

Life After *Pancreatic Cancer*



John Jay & Family

I have been Dr. T's patient since June of 2000, following my surgery. At first I was pretty apprehensive about treatments that I was to receive and I was generally feeling pretty bad. Although the treatments were not an enjoyable experience, the nursing staff (especially CeCe, JoJo and Art) made every effort to minimize the discomfort. I have not previously known a more caring group of physicians and nurses. They work hard to help their patients and family members recover from a difficult experience and feel better. My grandsons also liked to visit and get their dose of candy and amuse everyone. I am now back to work and feeling great, and the future looks great.

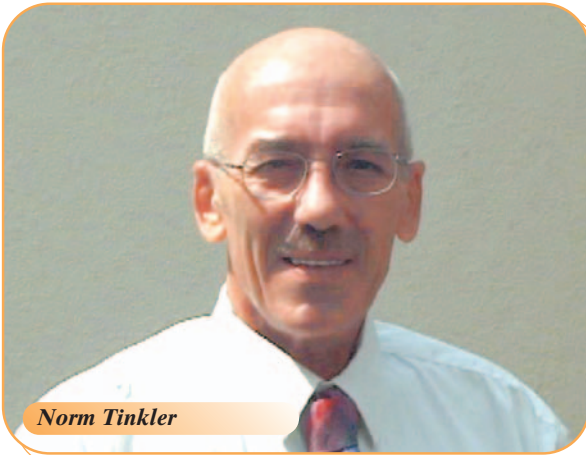
Dr. Tchekmedyian comments:

No single treatment has been successful in pancreatic cancer. That's why we focus on "multimodality" programs. That means that we are a team of doctors who utilize different types of treatments. We work together to help patients. Mr. Jay's favorable progress shows that this approach is possible and can be successful. In his case we used surgery, chemotherapy and radiation therapy back in the year 2000. Here we are in 2003, he is looking great, he is cancer free, he is working, and has a good quality of life.

My search for a doctor ended when I arrived at Pacific Shores Medical Group. After surgery for pancreatic cancer, the forecast for me was one year. I am approaching three years, and I am grateful to Dr. T and his team as they restored my faith. I also have to face the challenges of a degenerative bone disorder. I have profound appreciation for Dr. T's relentless caring and attention to detail. Wouldn't any and all of his patients drive great distances to maintain a patient relationship with him? I would. We are all fortunate to have him in this area and wish the best for him and his family.

Dr. Tchekmedyian comments:

Mr. Tinkler has not only been able to survive pancreatic cancer, but has also had to endure the constant challenge of other chronic conditions. As doctors, we often must attend carefully to patients' needs that are not necessarily linked to just one diagnosis.



Norm Tinkler



Kalust Ucar, M.D.

Book Review

Cancer: What Causes it, What Doesn't
by Kalust Ucar, M.D. and Nishan Tchekmedyian

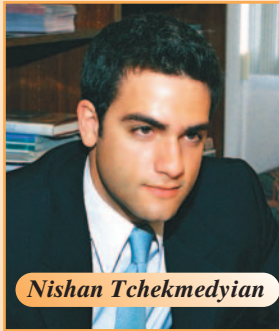
Here is some down to earth information about what causes and what does not cause cancer. This information is important to all of us. The lifetime chance of getting cancer is 1 in 2 for men and 1 in 3 for women! We recommend this book, published by the American Cancer Society, and we have abstracted some of the main points for you. The title of the book is Cancer: What Causes It, What Doesn't. For more information call 1-800-ACS-2345 or visit www.cancer.org.

What Causes Cancer?

Tobacco: Chewing and smoking any type of tobacco causes more than a dozen types of cancers including cancer of the mouth, throat, and lung. Alcohol: "Alcohol increases the risk of cancers of the mouth, pharynx, larynx, esophagus, liver, and breast." Just one drink a day can increase the risk of breast cancer in women. Estrogen: Hormone Replacement Therapy (Estrogen and Progestin) increases a woman's breast cancer risk. Radon: A colorless, odorless gas that occurs naturally in soil, rocks, underground water, and air, is the second leading cause of lung cancer behind smoking cigarettes. The radon levels in your home can be easily tested. Sunlight: UV radiation from the sun causes more than ninety percent of the most common skin cancers. Most skin cancers are curable. Melanoma, a very serious form of skin cancer, accounts for 4% of skin cancers, but causes 79% of skin cancer deaths. Tanning Salons: Tanning using sunlamps or tanning beds for 15-30 minutes exposes the body to the same amount of harmful UV light as a full day at the beach. Aflatoxin: A chemical produced by mold that sometimes contaminates peanuts, wheat, soybeans, ground nuts, corn and rice, causes liver cancer. Asbestos: Inhaling asbestos fibers, which are used to insulate buildings and pipes and to make car brakes and clutch parts, roofing shingles, ceiling and floor tiles, cement, textiles, and hundreds of other products, has been proven to cause mesothelioma, a cancer of the lining of the lungs. Obesity: Being overweight increases cancer risk.

What Does Not Cause Cancer?

Cell Phones: Most evidence from animal and human studies to date points to no association between brain tumors and cell phones. The FDA Center for Devices and Radiological Health states, "If there is a risk from these products, and at this point we do not know that there is, it is probably very small." Food irradiation: Used to reduce insects and parasites in meat and poultry, fresh fruit and vegetables, and spices. It has been shown to be safe and effective and is approved by the FDA. Hair Dye: Most of the available evidence does not show hair dyes to be a significant cancer risk factor. Deodorants: There is no scientific evidence to support the much-hyped link between antiperspirants and breast cancer regardless of whether the skin is shaven or has small razor nicks. Cleaning Products: "When it comes to cancer risk, most household cleaners are reasonably safe. They are more likely to pose an immediate threat as a poison or a corrosive."



Nishan Tchekmedyian