Keeping a high spirit
Norma Abbott stays positive while tackling cancer

BY JESSICA WESTON
City Editor
jweston@ridgecrestca.com

I will take more than cancer to dim Norma Abbott's good spirits. When the local resident sat down with the Daily Independent shortly before her 69th birthday, her sense of humor, high energy and good spirits were in full evidence.

Abbott was wearing pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Laughing, Abbott reflected upon an irony. "I am not a big fan of pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Abbott said she has been overwhelmed by the love and support she has received from the community and her medical team. "Those people [medical professionals] are just fabulous. I just can't say enough good about them. And the community itself is so embracing. The first time I went to chemo, I am sure I was stressed and all of a sudden I just felt this overwhelming envelopment of love. It was close to being Par-tient Zero," she said. (Abbott also thanked John for being her “rock” throughout the experi-

"It is what it is. A negative reaction is not going to change the end result," she explained. "I couldn’t ask for better care," she said.

Next up for Abbott is radiation, the only part she cannot get locally. She said her prognosis is good and she has been told she is pretty much canc-

eparative reaction is not go-
ning to change the end re-

It will take more than cancer to dim Norma Abbott's good spirits. When the local resident sat down with the Daily Independent shortly before her 69th birthday, her sense of humor, high energy and good spirits were in full evidence.

Abbott was wearing pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Laughing, Abbott reflected upon an irony. "I am not a big fan of pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Abbott said she has been overwhelmed by the love and support she has received from the community and her medical team. "Those people [medical professionals] are just fabulous. I just can't say enough good about them. And the community itself is so embracing. The first time I went to chemo, I am sure I was stressed and all of a sudden I just felt this overwhelming envelopment of love. It was close to being Par-tient Zero," she said. (Abbott also thanked John for being her “rock” throughout the experi-

"It is what it is. A nega-
tive reaction is not going to change the end result," she explained. "I couldn’t ask for better care," she said.

Next up for Abbott is radiation, the only part she cannot get locally. She said her prognosis is good and she has been told she is pretty much canc-

eparative reaction is not go-
ning to change the end re-

It will take more than cancer to dim Norma Abbott's good spirits. When the local resident sat down with the Daily Independent shortly before her 69th birthday, her sense of humor, high energy and good spirits were in full evidence.

Abbott was wearing pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Laughing, Abbott reflected upon an irony. "I am not a big fan of pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Abbott said she has been overwhelmed by the love and support she has received from the community and her medical team. "Those people [medical professionals] are just fabulous. I just can't say enough good about them. And the community itself is so embracing. The first time I went to chemo, I am sure I was stressed and all of a sudden I just felt this overwhelming envelopment of love. It was close to being Par-tient Zero," she said. (Abbott also thanked John for being her “rock” throughout the experi-

"It is what it is. A nega-
tive reaction is not going to change the end result," she explained. "I couldn’t ask for better care," she said.

Next up for Abbott is radiation, the only part she cannot get locally. She said her prognosis is good and she has been told she is pretty much canc-

eparative reaction is not go-
ning to change the end re-

It will take more than cancer to dim Norma Abbott's good spirits. When the local resident sat down with the Daily Independent shortly before her 69th birthday, her sense of humor, high energy and good spirits were in full evidence.

Abbott was wearing pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Laughing, Abbott reflected upon an irony. "I am not a big fan of pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Abbott said she has been overwhelmed by the love and support she has received from the community and her medical team. "Those people [medical professionals] are just fabulous. I just can't say enough good about them. And the community itself is so embracing. The first time I went to chemo, I am sure I was stressed and all of a sudden I just felt this overwhelming envelopment of love. It was close to being Par-tient Zero," she said. (Abbott also thanked John for being her “rock” throughout the experi-

"It is what it is. A nega-
tive reaction is not going to change the end result," she explained. "I couldn’t ask for better care," she said.

Next up for Abbott is radiation, the only part she cannot get locally. She said her prognosis is good and she has been told she is pretty much canc-

eparative reaction is not go-
ning to change the end re-

It will take more than cancer to dim Norma Abbott's good spirits. When the local resident sat down with the Daily Independent shortly before her 69th birthday, her sense of humor, high energy and good spirits were in full evidence.

Abbott was wearing pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Laughing, Abbott reflected upon an irony. "I am not a big fan of pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Abbott said she has been overwhelmed by the love and support she has received from the community and her medical team. "Those people [medical professionals] are just fabulous. I just can't say enough good about them. And the community itself is so embracing. The first time I went to chemo, I am sure I was stressed and all of a sudden I just felt this overwhelming envelopment of love. It was close to being Par-tient Zero," she said. (Abbott also thanked John for being her “rock” throughout the experi-

"It is what it is. A nega-
tive reaction is not going to change the end result," she explained. "I couldn’t ask for better care," she said.

Next up for Abbott is radiation, the only part she cannot get locally. She said her prognosis is good and she has been told she is pretty much canc-

eparative reaction is not go-
ning to change the end re-

It will take more than cancer to dim Norma Abbott's good spirits. When the local resident sat down with the Daily Independent shortly before her 69th birthday, her sense of humor, high energy and good spirits were in full evidence.

Abbott was wearing pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Laughing, Abbott reflected upon an irony. "I am not a big fan of pink, which she immediately said had nothing to do with being a breast cancer survivor. She said it was not intentional. "My husband always says it's my best color," she said.

Abbott said she has been overwhelmed by the love and support she has received from the community and her medical team. "Those people [medical professionals] are just fabulous. I just can't say enough good about them. And the community itself is so embracing. The first time I went to chemo, I am sure I was stressed and all of a sudden I just felt this overwhelming envelopment of love. It was close to being Par-tient Zero," she said. (Abbott also thanked John for being her “rock” throughout the experi-

"It is what it is. A nega-
tive reaction is not going to change the end result," she explained. "I couldn’t ask for better care," she said.

Next up for Abbott is radiation, the only part she cannot get locally. She said her prognosis is good and she has been told she is pretty much canc-

eparative reaction is not go-
ning to change the end re-
Mammograms alone may not be enough to find breast cancer.

Every woman’s breasts are different, just like every flower is different. Having dense breasts is normal. It just means your breasts have more tissue than fat.

Dense breasts make a woman up to six times more likely to develop breast cancer. And they make it challenging to detect cancer with a standard mammography exam.

Now in the Women’s Imaging Center, the Invenia™ ABUS (Automated Breast Ultrasound System) improves cancer detection by 35% over mammography in women with dense breasts. Using 3D ultrasound, it looks at dense breasts differently to find cancer that mammography may not see. It’s relatively comfortable, and it doesn’t expose you to any additional radiation. The result: More confidence and peace of mind for you.

Call the Women’s Imaging Center at 760.499.3820 to learn how only the GE Invenia ABUS can give you the definitive answers you need.
Breast cancer and men: Gene mutations that contribute to risk can also signal prostate, pancreatic cancers

BY MELISSA ERICKSON

More Content Now

Having a mother or daughter who carries a mutation on the BRCA1 or 2 genes puts women at an increased risk of developing breast and ovarian cancer. This is true for men, although few men undergo genetic testing.

"Men are equally as likely as women to inherit a BRCA mutation," said Dr. Christopher Childers, a resident physician in the department of surgery at the David Geffen School of Medicine, University of California-Los Angeles. "If a male has a BRCA mutation, his risk of breast cancer increases a hundredfold.

A study published in JAMA Oncology in April found that few men are screened for BRCA genetic testing.

"It may be the first national study analyzing the rates of genetic cancer testing for both men and women," Childers said.

"Men who carry BRCA mutations are at higher risk for a variety of cancers including breast, prostate, pancreatic and melanoma. In particular, males who carry BRCA2 mutations are at increased risk of both early and more aggressive prostate cancers," Childers said.

Check family history

Previous studies have shown that men believe breast cancer is a female issue, but this couldn’t be further from the truth, said genetic counselor Kimber- lye Childers, study co-author and regional manager at the Center for Clinical Genetics and Genomics at Providence Health & Services Southern California. "It’s important for men to know that if their female relatives have ovarian or early breast cancers, that they may translate into a higher cancer risk for them, too."

Course of action

Men with a BRCA mutation are recommended to undergo clinical breast exams, digital rectal exams (prostate-specific antigen test for men), mammograms every year starting at age 35, Christopher Childers said.

"Does a BRCA mutation is identified, it is important that they ask their doctor to show them how to perform a self exam of their chest, learning what abnormal tissue might feel like and what could be of concern," he said.

"Men who carry BRCA mutations are at higher cancer risk for them, but this couldn’t be farther from the truth, said genetic counselor Kimberly Childers, study co-author and regional manager at the Center for Clinical Genetics and Genomics at Providence Health & Services Southern California. "Men without a history of breast cancer, pancreatic cancer or early breast cancers, that they ask their doctor to show them how to perform a self exam of their chest, learning what abnormal tissue might feel like and what could be of concern," he said.

Most but not all breast cancers in BRCA-positive men occur after age 55. Starting at 45, men with BRCA mutations are often recommended to undergo prostate cancer screening (prostate-specific antigen and digital rectal exams), Christopher Childers said.

If men are concerned about their risk they should discuss it with a primary care provider or genetic counselor. To find a local genetic counselor, visit nsgc.org/findageneticcounselor.

Helping Those Fighting and Remembering Those We Lost

Please Continue to Support Research To Find A Cure

Call the Women’s Imaging Center at 760.499.3820 for more information.
Relay For Life to continue its impact, begins today
Everard H. Hughes, M.D. was certified in Medical Oncology in 1980 with voluntary recertification in 2005. Dr. Hughes was trained in hematology and oncology at the National Cancer Institute (NCI) in Bethesda Maryland. After 4 years at the NCI Dr. Hughes and his family decided to remain in the Washington D.C. area for 15 years as East Coast Kaiser Permanente’s first Medical Oncologist. While in Maryland he obtained a degree in Computer Sciences. In 2005 Dr. Hughes established an office in western Kansas. Then after 7 years working with South Wind Oncology Associates he decided to retire. However, he soon discovered an irresistible need to continue practicing cancer medicine. Dr. Hughes has forty years of Hematology and Oncology experience practicing in Washington, D.C., Maryland, Virginia, Tennessee, Kentucky, Nebraska, Kansas, Oklahoma, Oregon and California.
RURAL HEALTH CLINIC

You don’t let things you read or hear about cancer control you. Here’s what a few experts said:

“We are now living in the era of personalized cancer care. It is no longer one-size-fits-all, but each and every patient deserves a detailed evaluation and explanation of not only of their recommended treatment plan, but also the reasons and rationale for that plan.”

– Dr. Dennis Citrin, medical oncologist at Cancer Treatment Centers of America, Chicago

“It is important for patients and their loved ones to understand that the treatment of breast cancer requires coordination by a whole team of caregivers. There are many treatment options and each patient’s treatment plan is different, so it is important to build your team starting from the time you get the news of your diagnosis. This will help you to understand how the different parts of treatment (surgery, chemotherapy, radiation, targeted medication) all fit in with each other. I also recommend that patients bring a trusted friend or family member to their appointments since all the information can be overwhelming.”

– Dr. Megan Kruse, assistant professor of breast medicine at Duke University, Durham, North Carolina

“While a cancer diagnosis may initially be overwhelming, there is hope. The care team is here to support you through this and I’m here today as your surgeon and as a caretaker.”

– Dr. Alireza Viashei, breast surgical oncologist at Georgia Cancer Center, Atlanta

“It is important for patients and their loved ones to understand that the treatment of breast cancer requires coordination by a whole team of caregivers. There are many treatment options and each patient’s treatment plan is different, so it is important to build your team starting from the time you get the news of your diagnosis. This will help you to understand how the different parts of treatment (surgery, chemotherapy, radiation, targeted medication) all fit in with each other. I also recommend that patients bring a trusted friend or family member to their appointments since all the information can be overwhelming.”

– Dr. Megan Kruse, assistant professor of breast medicine at Duke University, Durham, North Carolina

“Access to some of the most promising advances is often limited by the rising cost of cancer care, including high drug prices. Patients are increasingly bearing the financial burden of care, often forcing them to choose between treatment and other fundamental needs. I am seeing more and more patients unable to afford optimal treatment, stopping treatment early, only getting their tests run or going bankrupt. Patients should talk to their doctor about their concerns and also find out how much of the treatment costs they’ll be responsible for. Doctors are often reluctant to raise this up, but the patient deserves to know.”

– Dr. Gary Lyman, oncologist, health economist and co-director of Hutchinson Institute for Cancer Outcomes Research at the Fred Hutchinson Cancer Research Center, Seattle

BY MELISSA ERICKSON  More Content Now

Prevention and early detection saves lives. See your Family Practice Physician to schedule your annual breast cancer screening.

HONORING ALL THOSE WHO ARE FIGHTING

Remembering those we lost.

Michael’s Certified Air, Inc.

760-608-7957

1037 W. Graaf, Ridgecrest

Commercial & Residential

405-760-7957

 russell@airbusiness.com

Honoring all those who are fighting.

Encouraging All To Please Get Annual Exams

The Life You Save Could Be Your Own

Vaughn Realty
509 W. Ward • 760-446-6561
DRE# 00742584 • vaughnrealtys.com

MLB

Southern Sierra Medical Clinic

Rural Health Clinic

A Service of Ridgecrest Regional Hospital

South Eastern Medical Clinic

Native American Medical Clinic

CA LIC# 969915                                                                                                        BONDED/INSURED

Paint it all Pink 2018 • www.ridgecrestca.com

See your Family Practice Physician to schedule your annual breast cancer screening.

Prevention and early detection saves lives.