Cancer with a Smile

“As soon as I found out that I had cancer, I went to see Dr. Leo,” remembered R’Dell Fairchild. “I told him, ‘I want you to be my doctor.’”

“I was extremely nervous. I was dreading it,” she said. But R’Dell recalled that she began to feel relief and assurance from the moment she arrived at Central Care Cancer Center in Bolivar, Missouri, for her first appointment.

“My fears were calmed that first day.”

R’Dell was diagnosed with Stage II-B invasive ductal carcinoma of the right breast.

“My fears were calmed that first day,” R’Dell recalled. Leo Shunyakov, M.D., a board certified medical oncologist and hematologist, reviewed the case thoroughly with R’Dell and her family in a private room so everyone would feel comfortable to ask any questions.

R’Dell appreciated Dr. Leo’s immediate collaboration with all of her physicians, including her surgeon. She began the first phase of her treatment with surgery, followed by chemotherapy with Dr. Leo.

As a nurse herself, R’Dell was amazed at the exceptional care she received, as well as the level of personal concern she felt from Dr. Leo and his staff.

“They go above and beyond to provide great care for their patients,” she said. “To receive a call from a physician or PA in the evening or on the weekend – just to see how I’m doing – isn’t standard care, its outstanding care.”

Because R’Dell’s mother and paternal grandmother...
both were diagnosed with breast cancer, Dr. Leo encouraged her to undergo genetic testing to determine her hereditary risk.

She was tested for BRCA1 and BRCA2 gene mutations. R’Dell was greatly relieved when the results proved negative. Further genetic testing proved that her cancer was sensitive to chemotherapy, which allowed Dr. Leo to reduce her treatments by a third.

“[I] have had the best experience possible,” R’Dell stated emphatically. “There is nothing that Dr. Leo and his staff could have done that would have made this any easier for me. They are wonderful.”

As R’Dell rang the victory bell to signify the completion of her chemotherapy, she felt mixed emotions.

“Finishing my last chemo was bittersweet because Dr. Leo and his staff had become like family to me,” she expressed.

R’Dell will complete her cancer treatment after she receives radiation therapy from Central Care’s board certified Radiation Oncologist, Dr. Garry Brown, and his team. Not only has her cancer journey increased the size of her extended family, she feels that it’s also deepened the relationships in her immediate family.

“This experience has really brought us all so close,” she said. “We’re a stronger family because we went through this together. It’s actually a blessing.”

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### What are BRCA1 & BRCA2?

- BRCA1 and BRCA2 are acronyms for breast cancer susceptibility gene 1 & 2
- BRCA1 and BRCA2 are genes found in a gene class called tumor suppressors
- If a mutation of these genes is present, women have an increased chance of breast and/or ovarian cancer
- Men can also inherit a BRCA1 and BRCA2 gene mutation, which also results in a higher chance of breast cancer
- Central Care Cancer Center can help patients determine if they are high risk and a good candidate for the BRCA test

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### SHAKE IT UP

For patients who are trying to maintain or increase their weight during cancer treatment, try the following high-calorie, high-protein shake and drink recipes. Reprinted by the permission of the American Cancer Society

For each of the following recipes:
- Place all ingredients in a blender
- Cover and blend on high speed until smooth
- Chill drinks before serving
- Store unused drinks in the refrigerator or freezer
- Add 1 to 2 tablespoons of powdered milk to each recipe to increase protein

**Sherbet shake: A refreshing shake**

1 cup sherbet
½ cup low-fat milk
½ Teaspoon vanilla extract

(320 calories and 8 grams of protein)

**Classic instant breakfast milk shake**

½ cup low-fat milk or fortified milk
1 envelope instant breakfast mix
1 cup vanilla ice cream. Add flavorings or different flavor ice creams for variety

(450 calories and 14 grams of protein)

Increase flavor and calories by adding fresh/frozen fruit or chocolate/strawberry syrup. Add peanut butter or dry milk for extra protein.

**Peach yogurt frost: A frosty, mild drink**

1 envelope vanilla instant breakfast mix
1 cup low-fat milk or fortified milk
1 (6-ounce) container low-fat peach yogurt
1 cup frozen peaches, another delicious favorite fruit, or 6 to 10 crushed ice cubes

(Makes 3 servings; 155 calories and 7 grams of protein per serving)

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If you cannot tolerate milk or milk products, or if you have diabetes, ask your nurse or dietitian for other recipe ideas.
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CANCER SUPPORT IN EMPORIA

American Cancer Society Cancer Support Group

On the first Monday of each month, from 7:00 to 8:00PM, Central Care Cancer Center in Emporia hosts an American Cancer Society cancer support group. The discussions are led by Teresa Maley, a 26-year breast cancer survivor.

We cordially extend an invitation to attend these informative meetings. Everyone is welcome. Participants enjoy a warm, welcoming environment in which to discuss struggles, fears and questions. Information on numerous resources is also available.

For information on this and/or other local support groups, contact 1-800-592-5110.

Please join Central Care Cancer Center in welcoming two new physicians

Dr. Shamila Garg joined Central Care Cancer Center in May. Her offices are in Springfield and Bolivar, Missouri. She is Board Certified in Medical Oncology, Hematology, and Internal Medicine.

Dr. Garg completed her residency in internal medicine, followed by a fellowship at the University of Missouri School of Medicine in Hematology & Oncology. She has served as an Assistant Professor of Hematology/Oncology at Yale University School of Medicine. She was a staff Hematologist/Oncologist at St. Luke’s Cancer Institute in Kansas City, as well as an Assistant Professor at the University Of Missouri School Of Medicine.

Skilled in treating all types of cancer and blood disorders, Dr. Garg participated in numerous clinical trials. Her special interests are breast cancer and women’s health.

Dr. Thomas Hegarty, a board certified Radiation Oncologist, will begin seeing new patients this summer at Central Care Cancer Center’s Garden City and Great Bend locations.

A graduate of Loma Linda University School of Medicine, Dr. Hegarty completed his residency in Radiation Oncology at the University of Utah School of Medicine. Before joining Central Care, he was an assistant professor at the University of Michigan, Wayne State University, the University of Toledo and Loma Linda University.

Dr. Hegarty is well versed in the latest technics of Radiation Oncology.
With 9 locations throughout Kansas and Western Missouri – and even more on the way – Central Care Cancer Center is positioned to provide excellent cancer care close to home.

To obtain more information on the location nearest you, scan the QR Code to the left with your mobile phone, or call us toll-free at 1-800-592-6100.