedian for many years; it started when she would visit me in the office and instead of telling me about her problems she would just tell me a joke! She had me falling off my chair and rolling in laughter.



Dr. T and Clara entertain patients at semi-annual party

So one day I said, "You should come and entertain the patients with your talents and your jokes!" The rest is history....

It is imperative to recognize that being older does not mean that treatment is not possible or that we should pay less attention. Research shows that many older adults are biologically young and can be helped by cancer therapy just as much as any younger counterpart. With careful attention to detail, we can often help our older patients. We should not reduce our level of care or commitment to our patients based on age.

by Dr. Tchekmedyan

Old or Just Experienced?



Clara Polinske, 92 years old

Dr. T's Aging Scale It keeps changing as I get older

Age in Years

Less than 55

55-65

66-75

76-85

86 and older

Definition

Very young adult

Young adult

Adult

Experienced adult

Very experienced adult

My personal experience as an older adult (92) receiving treatment at Pacific Shores Medical Group has been positive because of Dr. T. His devotion and caring has helped me maintain my positive attitude and sense of humor. Dr. T encourages me to entertain cancer survivors. This has helped to maintain the feeling that age has made me grow. I believe that every experience, no matter what, has a good ending. Dr. T deserves all the credit for my positive attitude and keeping me alive for the past 10 years.



Lifetime Probability of Developing Cancer

Cancer risk increases with age. The chart shows the chance of an adult in the United States of being diagnosed with cancer over the course of a lifetime. The information shows overall data and data for the four most frequent cancers in men and women.

Males		Females	
Overall	1 in 2	Overall	1 in 3
Prostate	1 in 6	Breast	1 in 8
Lung and Bronchus	1 in 13	Lung and Bronchus	1 in 17
Colorectal	1 in 17	Colorectal	1 in 18
Bladder	1 in 29	Uterine/Endometrial	1 in 37

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