

Insights

Community Medical Center Healthcare System • Geisinger Wyoming Valley, Geisinger Cancer Institute • Marian Community Hospital
 Mercy Health Partners • Moses Taylor Hospital / Mid-Valley Hospital • Wayne Memorial Health System • Wyoming Valley Health Care System

New Website Launched

The Northeast Regional Cancer Institute recently launched a newly re-designed website. The new website allows for easier access to information and links to cancer care organizations. Likewise, the website features new resources like a slideshow photo gallery, online donation capabilities, and local cancer statistics.

"We recognize that many individuals dealing with cancer are turning to websites to gather information about symptoms, diagnosis, treatment, support and survivorship," said Robert Durkin, President, Northeast Regional Cancer Institute. "The newly designed Cancer Institute website features local, state and national resources."

Visit www.cancernepa.org to browse your local cancer information resource.

Holiday Note Cards

Your donation benefits the 

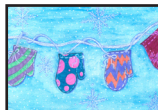
Each Holiday Note Card Package contains 12 blank holiday note cards & envelopes featuring artwork from local cancer survivors.



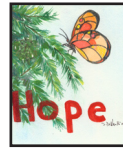
Helen Dietrich



Heidi Cook



Lizz Smith



Sharon DeNault



Joanne Brady



Cristin Hogan



Barbara Connolly

A donation of \$15.00 is requested for your Holiday Note Card Package which will arrive in early December. Order now, while supplies last.

To order your Holiday Note Cards please contact the Northeast Regional Cancer Institute.

(570) 941-7984 in Scranton
(570) 970-6543 in Wilkes-Barre
www.CANCERNEPA.org

Thank You to our Partner:



>> We're Going Green

In an effort to reduce our carbon footprint, all future newsletters will be sent electronically to your e-mail address. Please send us your e-mail address so we can stay connected with you and keep you up to date on the latest local cancer care information on technology, events, programs and services. Visit www.cancernepa.org to share your e-mail address or e-mail us at admin@cancernepa.org.

To protect your privacy, your information will not be shared with any other organization.

Karen Brudnicki's story of Survivorship

In February of 2008, Karen Brudnicki experienced pain in her abdomen and thought she was developing a cyst on her ovary. She had a history of cysts and went to her doctor on a regular basis. When her doctor did an ultrasound they detected an enlarged area but were not overly concerned because the CA125, a blood test that can identify the presence of ovarian cancer came back normal.

At the time Karen's father was seriously ill and her daughter just learned she was pregnant. Karen decided not to tell her husband and family about the test and possibility of cancer since she thought it was a cyst and she didn't want to burden anyone. She scheduled surgery for early May to remove the cyst.

In May, Karen prepared herself and her family for a surgery. However, while she was in surgery the doctors

found more than a cyst, they were faced with Stage I Grade III ovarian cancer. Karen's surgery turned into a 9 hour radical hysterectomy.

"When I woke up after surgery my family was in shock. They knew nothing about a possibility for cancer, said Karen. "I was also in shock because my doctor and I hadn't discussed a hysterectomy or the side effects that I would have to face."

Karen was afforded the opportunity to take the summer to complete her chemotherapy treatments and recover.

"I was so tired, extremely tired," said Karen. "I also couldn't carry on a normal conversation and would be so embarrassed. I later learned this was

chemo brain and it was a common side effect of chemotherapy."

Family and friends helped Karen through each and every challenge she faced.

"Everyone's support was phenomenal," said Karen. "People who were just acquaintances before are now very special friends."

"I think it is important for family and friends to keep things normal. When I was going through chemo, I still had to struggle with everyday things and I wanted nothing more than to carry on



as normal as best I could," said Karen.

Looking for information on cancer survivorship, Karen attended *ACT: After Cancer Treatment - What You Need To Know* hosted by

- Karen Brudnicki

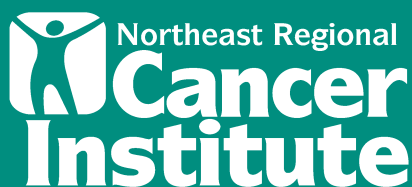
the Northeast Regional Cancer Institute. Shortly after learning about the Cancer Institute, she began volunteering for the 17th Annual Cancer Survivors Celebration.

"As a cancer survivor I now appreciate family and friends even more," said Karen. "Before, I was focused on perfect holidays and meals with family and now I don't mind if dinner is late if that means that I am spending time with my loved ones."

"I believe everything happens for a reason," said Karen. "I hope my experience can help other women and encourage them to learn about ovarian cancer."

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