

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

—Today's Advancement

William

by Mr. William Jackson



I will never forget the day Dr. Ucar looked me straight in the eyes with compassion and concern as he explained he had both good news and bad news....The bad news was I had throat and lung cancer. The good news? The cancers had not spread further, and both could be managed independently. I am a thinker and doer, not simply a wisher. Tell me I can't do something and I'll show how many ways I can do it. But knowing I had CANCER and the challenges that lie ahead, things suddenly seemed very different. My relationships with my doctors, my family and my friends carried me way beyond those most difficult times. I had enduring trust in Dr. Ucar, and complete faith in the entire medical team at Pacific Shores Medical Group. My family, my friends, my girlfriend Suzanne and my friend Jerry, a cancer survivor, provided me with love and support. I am happy to report I feel great again, and am leading a very active, cancer-free life. My hat goes off to all at Pacific Shores Medical Group.

by Dr. Kalust Ucar

Mr. Jackson was referred to me in 2001 when he was diagnosed with throat cancer and required both chemotherapy and radiation therapy. Unfortunately, during his initial evaluations, it became clear that he also had simultaneous lung cancer. The immediate challenge was to manage Mr. Jackson's throat cancer without allowing his lung cancer to reach an inoperable stage. We devised chemotherapy treatments that could be coupled with radiation therapy, which not only cured his throat cancer within four months, it also prevented his lung cancer from spreading. Once it became clear that his throat cancer was completely cured, Mr. Jackson's lung cancer was surgically removed. It has been four years since his diagnosis, and Mr. Jackson remains cancer-free and is in good health.

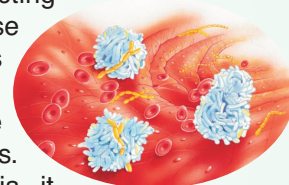


Anemia

Are you feeling
tired all the time?

Feeling Tired Can Mean More

Chronic fatigue is a common problem affecting millions of people. While there are many diverse reasons for chronic fatigue, anemia should always be considered as a possible reason. Anemia is defined as lack of enough red blood cells, which are critical for carrying oxygen to our organs and tissues. When a fatigued patient is diagnosed with anemia, it should never be accepted as the final diagnosis. Anemia always has a reason behind it and a hematologist should perform an extensive evaluation. The key is to identify the reason for the anemia and treat that cause. A low red cell count can result from nutritional deficiencies, bleeding from an ulcer, kidney disease, cancer in the intestinal system, or failure of the bone marrow to produce enough red cells. Fortunately, most patients diagnosed with anemia can be effectively treated utilizing supportive care measures with vitamins, iron, or injections that can stimulate the bone marrow to produce more red cells.



Our Doctor Is IN: Lung Cancer

Despite many advances in medicine, lung cancer remains one of the most dangerous cancers. Initial symptoms usually include an unexplained cough, shortness of breath, blood in the sputum, weight loss, or night sweats. Some patients present with a pneumonia as a result of lung cancer. Therefore, it is very important to follow up with a patient who has had pneumonia recently to ensure that the lungs will clear completely within a few weeks after treatment. As with most cancers, surgically removing the cancer is the most effective cure. Patients who cannot have surgery because the cancer is already too advanced are treated with chemotherapy, radiation therapy, as well as new treatments that can prolong the life of the patient.

Facts About Lung Cancer

- There are two major types of lung cancer, small-cell and non-small-cell.
- Smoking is implicated in a great majority of cases of lung cancer.
- Surgery, radiotherapy, and chemotherapy are important in the treatment of non-small-cell-lung cancer, while chemotherapy (and in certain situations radiotherapy) are preferred treatments of small-cell cancers.
- Control of the disease is often achievable, although a cure is not very common.

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