

# PACIFIC SHORES MEDICAL GROUP

A Hematology/Oncology Subspecialty Private Practice  
Member, UCLA Affiliated Translational Oncology Research Network

## Nancy

By Nancy Illian-

*As a wife, mother, friend, and ovarian cancer survivor, I have put my trust in Pacific Shores Medical Group.*

I am usually a very nervous person whose fears have always been obvious to my family and friends. But my diagnosis of ovarian cancer forced me to face my fears about my own life – and to hold on to my faith. I am so very thankful I crossed paths with Dr. Ucar and the cancer team at Pacific Shores Medical Group. I feel safe and confident that I have made the right decision ...and one of the most important decisions of, and for, my life.

Although walking through Pacific Shores Medical Group's doors for my first chemotherapy session was one of the hardest things I've ever done, I quickly learned I could rely on Dr. Ucar and his team. Their support, smiles, reassurance, positive attitude, and especially their expertise are the reasons I continue walking through those doors.

*My Words of Wisdom: May you always be diligent about your body and face your fears, because you never know when they may become your passions.*

## —Tomorrow's Treatment

### Soar To Survive: A Diary of Treatment

*Seven years ago, Mrs. TJ was diagnosed with breast cancer. She consulted with Dr. Ucar regarding treatment, and today she is cancer free. Following are a few highlights from her personal diary, documenting her journey through diagnosis and treatment.*

- 1998 – During a shower I detected a lump in my left breast.
- It was diagnosed as a 2 cm lump, and a mammogram confirmed the suspicion.
- A fine-needle aspiration proved that it was invasive cancer.
- I was told I would have to have my lymph nodes removed from my left armpit in order to accurately determine the stage of the cancer.

**The decision I had to make was between:**

1. Remove the breast lumps and nodes in the armpit followed by radiation, or
2. Remove the whole breast and nodes from the armpit and no radiation ...

**—To be continued in next month's HealthBeat.**

*At Pacific Shores Medical Group, patients are provided with information and choices regarding treatment options. It is completely up to them to decide what treatments they are comfortable with.*

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*Caring*

## Compassionate

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*Comfortable*

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