

# A LOOK INSIDE

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**PACIFIC SHORES MEDICAL GROUP**  
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Dedicated to all our patients, their families and caregivers.



*Pacific Shores Medical Group's PET Scanner*

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Publication Coordinator and Creative Director – Jann Buaiz, MS

Chief Writer and Editor – David Rogers

Copy Editors – Christian Lane-Brown and Karen Suri

Graphic Designer – Alma Aroustamian

Photographer – Michael Forbes

Printing Coordinator – Christian Lane-Brown

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## ON THE COVER:

Ben Tortorici

Cancer survivor and owner of Tortorici Guitars

## DISCLAIMER

The information contained in this publication is not intended as medical advice, and should not take the place of consulting your physician about medical decisions.



*Too Often, Cancer Is A Race Against Time.*

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For more information, please visit our website at  
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## NANCY MILNER



## DANCING WITH THE IV POLE



*Ray and Marguerite Milner with Nancy and her dog Gidget*

Nancy Milner's personality is bigger than life. Her energy and enthusiasm are infectious, even in the infusion center. A retired psychiatric nurse, Nancy has used her coping skills to thrive emotionally in the face of colorectal cancer.

"I knew I was in trouble, and everything unraveled so fast," Nancy says, looking back on her diagnosis. "As a psychiatric nurse, I knew I had all the weapons to fight the psychological wars and coping skills for dealing with the unexpected. I knew how to keep control and keep my spirit alive while faced with adversity. I had to – it was my job."

Nancy minimizes the stress of those around her and has never given up hope, share her parents Marguerite and Ray Milner.

"She's a vivacious, positive person," says her oncologist, Dr. Eleonor Quan. "She never has slowed down, although she stopped working when she initially was diagnosed, and she never withdrew from her friends and family. She continues to enjoy her life, going dancing, seeing friends, and working full-time as a receptionist at an animal hospital."

"I learned quickly that the mass discovered in my colon would be my worst enemy," Nancy says. "The CAT scan revealed the cancer had spread unknowingly to my lungs, my liver and my kidney. I was terminal."

"I knew if I pretended not to have fear, that would eventually become my core belief, and I would be... 'fearless?'" says Nancy. "Dr. Quan explained we could apply the best standard treatment and monitor the response. 'Let's go for it,' I said."

"Although Nancy's cancer is considered incurable, her strong positive attitude has helped her very much, and her cancer is now in complete remission," says Dr. Quan. Nancy has returned to her current job.

"I worked with a lot of behavioral problems when I was a psychiatric nurse. Anyone can modify a behavior," Nancy says. "You just have to want to."

Nancy describes herself as "an off-the-cuff comedian to all those in the infusion center. I taught everyone how to IV pole dance. I take a positive stance with all. I was interested in giving back now, giving compassion to my doctors, giving honesty to my family and depending on motivation from my heart."

*"You only get one life to live, no matter what they throw at you. Cancer is not the end of the world. It's just a fork in the road and your attitude is everything."*