Ron Schwartz’s Journey
Survivor Story

In mid-July, Ron Schwartz had gone to the restroom and noticed a lot of blood in his urine. It was late on a Thursday afternoon, so he immediately contacted his family physician and scheduled an appointment. Ron was not experiencing any pain and with the assumption that he may have a kidney stone, was told to go home but visit the Emergency Room should further symptoms or pain appear over the weekend.

Ron’s weekend went perfectly as he prepared for a Pro Am golf tournament. There was no blood or pain, but that all changed on Monday morning. Ron immediately contacted and visited his doctor’s office. Although unable to get a sterile urine specimen, he did capture enough for the doctor to see what they were dealing with. Ron’s life was forever changed in that moment. Other than in emergency situations on TV or in the movies, he had never seen medical procedures scheduled so quickly. The next few days were spent in the hospital or doctor’s offices having CT Scans, MRIs, Cardiovascular tests, biopsies and consultations.

As Ron recalls, “I was diagnosed with stage 4 renal cell cancer in my right kidney.” At that point in his life, Ron felt that he had some options. He knew that he could simply say he had a good life, but his time was over. He also knew that he could choose to be a survivor; one that raises the survival percentage of kidney cancer. Ron chose to be a cancer survivor and visited the Central Care Cancer Center office in Garden City to proceed with treatment.

Surgery was scheduled to remove his right kidney and Ron had a successful Nephrectomy on September 10, 2012 by Dr. Mirza at the KU Medical Center in Kansas City, KS. However, the cancer had moved into his lungs. His treatment began at KU Medical Center in the ICU with injections of Interleukin 2.

Meet the Doctor

Cinderella Chavez-Radu, MD

Dr. Cinderella Chavez-Radu completed her internal medicine internship and residency in New York at Columbia University – St. Luke’s Roosevelt Hospital Center, and rotated at the renowned Memorial Sloan-Kettering Cancer Center. She completed her hematology/medical oncology fellowship at the Hofstra North Shore-Long Island Jewish Medical Center in New Hyde Park, N.Y. Having completed board certification by the American Board of Internal Medicine for Internal Medicine in 2009, Hematology in 2012 and Medical Oncology in 2012, Dr. Chavez-Radu’s oncological practice places focus on breast malignancies, gynecologic malignancies, myeloproliferative, lymphoproliferative and plasma cell disorders, bone marrow aspiration and biopsy and intrathecal chemotherapy.

Dr. Chavez-Radu practices in Emporia and Iola. She is the Director of Medical Oncology for Newman Regional Health and serves as the co-chair for the W.S. & E.C. Jones Breast Care Center.

FYI: What is Interleukin-2?

How it works: The immune system makes natural interleukins, a protein type, to aid in its communication and activity.

Man-made versions of Interleukin-2, Aldesleukin, work to boost the immune system.

Use: To treat skin melanomas

Sources: American Cancer Society, US Department of Health and Human Services
Dr. Leo Receives “Top Doctor” Award

Leo Shunyakov, MD, was named the number one hematologist/oncologist in the Bolivar, Mo. area by 417 Magazine. This is the 7th consecutive year that Dr. Leo has received this accolade as a first-rate physician.

The “Top Doctors” list is compiled annually by the magazine in order to provide the public with information about physicians practicing in southwest Missouri. Using the reliability of providers in various medical fields, the top doctors in each practice are selected based on the number of recommendations and referrals that they receive from other southwest Mo. physicians.

Dr. Leo obtained his medical degree from Urals State Medical Academy in his home country of Russia. He completed his residency and fellowship at the University of Rochester in Rochester, N.Y. He is board certified in internal medicine, oncology, and hematology and scored 10/10 on the most recent board recertification exam in 2012.

Dr. Leo practices medical oncology and hematology with Central Care Cancer Center in Bolivar, Mo. at the Carrie J. Babb Cancer Center as well as in Buffalo, Mo. He specializes in the diagnosis, treatment and management of various cancers as well as blood disorders. Dr. Leo says that the success of the Cancer Center team is due to “treatment of our patients as they are a family. It would not have been possible without our great team of nurses and staff.”

Central Care Cancer Center defines itself as an organization committed to providing advanced, comprehensive cancer care and support services close to home for patients, families and communities.

In fact, many aspects of Central Care Cancer Center’s purpose are designed to make life as comfortable and convenient as possible for those afflicted with cancer. These aspects include offering medical and radiation oncology in the same locations, providing patients with various treatment options, the use of on-site pharmacies for oral medication needs and financial counseling, to name a few.

Another option Central Care Cancer Center is able to offer is participation in clinical trials. This means that some Central Care patients have the choice to participate in research studies working to find ways to prevent, detect and diagnose certain cancers, as well as working to develop improved cancer treatments. All of this is done while receiving state-of-the-art care from cancer experts.

Central Care Cancer Center is excited to participate in clinical trials through the National Cancer Institute, Southwest Oncology Group, Cooperative Group Outreach Program, Community Clinical Oncology Program and Cancer Research for the Ozarks.

Some Central Care Cancer Center locations are affiliated with hospitals that have joined the Midwest Cancer Alliance (MCA), the outreach arm of the University of Kansas Cancer Center. It was developed to bring together hospitals, research institutions, physicians, nurses and patients from across Kansas and western Missouri to advance the quality and reach of cancer prevention, early detection, treatment and survivorship.

Because of this affiliation, Central Care Cancer Center is able to team with other regional cancer professionals to provide patients with the area’s best resources in cancer research and care. In addition, Central Care Cancer Center has the opportunity to enroll patients in selected MCA-sponsored, investigator-initiated and cooperative group clinical trials. We can also offer our patients second-opinion and consultation services via televideo, onsite outreach programs for cancer screening, prevention, early detection, survivorship and much more through our affiliation with MCA member hospitals.

Cancer professionals in MCA member organizations receive continuing professional education, networking and outreach opportunities to broaden their expertise to bring the best care and research practices to patients across the region.

Different Types of Clinical Trials Include:

> **Treatment trials** which work to test the effectiveness of new treatments or new ways of using current treatments in people who have cancer. Typically, treatment trials include drugs, surgeries, therapy techniques and vaccines.
> **Prevention trials** are designed to test new interventions that may lower the risk of developing certain types of cancer.
> **Screening trials** work to find new ways of early detection, thus increasing treatment success and survival rates.
> **Diagnostic testing trials** work to find new tests or procedures that may help identify or diagnose cancer more accurately.
> **Quality of life trials** focus on the comfort and quality of life of cancer patients and survivors, including decreasing the side effects of cancer or its treatment.
Ron Schwartz's Journey
Survivor Story

Continued:

After receiving 10 doses they had to stop. A growth inside his bladder had been discovered. While at KU Med, a biopsy was performed and it was diagnosed as a different type of cancer that started in the kidney and was now in the lungs.

The tumor in Ron’s bladder was removed in Kansas City on Dec. 10. At that point, he was referred back to Dr. Mark Fesen and Central Care Cancer Center in Garden City.

After an already challenging journey, Ron’s worrying has been eased and “with the excellent staff at the Cancer Center in Garden City along with my faith in God, we are going forward and beginning to see progress in the lungs.”

“The Physicians and staff at the Central Care Cancer Center are amazing, they not only take exceptional care when I visit the Center every week for lab work and my treatment of Chemo, they make my visits there as pleasant as they possibly can,” says Ron. He also points out that living with cancer is very challenging for spouses and family. Ron feels that when it comes to his wife, Jamie, the staff at Central Care do “an excellent job of comforting Jamie and providing her the guidance needed to live with the challenges that lie ahead.”

Ron is now an inspiration to others experiencing this life-altering situation. He enjoys talking to new patients and helping them through their battles with cancer.

“I chose the survival route.”
-Ron Schwartz

From the Physician:
The Importance of Vitamin D

“The mineral vitamin D is a common nutritional deficiency found in many cancer patients. Often, older women don’t have a good level of vitamin D, so this should be checked and addressed to help prevent bone fractures and loss of height. By taking vitamin D, patients help to prevent painful complications.”

-Dr. Mark Fesen, Surviving the Cancer System

Vitamin D
The Sunshine Vitamin

What it does:
Vitamin D Helps the Body Absorb Calcium - A Bone Building Block

The Health Benefits of Vitamin D:
Builds Strong Bones Aids Muscular Movement Immune System Health

Your Body Obtains Vitamin D Thru UV Exposure From:
Foods Such as:
• Fatty Fish
• Milk
• Margarine
• Beef Liver
• Eggs

Recommended Daily Amounts By Age
15 mcg
20 mcg

Sunshine - How Much Do I Need?
Recommended Amount To Produce Body’s Vitamin D Requirement:
10-15 Minutes of Sunlight 3 Times Weekly

Exposure to Face, Arms, Back or Legs Apply Sunscreen to Avoid Exposure and Risk of Skin Cancer

Recommended Daily Amounts
600 IU/Day
800 IU/Day

600 IU/Day 15 mcg
800 IU/Day 20 mcg

Source: U.S. Department of Health & Human Services

[Be] Inspired...

“The art of life is not controlling what happens to us, but using what happens to us.”

-Gloria Steinem
**Mark Your Calendar**

For a Complete Listing of Events
Please Visit cccancer.com/events

**Every Tuesday Beginning March 4 until April 8, 2014 at 5:30pm**

Support Group: **Going Forward: Life After Treatment**
- 1401 W 12th Ave, Emporia, KS
- Please call (620)342-1117 for info
- 410 E Spruce St, Garden City, KS
- Please contact Heather Wright-Renick at 620-272-2360
- 204 Cleveland, Great Bend, KS
- Please e-mail markingenback@catholichealth.net for info

**Tuesday, March 11, 2014 at 5:30pm**
- 204 Cleveland, Great Bend, KS
  - Going Forward Support Group, Presentation by Dr. Fesen: Exercise After Cancer

**Tuesday, April 1, 2014 at 5:30pm**
- 204 Cleveland, Great Bend, KS
  - Going Forward Support Group, Presentation by Dr. Nanney: Dealing with After-Effects of Treatment

**Wednesday, April 16, 2014 at 5:30pm**
- 1401 W 12th Ave, Emporia, KS
  - Free Head and Neck Cancer Screenings & Presentations

**Friday, March 21, 2014 at 10:30am**
- 1501 N Oakland, Bolivar, MO
  - Men’s Cancer Fellowship Group

**Friday, April 18, 2014**
- 1501 N Oakland, Bolivar, MO
  - 10:30am: Men’s Cancer Fellowship Group
  - 1:30pm: Women’s Cancer Companionship Group

**Friday, May 16, 2014 at 10:30am**
- 1501 N Oakland, Bolivar, MO
  - Men’s Cancer Fellowship Group

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**Radiation and Medical Oncology**

Claudia Perez-Tamayo, MD, FACR, FACRO
Garry Brown, DO, MS
Thomas John Hegarty, MD
Jorge Wong, MD
Cinderella Chavez-Radu, MD
Elshami Elamin, MD
Mark Fesen, MD, FACP

Greg Nanney, MD
Leonid Shunyaev, MD
Restituto Tibayan, MD
Anjali Edson, PA-C
Angelica Vanga, PA-C
Lori Williams, PA-C
Merilyn Douglass, APRN, FNP-BC, DCC
Terry Pratt, RN, MSN, FNP-C

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