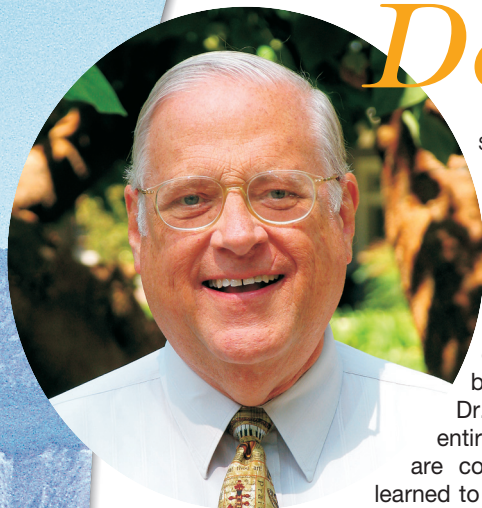


well-being hope inspiration caring  
cure compassion optimism quality of life

## —Today's Advancement

### David



by David M. Scholer, Ph.D.  
School of Theology, Fuller Theological Seminary

**L**earning that one has cancer is devastating; discovering later that one's cancer is incurable is even more sobering, as I have found. Thankfully, at this time my cancer is stable and contained! I am deeply grateful for the wonderful care given by Dr. Petar Vukasin, my surgeon, and Dr. Kalust Ucar, my oncologist, and the entire Pacific Shores Glendale staff; they are competent, caring - and fun! I have learned to re-order my priorities and reduce my commitments to the realities of my limits and strength.

I have tried to take my "losses" with grace and enjoy the memories of what I used to do and be deeply grateful for all I did do in my life before cancer. Equally, I have been learning how to live with the attitude of "one day at a time" in ways not required of a person without an incurable disease. This is an important and spiritual struggle. Chief among its results is my deep daily gratitude for the presence of God in my life, my family, and my rich circle of friends. Perhaps one could say that I have a significantly increased sense of gratitude for the joys of the past and of profound appreciation for what I am and will yet enjoy.

by Kalust Ucar, MD

**D**o you think I have any chance of watching the next Olympics in China four years from now? Dr. Scholer asked me last year while we were discussing his treatment for rectal cancer (colorectal) that had spread into his lungs. A simple question, but a difficult one for any oncologist to answer.

The challenge we face every day is to find a treatment that will control the cancer even when it is incurable, and allow the patient to have a decent quality of life despite treatments. Cancer has the biggest impact on the person who is facing it, and the family members; however, it has a direct impact on the nurses and oncologists as well.

By Petar Vukasin, MD

**M**r. Scholer is a wonderful example of the team approach to treating cancer. His own determination to beat this problem is what keeps him going strong.

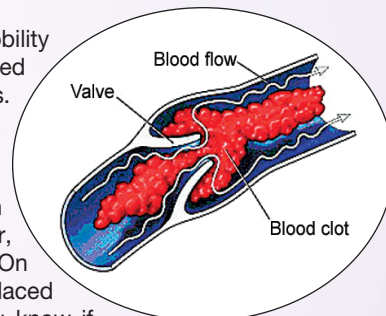


Kalust Ucar, MD (left) and Petar Vukasin, MD

## Blood Clots And Travel

### Are You Planning A Long Trip?

**Y**ou may be at risk for a blood clot! Immobility during a long distance trip is associated with developing blood clots especially in legs. Other risk factors include dehydration, underlying cancers, trauma, or blood clotting disorders. Minimizing those risks will help to protect you. You can do leg exercises, stretch or stand up frequently, drink plenty of water, and avoid drinking caffeine or alcohol. On occasion, some travelers may need to be placed on blood thinners preventively. How do you know if you have a blood clot? Swelling and pain in legs, especially on one side only, and shortness of breath or chest pain are common initial symptoms. Seek medical attention immediately if you experience any of these symptoms. If you develop a blood clot at a young age or if you notice multiple clots, one needs to consider the possibility of a blood disorder that makes blood thicker than normal. These are usually genetic abnormalities that can be diagnosed by a hematologist.



## Our Doctor Is IN: Treatments For Colon Cancer

by Jennifer Sanbar, MD

**M**any advances in the treatment of colon cancer have rendered it one of the more treatable malignancies. New medicines make it possible for patients to live longer. However, the best medicine is always prevention. Eating right and getting a screening colonoscopy will not guarantee that you will not get colon cancer, but can result in better outcomes. If you are diagnosed with colon cancer, the primary treatment is surgical resection. New surgical techniques allow a more complete removal of the cancer with shortened recovery periods. Chemotherapy is needed if the tumor is regionally advanced. New monoclonal antibodies starve the cancer cells by blocking their blood flow; inhibitors of angiogenesis prevent the development of new capillaries in cancer cells, combined with new chemotherapy may add years to life. Clinical trials provide patients with tomorrow's treatments today.

## Facts About Colon Cancer

**C**olon cancer is the third most common cancer in both men and women. You should seek medical attention immediately if you experience blood in your stool, a change in your bowel habits, unexplained weight loss, narrowing of stool diameter or abdominal pains. These are the warning signs of colon cancer. The following may increase your risk of developing colon cancer:

- History of colon polyps.
- High fat, low fiber diet.
- Eating burned-charred foods.

A colonoscopy screening is recommended for most people over 50. It can detect polyps, premalignant conditions, and cancers. Depending on the findings of the first exam, it may need to be repeated.

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