

# Messages of Hope, Courage & Strength

Skating champion Scott Hamilton tells group at Pacific Shores Medical Group how he iced cancer

“What a day it was, filled with inspiration and hope,” Cathy Barton said of a luncheon with Olympic Gold Medalist and cancer survivor, Scott Hamilton. Cathy is no stranger to inspirational stories; as a nurse at Pacific Shores Medical Group, she sees people fighting and winning their battle with cancer everyday. As a cancer survivor herself, she knows exactly what it feels like.

Barton, and the 130 cancer patients and family members who attended the event, which was held August 21, certainly related to Hamilton when he said, “Without any hesitation, surviving cancer is the greatest accomplishment I have ever achieved, and one I could not have done on my own.”

“It was great meeting Scott,” said Dr. Simon Tchekmedyan medical director of Pacific Shores Medical Group. “I enjoyed chatting with him and listening to his inspiring presentation. His first-hand experience with cancer permeated his vision. His recovery and optimism will surely send positive messages to those who face cancer. He also made us all laugh.” Having a chance to have a snapshot next to the champion skater was also a highlight. “We sure didn’t miss an opportunity to have pictures with him,” Dr. Tchekmedyan joked.

Attendees were touched by Hamilton’s message and his ability to remain positive and even light-hearted through his battles with testicular cancer as well as supporting his mother through her own bout with cancer. “Scott’s message of hope was touching and humorous. I enjoyed hearing his experience as both caregiver to his mother and as a survivor,” said one attendee.



*Scott Hamilton and Dr. Tchekmedyan*

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After Scott Hamilton’s uplifting speech, Dr. Tchekmedyan spoke on ways survivors and their families can overcome cancer fatigue. “We need to respect the

seriousness of fatigue as a terrible daily burden on cancer patients. We need to do everything possible to prevent fatigue, treat complications that lead to fatigue, such as anemia, and utilize adequate nutrition, physical exercise, rehabilitative efforts, and an overall proactive plan to keep our patients at the best level of function possible; keep in mind that Scott’s website is a wonderful educational resource: [www.chemocare.com](http://www.chemocare.com).”

Audience members found the physician’s remarks to be informative and useful. “Dr. Tchekmedyan is always very personal and encouraging when he speaks to his patients and their families. I enjoyed hearing his message, and I gained a new respect for my Mom’s fatigue,” said one survivor’s family member.

The event was another successful educational seminar for patients and their families. Other open forum programs will continue to be offered in the future.



*Scott Hamilton and Cathy Barton, LVN*



*Dr. Tchekmedyan and sons  
(left) Raffi, Vatche and Nishan with Scott*



*Scott and CeCe Guillermo, RN*



*Scott with Diane Miskiel*